

A photograph of two hikers on a forest trail. The hiker in the foreground is wearing a white shirt with red sleeves and black pants, using trekking poles. The second hiker is partially visible behind them. The trail is rocky and surrounded by dense green forest.

2019

POLK COUNTY

Community Health Assessment



Executive Summary

The 2019 Polk County Community Health Assessment (CHA) is the result of a joint effort by eight key partners who provided oversight to the process, assured collection and compilation of shared data, and engaged residents of Polk County through a series of community meetings and surveys. These eight partners, representing governmental agencies, local medical centers and hospitals, UW-Extension and nonprofit organizations, formed a CHA Leadership Team that worked together to assess the health of Polk County residents.

The purpose of a Community Health Assessment is to evaluate and prioritize health concerns in order to empower the community to solve health problems and improve health outcomes. The ultimate goal is for the community to collectively and strategically target evidence based interventions to improve the health of the population. The CHA Leadership Team collected both quantitative and qualitative data to identify the top health priorities in Polk County.

Methods used included a survey, community forums, a key partner meeting and comprehensive collection and review of secondary health data. Data from the community survey and secondary review was presented and discussed at both the community forums and key partner meetings with voting conducted for the top health priorities. Participants identified the top four health priorities in Polk County as:

- **Mental Health**
- **Substance Use**
- **Nutrition and Physical Activity**
- **Access to Care**

Using the principles of the Wisconsin Way model which has its roots in the County Health Rankings, the Community Tool Box and Healthiest Wisconsin 2020, the CHA Leadership Team will act on the results of the 2019 CHA to spearhead the next phase of the community health improvement process which is the action planning component. Additional partners and community members will be mobilized under the umbrella of Polk United, a community coalition dedicated to health improvement activities. These people will serve on health priority workgroups that will develop action oriented three year plans to address the four health priority areas with the goal of reducing health disparities and improving health for the citizens of Polk County





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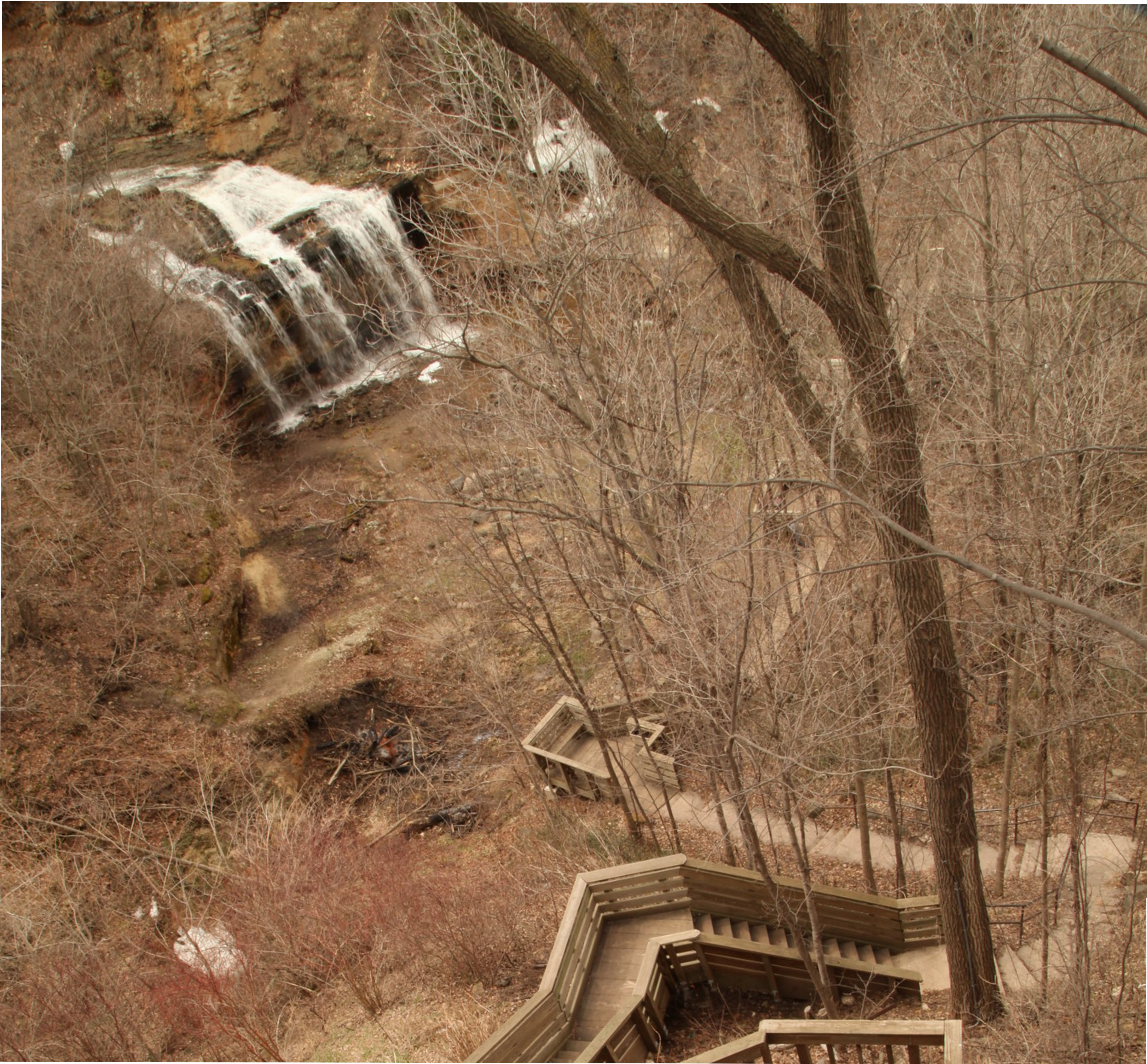
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Community Health Improvement is most successful when there is true collaboration between public and private entities for health improvement activities. The following members of the CHA Leadership team and their organizations committed expertise, agency resources and significant staff time resulting in seamless coordination of public and private sector community health assessment activities.



Amery Hospital & Clinic

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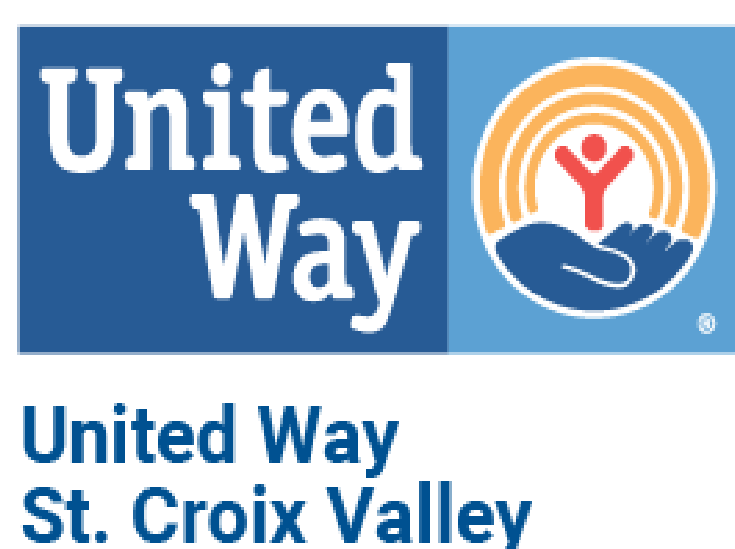
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The collaborative team acknowledges and extends sincere appreciation to the many community members, additional partners and organizations for their contributions to the Polk County CHA process. We are thankful to our partners from Polk County schools, the Family Resource Center, District Attorney's Office and State Senator Patty Schachtner's representative. All provided thoughtful input to the CHA process.

Special thanks is extended to the program participants from the following entities:

- Women's Infants and Children (WIC)
- Prenatal Care Coordination (PNCC)
- Veterans Services
- Economic Support (Medicaid, Foodshare, Childcare)
- Behavioral Health (Mental Health and Substance Use Services)
- Aging, Disability and Resource Center (ADRC)
- Golden Age Manor

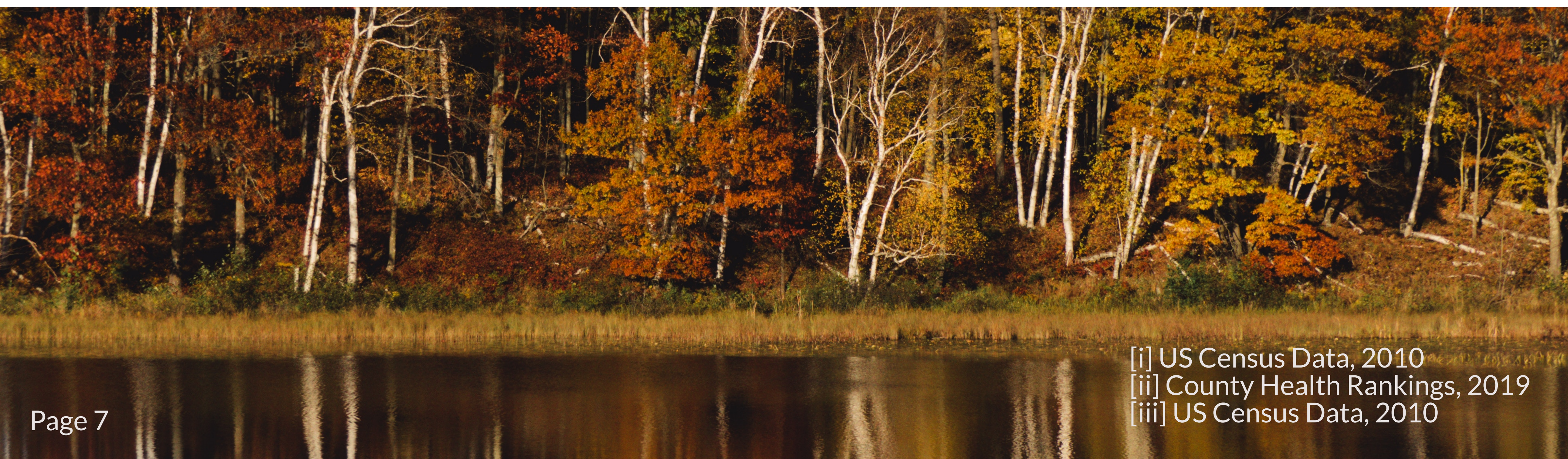
We sincerely appreciate their honest feedback and perspective in the community health assessment process.



Demographic Profile

Polk County is located in the scenic west central region of Wisconsin, approximately 50 miles northeast of the Minneapolis/St. Paul metro area. Polk is considered a rural county with a land area of nearly 914 square miles and a population density of 48.4 persons per mile compared to 105 persons per mile statewide.[i] It is comprised of 2 small cities (Amery and St. Croix Falls); 10 villages (Balsam Lake, Centuria, Clayton, Clear Lake, Dresser, Frederic, Luck, Milltown, Osceola and Turtle Lake) and 24 townships. The county is bordered by Burnett County to the north, Barron County to the East and St. Croix County to the south. Western Polk county borders the state of Minnesota attracting Polk county residents to jobs in the twin cities and resulting in a commuting way of life for many. Among the 16,943 Polk workers who commute in their car alone, 42% commute more than 30 minutes.[ii]

In 2018, the county population was estimated at 43,598 – a 1.4% decrease since the 2010 census. This is in contrast to a population growth of 7% between the 2000 and 2010 census. The median income for Polk County households is \$53,551. Age distribution in the past 3 years has remained static with the largest percentage (28.6%) aligned with the 18-44 age group. Polk has a higher percentage of citizens age 65 and older (18.4%) than statewide (15.2%). Polk's population ethnicity is primarily white at 96.3% and American Indian at one percent. Data shows that 93.1% of persons aged 25+ received a high school diploma, and 23% of residents over age 25 years attained some college education. [iii] Additional demographic data can be found in [Appendix I](#).



[i] US Census Data, 2010
[ii] County Health Rankings, 2019
[iii] US Census Data, 2010

POLK COUNTY KEY DEMOGRAPHICS AT A GLANCE	
Total Population	43,598
Percent of county considered rural	85.5%
Median household Income	\$53,551
Median monthly mortgage cost	\$1,323
Median gross rent costs per month	\$740
Median age in years	44.5
Children living in poverty	13%
Population living in poverty	9.9%
Age 0-64 with no health insurance	7.3%
2017 unemployment rate	3.1%
Disabled population – all ages	12.6%
Households with broadband internet subscription	72.2%

Figure 1 (U.S Census Data) iv



Introduction

Importance of Community Health Assessments

Health Departments have a long-standing statutory responsibility to conduct periodic community health needs assessments to assess the health priorities of citizens in their jurisdictions. Hospitals also have tax exemption obligations under the Internal Revenue Code relevant to community health needs assessments and setting strategic and operational plans designed to improve health needs for the communities they serve. By leveraging resources for community health assessment activities, partnerships between government and other sectors can minimize duplication of effort with CHA results assisting all organizations in improving quality primary prevention and other health related services to the populations served.

In assessing a community's health, it is important not only to look at disease and injury incidence, but to also carefully consider the factors that lead to poor health outcomes.

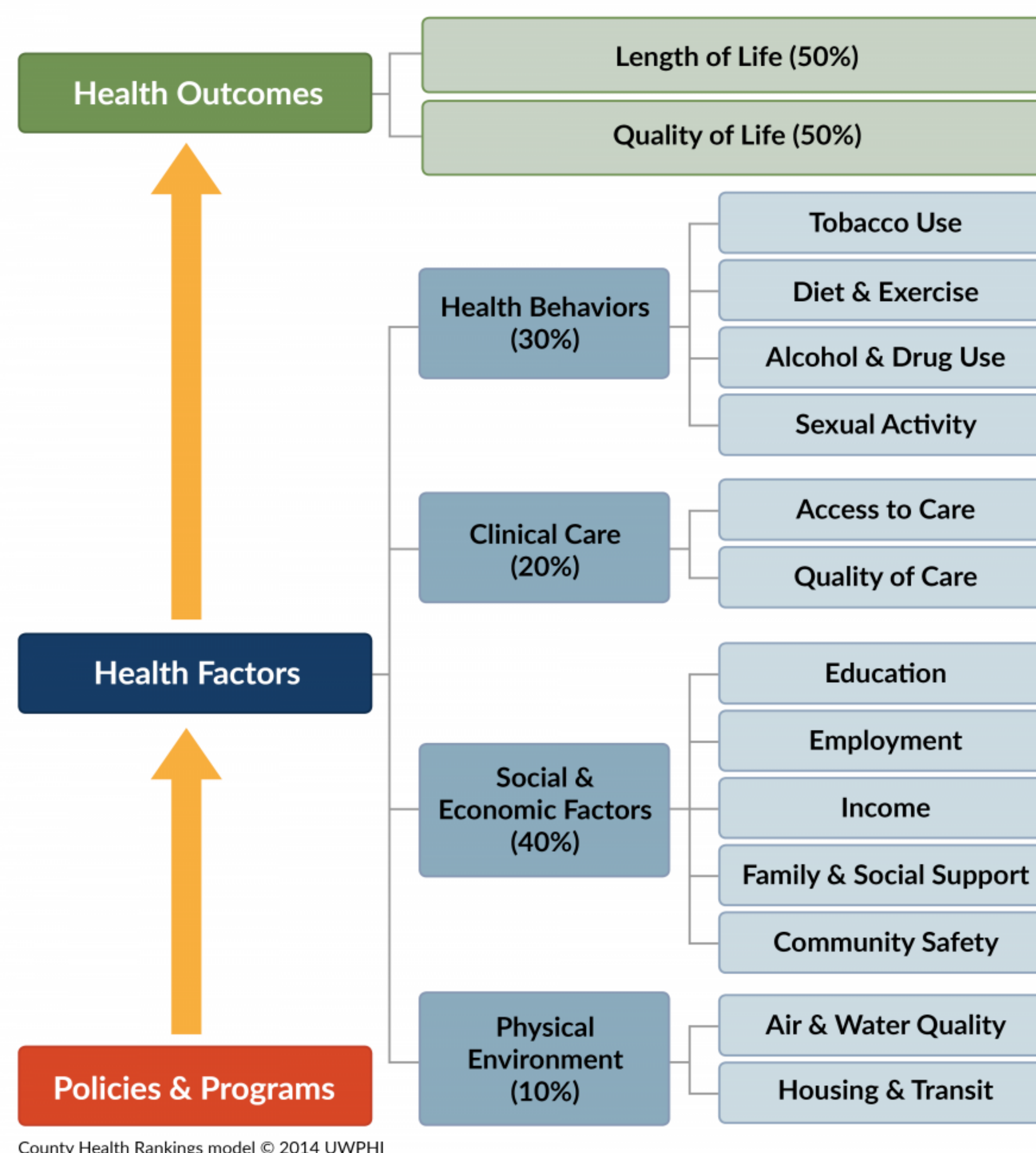


Figure 2 - County Health Rankings Model

This approach helps people to focus on prevention strategies to identify the greatest opportunities to improve health. Often people believe that individual health behaviors (an action taken by an individual or group of individuals to change or maintain their health status or prevent illness or injury) and quality health care are the primary factors that shape health, but two other major influences play very important roles – the social and economic factors and the physical environment. This community health needs assessment examines all of these factors.

The County Health Rankings Model, shown in Figure 3, was created by University of Wisconsin (UW) Population Health Institute to show the many factors that influence the health of the whole population. These factors include:

- health behaviors (actions individuals take that affect their health)
- clinical care (access to affordable, quality, and timely health care)
- social and economic factors (income, education, employment, community safety, and social supports)
- the physical environment (where individuals live, learn, work, and play)

Annually, UW Population Health Institute provides every county in the nation with a “ranking” score for each of the 4 categories of health factors as well as an overall health factors and health outcomes score. Health outcomes represent how healthy counties are within the state. The healthiest county in the state is ranked #1. The ranks are based on two types of measures: how long people live and how healthy people feel while alive. The following table shows Polk’s rankings out of 72 counties in Wisconsin for the past 3 years.



Introduction Continued

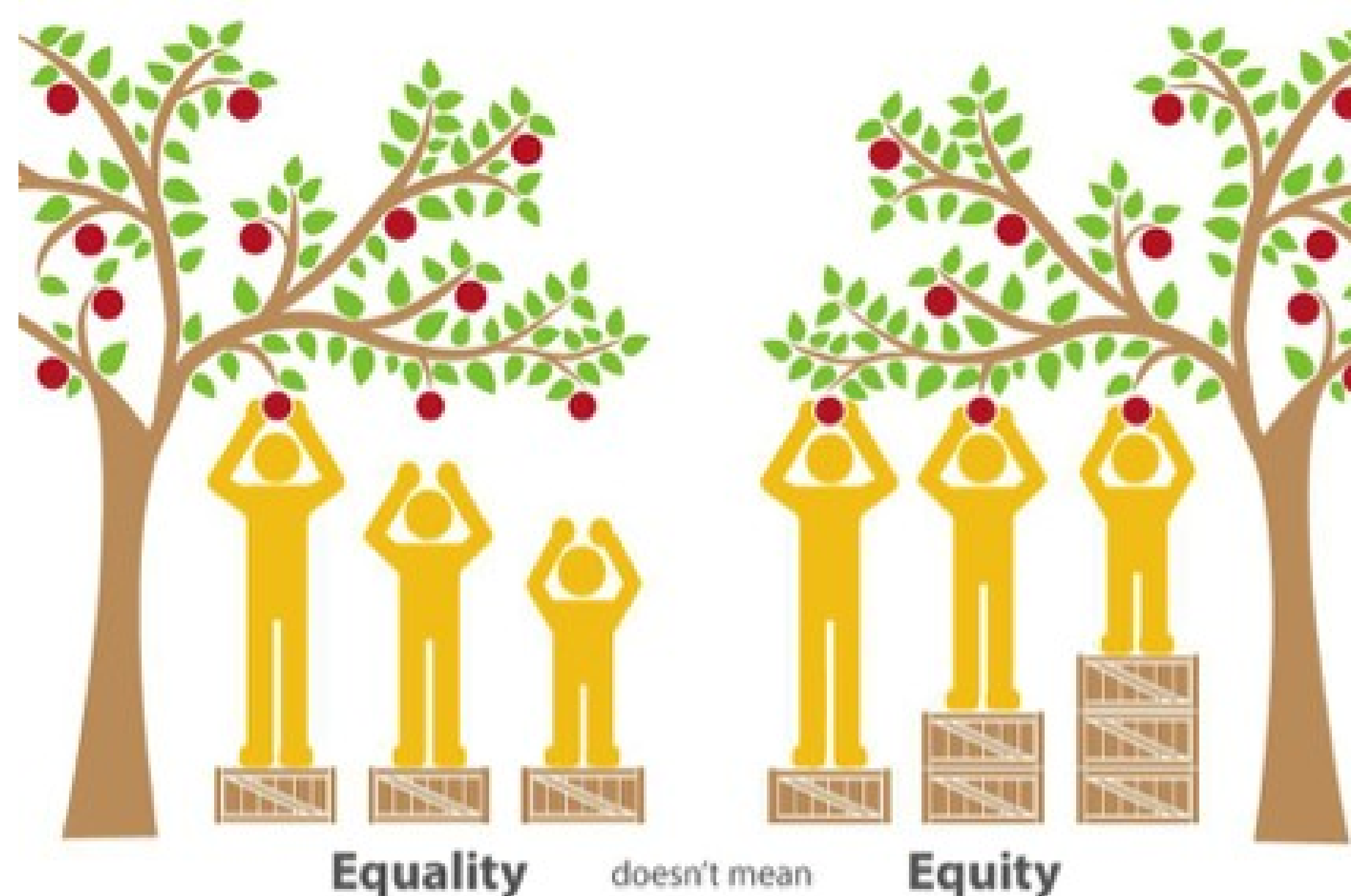
Figure 3 - County Health Rankings for Polk County, Wisconsin 2017-2019


	2017	2018	2019
Health Outcomes	28	39	34
Length of Life	44	53	43
Quality of Life	9	11	12
Health Factors	28	29	26
Health Behaviors	19	24	23
Clinical Care	43	37	38
Social & Economic Factors	29	32	36
Physical Environment	46	50	29

Polk County data for the rankings has remained relatively constant throughout the past 3 years. Slight variations in rankings have occurred primarily due to changes or additions in data elements considered for health factors, particularly in the physical environment category. The Rankings data, along with data from a wide variety of sources is considered when identifying and prioritizing health focus areas and in subsequent work to create a community health improvement plan.

Health Equity

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. Health inequities arise from disparities or differences in health between groups as a result of varying social, economic, environmental, geographic, and political conditions, also known as the social determinants of health.





This requires removing obstacles to health such as poverty and discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care. Health disparities are differences in health or in the key determinants of health such as education, safe housing, and discrimination, which adversely affect marginalized or excluded groups. Health equity and health disparities are closely related to each other. Health equity is the ethical and human rights principle or value that motivates us to eliminate health disparities. Reducing and ultimately eliminating disparities in health and its determinants of health is how we measure progress toward health equity.[i] The data in this report offer a starting point to identify potential health disparities between groups, and consider the need for additional community engagement with residents to better understand and address health inequities.



Background of Collaborative

Eight organizations including Polk County Health Department, Polk United, Amery Regional Medical Center, Osceola Medical Center, St. Croix Regional Medical Center, UW-Extension, United Way of St. Croix Valley and the Mental Health Task Force of Polk County teamed together in late 2018 to begin the process of conducting a new Community Health Needs Assessment. These organizations know each other well and have a strong history of working together on previous CHAs (latest one completed in 2016) as well as on other community health related grants and projects. This group is known as the CHA Leadership Team and has primary oversight of the CHA process. PCHD acted as the lead agency and facilitated the coordinated effort between all the partner organizations.

[i] Braveman P, Arkin E, Orleans T, Proctor D, and Plough A. What is Health Equity? And What Difference Does a Definition Make? Robert Wood Johnson Foundation. May 2017

Introduction Continued

In this role, the Health Department convened the partners, facilitated the leadership team meetings, compiled and analyzed primary and secondary data, and assured that ongoing and transparent communication was maintained throughout the process. CHA Leadership Team partners contributed meeting space for community forums, media promotional materials, health data, survey distribution assistance and in-kind staff support.



Process

The CHA Leadership Team met weekly in November and December of 2018 to conduct CHA activities including identification of the process to be used, construction of the timeline for activities, development of the community survey and identifying secondary data sources for review. Meetings were in person with follow up communication in-between sessions via phone and email correspondence. In 2019, the team met twice a month through March to review survey results, agenda plan for the community forums and a key stakeholder meeting, and to evaluate the results of those meetings. Figure 4 outlines the CHA timeline.

Figure 4 - Community Health Assessment Timeline	
November and December, 2018	CHA Leadership Team Convenes Weekly to Plan CHA and Review Secondary Data
December 2018 through February, 2019	Community Survey Distributed
January through March, 2019	CHA Leadership Team Meets bi-monthly to Review Survey Results, Aggregate and Assess Data, Plan Community Forums and Key Stakeholder Meeting and to Evaluate Survey and Meeting Results
February and March, 2019	Community Forums and Key Stakeholder Meeting Held; Health Priorities Selected
April through May, 2019	CHA Report Drafted, Partner Feedback Obtained
June, 2019	CHA Report Completed and Distributed to Media and Partners; CHIP Process Begins

The partnership aligned their work with the Wisconsin Way[i] model which is based on the County Health Rankings and Roadmaps, Community Toolbox and Healthiest Wisconsin 2020 – the state health plan. The County Health Rankings and Roadmaps “Take Action Model” (FIGURE 5) was used to guide the CHA process. This model outlines the steps needed for the community health improvement process including a continuous cycle of assessing needs and resources of the county, focusing on what’s important, developing action plans with effective programs and evaluating the efforts – all steps based on the foundation of collaboration and communication.

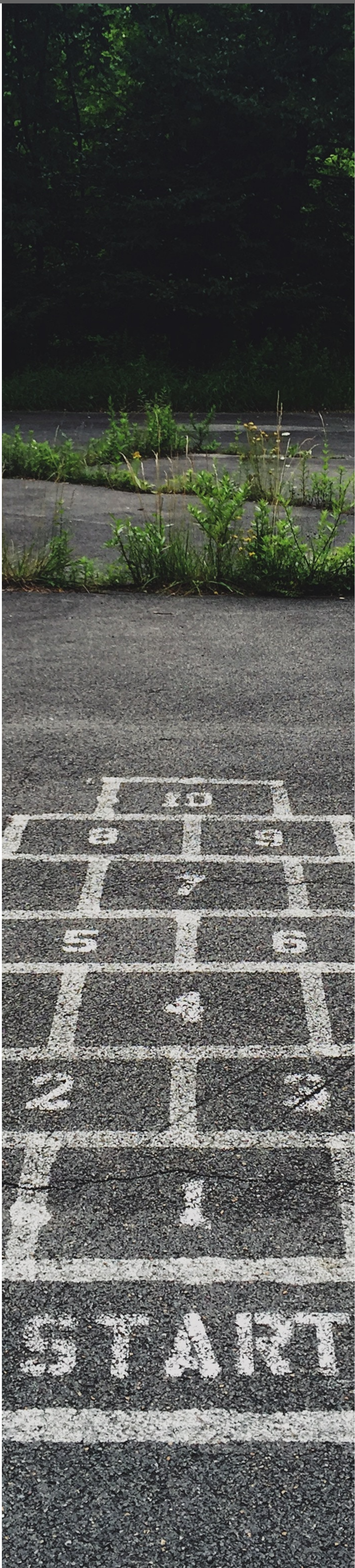
Process Continued

Community health priorities were determined during the CHA process through data analysis and evaluation of the 12 health focus areas based on the Wisconsin Department of Health Services health plan (Healthiest Wisconsin 2020). These health focus areas included:

- *Alcohol and Other Drug Use*
- *Communicable Disease Prevention and Control*
- *Chronic Disease Prevention and Management*
- *Environmental and Occupational Health*
- *Healthy Growth and Development*
- *Injury and Violence*
- *Mental Health*
- *Oral Health*
- *Physical Activity*
- *Reproductive and Sexual Health*
- *Tobacco Use and Exposure*
- *Adequate, Appropriate and Safe Food and Nutrition*

In addition, data relating to the State Health Plan Infrastructure Health Focus Area – Access to High Quality Health Services – was also examined. After review of comprehensive secondary data and in consideration of the need for simplification of presentation to partners and the public, the CHA Leadership Team decided to combine several Healthiest Wisconsin health focus areas and pare down to 10 key health focus areas supported by data:





Chronic Disease Prevention and Management and Physical Activity was paired with Adequate, Appropriate and Safe Food and Nutrition to create a health focus area of Nutrition and Physical Activity, Communicable Disease was included as a subset of Reproductive and Sexual Health and Healthy Growth and Development and Access to Care was added.

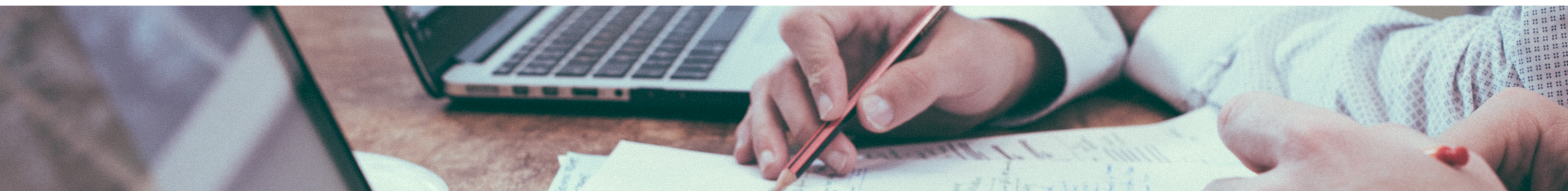
The CHA process included a variety of data collection methods to assure inclusion of various demographic groups in the community and to develop a thorough understanding of health issues facing Polk County. These methods included primary data collection through an online and hardcopy community health survey; survey outreach with underrepresented demographics groups, community forums and a key stakeholder meeting to prioritize health focus areas. Secondary, quantitative community health data was collected based on the measures recommended in the Wisconsin Association of Local Health Departments and Boards (WALHDAB) core dataset and the State Health Plan.

The CHA process culminates in development and publication of a written report that is publicized in the media and widely distributed to partners and community members. This report serves as a kick off efforts to develop a Community Health Improvement Plan (CHIP) which sets forth an action plan to address the health priorities identified in the CHA process.

Data Collection Methodology

Community Survey

Partners distributed the community health survey to residents throughout Polk County from mid December 2018 to mid-February 2019. (Appendix III) The objective of the survey was to better understand the community's perception of the top health concerns in the county. The survey was hosted by the same online development tool, Survey Monkey, as in 2015 to compare survey results. Questions were added for the 2019 version to assess the respondents thoughts on the social determinants of health. The link to the online survey was widely distributed through the networks of each of the partner organizations. The survey launch was announced by a press release and was repeatedly advertised in local newspapers, social media, partner websites and flyers posted throughout the county.



Survey Outreach

Hard copies of the survey were available in medical center and government center waiting rooms with reception staff encouraging completion. Special effort was made to ensure the survey was available to underrepresented groups who can be at the highest risk of suffering from health disparities. These groups included WIC, Prenatal Care Coordination (PNCC), Economic Support and Behavioral Health program participants from Polk County, veterans seeking services from the county Veterans Services Office and seniors accessing services at the Aging and Disability Resource Center (ADRC). Flyers were left in local village laundromats, food pantries, and grocery stores with information on how to access the online survey. School superintendents were sent links to the survey and encouraged to forward to school staff and to include in their respective school newsletters. The county local pastor group was also outreached and provided links to the online survey.

A total of 907 Polk County residents completed the survey. This was a 31% increase in the response rate over the 2016 Community Survey. Survey respondents represented a wide range of county residents, including a variety of income and educational levels, age, and household size. Other than gender (a disproportionately high percentage of females completed the survey), the demographics of the survey respondents overall aligned with those of Polk County as a whole.

Community Survey Respondents identified the top four health priorities as:

- Substance Use and Abuse
- Mental Health
- Nutrition and Physical Activity
- Injury and Violence

They selected the top 3 social determinants of health as:

- Economic Stability
- Neighborhood and Built Environment
- Health and Health Care

Community Forums

Five community forums were convened in the county with 72 persons attending. These forums were held at the local medical centers/hospitals in Amery (2 sessions), Osceola and St. Croix Falls. Although these forums were widely advertised and promoted for the public, 75% of attendees were medical center staff and 25% were the general public. One forum was also held at the government center in Balsam Lake. The format of the forums included a presentation lead by the Health Officer and Polk United Coordinator on the community survey data and secondary data review related to the ten health focus areas.



Data Collection Methodology Continued

In addition, information was provided on the social determinants of health including economic stability, neighborhood and built environment, health and health care, social and community context and education. Community survey ranking results on the determinants was included in the packet of data summary sheets for each health focus area which accompanied the presentation. These facilitated group discussions allowed the public to analyze data from multiple and diverse sources. Participants were able to develop a more complete understanding of health by considering both the community perception of health as well as the secondary data collected by local and national agencies.

Data was presented orally and via simple, concise and graphically enhanced fact sheets to aid in thorough understanding of the data sources during group discussion. Participants were encouraged to offer their unique perspective about the health issues facing Polk County residents. A portion of the meeting was dedicated to voting on the top health priorities as well as the top social determinants of health influencing health outcomes in Polk County. Participants were instructed to consider the data presented and group discussion and vote based on three factors:

- Size of the problem or the number of people potentially or actually affected by the health focus area
- Seriousness and impact a health focus area has on disability, premature death, social burdens or health care costs
- Readiness and capacity of the community to address actions around the health focus area

Overall the voting across the different locations resulted in the identification of the same top four health priorities as in the community survey but in different order of importance.

The top four health priorities identified during the Community Forums in Polk County were:

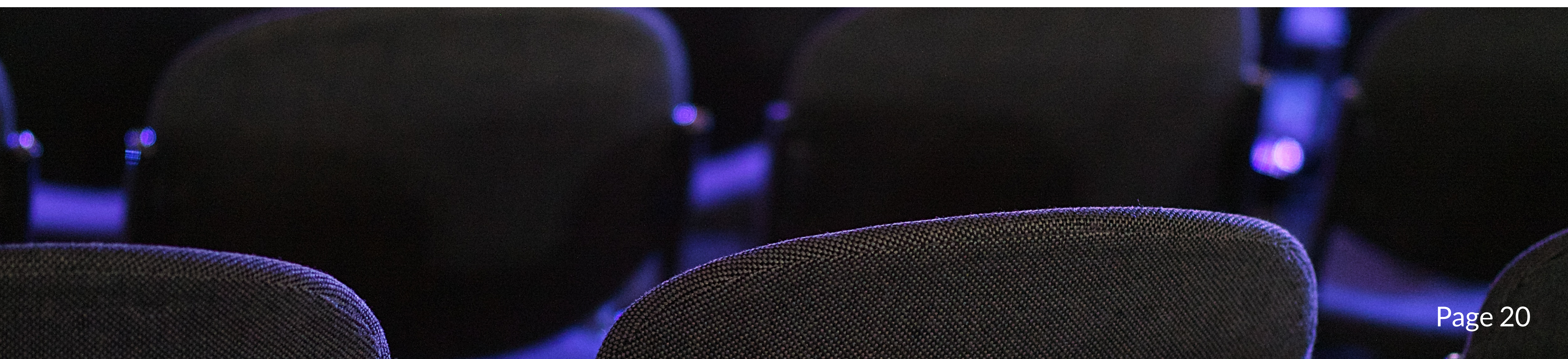
- **Mental Health**
- **Substance Use and Abuse**
- **Nutrition and Physical Activity**
- **Access to Care.**

The top 3 Social Determinants of Health were identified as:

- **economic stability**
- **education**
- **social and community context.**

Key Stakeholder Meeting

Following the community forums, a key stakeholder meeting was held. Twenty (20) people representing county Law Enforcement, Mental Health Task Force, District Attorney's Office, State Representative 10th Senate District, UW-Extension, Amery Hospital and Clinic, Osceola Medical Center, ADRC, St. Croix Regional Medical Center, Family Resource Center and Health Department staff were in attendance.



Data Collection Methodology Continued

The same format utilized at the Community Forums was implemented at the key stakeholder meeting. Community survey results along with secondary data review related to the 10 health focus areas were presented. Attendees had opportunity via a facilitated discussion to provide further input and perspectives on the data and focus areas. Voting ensued for Polk's top health priorities and most influential social determinants of health.

The four selected top health priorities were:

- **Mental Health**
- **Substance Use and Abuse**
- **Nutrition and Physical Activity**
- **Access to Care.**

Key stakeholders identified their top 3 social determinants of health as:

- **Economic Stability**
- **Neighborhood and Built Environment**
- **Education.**



Secondary Data Review

After the community survey was distributed and in process, local quantitative health data was compiled from a variety of data sources based on the measures recommended by Wisconsin Association of Local Health Departments and Boards. Data sources included County Health Rankings, US Census, government reports, Behavioral Risk Factor Surveillance System, Youth Risk Behavior Surveillance System, Health Department reports, Centers for Disease Control and Prevention, Wisconsin Department of Health Services Statistics, schools and other publicly available sources. County specific data was compared to state, national rates, and Healthy People 2020 target rates when available. The data points are summarized in the Health Focus Area Summaries section of this report. The full core data set is presented in **Appendix II**.



Limitations of Data

Although this assessment reflects the most recent and best available health information for Polk County, there are important limitations to note. They include:

- There can be a long lag time between data reporting and availability (i.e., the timeliness of data)
- Small numbers can make comparisons difficult
- Health information is generally not available for jurisdictions smaller than counties (e.g., individual communities within Polk County)
- There is inadequate data for some topic areas
- There are jurisdictional challenges within data collection systems (e.g., reporting issues across county and state lines)
- There were several health focus areas that had limited data specific for Polk County. With less data to consider for these health focus areas, attendees at the community forums and stakeholder meetings could have a bias towards selecting health priorities with more information available on which to base their rankings

Final Prioritization Process

Following the community survey, community forum and key stakeholder meeting, the CHA Leadership Team met to review the voting results of the health focus areas and social determinants of health at these event.

The voting results were similar in all venues with a clear delineation between the top 4 health focus areas. Ranking scores were averaged to identify Mental Health, Substance Use and Misuse, Chronic Disease (Nutrition and Physical Activity) and Access to Care as the top four health priorities for Polk county for the next 3 year cycle. The Leadership Team decided to incorporate access to care issues within each of the top 3 focus areas to conserve community capacity during the CHIP action phase.

Social Determinant rankings were consistent with Economic Stability selected as the main influence of health. Neighborhood/ Built Environment came in second and Education third. With a satellite location of the Wisconsin Indianhead Technical Institute (WITC) coming to the county seat of Balsam Lake in the 2019-20 school year, the CHA Leadership Team believed the community could create a new partnership and realize significant impact on Education, thus the final prioritization process moved Education to second place in the SDOH rankings. Figure 6 shows the ranking results that occurred at the community forums, stakeholder meeting and via the community survey. The average ranking is displayed along with the final prioritization of the focus areas and social determinants of health factors.

Figure 6 : Polk County 2019 CHA Rankings and Prioritization of Health Focus Areas and SDOH Factors

Health Focus Areas	Forums	Stakeholder	Com Survey	Average Ranking	Final Prioritization
Substance Use and Abuse	2	2	1	1.67	2
Mental Health	1	1	2	1.33	1
Nutrition & Physical Activity	4	3	3	3.33	3
Injury and Violence	6	5	4	5.00	7
Tobacco Use and Exposure	7	T-6	5	4.00	6
Environmental/Occupational Health	10	T-6	6	5.33	10
Oral Health	9	T-6	7	5.33	9
Access to Care	3	4	8	5.00	4
Sexual & Reproductive Health	8	T-6	9	5.67	8
Healthy Growth & Development	5	T-6	10	5.00	5
SDOH					
Economic Stability	1	1	1	1.00	1
Neighborhood and Built Environment	4	2	2	2.67	3
Health and Health Care	5	5	3	4.33	5
Social and Community Context	3	4	4	3.67	4
Education	2	3	5	3.33	2

Top 4 Health Focus Areas

- 1. Mental Health
- 2. Substance Use and Abuse
- 3. Nutrition and Physical Activity
- 4. Access to Care

Top 3 Social Determinants of Health

- 1. Economic Stability
- 2. Education
- 3. Neighborhood and Built Environment

Health Needs and Disparities

It is well documented in the literature that the social determinants of health impact how healthy a population is. The County Health Ranking model estimates that social and economic factors such as income, education, employment, family and social support and community safety contribute 40% to a person's overall health. People with low income, less than high school education and living in unsafe neighborhoods have poorer health than those with higher incomes, greater than a high school education and having a home in a safe neighborhood. These disparities are often a call to action for communities to address through mobilization of resources to target health improvement efforts.

The 2019 Polk County community survey results aligned closely with the literature when income and education were considered for health related questions. Respondents with incomes less than \$25,000 per year reported poorer health, less exercise, fewer servings of fruits and vegetables per day, less insurance coverage and feeling sad or depressed more frequently than those respondents with income above \$25,000 per year. The survey results were similar for these same questions for those respondents reporting education of high school or less. Below is community survey data highlighting differences in health due to income and education.

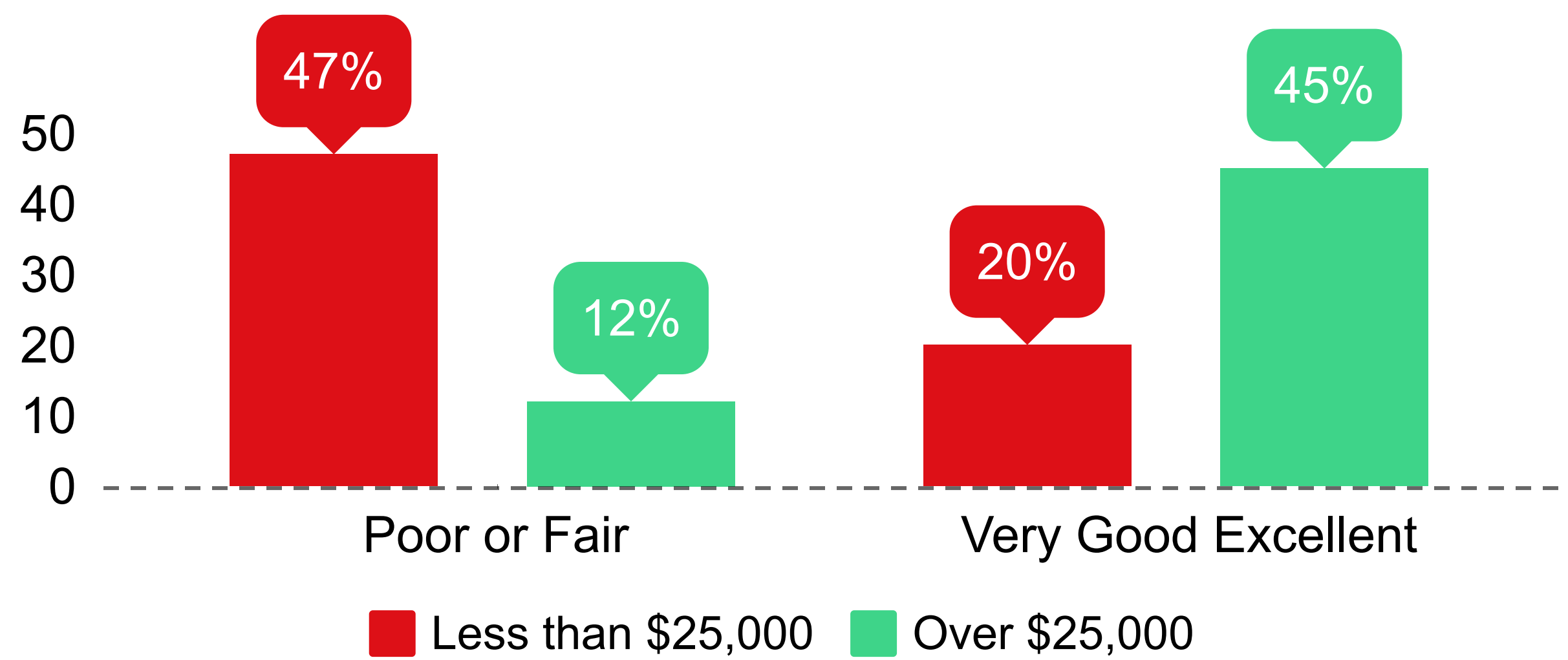


Health Disparity Data Analysis

Survey results were compared based on those that indicated thier income was under \$25,000 to those that had an income over \$25,000.



How would you describe your health?



On average how many days per week do you exersice 30 minutes or more?

Percent of survey respondents that indicated 1 day or less

Income less than \$25,000: **55.9%**

Income above \$25,000: **36.5%**

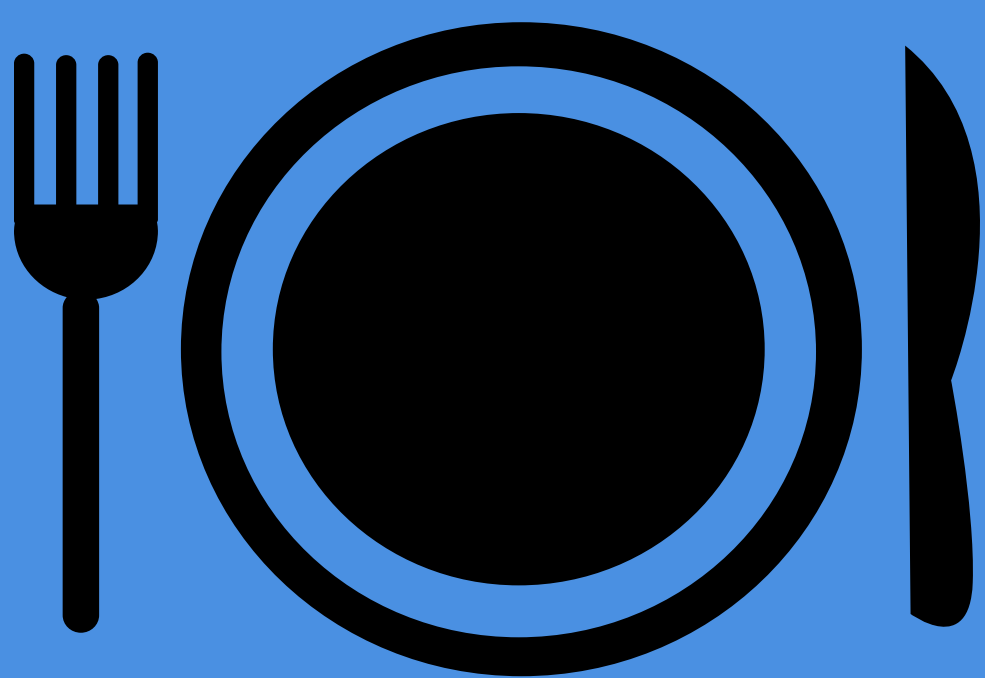
Percent of survey respondents that indicated 3 days or more

Income less than \$25,000: **32.4%**

Income above \$25,000: **43.5%**



On average how many servings of fruits and vegetables do you eat?



Percent of survey respondents that indicated 1 serving or less

Income less than \$25,000: **41.1%**

Income above \$25,000: **28.3%**

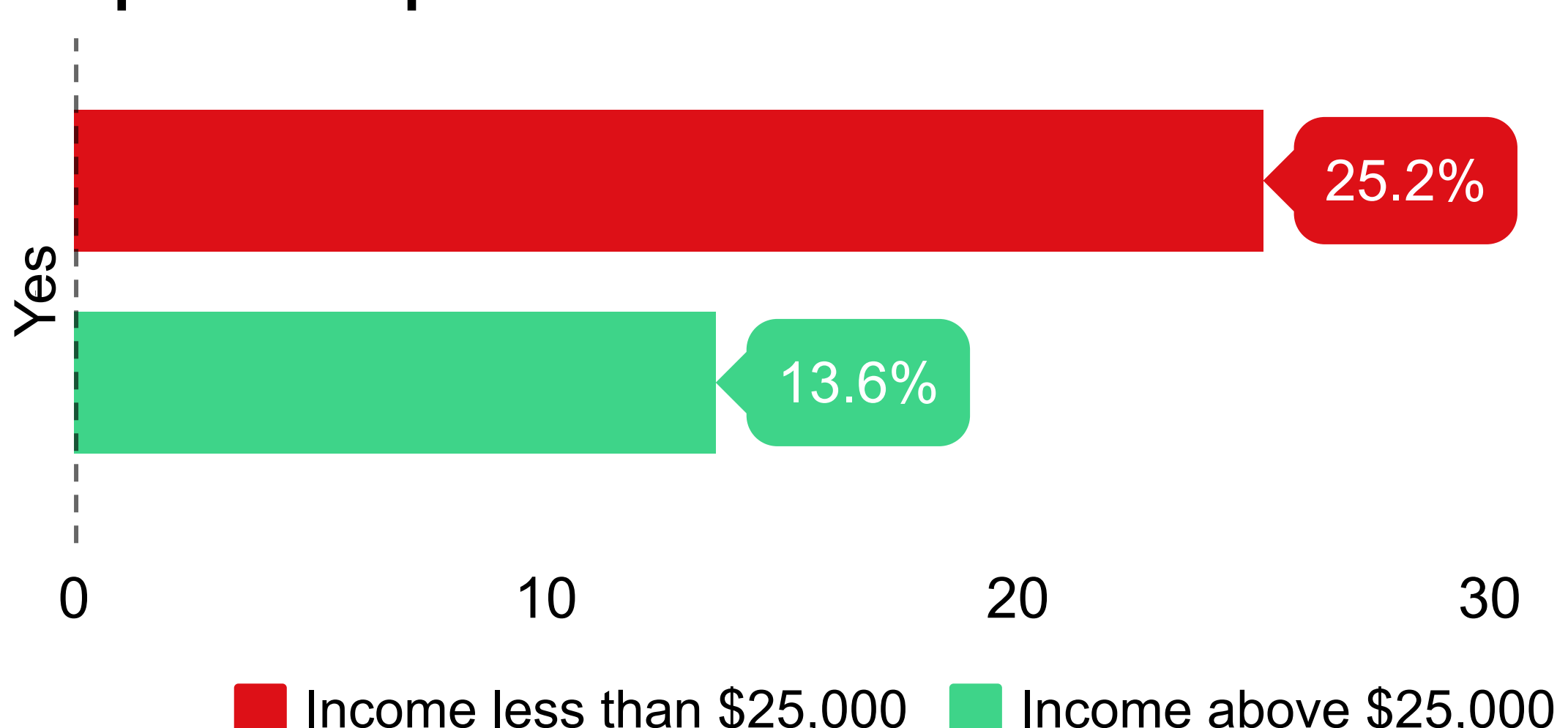
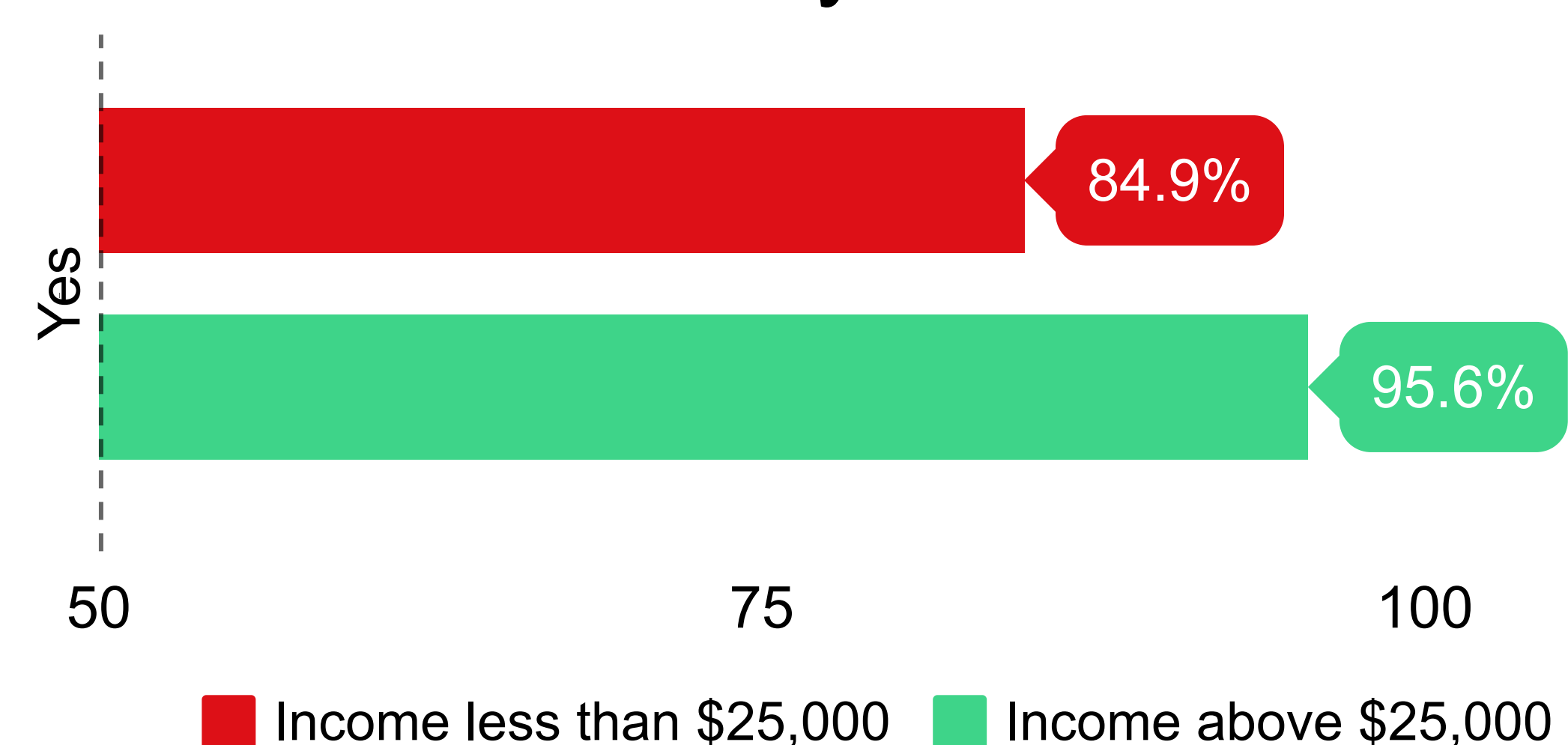
Percent of survey respondents that indicated 3 servings or more

Income less than \$25,000: **25%**

Income above \$25,000: **39.1%**

Is evey member of you household covered by insurance?

In the last 12 months have you not taken a prescription because it cost too much?



In the last two weeks how many days have you felt sad or depressed?

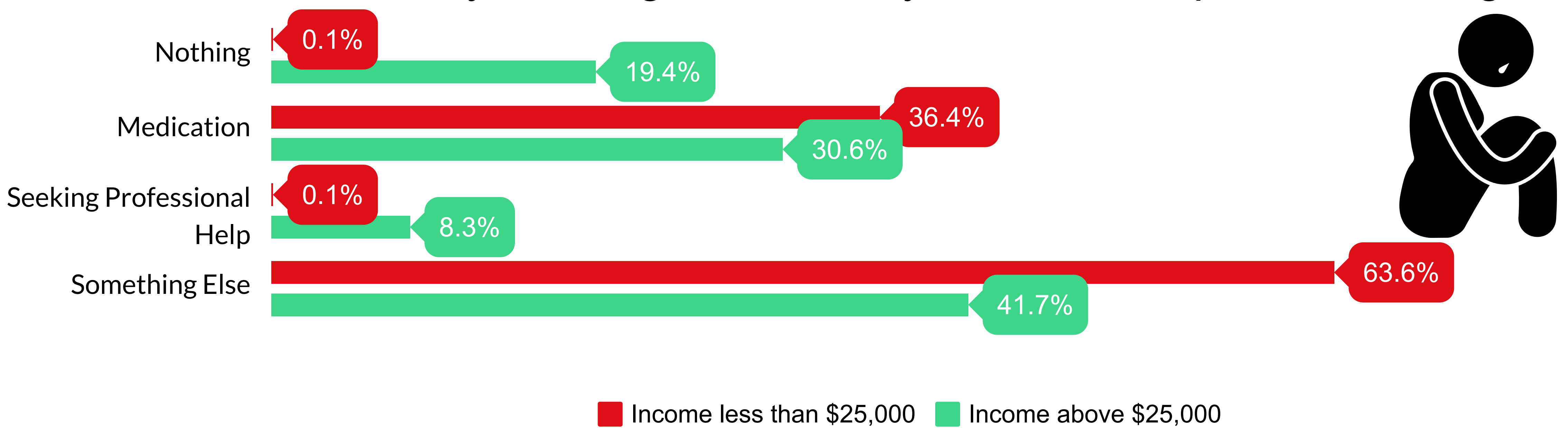
Percent of survey respondents that indicated
1 day or less

Income less than \$25,000: **43.8%**
Income above \$25,000: **66.8%**

Percent of survey respondents that indicated
3 days or more

Income less than \$25,000: **44.6%**
Income above \$25,000: **19.6%**

What are you doing to address your sad or depressed feelings?



Do you smoke?

Percent of survey respondents that indicated yes

Income less than \$25,000: **28.7%**
Income above \$25,000: **9.8%**

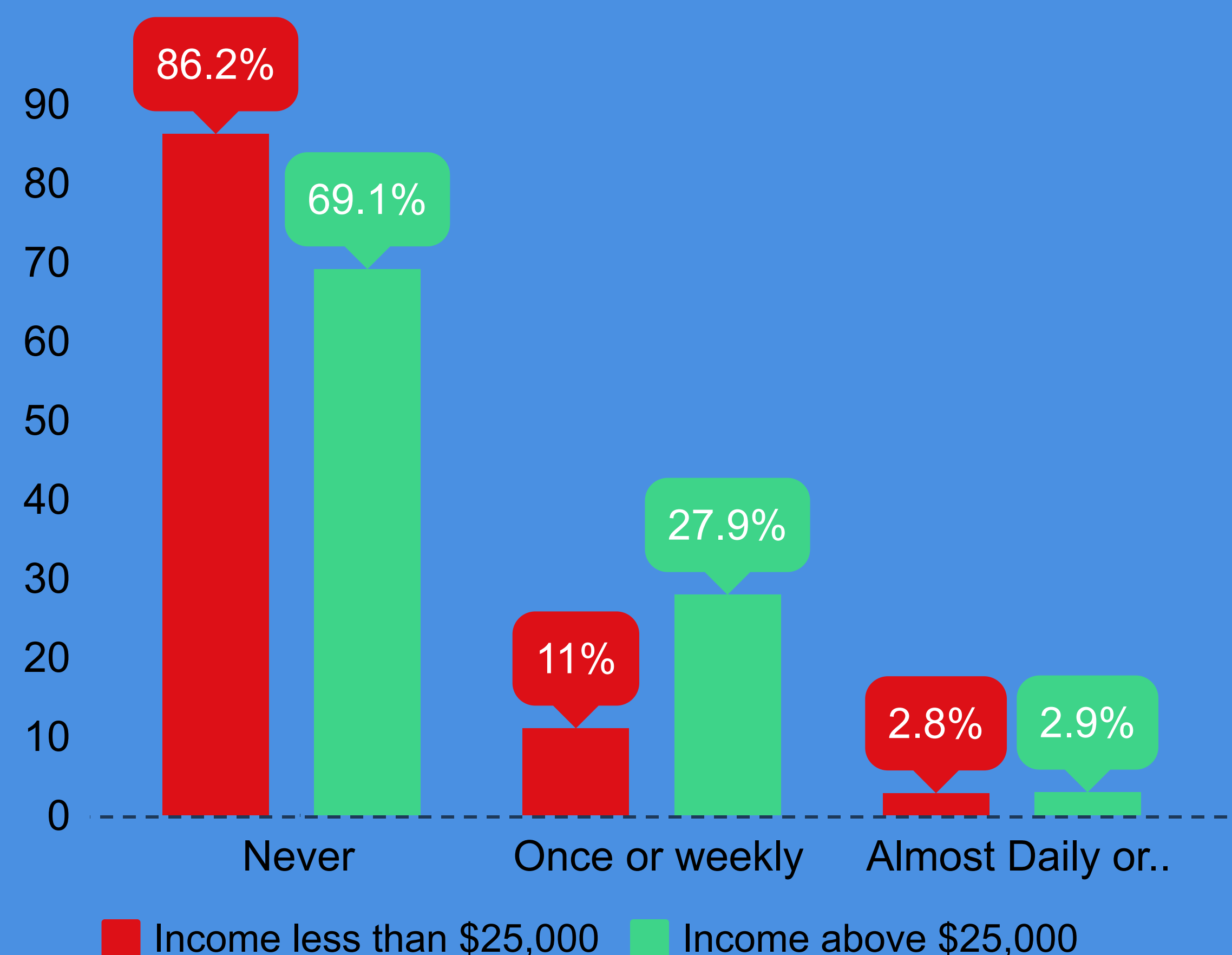


Have you or your family been negatively impacted by Meth use?

Percent of survey respondents that indicated yes

Income less than \$25,000: **20.7%**
Income above \$25,000: **14.4%**

Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks in one sitting (Male) and 4 or More (Female)?

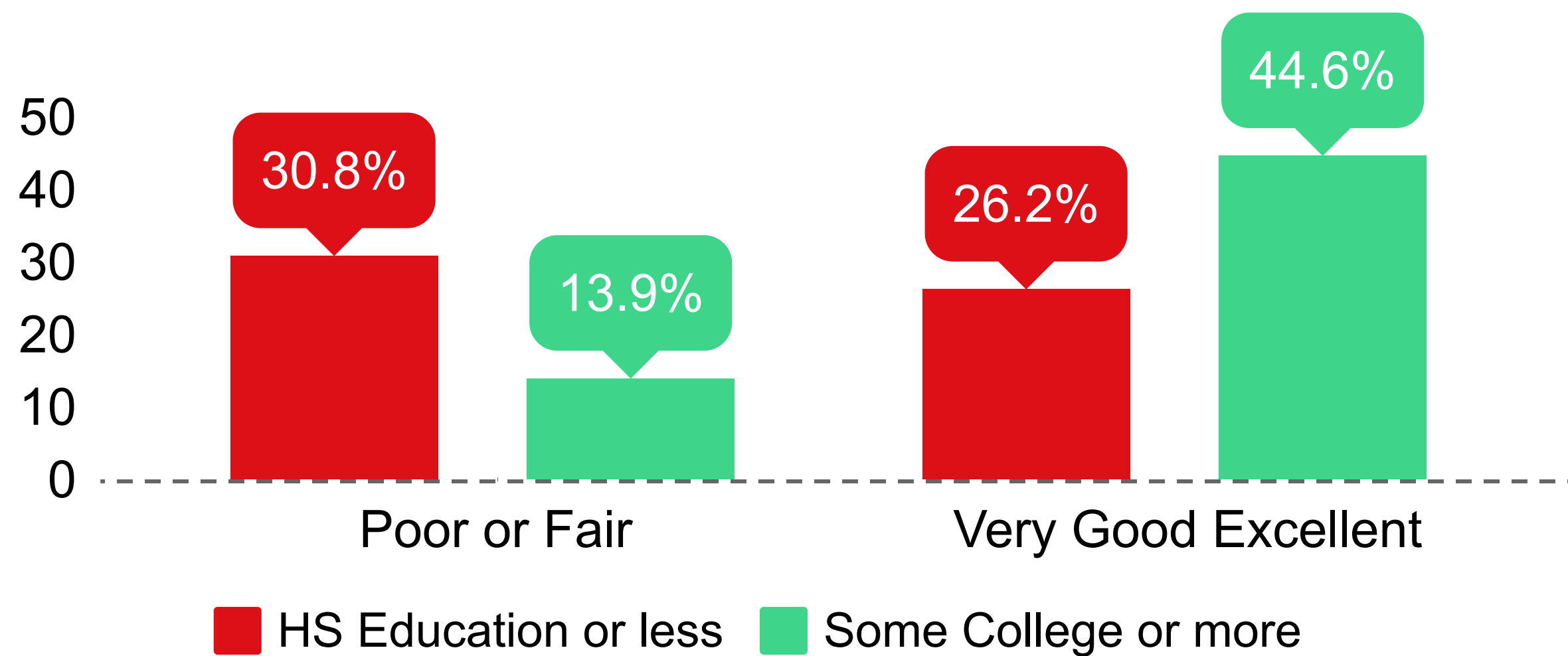


Health Disparity Data Analysis

Survey results were compared based on those that indicated they had a High School education or less to those that had some college or more.



How would you describe your health?



On average how many days per week do you exercise 30 minutes or more?

Percent of survey respondents that indicated 1 day or less

High School Education or Less: **51.2%**

Some College or More: **35.8%**

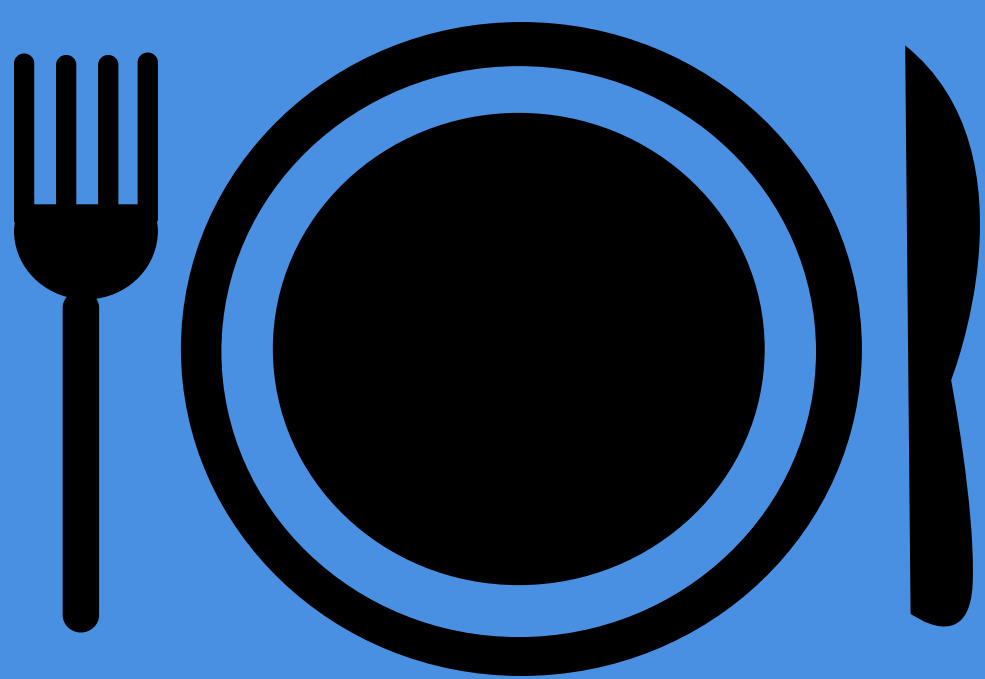
Percent of survey respondents that indicated 3 days or more

High School Education or Less: **33.5%**

Some College or More: **44.2%**



On average how many servings of fruits and vegetables do you eat?



Percent of survey respondents that indicated 1 serving or less

High School Education or Less: **46.5%**

Some College or More: **25.6%**

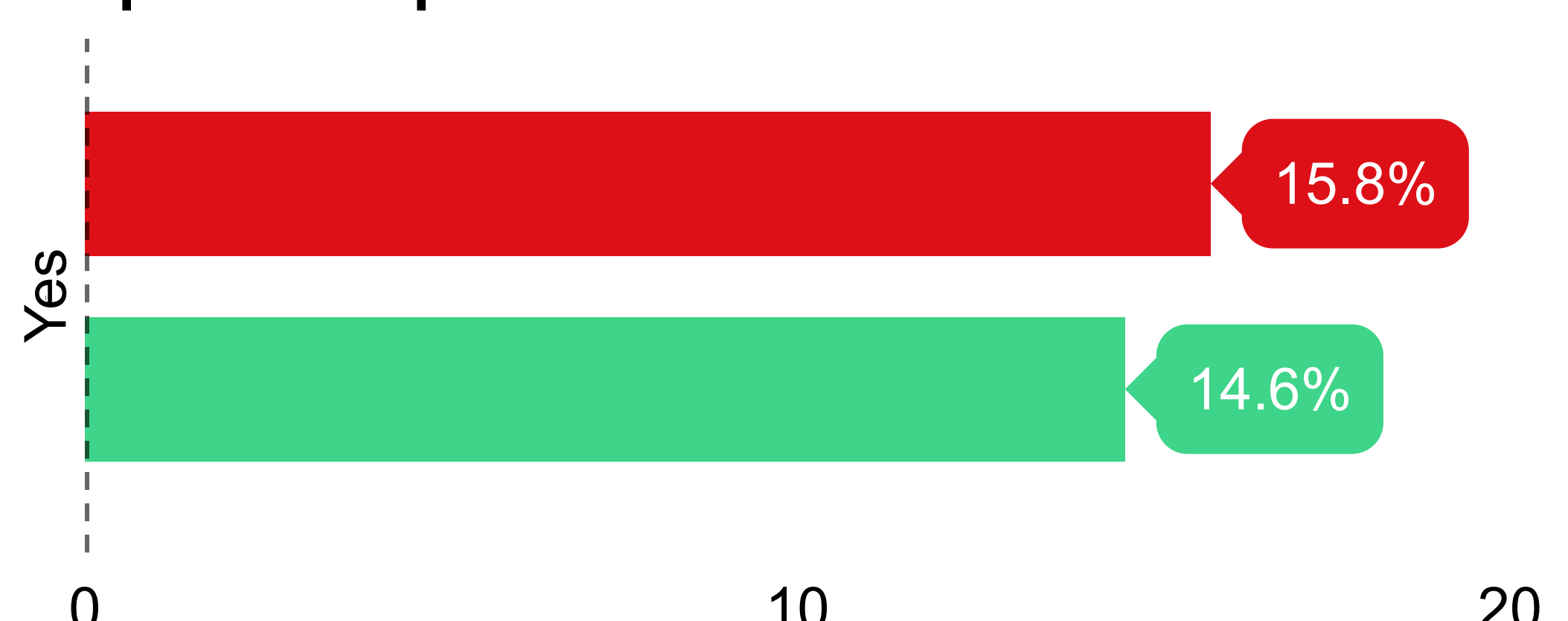
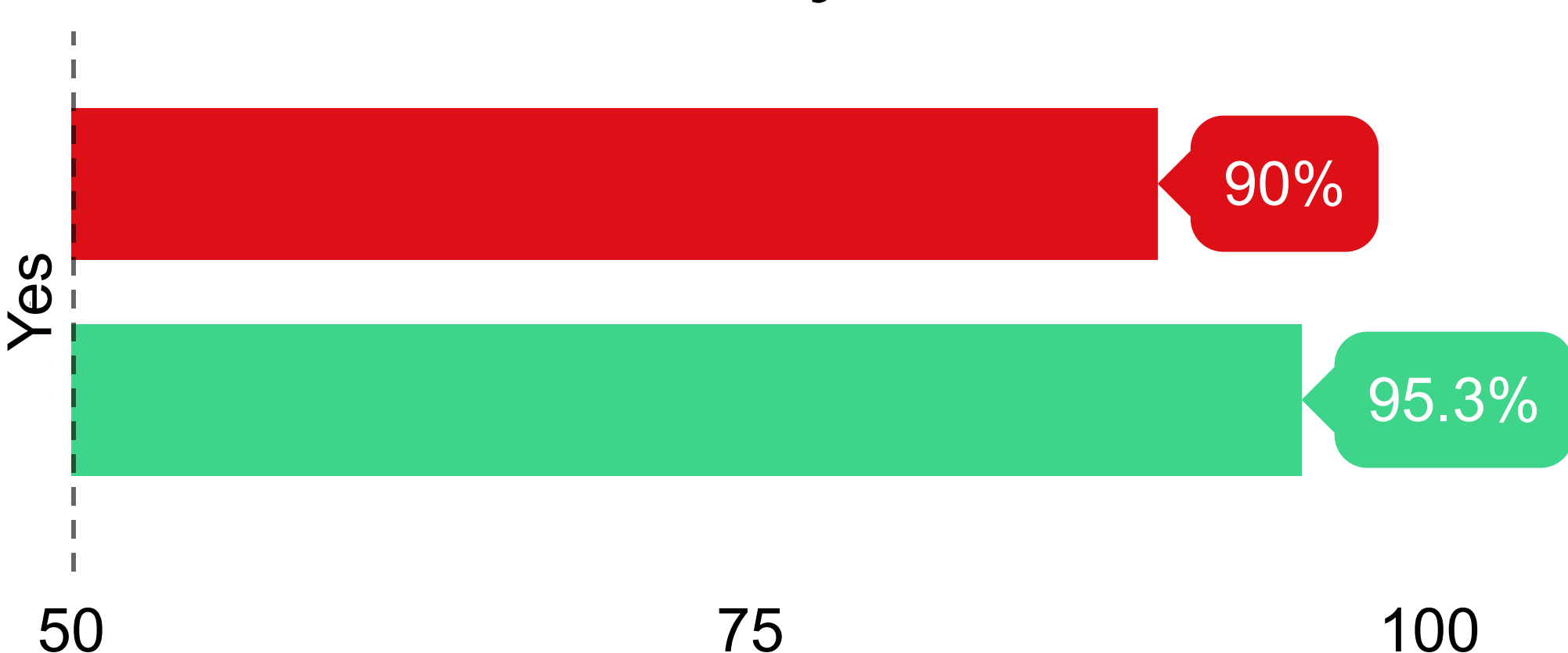
Percent of survey respondents that indicated 3 servings or more

High School Education or Less: **21.2%**

Some College or More: **42.1%**

Is every member of you household covered by insurance?

In the last 12 months have you not taken a prescription because it cost too much?



In the last two weeks how many days have you felt sad or depressed?

Percent of survey respondents that indicated
1 day or less

High School Education or Less: **57.7%**

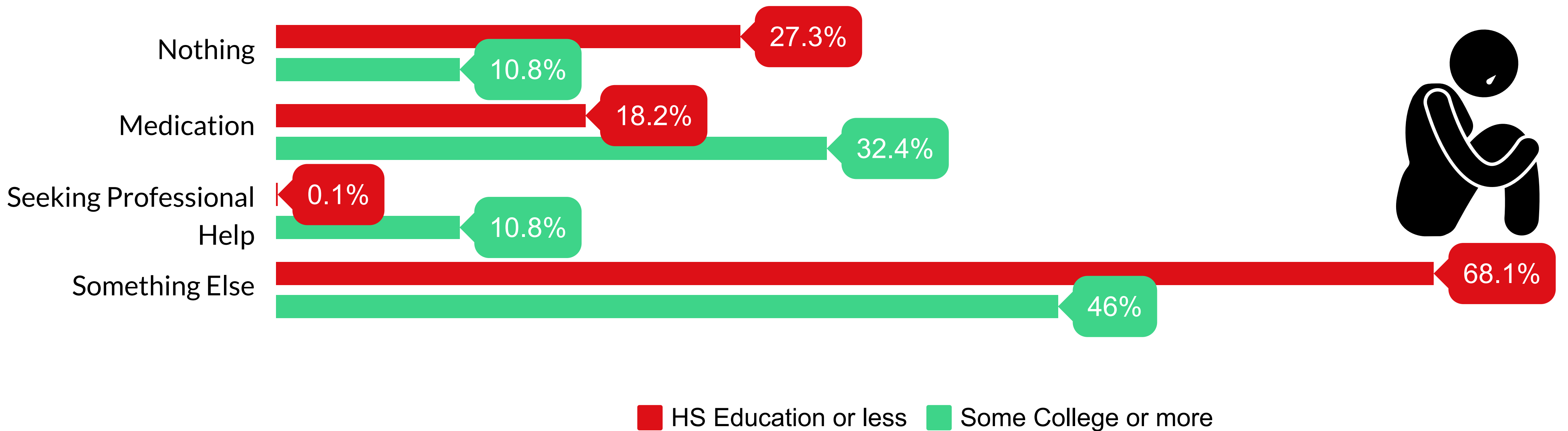
Some College or More: **65.9%**

Percent of survey respondents that indicated
3 days or more

High School Education or Less: **27.1%**

Some College or More: **21%**

What are you doing to address your sad or depressed feelings?

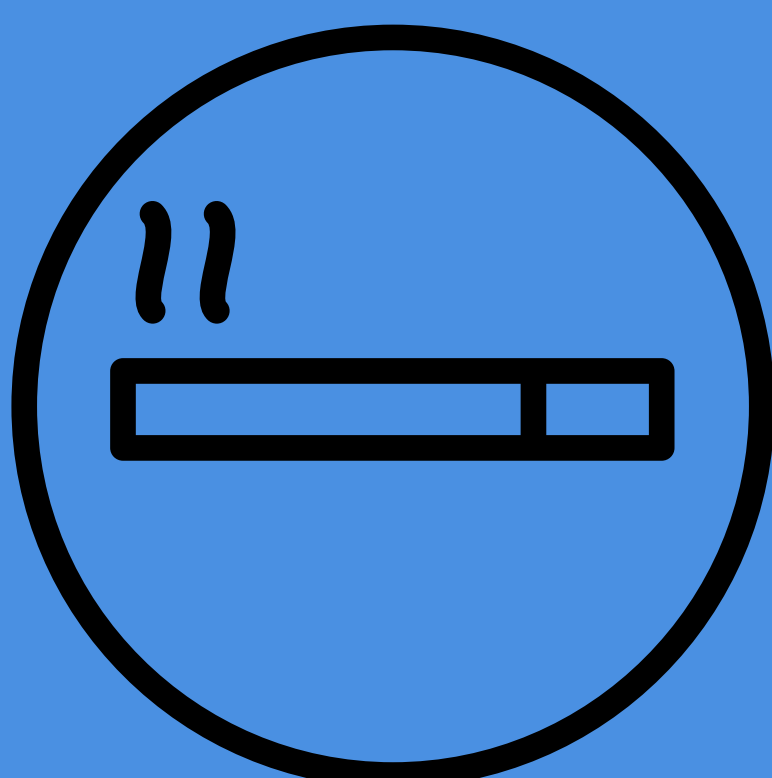


Do you smoke?

Percent of survey respondents that indicated yes

High School Education or Less: **24.5%**

Some College or More: **9.2%**



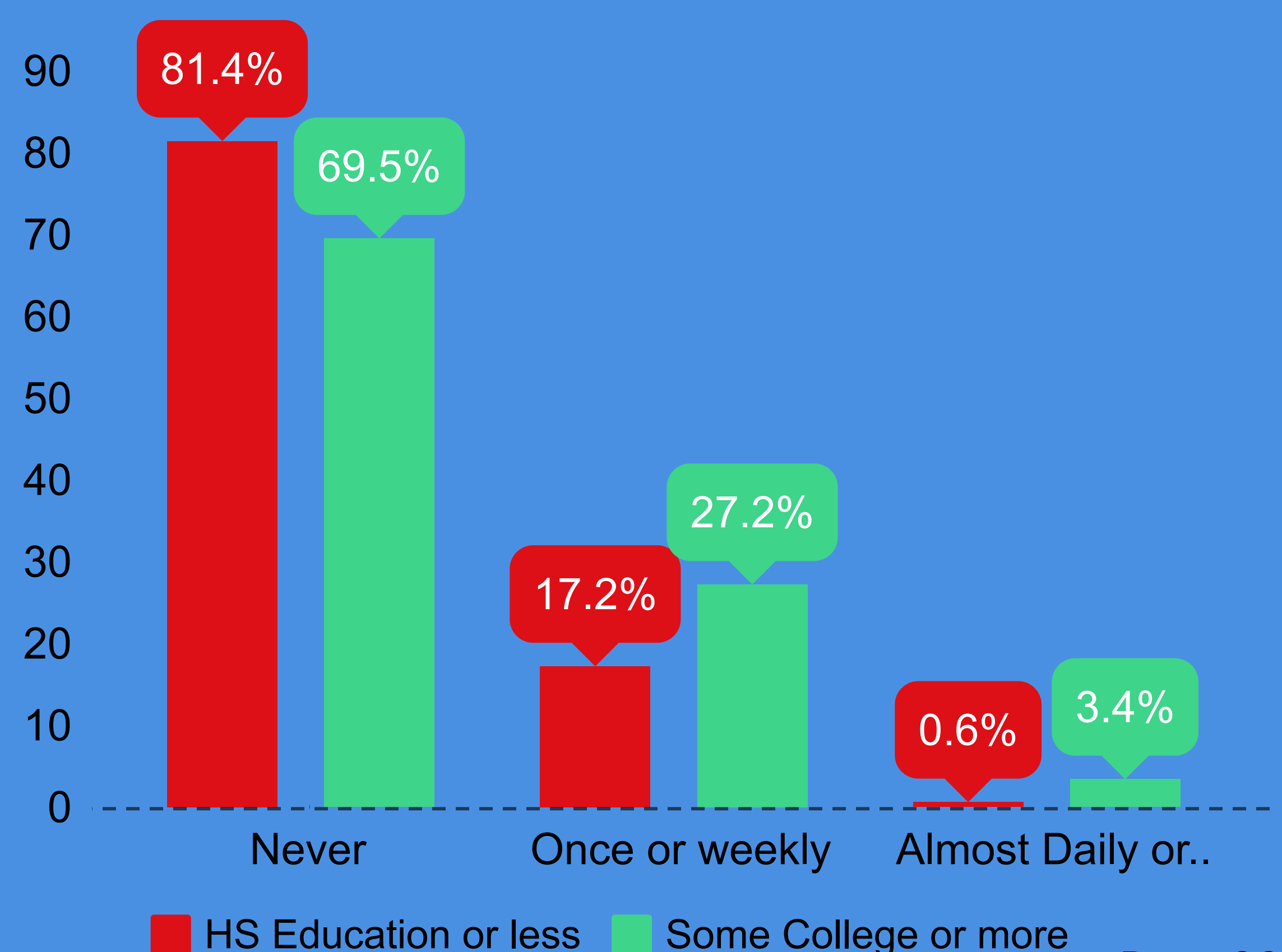
Have you or your family been negatively impacted by Meth use?

Percent of survey respondents that indicated yes

High School Education or Less: **18.1%**

Some College or More: **14.3%**

Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks in one sitting (Male) and 4 or More (Female)?



Next Steps

The CHA final report will be publicized via a press conference with promotional materials prepared in advance. The CHA Leadership team will be present to field questions from the media. The report will be made available to the public via health department and partner organizations websites as well as through individualized email correspondence. Print copies will be distributed to key stakeholders. It is anticipated that organizations will use the data highlighted in this report for grant applications, collaborative health improvement projects and for educational purposes.

The action planning phase of the community health improvement planning process will begin mid-summer, 2019 and culminate by year end. Polk United, the umbrella organization that provides structure to the CHIP process, will elicit community and key organization representatives to join health focus area workgroups to address action planning for the top 3 health priorities. These workgroups are already in place from the previous CHIP cycle, but require additional team members to replace members no longer able to serve as well as to increase the diversity of workgroup participants.



Community Asset Inventory

An environmental scan was conducted to assess the most up to date listing of community assets that are relevant to the top health focus areas in Polk County. Several health and human service organizations keep resource directories to be used for information and referral purposes. These directories were reviewed and cross checked with partner organizations and key stakeholders and subsequently updated with the most current information. The new community assets inventory can be found in [Appendix IV](#).





Mental Health

Mental health refers to our emotional, psychological and social well-being, and how it relates to our ability to cope with the normal stresses of life. Poor mental health (aka mental illness) manifests itself in poor quality of life, higher rates of chronic disease, and shorter lifespan.

HEALTH
PRIORITY

#1

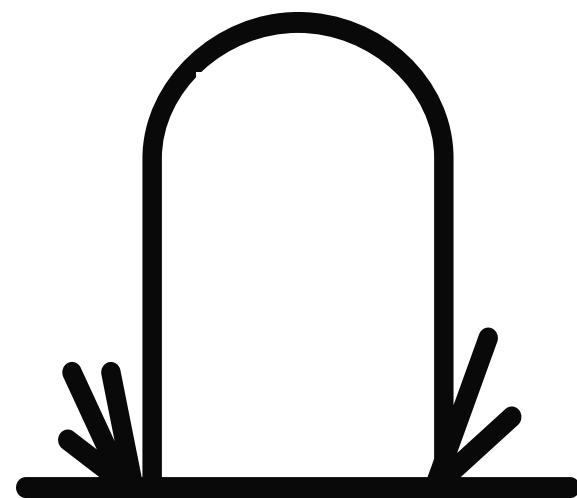
Polk County High School students that reported being bullied on school property

2015: **14%**
2017: **15%**
2017 WI: **21%**
2017 US: **19%**

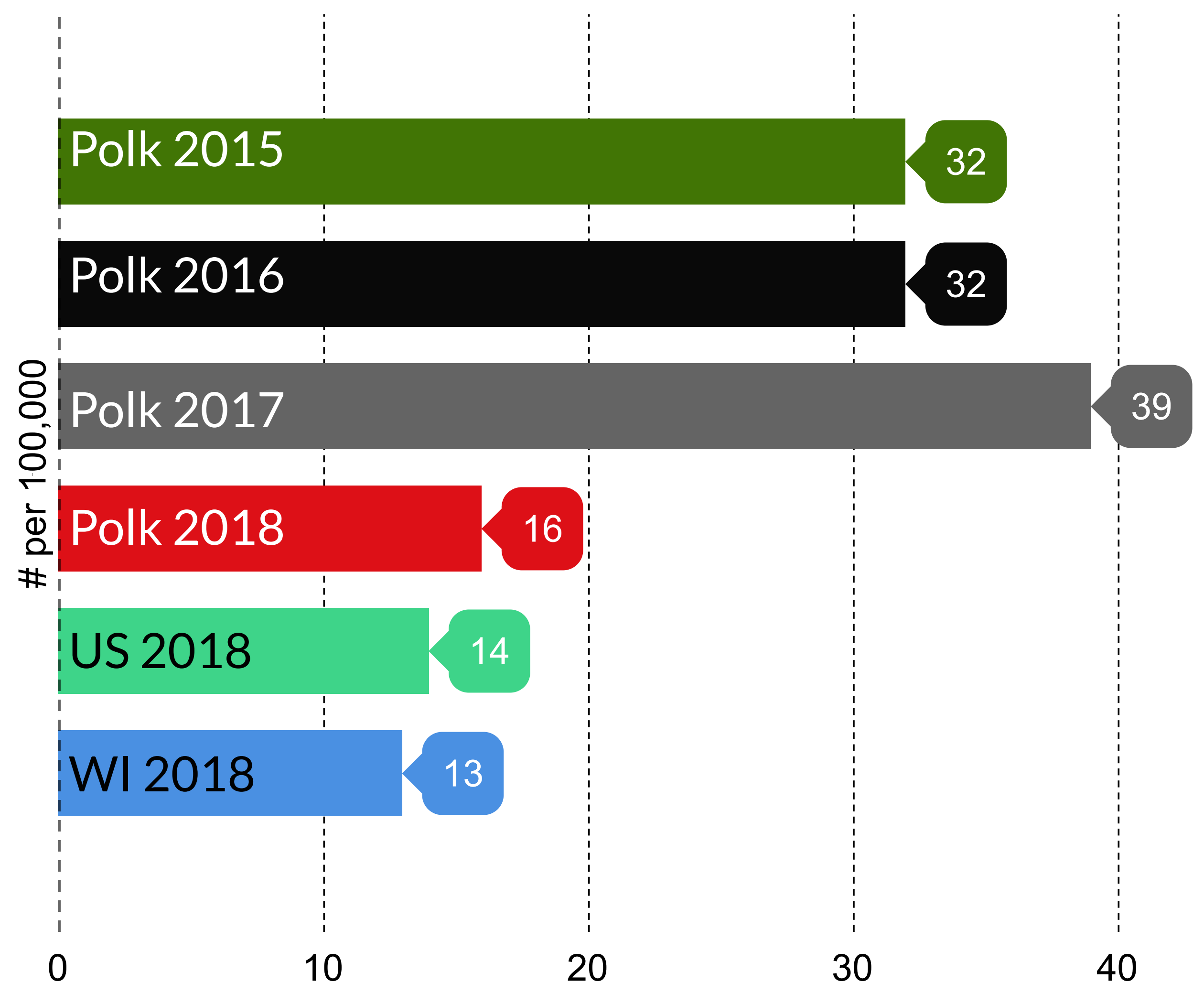


Polk County High School students that reported they seriously considered suicide in the last year

2015: **14%**
2017: **15%**
2017 WI: **10%**
2017 US: **17%**



Number of Suicides in Polk County per 100,000



Source: Polk County Medical Examiner, WISH

Community Health Needs Assessment Survey Data

Survey respondents that stated they have been told they have Depression/Anxiety

2015: **23%**
2018: **33%**



Percent of survey respondents that stated they felt sad/depressed 3 or more days per week

2015: **15%**
2018: **22%**

Survey respondents that stated they were doing nothing to address the problem

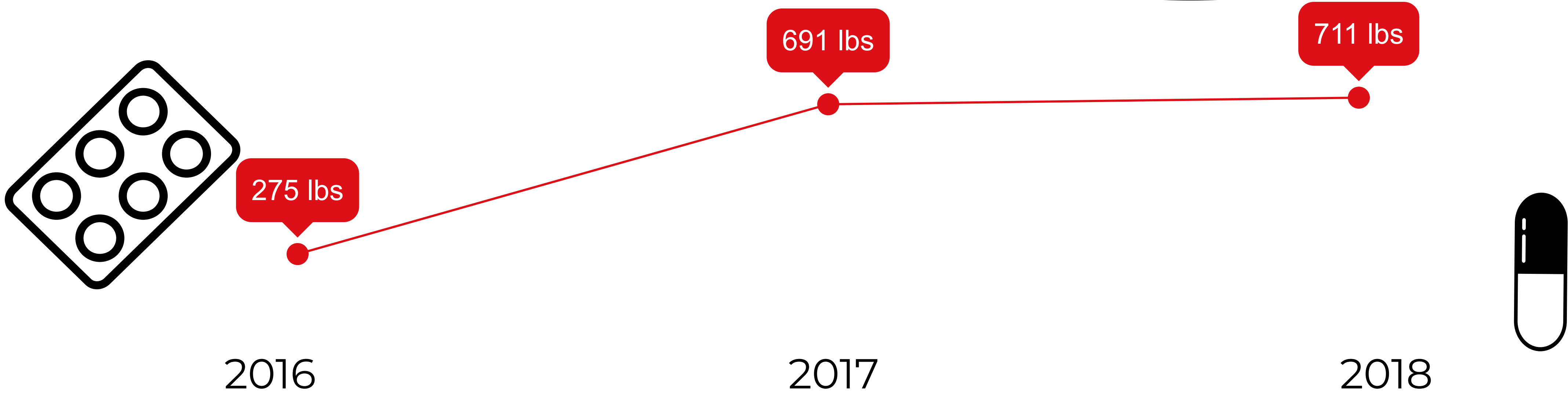
2015: **26.9%**
2018: **14%**

HEALTH
PRIORITY

#2

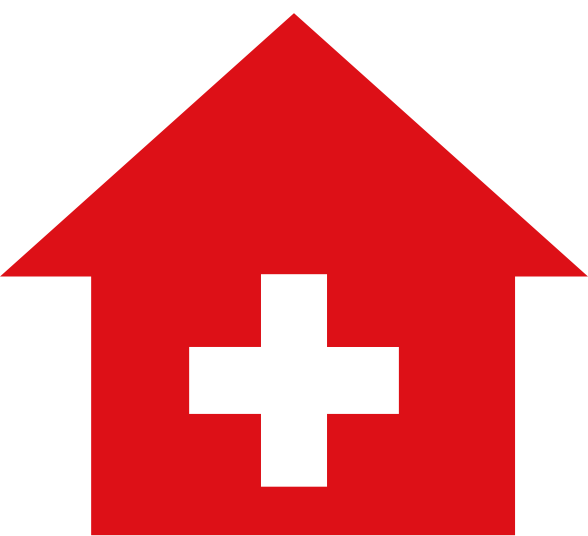
Substance Use

Substance abuse is the harmful use chemicals, including psychoactive drugs, alcohol, prescription medications (and huffing). Substance abuse can lead to dependence syndrome (a negative behavioral, cognitive and physiological phenomena and social decline.



Pounds of Prescription drugs collected at permanet drop box locations

Opioid related hospital discharges



2016: **69**
2017: **106**
2018: **275**

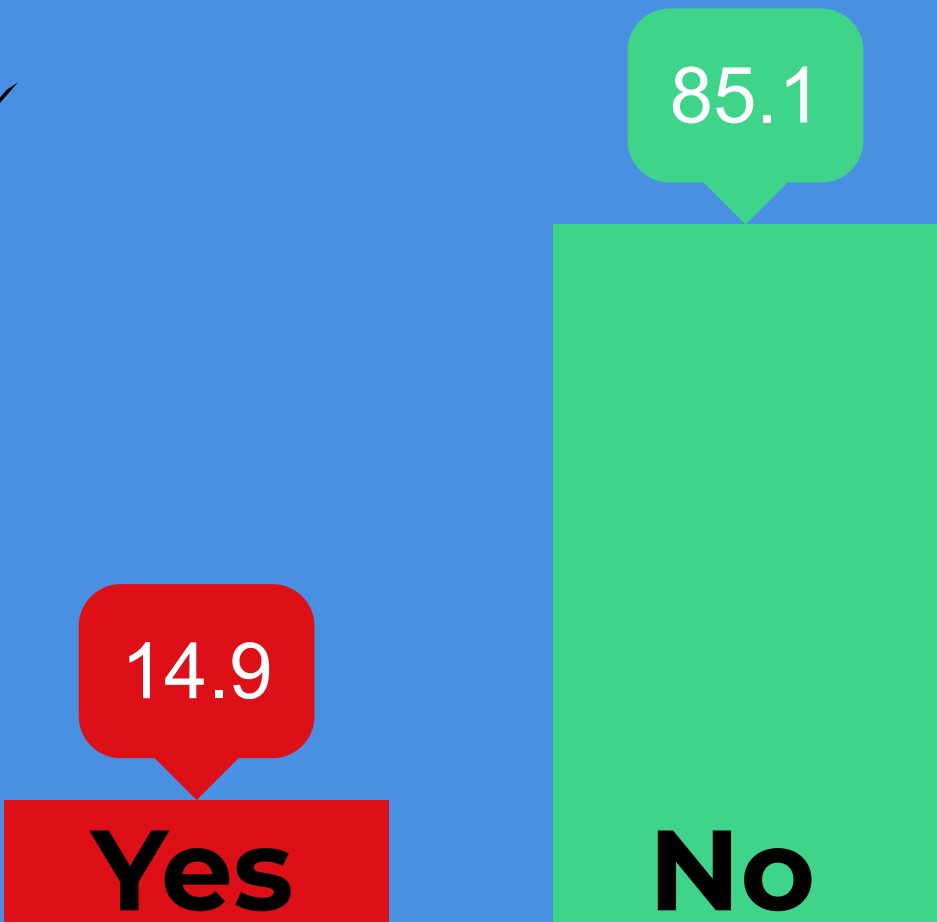
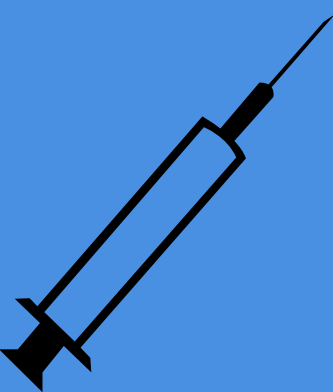
% Motor vehicle crashes involving alcohol

2016: **6%**
2017: **9%**
2018: **11%**



Community Health Needs Assessment Survey Data

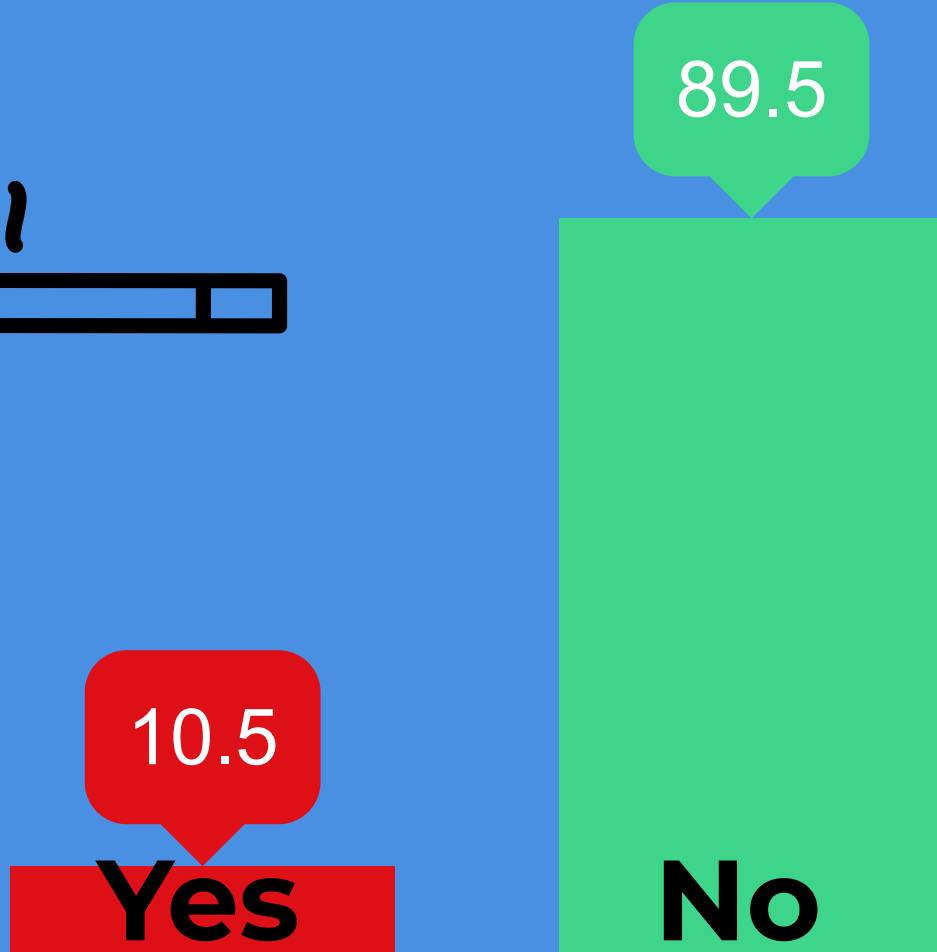
Have you or your family been Negativly impacted by Meth Use



2015: **10%**
2018: **8%**

During the past 30 days survey respondents stated they had 5+ drinks (Male) 4+ drinks (Female) in a sitting on a weekly basis.

Have you or your family been Negativly impacted by Marijuana Use



Nutrition and Physical Activity



Good nutrition is the intake of food that positively addresses the body's dietary needs. Physical activity helps keep the body in good physical condition. Poor nutrition and physical inactivity produce overall poor health and are major contributors to obesity and chronic diseases such as diabetes, heart disease and stroke.

**HEALTH
PRIORITY
#3**

Polk County High School students that reported getting 60min of physical activity 5 or more days a week

2015: **56%**

2017: **63%**

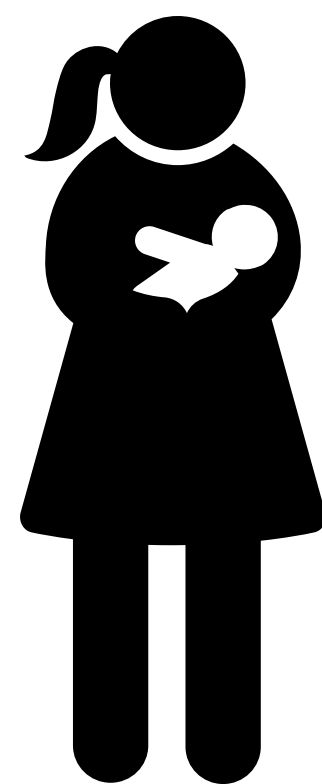


Percent of babies breastfeed at or before discharge

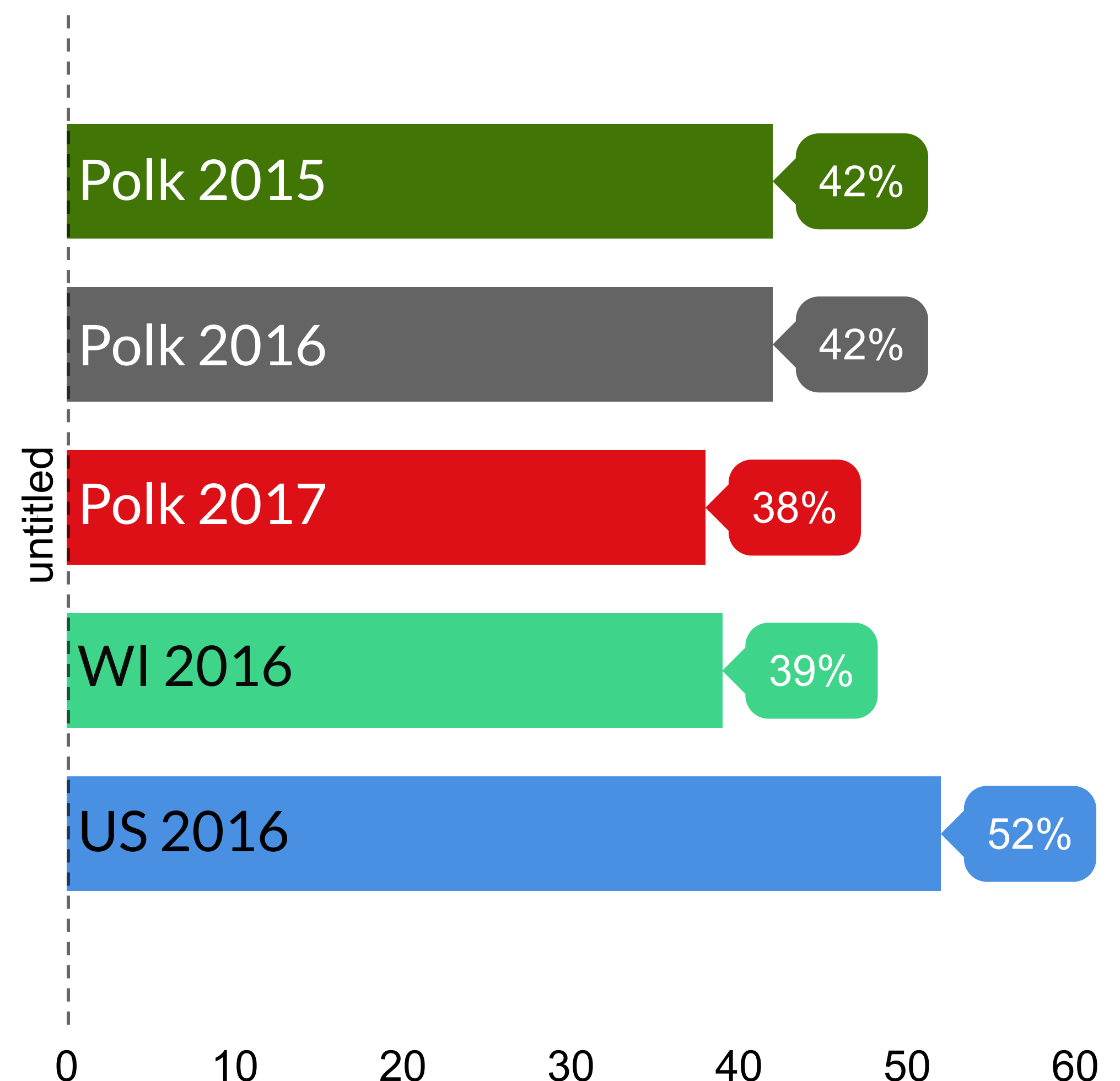
2015: **83%**

2016: **86%**

2017 WI: **??%**



Percent of students eligible for free and reduced lunch at school



Community Health Needs Assessment Survey Data

Survey Respondents that said they were slightly or very overweight

2015: **60%**

2018: **66%**



Survey respondents that stated they ate 3 or more servings of fruits and veggies a day.

2015: **48%**

2018: **37%**

Survey respondents that stated they exercised at least 30 mins a day on 3 or more days a week

2015: **49%**

2018: **42%**

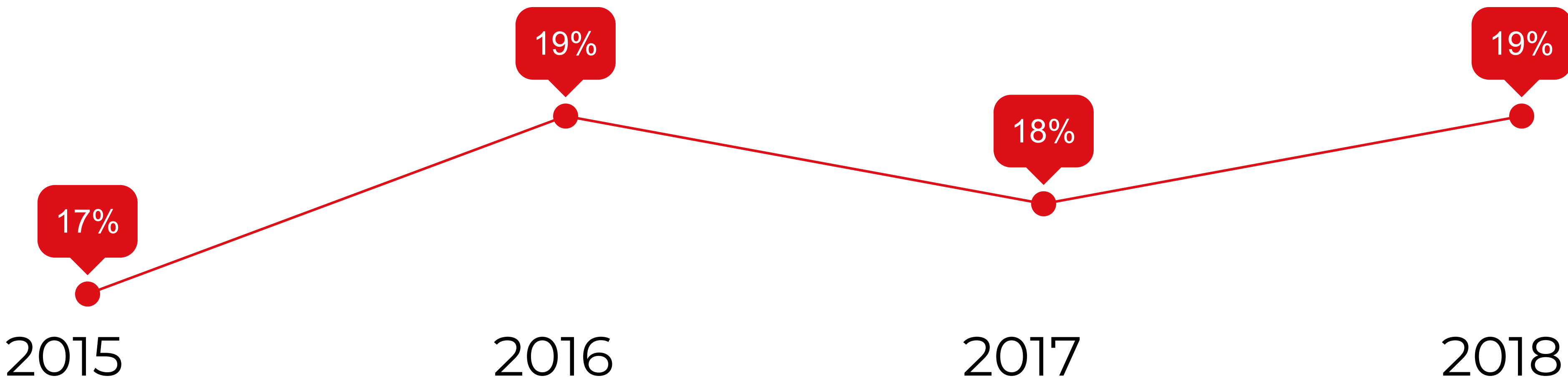
HEALTH
PRIORITY
#4

Access to Care



Access to care refers to having the same access for all to appropriate, convenient, and affordable health care. This includes things such as access to providers, cost, insurance coverage, medical transportation, and cultural sensitivity and responsiveness.

Percent of Polk County population on Badgercare

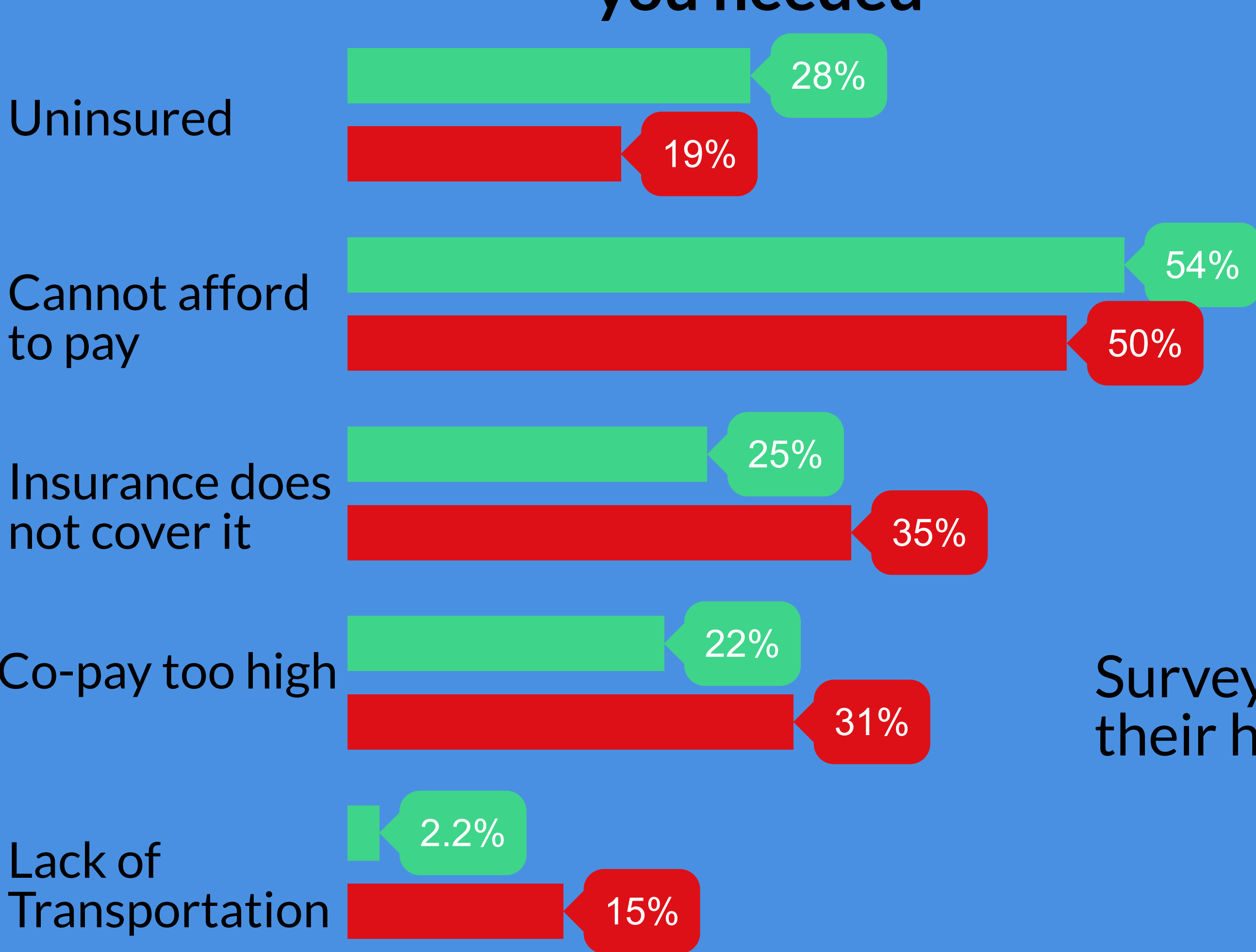


Community Health Needs Assessment Survey Data

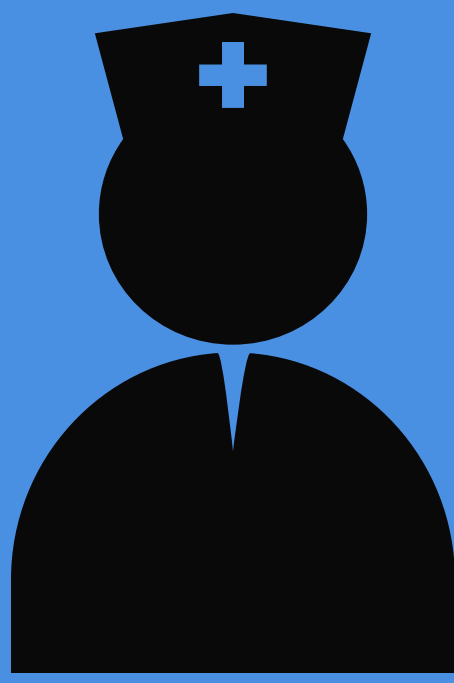
Survey respondents that stated they have a medical center they regularly use.

2015: **93%**
2018: **95%**

Reasons you were prevented getting the medical care you needed

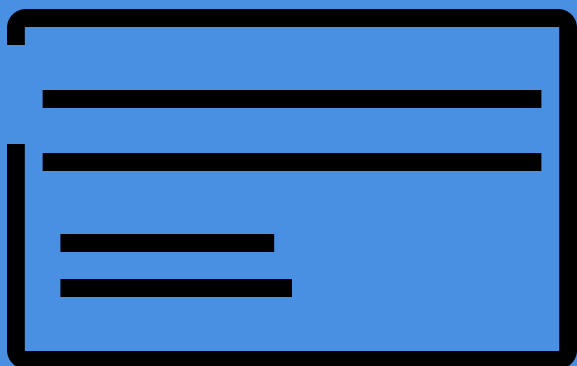


2015
2018



Survey Respondents that said everyone in their household were covered by insurance

2015: **93%**
2018: **95%**





Healthy Growth and Development

Care and support for best possible physical, social & emotional health and development (i.e. prenatal care, regular check-ups, child & elderly care)

HEALTH
PRIORITY

#5

Percent of moms who had a high school diploma/GED or less at delivery

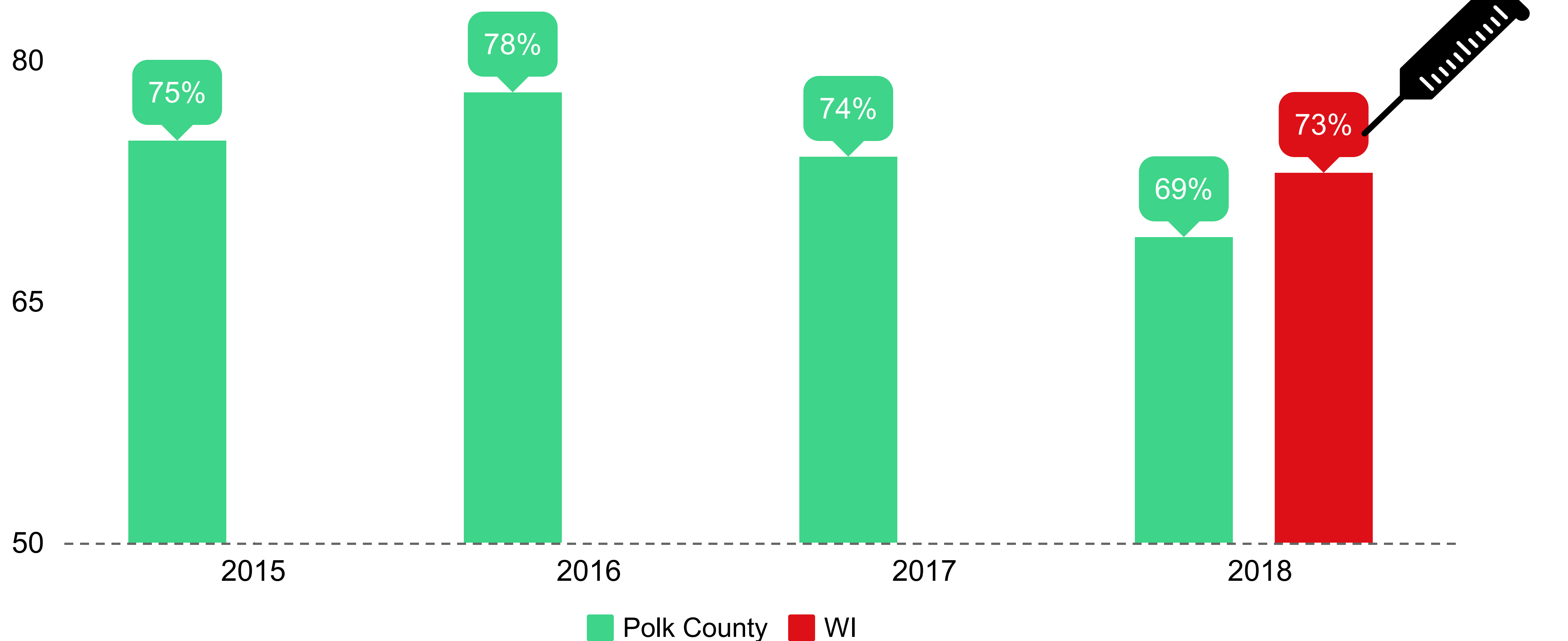
2016: **35.6%**
2017: **35%**
2018: **34.2%**



Percent of women that had less than 10 prenatal visits during pregnancy

2016: **28%**
2017: **30%**

Percent of children up to data on vaccinations by 2 years old



Percent of women who had gestational diabetes

2016: **9%**
2017: **9%**
2018: **11%**
US: **6%**



Percent of women who had gestational hypertension

2016: **6.2%**
2017: **8.7%**
2018: **9%**
US: **9.1%**

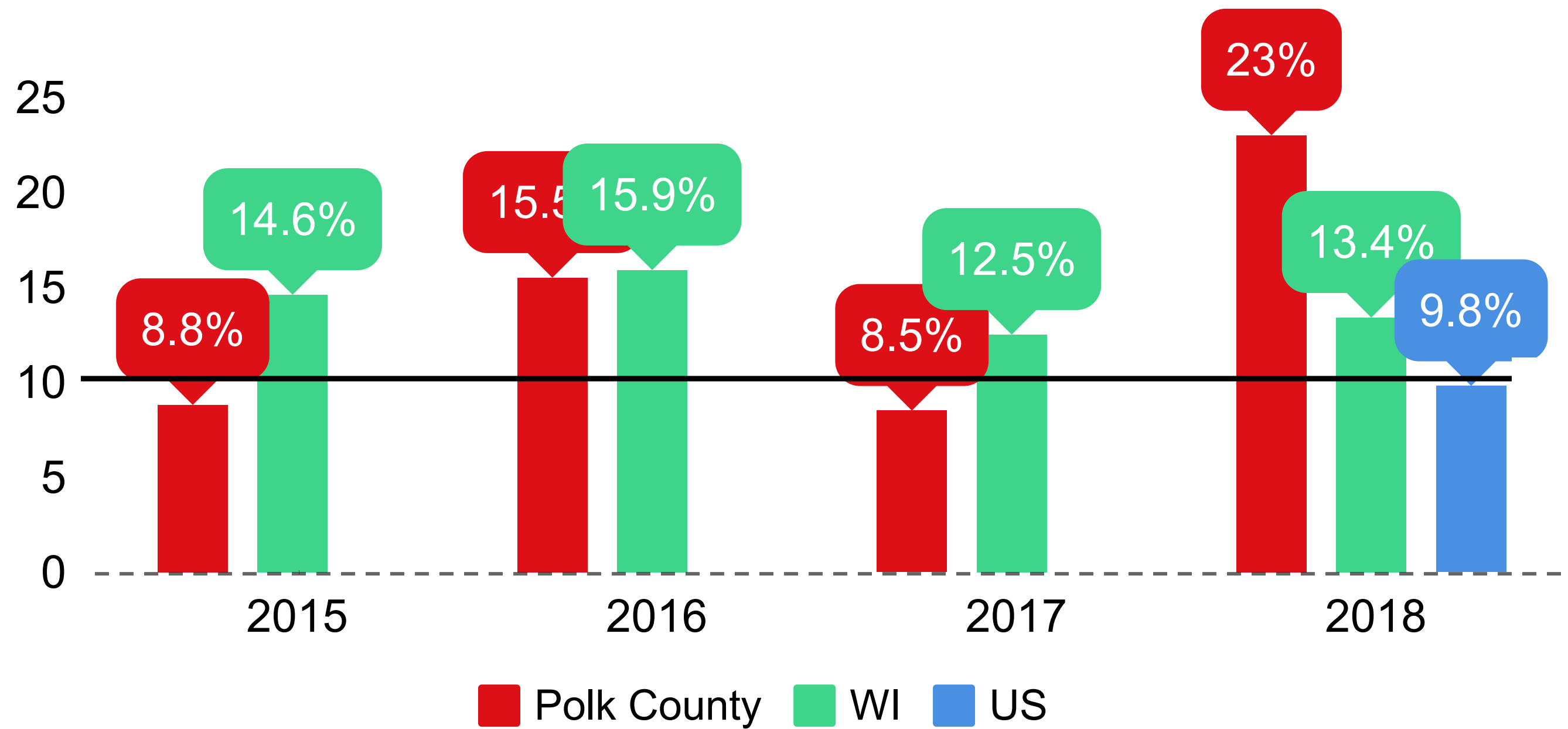
**HEALTH
PRIORITY
#6**

Tobacco Prevention

Preventing tobacco use, providing treatment to stop smoking, protection from second-hand smoke.



WI Wins Tobacco Compliance Check Sales Rate - State Goal is less than 10%



Percent of mothers that somked during pregnancy

2016: **21%**
 2017: **18%**
 2018: **16%**
 WI: **13%**
 US: **10%**

Polk County High School students that reported using E-Cigarettes

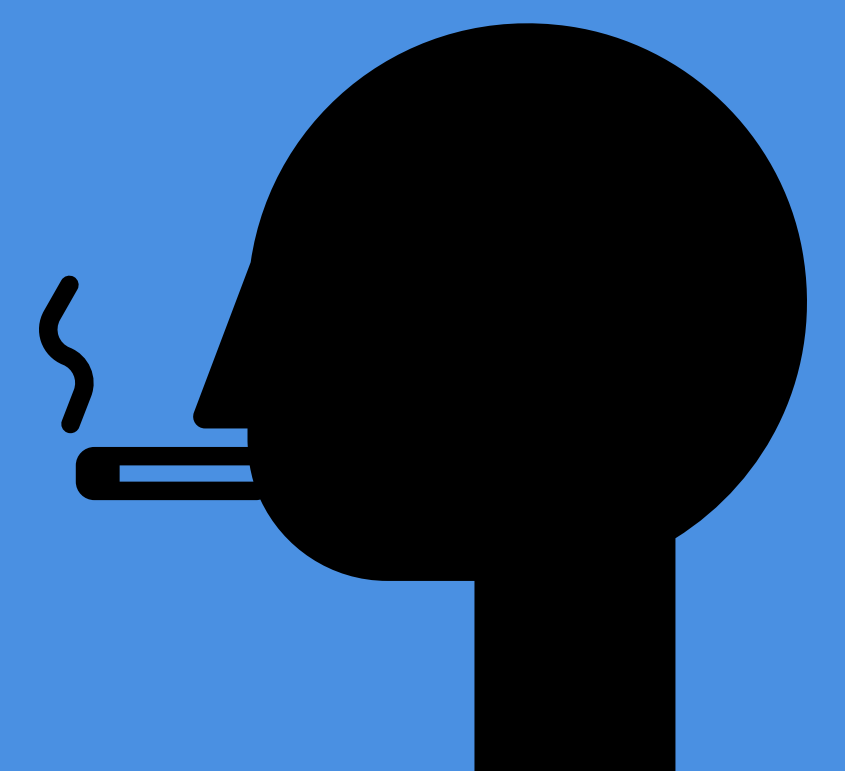
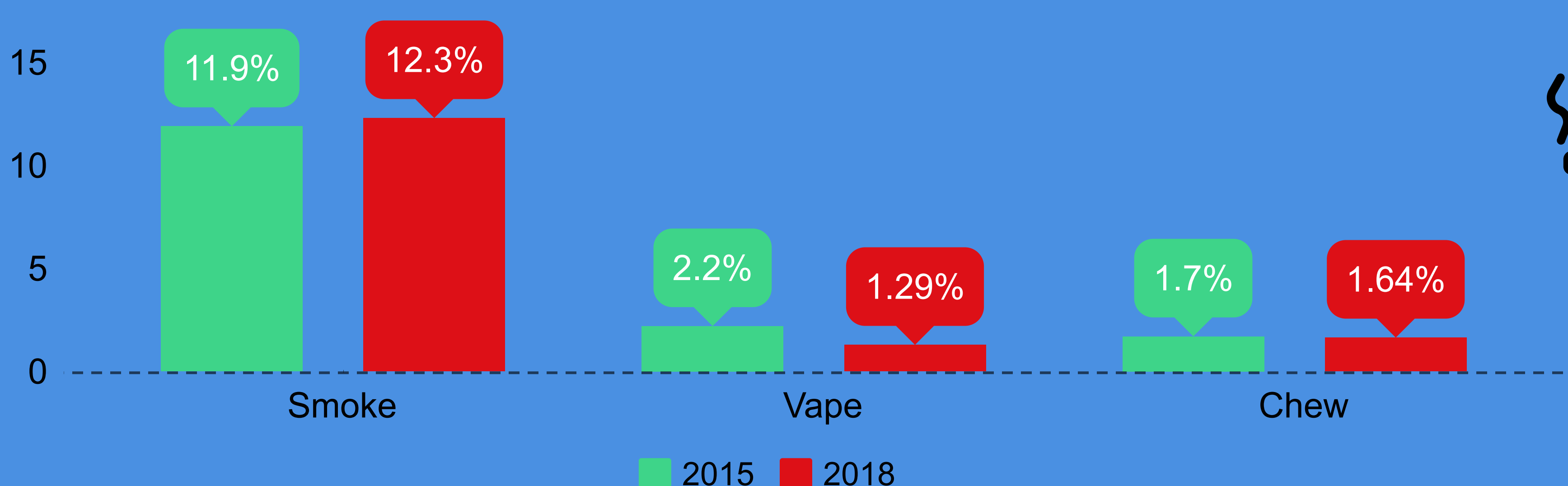
2015: **16%**
 2017: **10%**
 2017 WI: **11.6%**
 2017 US: **13.2%**

Polk County High School students that reported smoking

2015: **12%**
 2017: **9%**
 2017 WI: **7.8%**
 2017 US: **8.8%**

Community Health Needs Assessment Survey Data

Percent of survey respondents that indicated they smoked, vaped or chewed tobacco



Injury and Violence Prevention

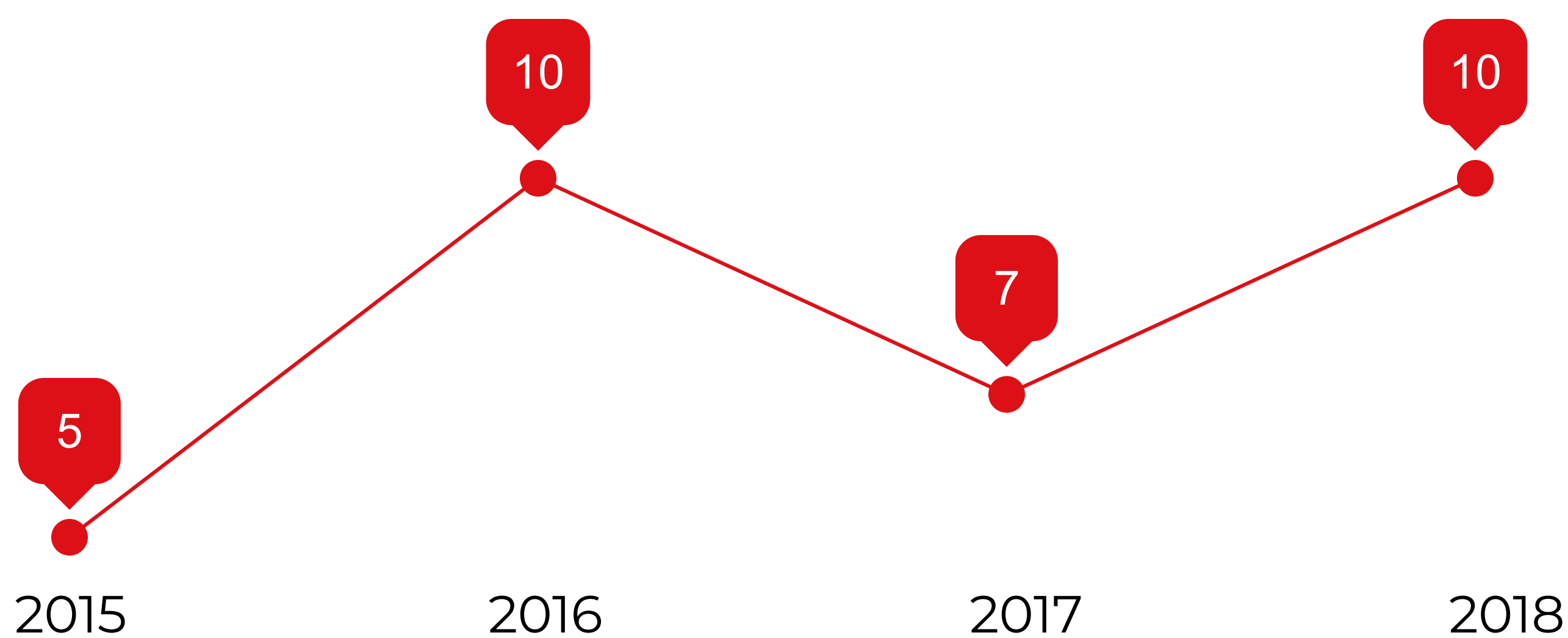


Preventing injury from accidents or violence (i.e. falls, car crashes, abuse, assault)

HEALTH
PRIORITY

#7

Number of motor vehicle deaths in Polk County



Percent of deaths attributed to accidents

2015: **6%**

2017: **4%**

2018: **3%**



Polk County High School students that never, rarely or sometimes wear a seat belt when riding in a car driven by someone else

2015: **6.8%**

2017: **9%**

2017 WI: **5.9%**

Polk County High School students that reported texting or e-mail while driving on more than 1 day in the last 30 days

2015: **24.2%**

2017: **25.4%**

2017 WI: **45.7%**



HEALTH
PRIORITY

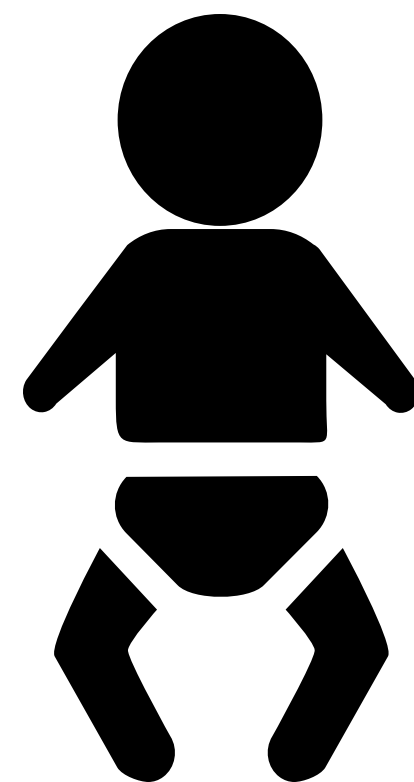
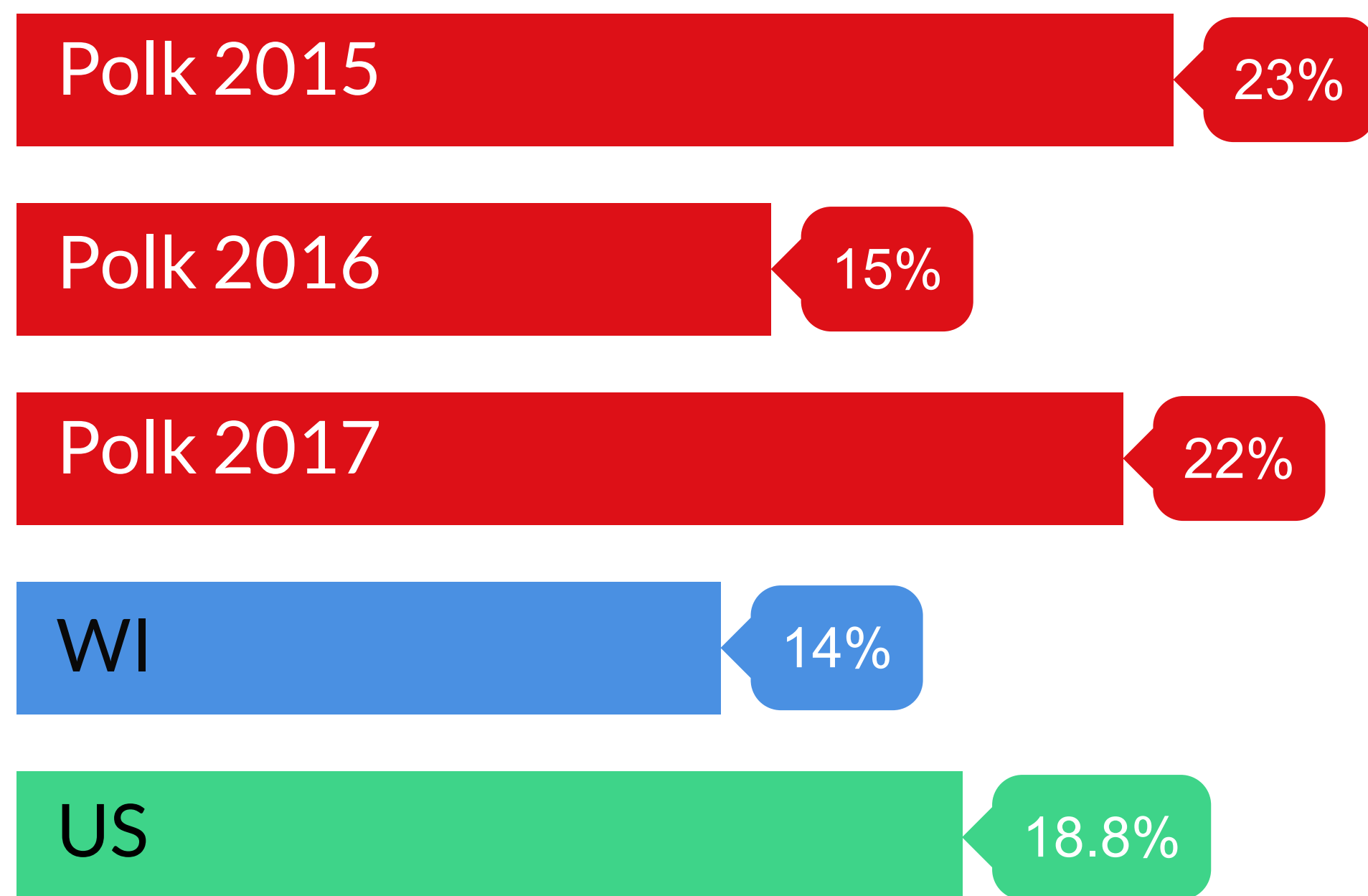
#8

Sexual and Reproductive Health

Education and health care to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections.



Teen Birth Rate

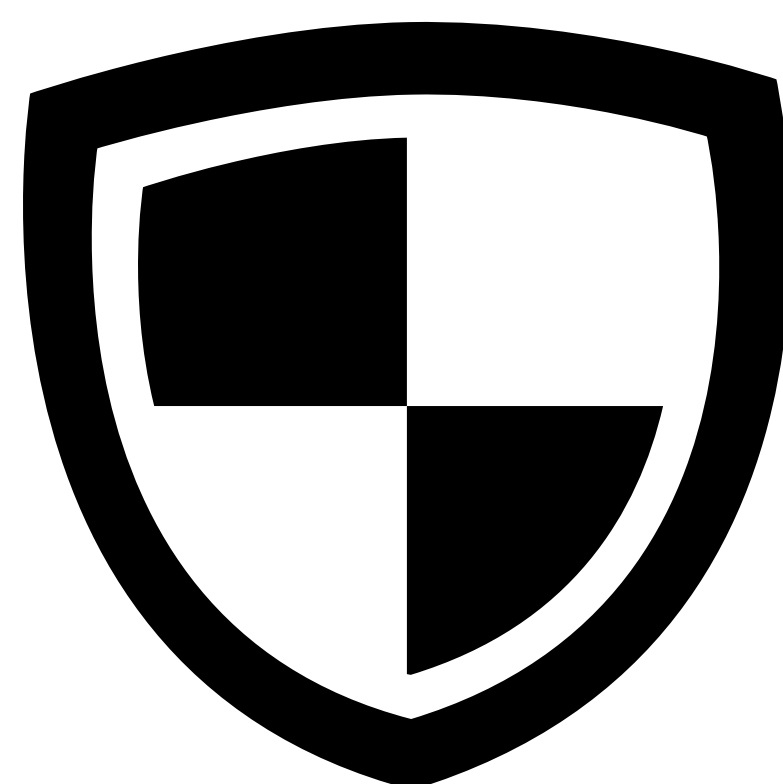


Number of Gonorrhea Cases in Polk County

2015: **3**
2016: **3**
2017: **7**

Polk County High School students that reported using a condom the last time they had intercourse

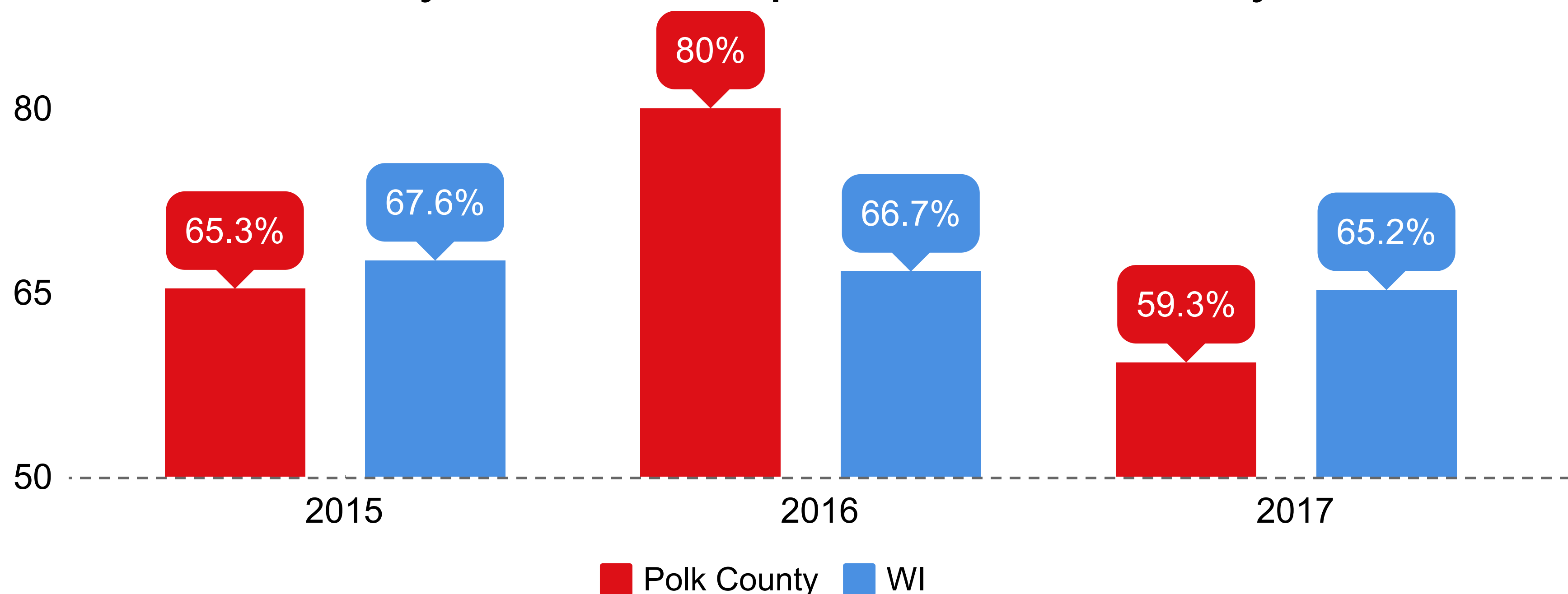
2015: **17%**
2017: **66%**
2017 WI: **62.8%**
2017 US: **53.8%**



Polk County High School students that reported ever having intercourse

2015: **27%**
2017: **25%**
2017 WI: **33.6%**
2017 US: **30.1%**

% of all Chlamydia cases reported in 15 to 24 year olds





Oral Health

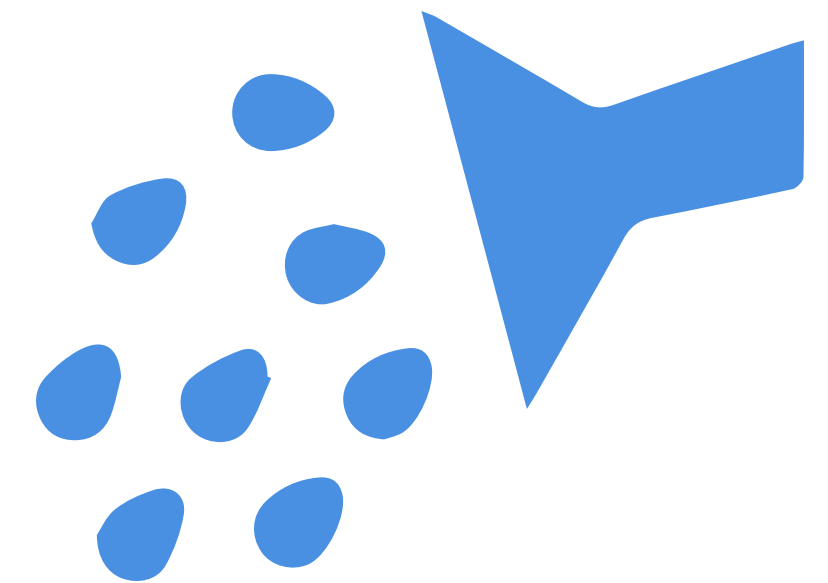
Keeping teeth, gums, and mouth healthy to prevent mouth pain, tooth decay, tooth loss, mouth sores.

HEALTH
PRIORITY

#9

10

out of 12 Polk County Public Water Systems have fluoridated water



Northlakes Dental Clinic Data

Number of patients served

2017: **1147**

2018: **789**

Number of Polk County students Served

2017: **1453**

2018: **1534**



Percent of Polk County students served that had untreated tooth decay

2017: **58%**

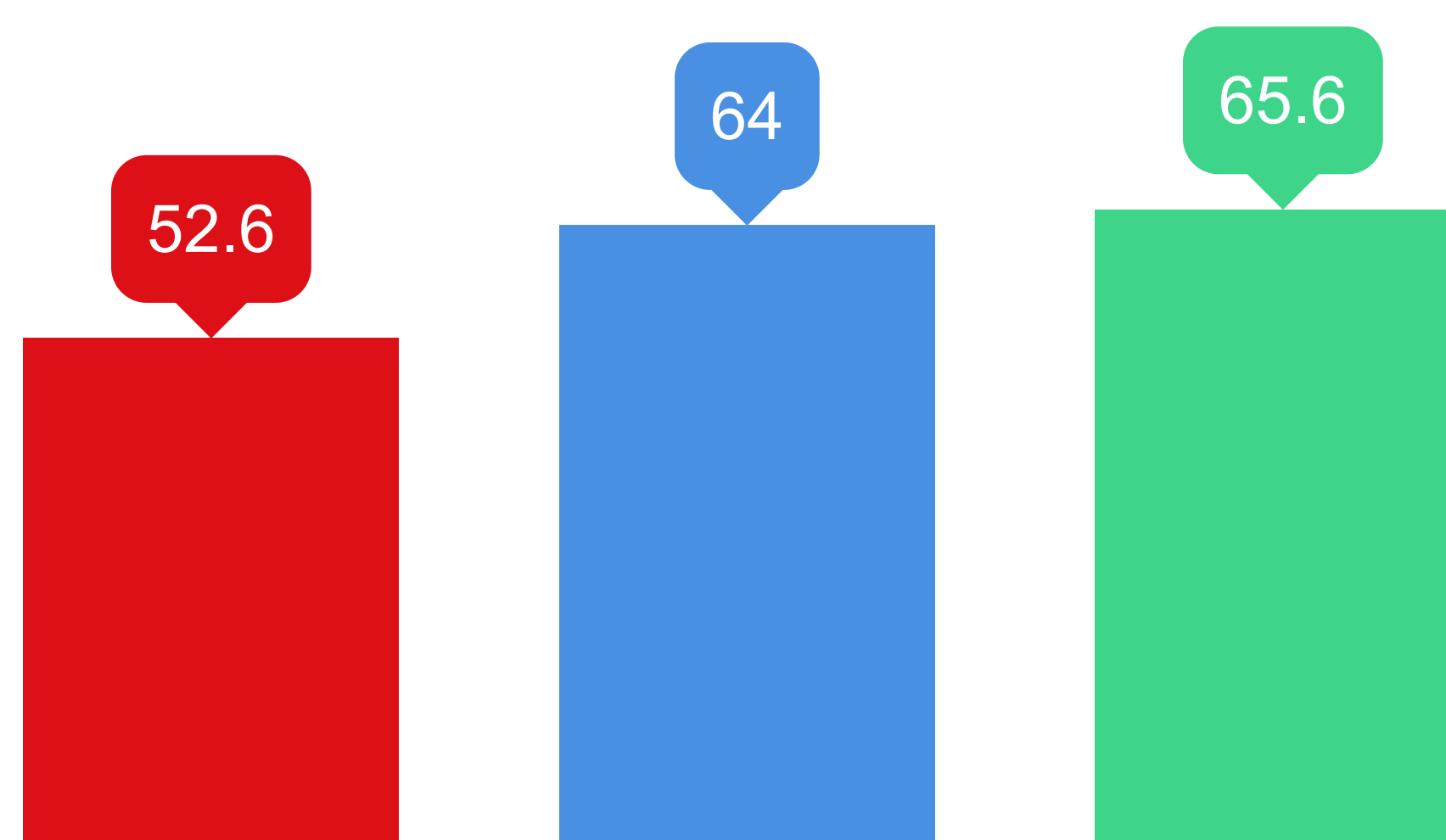
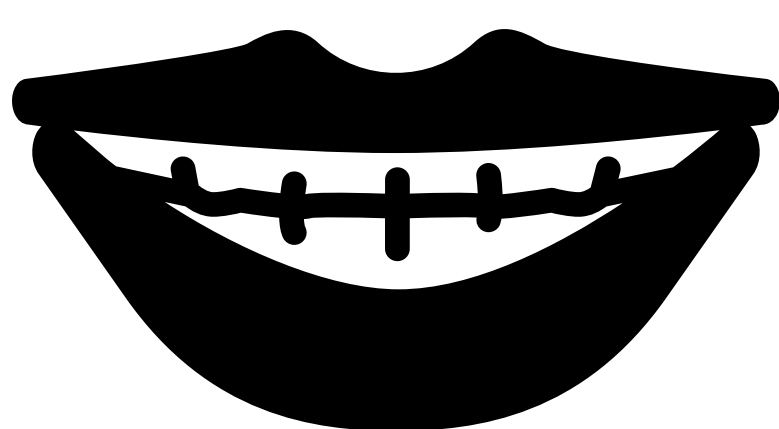
2018: **55%**

Percent of Polk County students Pre-K through 8th grade served with untreated tooth decay

2017: **24%**

2018: **19%**

Dentists per 100,000 Population - 2015



HEALTH
PRIORITY

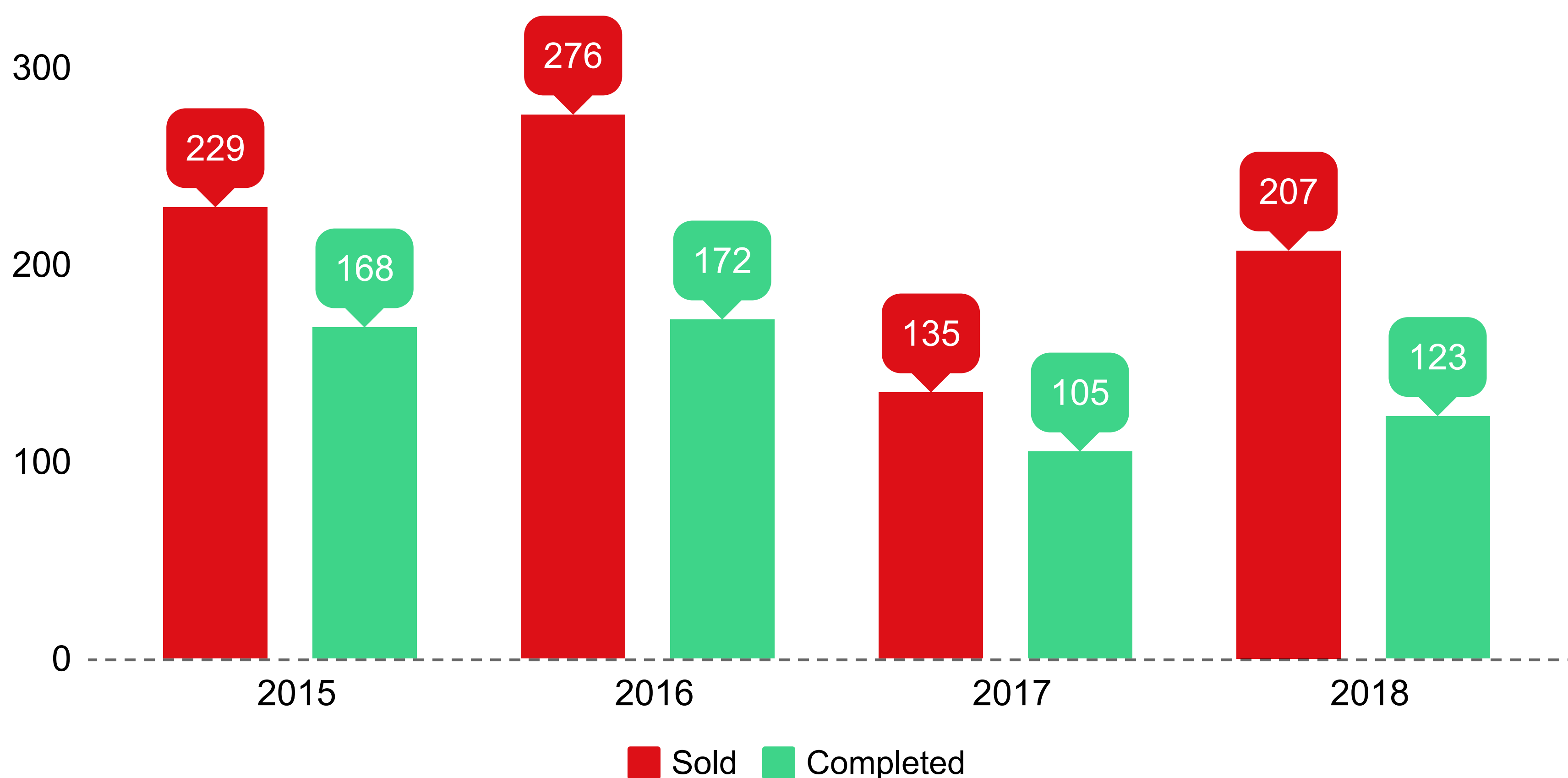
#10

Occupational and Environmental Health



Illnesses and injuries from indoor and outdoor hazards, such as chemicals, contaminated food/water, polluted air, or work hazards.

Radon Tests in Polk County



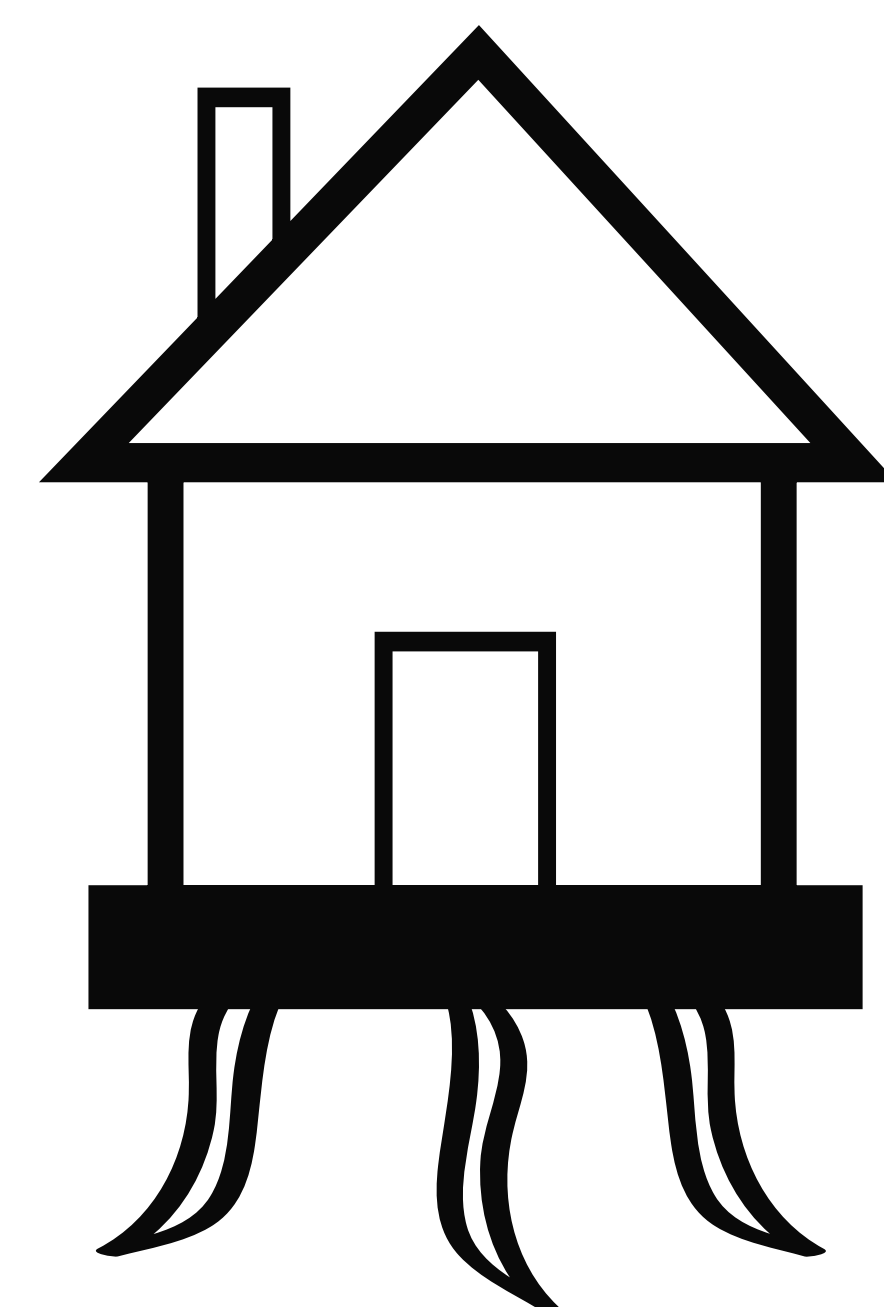
Percent of radon test with a result of 4.0pCi/L or Higher (this is the level that mitigation is recommended)

2015: **30%**

2016: **25%**

2017: **23%**

2018: **39%**



Human Health Hazard Investigations that resulted in compliance orders being issued



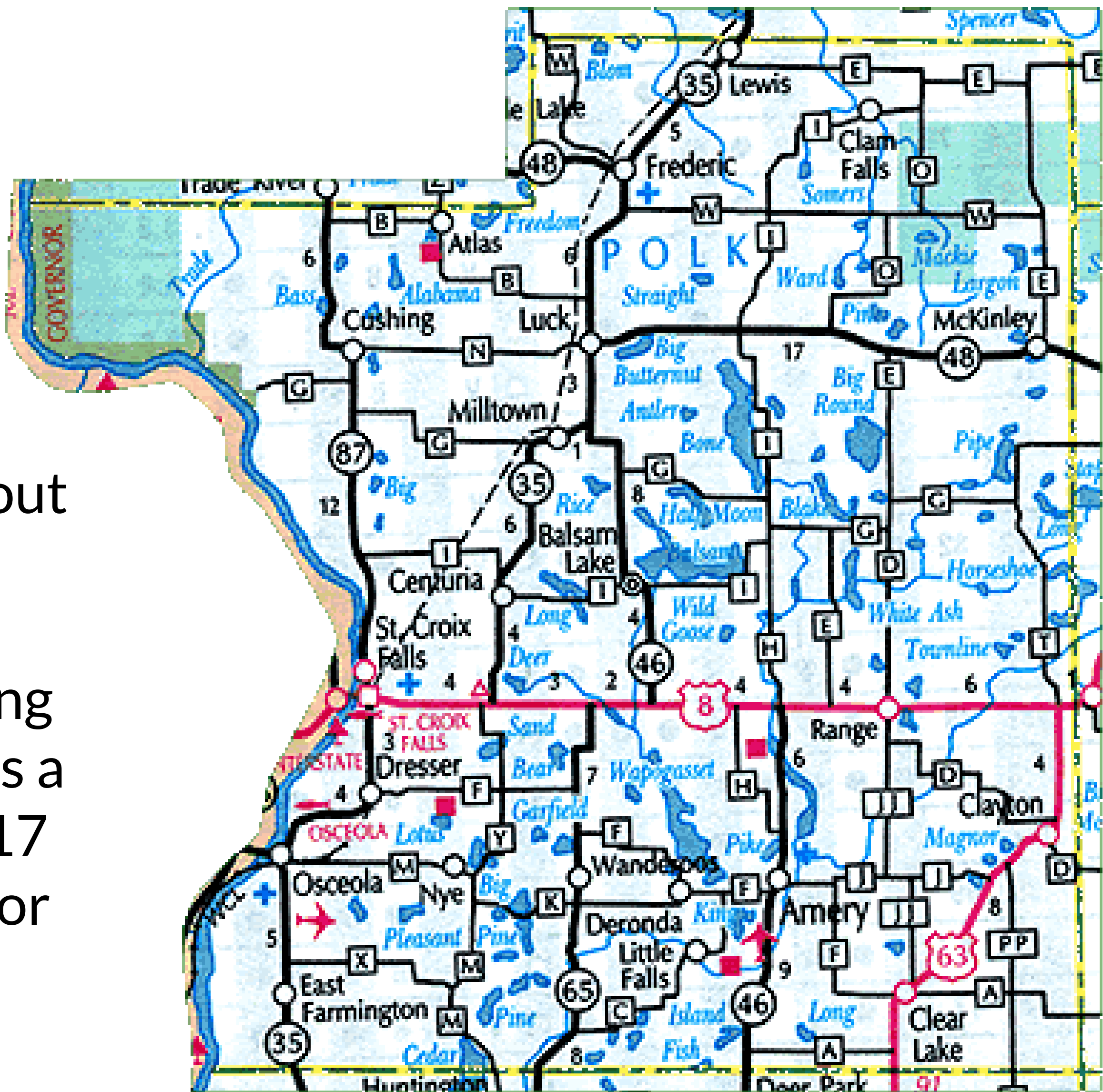
Appendix I

Polk County Demographics

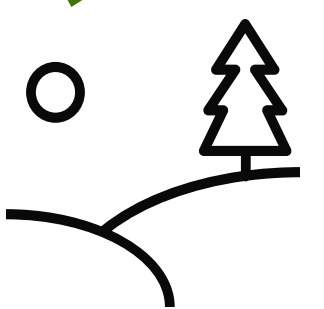
Polk County is located in scenic northwestern Wisconsin, about 50 miles northeast of St. Paul, Minnesota.

The total population of Polk County is 44,205. The county has 48 persons per square mile, a density which ranks 37th out of the 72 counties in the state.

The county seat is Balsam Lake. According to the U.S. Census Bureau, the county has a total area of 956 square miles; of that, 917 square miles is land and 39 square miles or 4.08% is water.



Median Family Income: \$53,551



Percent Rural: 85.5%

9.9 % of Popluation is Living in Poverty

13 % of Children Live in Poverty



Unemployment Rate: 3.1%



Percent Disabled: 12.6%

Race/Ethnicity

- 96 % White
- 1% African American
- 1% Asian
- 1% American Indian/Alaskan Native
- 1% Other

Education

- | | |
|--------------------------------------|-------------------------|
| 23.1% Some College/No Degree | 6.1% Graduate Degree |
| 38.2% High School Diploma/Equivalent | 13.8% Bachelors Degree |
| 6.9% Less than High School | 12.1% Associates Degree |



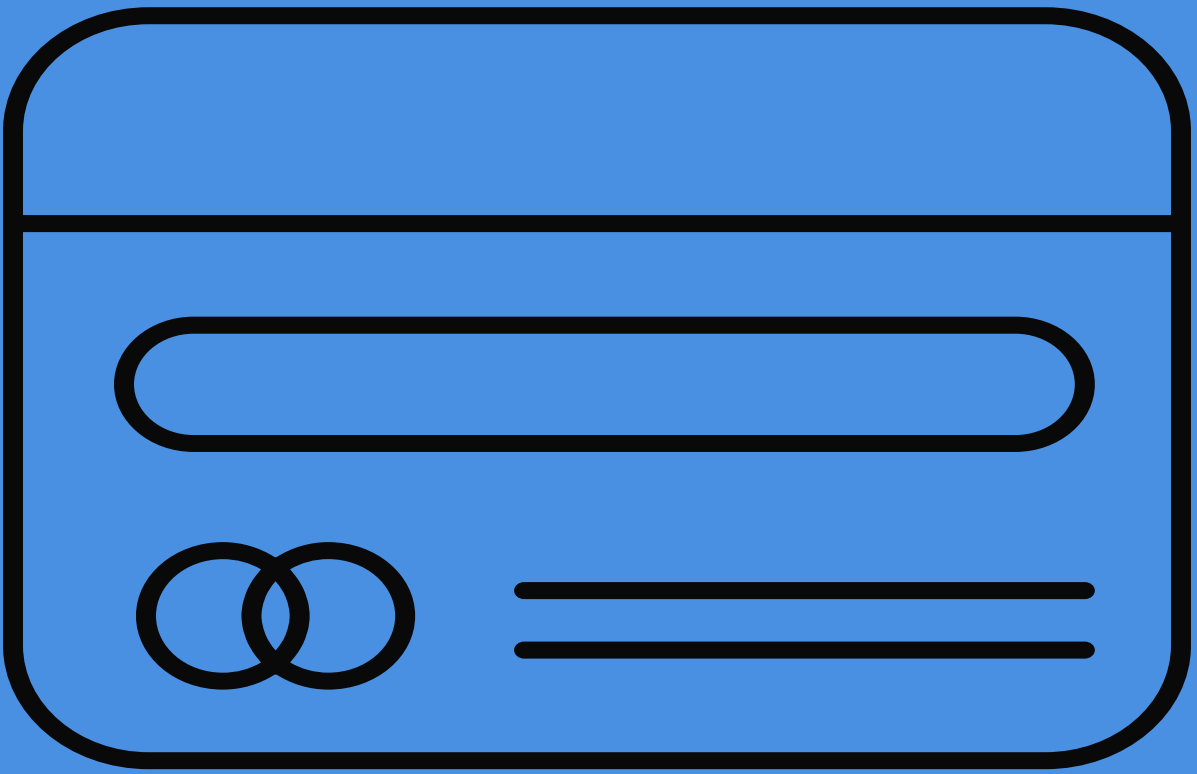


Housing Information:

27.6% Living Alone	74.4% Occupied
54.2% Married Couple	25.6% Unoccupied
13.3% Other Non-Family	
32.6% Other	78.4% Owner
	21.6% Rent

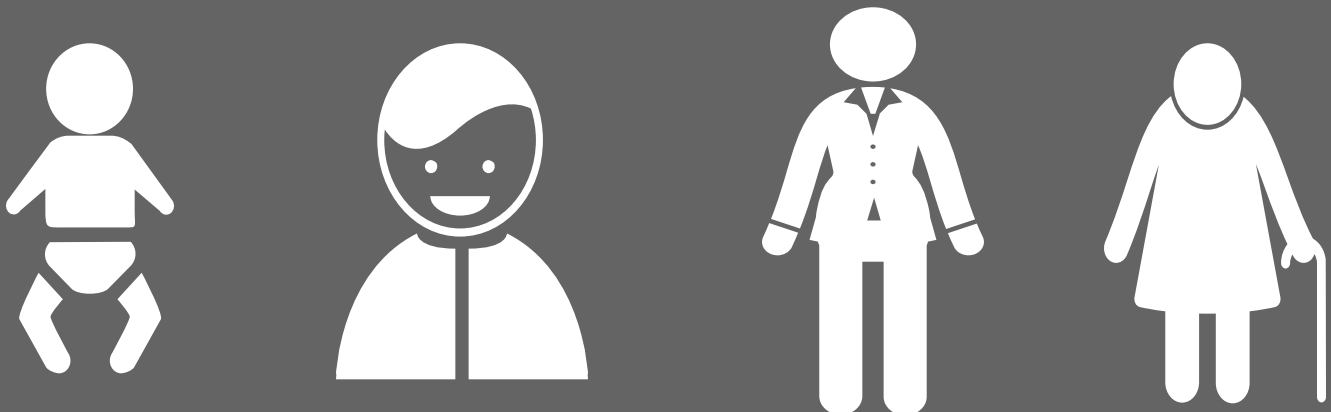
Insurance Coverage:

48.1% Employer Sponsored
17.5% Medicaid/Medicare
7.3% No Health Insurance
55.9% Private Insurance



Assessment findings suggest that when compared to the overall state population, the population of Polk County is somewhat older, considerably less diverse and far more rural.

Polk County Age Distribution:



22% 0 - 17 Years
28.5% 18 - 44 Years
31% 45 - 64 years
18.5% 65+ years

Appendix II

Demographics

	2015	2016	2017	WI	US	Source
Total Population	44,205	44,205	44,205	32.7	34.9	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Total Population Age Group: 0-17	21.70%	21.44%	21.99%	23.10%	22.61%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Total Population Age Group: 18-44 years old	28.24%	28.10%	28.59%	34.47%	35.22%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Total Population Age Group: 45-64 years old	31.04%	30.89%	30.99%	27.72%	26.22%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Total Population Age Group: 65+ years old	19.00%	19.55%	18.44%	15.21%	14.50%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Median Age in Years	45	45.4	44.5	39.10%	37.70%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: White	96.59%	96.31%	96.31%	86.21%	73.35%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: Black or African American	0.38%	0.39%	0.39%	6.29%	12.63%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: American Indian and Alaska Native	1.01%	1.08%	1.08%	0.89%	0.82%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: Asian	0.54%	0.49%	0.50%	2.57%	5.22%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: Native Hawaiian and Other Pacific Islander	0.00%	0.00%	0.00%	0.02%	0.18%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: Other (One Race)	0.74%	0.77%	0.77%	1.83%	4.75%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population by Race: Two or More Other Races	1.03%	0.94%	1.30%	2.17%	3.01%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population Living in Rural Area			85.47%	29.85%	19.11%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
% not proficient in English	0.40%	0.40%	0.46%	1.66%	4.48%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
All Ages in Poverty	10.30%	9.90%	9.92%	12.73%	15.11%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Children in Poverty	14.50%	13.60%	13.00%	17.46%	21.17%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Median Household Income	\$50,714	\$52,039	\$53,551	\$54,610	\$53,322	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml



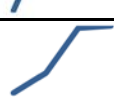




Demographics

	2015	2016	2017	WI	US	Source
Types of Households: Married-Couple Families	54.76%	54.13%	54.20%	49.21%	48.23%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Types of Households: Other Families	13.90%	13.60%	13.30%	14.40%	17.60%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Types of Households: People Living Alone	25.50%	26.40%	26.70%	29.00%	26.40%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Types of Households: Other Nonfamily Households	31.20%	32.10%	32.60%	36.30%	34.07%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Home Occupancy: Occupied Housing Units	74.20%	74.90%	74.40%	87.20%	87.80%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Home Occupancy: Vacant Housing Units	25.80%	25.10%	25.60%	12.80%	12.20%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Homeownership: Owner-Occupied Housing Units	77.00%	77.00%	78.40%	67.00%	63.60%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Homeownership: Renter-Occupied Housing Units	23.00%	23.00%	21.60%	33.00%	36.40%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: Graduate or Professional Degree 25 Years Old and Over	6.20%	6.00%	6.10%	9.60%	11.50%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: Bachelor's Degree	12.70%	13.00%	13.80%	17.70%	17.70%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: Associates Degree	13.30%	13.50%	12.10%	14.90%	13.00%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: Some College No Degree	13.30%	20.60%	23.10%	18.30%	18.20%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: High School Diploma or Equivalent	39.40%	39.40%	38.20%	31.60%	27.80%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Educational Attainment: Less than High School	8.40%	7.90%	6.90%	9.00%	13.10%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Uninsured under Age 65	9.00%	8.50%	7.30%	7.10%	11.60%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Primary Insurance Type Ages 0-64: Employer Sponsored	47.70%	47.50%	48.10%	52.90%	45.80%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Primary Insurance Type Ages 0-64: Medicaid/Medicare	18.30%	17.80%	17.50%	21.70%	18.70%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Primary Insurance Type Ages 0-64: No Health Insurance	9.00%	8.50%	7.30%	7.10%	11.60%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml





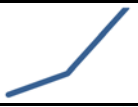







Demographics

	2015	2016	2017	WI	US	Source
Primary Insurance Type Ages 0-64: Private Insurance	53.60%	54.00%	55.90%	59.10%	53.40%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Unemployment Statistics	6.80%	5.80%	3.10%	5.50%	7.40%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml
Population with Any Disability	na	na	12.66%	11.80%	12.52%	United States Census Bureau https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml

Alcohol and Drug Use

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
% of HS students Who Reported Having Their First Drink of Alcohol Before 13-Male	n/a	20%	n/a	16%	n/a		18%	18.20%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs CDC: National Youth Risk Behavior Survey
% of HS students Who Reported Having Their First Drink of Alcohol Before 13-Female	n/a	15%	n/a	13%	n/a		13%	12.80%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs CDC: National Youth Risk Behavior Survey
% of Motor vehicle Crashes involving Alcohol	n/a	n/a	6%	9%	11%		n/a	n/a	WI Department Of Transportation
# of Opioid Related Hospital Discharges	n/a	n/a	69	106	275		18.4	20.8	Polk County Sherriffs Department
% of Reports that were Screened in by the Children and Family Services Department Involved AODA	80%	n/a	40%	50%	30%		n/a	n/a	Polk County Department of Children and Families
Pounds of Prescription Drugs collected at Take Back Program/Events	n/a	92	275	691	711		n/a	n/a	Polk County Sherriffs Department
# Juvenile Arrests for Liquor Law Violations	n/a	5	7	5	6		n/a	n/a	Polk County Sherriffs Department
# Juvenile Arrests for Operating While Intoxicated	18	20	23	20	21		18.4	20.8	Polk County Sherriffs Department
% of High School Students Who Report Using Prescription Drugs Without A Doctor's Prescription	80%	57	66	73	75		n/a	n/a	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs
% of High School Students Who Report Trying Marijuana in the Last 30 Days	6%	13%	n/a	9%	n/a		16%	18.40%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs
% of deaths attributed to chronic liver disease and cirrhosis	n/a	n/a	0.87%	1%	1.29%		n/a	n/a	Wisconsin Interactive Statistics on Health (WISH)
% of HS Students that Reported Driving a Car or Other Vehicle During the Last 30 Days when they had been Drinking	n/a	n/a	n/a	2%	n/a		n/a	n/a	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs
% of HS Students that reported riding in a car or other vehicle driven by someone who had been drinking alcohol at least one time in the last 30 days	n/a	n/a	n/a	20.2	n/a		n/a	n/a	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs

Chronic Disease

Polk County							
	HP2020 Goal	2016	2017	2018	Trend	WI	US
# of people that Participate in Living Well with Chronic Disease	n/a	8	0	7		n/a	n/a
% of deaths attributed to diseases of the heart	n/a	22.83%	25.56%	20.01%		22%	196.6 per 100,000 = .2%
% of deaths attributed to malignant neoplasma (cancer)	0.16%	22.54%	22.31%	25%		195.3 per 100,000 = .2%	n/a
% of deaths attributed to all other	na	17.05%	18.05%	18.77%		128.87 per 100,000	n/a
% of deaths attributed to chronic lower respiratory diseases	0.10%	5%	6%	7%		45.2 per 100,000	n/a
% of deaths attributed to alzheimer's disease	n/a	4.34%	3.78%	5.14%		41.86 per 100,000 = .05%	4.00%
% of deaths attributed to diabetes mellitus	0.06%	2.89%	3.01%	2.57%		24.71 per 100,000 = .03%	24.8 per 100,000 = .03%
% of deaths attributed to nephritis, nephrotic syndrome and nephrosis	n/a	1.73%	1.25%	2.06%		.19 per 100,000 = 0%	n/a
% of deaths attributed to benign neoplasms	n/a	1.16%	1.00%	1.54%		6.16 per 100,000 = .01%	n/a
% of deaths attributed to hypertension	n/a	0.58%	0.75%	0.51%		12.04 per 100,000 = .01%	10.3 per 100,000 = .01%
% of deaths attributed to Parkinson's Disease	n/a	1.16%	2.76%	0.51%		11.92 per 100,000	n/a
% of deaths attributed to septicemia	n/a	1.16%	0.25%	0.77%		9.59 per 100,000 = .01%	n/a

www.dhs.wisconsin.gov
https://www.cdc.gov/heartdisease/statistical_reports.htm
<https://www.cdc.gov/nchs/fastats/default.htm>

Wisconsin Interactive Statistics on Health (WISH)

Wisconsin Interactive Statistics on Health (WISH)

Wisconsin Interactive Statistics on Health (WISH)

Wisconsin Interactive Statistics on Health (WISH)
www.cdc.gov/aging/agingdata/index.html

Wisconsin Interactive Statistics on Health (WISH)
www.cdc.gov/nchs/fastats/default.htm

Wisconsin Interactive Statistics on Health (WISH)









Wisconsin Interactive Statistics on Health (WISH)

Wisconsin Interactive Statistics on Health (WISH)
www.cdc.gov/nchs/fastats/default.htm




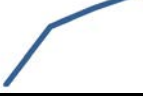



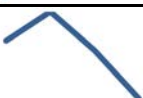

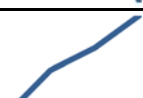

Wisconsin Interactive Statistics on Health (WISH)

Wisconsin Interactive Statistics on Health (WISH)







Chronic Disease

	Polk County							
	HP2020 Goal	2016	2017	2018	Trend	WI	US	Source(s)
% of deaths attributed to cerebrovascular diseases	n/a	7.80%	4.50%	4.11%		43.42 per 100,000 = .04%	n/a	Wisconsin Interactive Statistics on Health (WISH)
% of deaths attributed to congenital malformations	n/a	0.29%	n/a	0.77%		3.51 per 100,000 = 0%	n/a	Wisconsin Interactive Statistics on Health (WISH)
% of deaths attributed to pneumoconioses and chemical effects	n/a	0.29%	n/a	n/a		.24 per 100,000 = 0%	n/a	Wisconsin Interactive Statistics on Health (WISH)
% of deaths attributed to viral hepatitis	n/a	0.29%	n/a	n/a		.55 per 100,000 = 0%	2.0 per 100,000 = 0%	Wisconsin Interactive Statistics on Health (WISH) www.cdc.gov/nchs/fastats/default.htm
% Anemias	n/a	n/a	n/a	0.51%		1.89 per 100,000 = 0%	1.7 per 100,000 = 0%	Wisconsin Interactive Statistics on Health (WISH) www.cdc.gov/nchs/fastats/default.htm
% of Deaths attributed to HIV	0.00%	n/a	n/a	0.51%		.48 per 100,000 = 0%	1.9 per 100,000 = 0%	Wisconsin Interactive Statistics on Health (WISH) www.cdc.gov/hiv/statistics/index.html
% of deaths attributed to aortic aneurysm and dissection	n/a	0.58%	n/a	n/a		4.34 per 100,000 = 0%	n/a	Wisconsin Interactive Statistics on Health (WISH)
% of deaths attributed to Pneumonitis due to solids and liquids	n/a	0.58%	n/a	0.26%		7.84 per 100,000 = .01%	n/a	Wisconsin Interactive Statistics on Health (WISH)






Communicable Disease

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
% vaccinated for influenza	6 months + : 70%	n/a	26%	27%	n/a		48.40%	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
Number of influenza hospitalizations	n/a	n/a	50	53	37		n/a	574,000	Polk County Health Department www.cdc.gov/flu/
% of Girls 11-26 Receiving One Dose of HPV Vaccine	n/a	n/a	47%	49%	51%		n/a	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
% of Boys 11-26 Receiving One Dose of HPV Vaccine	n/a	n/a	19%	25%	30%		n/a	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
% of Boys 11-26 Receiving Complete Dose of HPV Vaccine	80%	n/a	8%	12%	16%		n/a	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
% of Girls 11-26 Receiving Complete Dose of HPV Vaccine	80%	n/a	34%	36%	38%		n/a	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
% of Children up to Date on Vaccinations by 2 Years Old	80%	59%	63%	63%	60%		73%	n/a	www.dhs.wisconsin.gov/immunization/wir.htm www.dhs.wisconsin.gov/immunization/data
% of Children up to Date on Vaccination by 2 Years Old-Late	na	75%	78%	74%	69%		n/a	n/a	Wisconsin Immunization Registry www.dhs.wisconsin.gov/immunization/wir.htm
% of those 50 and Older Who Have Received the Shingles Vaccine	30%	26%	29%	31%	n/a		31.60%	n/a	www.dhs.wisconsin.gov/immunization/wir.htm www.dhs.wisconsin.gov/immunization/data
% of those 65 and Older Who Have Received the Pneumococcal Vaccine	90%	13%	27%	34%	44%		72.90%	n/a	www.dhs.wisconsin.gov/immunization/wir.htm www.dhs.wisconsin.gov/immunization/data
% of deaths attributed to influenza and pneumonia	n/a	n/a	1.16%	2%	1%		5.50%	n/a	DHS (Respiratory Virus Surveillance Report 2018-2019 season)





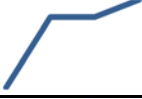

Communicable Disease

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of Pertussis Cases	>1 year old: 2500 11-18 years old: 2000	n/a	19.00	14	65		697	13,439	Polk County Health Department dhs.wisconsin.gov/publications/p01263-18.pdf www.cdc.gov/pertussis/downloads/pertussis-12.pdf
# of HEP C Cases	.25 new cases per 100,000	n/a	18	24	16		3,067	41,200	www.cdc.gov/hepatitis/hcv/cfaq.htm#statistics
# of Lyme Cases	n/a	n/a	44	82	38		3,105	29,513	Polk County Health Department www.dhs.wisconsin.gov/tick/lyme-data.htm www.cdc.gov/lyme/datasurveillance/tables-recent.html
# of Anaplasmosis/Ehrlichiosis Cases	n/a	n/a	38	25	12		847	5,762	Polk County Health Department www.dhs.wisconsin.gov/tickborne/ae/index.htm
% of Chlamydia Cases attributed to people ages 15-24	n/a	65%	80	59.3			65%	n/a	Polk County Health Department www.dhs.wisconsin.gov
# of GI & Respiratory Outbreaks	n/a	n/a	15	11	4		n/a	n/a	Polk County Health Department






Envrionmental and Occupational Health

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of Radon Tests sold	n/a	229	276	135	207		n/a	n/a	Polk County Environmental Health Program
# of radon Tests added to RIC Database	n/a	168	172	105	123		n/a	n/a	Polk County Environmental Health Program
% of radon test at 4.0 pCi/L or higher	n/a	30%	25%	23%	39%		n/a	n/a	Polk County Environmental Health Program
# of Human Health Hazard Investigations	n/a	4	0	0	1		n/a	n/a	Polk County Environmental Health Program
# of Compliance Orders Issued For Human Health Hazards	n/a	4	0	0	1		n/a	n/a	Polk County Environmental Health Program




Healthy Growth and Development

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
% of medical center population that Receive Well Child Checks at ages 6 months, 1 year and 2 years	n/a	n/a	n/a	n/a	n/a		n/a	n/a	
% of Children Who Receive Birth -3 services	n/a	n/a	n/a	n/a	n/a		n/a	n/a	
% of women that had less than 10 prenatal care visits	n/a	n/a	28%	30%	n/a		n/a	n/a	Vital Records (aggregate report)
% of delivery when mom had high school diploma/GED or less	n/a	n/a	35.58%	35.00%	34.25%		n/a	n/a	
% of mothers that has gestational diabetes	n/a	n/a	9%	9%	11%		n/a	6%	cdc.gov/pregnancy/diabetes-gestational.html
% of mothers that has gestational hypertension	n/a	n/a	6.28%	8.75%	9%		n/a	9.10%	cdc.gov/bloodpressure/pregnancy.htm







Injury and Violence

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of Injury Violence Mortality	53.7 per 100,000	34	31	n/a	n/a		1,064	67,299	https://wish.wisconsin.gov WISH (Mortality-Falls, motor vehicle accidents, other land transport accidents, other land transport accidents and their sequelae, intentional self-harm (suicide) Assault (homicide)discharge of fire arms, undetermined intent
# of people participating in Stepping On (Fall prevention workshop)	n/a	n/a	12	16	0		15,782	n/a	dhs.wisconsin.gov/adrc/index.htm Aging and Rehabilitation Resource Center
% of deaths attributed to accidents	36.4 per 100,000 = .04%	n/a	6%	4%	3%		0.06%	0.05%	Wisconsin Interactive Statistics on Health (WISH) https://www.cdc.gov/injury/wisqars/nvdrs.html
# of motor vehicle fatalities. 2018 is only preliminary as of 2/1/2019	12.4 per 100,000	5	10	7	10		599	40,464	Wisconsin Interactive Statistics on Health (WISH) cdc.gov/injury/wisqars/nvdrs.html
# of Domentic Violence/battery charges	n/a	n/a	n/a	n/a	n/a		n/a	n/a	Polk County Sherriiffs Department
# of HS students that reported texting or e-mail wile driving a car or other vehicle on one or more days in the last 30 days	n/a	n/a	n/a	25.40%	n/a		45.70%	n/a	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs
% of HS Students that never, rarely, or sometimes wear a seat belt when riding in a car driven by someone else	n/a	N/A	N/A	9%	N/A		5.90%	n/a	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs




Mental Health

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of Suicides	n/a	14	14	17	7		862	47,173	Polk County Medical Examiner https://www.cdc.gov/injury/wisqars/nvdrs.html Wisconsin Interactive Statistics on Health (WISH)
Suicide Rate (per 100,000) Calculated based on suicide numbers	10.2	32	32	39	16		14	13.3	Polk County Medical Examiner National Vital Statistics System- Mortality Wisconsin Interactive Statistics on Health (WISH)
% of HS Students Seriously Considering Suicide in the Last Year	n/a	14%	n/a	15%	n/a		10%	17.20%	National Youth Risk Behavior Survey Wisconsin State Youth Risk Behavior Survey
% of high school students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities	n/a	27%	n/a	24%	n/a		20%	31.50%	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs
% of Students Who Attempted Suicide Once in the Last 12 Months	n/a	5%	n/a	2%	n/a		4%	31.50%	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs National Youth Risk Behavior Survey
# of QPR Trainings	n/a	n/a	n/a	n/a	36%		n/a	n/a	See MHTF
# of People Trained in QPR	n/a	n/a	n/a	n/a	875		n/a	n/a	See MHTF
# of Make it Ok Events Held	n/a	n/a	n/a	n/a	n/a		n/a	n/a	See MHTF & Polk County Behavioral Health
# of People Trained as Ambassadors for Make it Ok	n/a	n/a	n/a	n/a	n/a		n/a	n/a	See MHTF & Polk County Behavioral Health
# of Zero Suicides Trainings	n/a	n/a	n/a	n/a	n/a		n/a	n/a	See MHTF & Polk County Behavioral Health
# of People that Attended Zero Suicides Trainings	n/a	n/a	n/a	n/a	n/a		n/a	n/a	See MHTF & Polk County Behavioral Health








Mental Health

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of ACEs Trainings	n/a	n/a	n/a	n/a	24		n/a	n/a	See MHTF & Polk County Behavioral Health
# of people Trained in ACEs	n/a	n/a	n/a	n/a	749		n/a	n/a	See MHTF & Polk County Behavioral Health
# of Students screened at school	n/a	n/a	n/a	n/a	240		n/a	n/a	See MHTF & Polk County Behavioral Health
# of Families Contacted with follow up from y Screen	n/a	n/a	n/a	n/a	60		n/a	n/a	See MHTF & Polk County Behavioral Health
% of HS Students Who Have Been Bullied on School Property in the Past Year	n/a	30%	n/a	28%	n/a		21%	19%	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs
% of HS Students Who Agree that Harassment and Bullying is a problem at Their School	n/a	41%	n/a	38%	n/a		33%	n/a	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs




Nutrition

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
% Free and Reduced Lunches at School	n/a	42%	42%	38%	n/a		n/a	n/a	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs
% of HS Students reported going hungry because there was not enough food in their house during the last 30 days	n/a	n/a	n/a	25%	n/a		n/a	n/a	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs
% of babies ever breastfed	81.90%	n/a	n/a	n/a	n/a		82.20%	83.20%	cdc.gov/breastfeeding/data/reportcard.htm





Oral Health

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
# of Patients Served Through the Northlakes Clinic Based out of Polk County Health Department	n/a	n/a	n/a	1147	789		n/a	n/a	Northlakes Dental Clinic
% of the 1,266 Students Enrolled in grades 1-6 of 5 Polk County Schools (Clayton, Frederic, Luck, ST. Croix Falls, & Unity) Participating in the Fluoride Mouth Rinse Program.	n/a	n/a	n/a	26.70%	n/a		n/a	n/a	Northlakes Dental Clinic
% of Polk County Students Served Through Northlakes Dental at Their School that had either untreated or treated Decay.	n/a	n/a	n/a	58%	55%		n/a	n/a	Northlakes Dental Clinic
% of Polk County Students grades Pre-K through 8 served by Northlakes Dental at their school (Data based on school years, 2017 is for the 16-17 school year.	n/a	n/a	n/a	26.70%	11%		n/a	n/a	Northlakes Dental Clinic
% of Polk County Students grades Pre-K through 8 served by Northlakes Dental at their school that showed untreated tooth decay.	n/a	n/a	n/a	24%	19%		n/a	n/a	Northlakes Dental Clinic
Number of Polk County Students Served during school year.	n/a	n/a	n/a	1453	1534		n/a	n/a	Northlakes Dental Clinic
Dentists per 100,000 population	n/a	52.95	n/a	n/a	n/a		64	65.6	US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File. 2015. Source geography: County






Physical Activity

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source(s)
% HS Students Reporting at Least 60 Minutes of Physical Activity 5 or More Days/Week	n/a	56%	n/a	63%	n/a		48.75	46.50%	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs CDC: Youth Risk Behavior Survey
Number of Polk County On The Move views (website started in 2018; data March-December 2018)	n/a	n/a	n/a	n/a	2135		n/a	n/a	Polk United NPA Workgroup
% of HS Students Who Participated in Physical Education Classes on All 5 Days/Week	n/a	n/a	n/a	n/a	n/a		36.90%	29.90%	Wisconsin State Youth Risk Behavior Survey https://dpi.wi.gov/sspw/yrbs CDC: Youth Risk Behavior Survey



Sexual and Reproductive Health

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source
Chlamydia Rate per 100,000	n/a	221	215	260	228		403.2	456.1	SPHERE and Wisconsin Interactive Statistics on Health (WISH) - www.dhs.wisconsin.gov/std/data.htm County Health Rankings
Teen Birth Rate per 100,000	n/a	23	15	22	n/a		14	18.8	SPHERE and Wisconsin Interactive Statistics on Health (WISH) - www.dhs.wisconsin.gov/std/data.htm
% of HS Students Who Reported Ever Having Sexual Intercourse	n/a	27%	n/a	25%	n/a		33.60%	30.10%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs Youth Risk Behavior Survey
% of HS School Students Who Reported Using a Condom the Last Time They Had Intercourse	n/a	17%	n/a	66%	n/a		62.80%	53.80%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs Youth Risk Behavior Survey

Tobacco

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source
% of HS Students that Reported Using Tobacco Related Products-Chewing tobacco, snuff, or dip (males only)	n/a	11%	n/a	11%	n/a		9.80%	8.90%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs CDC: Youth Risk Behavior Survey
% of HS Students that Reported Using Cigarettes	16%	12%	n/a	9%	n/a		7.80%	8.80%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs CDC: Youth Risk Behavior Survey
% of HS Students that Reported Using E-Cigarettes	n/a	16%	n/a	10%	n/a		11.60%	13.20%	Wisconsin State Youth Risk Behavior Survey dpi.wi.gov/sspw/yrbs CDC: Youth Risk Behavior Survey
% of Licensed Tobacco Retailers who Sold Tobacco to Minors	5%	9%	16%	9%	23%		11.80%	9.80%	Wisconsin Wins - http://wiwins.org Substance Abuse and Mental Health Services Administration
% of Mothers that smoked during pregnancy	n/a	n/a	21%	18%	16%		13%	10%	Vital Records CDC (Pregnancy Risk Assessment and Monitoring System) County Health Rankings

Access to Care

Polk County									
	HP2020 Goal	2015	2016	2017	2018	Trend	WI	US	Source
% of Polk County's Population on Assistance Through Forward Health	n/a	17%	19%	18%	19%		n/a	n/a	Polk County Wisconsin Medicaid www.forwardhealth.wi.gov/WIPortal/StaticContent/Member/caseloads/481-caseload.htm &
Average # of people enrolled in family planning only services/month.	n/a	359	329	322	350		n/a	n/a	Wisconsin Interactive Statistics on Health (WISH) - www.dhs.wisconsin.gov/std/data.htm

Appendix III

Polk County Community Health Survey

How's the health of Polk County? We'd like to know.

A group of local medical centers and public health agencies, along with UW-Extension and United Way St. Croix Valley, are conducting a survey to determine the most important health needs in Polk County. The information provided will be used to help us understand and improve the health of Polk County residents. Your participation is voluntary and will not affect your health care in any way. All responses are completely confidential.

To show our appreciation for your time, upon completion of this survey, you can enter a drawing for one of three prizes: a \$100 fitness tracker, a \$25 gas card or a \$10 Subway Card. Your name will not be linked to your survey data. (Drawing information is at the end of the survey.) If you have further questions, please call Brian Kaczmariski, Health Director/Officer, Polk County Health Department at 715-485-8500.

Thank you so much for the taking time to complete this survey!

1. What do you feel are the most important health related concerns in Polk County? **(Please check all that apply)**

- | | |
|---|---|
| <input type="checkbox"/> Alcohol Abuse | <input type="checkbox"/> Bullying |
| <input type="checkbox"/> Prescription Drug Abuse | <input type="checkbox"/> Mental Health (for example depression and anxiety) |
| <input type="checkbox"/> Use of Illegal Drugs | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Healthy Eating |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Access to Healthy Food Options |
| <input type="checkbox"/> Strokes | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Dementia | <input type="checkbox"/> Lack of Breastfeeding Support |
| <input type="checkbox"/> Heart Health | <input type="checkbox"/> Poor Dental Health |
| <input type="checkbox"/> Ability to Get Immunizations (Shots) | <input type="checkbox"/> Lack of physical Fitness Opportunities |
| <input type="checkbox"/> Safety Concerns at Work | <input type="checkbox"/> Reproductive and Sexual Health |
| <input type="checkbox"/> Unsafe/ Unhealthy Homes | <input type="checkbox"/> Sexually Transmitted Infections (STI) |
| <input type="checkbox"/> Going to the Doctor every year | <input type="checkbox"/> Secondhand Smoke |
| <input type="checkbox"/> Falls | <input type="checkbox"/> Tobacco Use |
| <input type="checkbox"/> Domestic Abuse/Violence | <input type="checkbox"/> E-Cigarette/Vaping/JUUL Use |
| <input type="checkbox"/> Gun Safety | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Car/ATV/Snowmobile Accidents | |

2. What impacts these health concerns the most?

- | | |
|---|---|
| <input type="checkbox"/> Ability to get a job | <input type="checkbox"/> Spending time in jail |
| <input type="checkbox"/> Having enough food to eat | <input type="checkbox"/> Personal Health |
| <input type="checkbox"/> Having enough money to provide basic needs | <input type="checkbox"/> Access to Health Care |
| <input type="checkbox"/> Language barriers | <input type="checkbox"/> Understanding health information |
| <input type="checkbox"/> Ability to read and write | <input type="checkbox"/> Crime and Violence |
| <input type="checkbox"/> Level of Education | <input type="checkbox"/> Access to healthy foods |
| <input type="checkbox"/> Community Support | <input type="checkbox"/> Safe homes |
| <input type="checkbox"/> Discrimination | <input type="checkbox"/> Transportation |

3. Generally speaking, how would you describe your health?

- | | |
|-------------------------------|------------------------------------|
| <input type="checkbox"/> Poor | <input type="checkbox"/> Very Good |
| <input type="checkbox"/> Fair | <input type="checkbox"/> Excellent |
| <input type="checkbox"/> Good | |

Polk County Community Health Survey

4. How would you describe your weight?

- ☐ Very Underweight
- ☐ Slightly Underweight
- ☐ Healthy Weight

- ☐ Slightly Overweight
- ☐ Very Overweight

5. Is every member of your household currently covered by health insurance?

- ☐ Yes
- ☐ No

6. Do you have a clinic or medical center that you use regularly?

- ☐ Yes
- ☐ No

7. When was the last time you saw a medical provider?

- ☐ Within the last 12 months
- ☐ 1-3 years
- ☐ 3-5 years
- ☐ 5 or more years

8. Why did you see a medical provider?

- ☐ Illness
- ☐ Annual Physical
- ☐ Other (Please specify) _____
- ☐ Injury
- ☐ Medication refill

9. In the last 12 months was there something that prevented you from getting the medical care you needed?

- ☐ Yes
- ☐ No (Skip to question 11)

10. What prevented you from getting medical care? **(Please check all that apply)**

- ☐ Uninsured
- ☐ Cannot afford to pay
- ☐ Insurance did not cover it
- ☐ Co-payments too high
- ☐ Lack of transportation
- ☐ Not enough time
- ☐ Specialty physician not in area
- ☐ Other (Please specify) _____
- ☐ Lack of childcare
- ☐ Didn't know where to go
- ☐ Language barriers
- ☐ Inconvenient hours
- ☐ Fear of Being Judged
- ☐ Fear of bad diagnosis

11. In the last 12 months have you not taken a prescription because it costs too much?

- ☐ Yes
- ☐ No

Polk County Community Health Survey

12. Have you or a family member been told that you have/had any of the following? (**check all that apply**)

- | | |
|--|---|
| <input type="checkbox"/> Addiction | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Sexually Transmitted Infection (STI) |
| <input type="checkbox"/> Depression/Mental Health Disorder | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Dementia |
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> None of the above |

13. On an average day, how many servings of fruit and vegetables do you eat? (one serving is $\frac{1}{2}$ a cup or medium sized fruit or vegetable)

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> None | <input type="checkbox"/> Three servings |
| <input type="checkbox"/> One serving | <input type="checkbox"/> Four servings |
| <input type="checkbox"/> Two servings | <input type="checkbox"/> Five or more servings |

14. On average how many days per week do you exercise 30 minutes or more?

- | | |
|---------------------------------|---|
| <input type="checkbox"/> None | <input type="checkbox"/> 3 days |
| <input type="checkbox"/> 1 day | <input type="checkbox"/> 4 days |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> 5 or more days |

15. In the last two weeks how many days have you felt sad or depressed?

- | | |
|---------------------------------|---|
| <input type="checkbox"/> None | <input type="checkbox"/> 3 days |
| <input type="checkbox"/> 1 day | <input type="checkbox"/> Almost every day |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> Every day |

16. In the last 12 months have you ever felt so overwhelmed that you considered suicide?

- | | |
|------------------------------|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No (skip to question 18) |
|------------------------------|---|

17. How are you addressing the problem? (**Check all that apply**)

- | | |
|---|--|
| <input type="checkbox"/> Medication | <input type="checkbox"/> Increasing health behaviors (eating better, more exercise, regular sleep) |
| <input type="checkbox"/> Talking to a counselor | <input type="checkbox"/> Nothing |
| <input type="checkbox"/> Talking to a healthcare provider | |
| <input type="checkbox"/> Talking to a trusted person | |
| <input type="checkbox"/> Other (please specify) _____ | |

18. Please check all that apply to you.

- | | |
|--|--|
| <input type="checkbox"/> Currently smoke | <input type="checkbox"/> Used to use e-cigarettes, vape, or JUUL |
| <input type="checkbox"/> Currently chew | <input type="checkbox"/> Never smoked |
| <input type="checkbox"/> Currently use e-cigarettes, vape, or JUUL | <input type="checkbox"/> Never chewed |
| <input type="checkbox"/> Used to smoke | <input type="checkbox"/> Never used e-cigarettes, vape, or JUUL |
| <input type="checkbox"/> Used to chew | |

Polk County Community Health Survey

19. If you currently smoke, how many packs per day do you smoke?

- | | |
|--|--|
| <input type="checkbox"/> Less than one | <input type="checkbox"/> Two |
| <input type="checkbox"/> One | <input type="checkbox"/> Three or more |

20. If you currently chew, how many tins per week do you chew?

- | | |
|--|--|
| <input type="checkbox"/> Less than one | <input type="checkbox"/> Two |
| <input type="checkbox"/> One | <input type="checkbox"/> Three or more |

21. On average, how many alcoholic beverages do you consume per week?

The size of a standard drink is one:

12 oz can/bottle of beer

5 oz glass of wine

1.5 oz shot of liquor

- ☐ None
- ☐ 1-6 (Average is less than one per day during the week)
- ☐ 7-13 (Average of less than two per day during the week)
- ☐ 14 or more (Average more than two drinks per day during the week)

22. Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks in one sitting (male) and four or more in one sitting (female)?

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Never | <input type="checkbox"/> Almost daily |
| <input type="checkbox"/> Once | <input type="checkbox"/> Daily |
| <input type="checkbox"/> Weekly | |
| <input type="checkbox"/> Other (please specify) _____ | |

23. Have you or your family been negatively impacted by marijuana use?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

24. Have you or your family been negatively impacted by Meth use?

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

25. Please enter the zip codes where you live: _____ and work: _____

26. What is your age?

- | | |
|---|--|
| <input type="checkbox"/> Under 18 years | <input type="checkbox"/> 45 to 54 years |
| <input type="checkbox"/> 18 to 24 years | <input type="checkbox"/> 55 to 64 years |
| <input type="checkbox"/> 25 to 34 years | <input type="checkbox"/> Age 65 or older |
| <input type="checkbox"/> 35 to 44 years | |

27. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Other

Polk County Community Health Survey

28. Are you a veteran of the U. S. armed forces?

☐ Yes

☐ No

29. Number of dependent children less than age 18.

☐ None

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5 or more

30. What is the highest degree or level of education you have completed?

☐ Completed some high school

☐ High school graduate

☐ Completed some college

☐ Associate degree

☐ Bachelor's degree

☐ Master's degree

☐ PhD

31. What was your total household income before taxes during the past 12 months?

☐ Less than \$25,000

☐ \$25,000 to \$34,999

☐ \$35,000 to \$49,999

☐ \$50,000 to \$74,999

☐ \$75,000 to \$99,999

☐ \$100,000 to \$149,999

☐ \$150,000 or more

32. What is your current work situation?

☐ Employed

☐ Unemployed

☐ Stay-at-Home parent/caregiver

☐ Retired

33. What is your race/ethnicity?

☐ White

☐ Black/African American

☐ American Indian/Alaskan Native

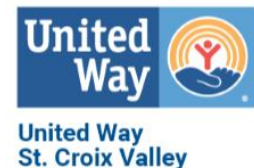
☐ Other _____

☐ Asian

☐ Native Hawaiian or Pacific Islander

☐ Hispanic/Latino

This survey is a collaborative effort between the following organizations:



Appendix IV

MENTAL HEALTH AND SUBSTANCE USE ASSET INVENTORY



<u>Service Name</u>	<u>Contact Information</u>	<u>Description</u>
Amery Regional Medical Center	265 Griffin St. E. Amery, WI. 54001 (715) 268-0060 www.amerymedicalcenter.org	Since 1956 we have focused on building partnerships with our patients and the communities we serve.
Aurora Community Counseling	406 Technology Drive E. Menomonie, WI. 54751 (715) 235-1893 www.auroraservices.com	A diverse human service agency committed to helping individuals live fuller, richer lives.
Family Based Therapy Associates	11549 Lake Lane, Suite #2 Chisago City, MN. 55013 (651) 257-2733 www.familybasedtherapyassociates.com	FBTA is a comprehensive mental health & integrative medicine resource partnering with you. Bringing families together, helping children and teens thrive and helping you work past your issues.
Midwest Psychological Services	2501 Hanley Rd Hudson, WI. 54016 (715) 381-1980 www.midwestpsychological.com	Provide experienced counseling and psychological services for individuals, couples, and families dealing with a wide variety of issues.
Northwest Counseling & Guidance Clinic	203 United Way Frederic, WI. 54837 (715) 327-4402 www.nwcgc.com	Committed to strengthening individuals, families, and communities. Guiding the path to hope.
Northwest Passage, Ltd	203 United Way Frederic, WI. 54837 (715) 327-4402 www.nwpltd.com	Residential treatment programs for boys and girls from ages 6 to 17. Comprehensive assessment services.
Osceola Medical Center	2600 65 th Ave. Osceola, WI. 54020 (715) 294-2111 www.myomc.org	Inspiring and improving the health and well-being of our community through home-town customer service, quality health care and strategic partnerships

<u>Service Name</u>	<u>Contact Information</u>	<u>Description</u>
Peace Tree Counseling	108 Chieftain St. Osceola, WI. 54020 (715) 417-3241 www.peacetreecounseling.com	A safe, supportive, confidential environment where individuals, couples, and families can learn to engage in life more fully.
Polk County Behavioral Health Department	100 Polk County Plaza Balsam Lake, WI. 54810 (715) 485-8400 www.polkcountybehavioralhealthdept.org	A recovery based department committed to serving the mental and behavioral health needs of everyone in Polk County.
Sharon Ward, LP Licensed Psychologist	Remotely serving St. Croix Falls, WI. & Roseville, MN. (612) 822-1022 www.sharonwardtherapy.com	Therapy for individuals, couples, children, and families.
St. Croix Regional Medical Center (SCRMC)	235 State Street St. Croix Falls, WI. 54024 (715) 483-3221 www.scrmc.org	Counseling and Mental Health Care.
Travis Hinze, PhD Licensed Psychologist	329 S. River St. Spooner, WI. 54801 (800) 994-4693 www.hinzephd.com	Mental Health Services Assessment & Therapy.

PHYSICAL ACTIVITY ASSET INVENTORY



<u>Name</u>	<u>Location</u>	<u>Contact Information</u>	<u>Notes</u>
“Polk County On The Move”	n/a	www.polkcountyonthemove.org	215 miles of Trails throughout the county mapped out on their website.
Snap Fitness (Amery)	930 Elden Ave. Amery	(715) 254-9652	Open 24/7 to members, strength training and personal trainers available.
A Touch of Life Wellness Center	308 Keller Ave. N Amery	(715) 268-6210	Massage, chiropractor
Fitness Center, Amery Hospital & Clinic	220 Keller Ave. N Amery	(715) 268-1001	Open 24/7 to members, fitness classes, massage therapy & more.
Sunshine Fitness	560 5 th St. Clear Lake	(888) 722-1968	Open 24/7 to members, group exercise classes, and more. Work with many insurance companies regarding payment.
Snap Fitness (St Croix Falls)	340 E Mckenny St. St Croix Falls	(715) 483-9765	Open 24/7 to members, strength training and personal trainers available.
Snap Fitness (Osceola)	2388 State Rd. 35 Osceola	(715) 294-4554	Open 24/7 to members, strength training and personal trainers available.

<u>Name</u>	<u>Location</u>	<u>Contact Information</u>	<u>Notes</u>
Wild River Fitness	2360 65 th Ave. Osceola	(715) 294-2164	Open 24/7 to members, child care available, group exercise classes, personal trainers, summer camps for children, & more.
Snap Fitness (Milltown)	104 2 nd Ave. NW Milltown	(715) 553-0801	Open 24/7 to members, strength training and personal trainers available.

NUTRITION ASSEST INVENTORY



Farmer's Markets (June-October)

<u>City</u>	<u>Location</u>	<u>Hours of Operation</u>
Amery	Soo Line Park on Keller Ave	Saturdays 9:00am – 12:00pm Mondays 3:00pm – 6:00pm
Balsam Lake	507 Main Street (Catholic Church parking lot)	Fridays 3:00pm – 5:00pm
Frederic	507 Wisconsin Ave. (Inter County Leader parking lot)	Saturdays 8:00am – 12:00 pm
Osceola	Mill Pond Park on Cascade St.	Fridays 2:00pm – 6:00pm
St. Croix Falls	230 Washington St. (Library Plaza)	Saturdays 10:00am – 1:00pm

Food Pantries

<u>Name</u>	<u>Location</u>	<u>Hours of Operation</u>	<u>Notes</u>
Amery Community Food Pantry	230 Deronda St. Amery	Thursdays 2:00pm – 6:00pm	Call Ahead (715) 268-5999
Lifeline Food Pantry	560 5 th St. Clear Lake	Wednesdays 1:00pm – 5:00pm Thursdays 12:00pm – 4:00pm	(715) 263-3846

Food Pantries

<u>Name</u>	<u>Location</u>	<u>Hours of Operation</u>	<u>Notes</u>
Family Pathways	1100 Wisconsin Ave S. Hwy 35. Frederic	Tuesdays 9:00am – 6:00pm Wednesdays 12:00pm – 6:00 pm Thursdays 9:00am – 6:00pm Saturdays 9:00am – 12:00pm	(715) 327-4425
Loaves and Fishes	300 North 1 st St. Luck (DBS Hall)	Tuesdays 11:00am – 1:00pm Thursdays 11:00am – 1:00pm	
Open Cupboard Food Shelf	402 2 nd Ave. Osceola	Mondays 9:00am – 12:00pm Wednesdays 9:00am – 12:00pm Thursdays 11:00am – 4:00pm	(715) 294-4357
St Croix Falls Food Shelf	809 Pine St. St Croix Falls	Mondays 9:00am – 11:00am Wednesdays 3:00pm – 6:00pm Fridays 9:00am – 11:00am	(715) 483-9494
Ruby's Pantry	Luck & Amery locations	<ul style="list-style-type: none"> • Luck: 3rd Tuesday of even months. 11:30am – 1:00pm • Amery: 2nd Saturday of each month. 8:00am – 10:30am 	www.homeandawayministries.org \$15.00 donation per family.
Family Pathways St Croix Falls	2000 US Hwy 8 St Croix Falls	Mondays 9:00am – 5:00pm Tuesdays 9:00am – 12:00pm Wednesdays 11:00am – 6:00pm Thursdays 9:00am – 5:00pm Fridays 9:00am – 5:00pm	(715) 483-2920

Community Meals

<u>Name</u>	<u>Location</u>	<u>Hours of Operation</u>	<u>Notes</u>
Georgetown Lutheran Church	877 190 th Ave. Balsam Lake	3 rd Thursday of the month 12:00pm – 1:30pm	(715) 857-5580
West Denmark Lutheran Church	2478 170 th St. Luck	Last Sunday of every month 5:00pm	(715) 472-2383
Bone Lake Lutheran Church	1101 255 th Ave. Luck	(September – May) 3 rd Wednesday of the month 5:30pm – 6:30pm	(715) 472-2353 Free Thanksgiving meal offered
United Methodist Church	306 River St. Osceola	(January – October) Last Wednesday of the month 5:30pm – 6:30pm	(715) 755-2275
Alliance Church of the Valley	1259 State Rd 35 St Croix Falls	4 th Tuesday of the month 5:00pm – 6:30pm	(715) 483-1100

Other Resources

<u>Program</u>	<u>Information</u>
Polk County WIC	(715) 485-8520
Commodity Supplement Food Program Melissa Wyss, WestCapp	(800) 606-9227 EXT. 1329
Salvation Army Backpack Program	Eligible students receive a backpack on Fridays full of nonperishable food.
Farmers Market Nutrition Program for Elderly OR Meals On Wheels ADRC	(715) 485-8449