



Tomah Health

TOGETHER IN CARE

ANNUAL
COMMUNITY
REPORT

2023

PREPARED BY
COMMUNITY OUTREACH

OUR MISSION

To provide superior healthcare services to those who are sick or injured and offer services that support a healthy life.

COMMUNITY HEALTH NEEDS ASSESSMENT

Tomah Health collaborates with several regional healthcare providers and community-based organizations to conduct a comprehensive Community Health Needs Assessment called the CompassNOW Report. The partnership was formed to help prevent illnesses and diseases, while promoting healthy behaviors to improve the lives of area residents and to lower healthcare costs.

The collaboration conducts a region-wide assessment every three years that identifies and prioritizes health needs by collecting and analyzing data and seeking input from various community representatives. The results of the assessment have been used to affirm existing programs, develop new strategies, and ultimately improve the overall health of the community.

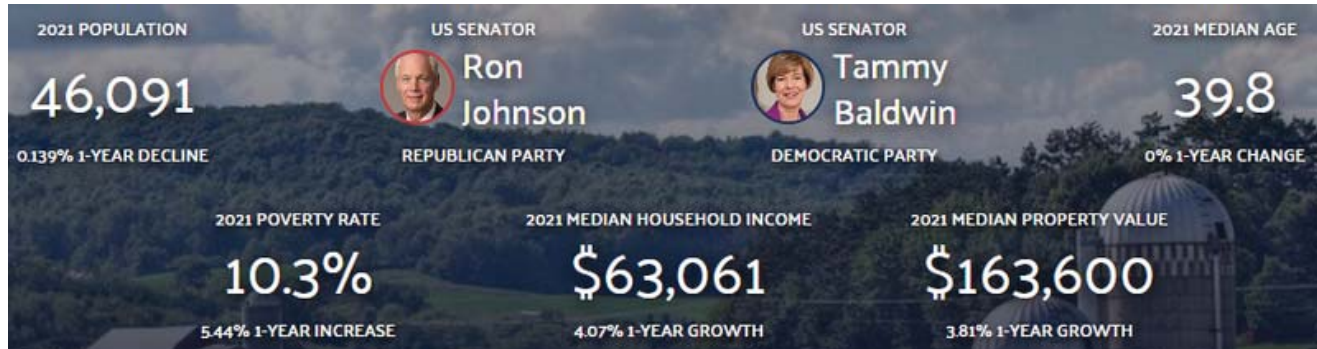
From the Community Health Needs Assessment, collaborators in Monroe County developed the Monroe County Community Health Improvement Plan (CHIP) to specifically address needs in Monroe County.

Tomah Health uses the CompassNOW Report, Monroe County CHIP, County Health Rankings & Roadmaps, and community input to guide our programming services.

“The power of community to create health is far greater than any physician, clinic, or hospital.”

-Mark Hyman, MD

MONROE COUNTY



(DATA USA 2021)

The Monroe County Community Health Improvement Plan (CHIP) identified three main priorities for 2023-2026. Tomah Health is working with the Monroe County Health Department on the first two priorities and is also collaborating with other organizations to address additional needs identified in the Community Health Needs Assessment (CompassNOW Report).

Priority 1

Mental Health
Goal: Improve mental health and decrease suicide rates in Monroe County.

Priority 2

Alcohol & Other Drug Misuse
Goal: Reduce and prevent the misuse of alcohol, tobacco and other drugs in Monroe County.

Priority 3

Safe & Affordable Housing
Goal: Improve access to safe & affordable housing in Monroe County.

(MONROE COUNTY HEALTH DEPARTMENT 2022)

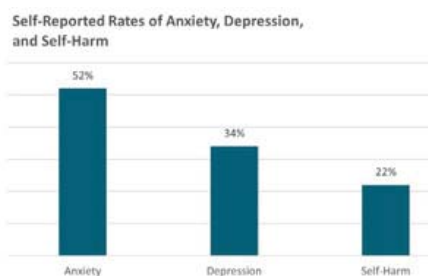
MENTAL HEALTH COALITION

Since 2014, Tomah Health has served as an active member of the Monroe County Mental Health Coalition. Mental health has been a consistent concern in Monroe County as we have one mental health provider for every 480 people registered in Monroe County (County Health Rankings & Roadmaps 2023). In the 2021 Wisconsin Youth Risk Behavior Survey (YRBS), 52% of Wisconsin students reported anxiety, 34% reported depression, and 22% reported non-suicidal self-harm (Wisconsin Youth Risk Behavior Survey 2021).

To help address mental health needs in Monroe County, Tomah Health is co-leading the Education Sub-Committee for the Mental Health Coalition. This sub-committee focuses on providing important community trainings like Youth Mental Health First Aid, QPR Suicide Prevention Training, Understanding Adverse Childhood Experiences, WeCOPE Stress Management Program, and Trauma Informed Care 101.

The Coalition's current strategic plan involves a four step approach that focuses on the following:

- Mental Health Education & Training
- Systems Change & Advocacy
- Trauma-Informed Care
- Increasing Coalition Member Engagement



(WISCONSIN YOUTH RISK BEHAVIOR SURVEY 2021)

In addition to the coalition partnership, we also sponsor & host the Healthy Aging Expo, Women's Health Night, & Men's Health Night. These large health events bring local organizations that specialize in community services together under one roof. This year, our Women's Health Night focused on gardening and connecting with nature, which have been directly linked to better mental health outcomes (Jimenez et. al. 2021).

ALCOHOL & OTHER DRUG MISUSE

In Monroe County, 26% of adults reported binge or heavy drinking and 32% of driving deaths involved alcohol (County Health Rankings & Roadmaps 2023). In addition to alcohol, opioids and other drug use are of concern. In Wisconsin in 2019, 4.7% of the population misused opioids and 0.5% of the population used heroin, both of these numbers higher than the US average of 4.1% for opioid use and 0.3% for heroine use (Wisconsin Department of Health Services 2022). From 2018-2020, the count of opioid-related deaths in Wisconsin changed by 46.7% (Wisconsin Department of Health Services 2022).

Tomah Health is part of the Monroe County Safe Community Coalition, an organization with the mission “to reduce and prevent alcohol, tobacco, and drug use, enhance traffic safety, and promote healthy choices.” This year, we helped with the “Wake Up Call,” an event for parents to learn about red flags for substance misuse in their pre-teens/teens bedrooms. In the coming year, we are looking into offering community trainings for naloxone (brand name Narcan) use for opioid overdose prevention.

In 2023, Tomah Health opened a Suboxone Clinic Site to help those struggling with opioid addiction. “Suboxone helps alleviate withdrawal symptoms right away, and is also taken long-term to help with cravings and prevent relapse (McMahon 2023).” In addition to our Suboxone Clinic, we offer Methadone Monitoring Labs which also allow patients to safely continue their treatment and reduce the risk of opioid relapse.

In the Emergency Department, patients are given information on the Coulee Recovery Center and staff will contact several facilities that provide rehab services if patients ask for help. We also offer a Peer Recovery Coaching program where patients who present with substance use disorder can meet with a peer coach who has lived through substance misuse and can offer support.

NUTRITION COALITION & INITIATIVES

With diseases like heart disease, stroke, type 2 diabetes, and obesity directly linked to poor nutrition, eating a healthy diet is essential to improve health outcomes (Center for Disease Control and Prevention 2022). “Six in ten Americans live with at least one chronic disease, like heart disease and stroke, cancer, or diabetes (Center for Disease Control and Prevention 2023).” In Monroe County, 36% of adults are obese and 21% are physically inactive (County Health Rankings & Roadmaps 2023).

The Monroe County Nutrition Coalition was formed in 2016 to improve the health of Monroe County residents “one bite at a time.” Tomah Health serves as an active member of the Coalition and this year we developed a Fruit & Veggie Bingo Card to encourage residents to eat more fruits and veggies during September’s National Fruits and Vegetables Month. We represented the Coalition for several weeks at the Tomah Farmer’s Market and provided samples of recipes rich in fruits or vegetables. We also developed the January Activity Challenge to encourage residents to move more during winter.

Scheduled for March 2024, we are planning a two part nutrition series to help parents raise “a healthy child who is a joy to feed (Ellyn Satter Institute 2023).” We currently offer a breastfeeding class that covers feeding from birth-6 months, but wanted to teach parents how to feed beyond breastmilk or formula. This series will include items like: tips to make your own baby food, techniques to help picky eaters, how to feed for allergy preventions, baby led weaning, and how to introduce solid foods.

We are also partnering with Gundersen Tomah Clinic on a 10-week Pilot Produce Prescription Program. This program will allow participants to receive funds to purchase fruits and vegetables locally. Tomah Health will be providing nutrition education and practical cooking classes to help participants prepare fruits and vegetables. A grant is being written to continue the program after the 10-week pilot.

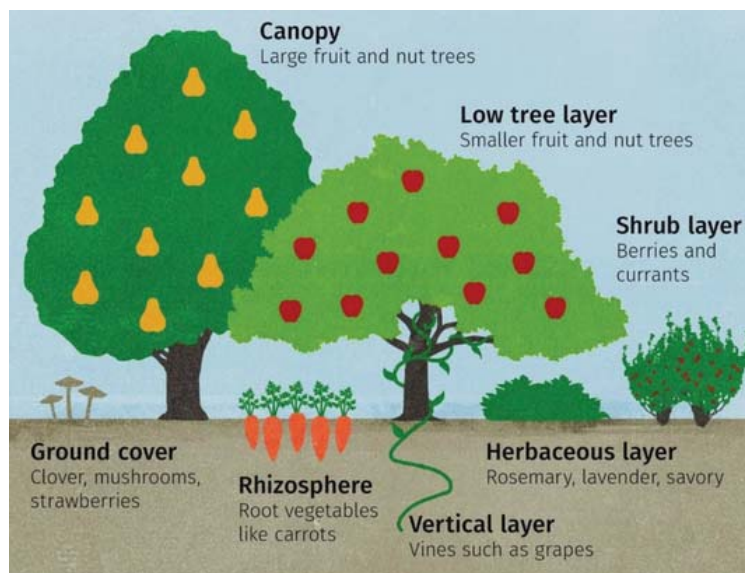
FOOD FOREST PROJECT

Studies have shown that “when communities have good access to parks, they have greater physical and mental health (McCormack 2010). When people experience nature, it improves their cognitive function, brain activity, blood pressure, mental health, physical activity, cardiovascular risk, and sleep (Jimenez et. al. 2021).

Encouraging experiences in nature touch on many of our community needs: mental health, physical activity, chronic disease risk, etc. Tomah Health is partnering with Coulee Region EcoScapes to produce a plan for a Food Forest. “A food forest, also called a forest garden, is a diverse planting of edible plants that attempts to mimic the ecosystems and patterns found in nature (Project Food Forest).”

The idea is to encourage residents to be in nature, learn from nature, and grow and produce food. We are still exploring potential partnerships and possibilities with our Food Forest, but we hope to connect the food produced in the forest to community cooking classes.

We will be in a planning process in 2024 and would implement the project in 2025 at the earliest. The implementation timeline will depend on partnerships, community support, and funding opportunities.



(Reap Goodness 2023)

COMMUNITY WORK

In addition to our community involvement to address the highest identified needs in Monroe County, we also work to meet other community needs.

We host and coordinate the monthly Parkinson's Support Group, a group that supports local residents who have been impacted by Parkinson's Disease. This group provides education and support to help residents cope with the changes and loss associated with Parkinson's Disease.

We also partner with the Tomah Area School District (TASD) and provide free Bloodborne Pathogen Training and CPR/AED & First Aid certifications for staff and coaches, which helps the District meet state and WIAA requirements. Last year, we donated almost \$4,000 in certifications and trainings to the TASD. We also offer hospital tours for students and serve as a clinical site for Clinical Observations, one of the Healthcare Careers Classes at Tomah High School. This semester class allows students to observe weekly in different departments and exposes them to different healthcare career options.

We teach a monthly class on various health topics to a senior group in town and also provide annual volunteers to the Rotary Club of Tomah's Freeze Fest "Swish Across the Lake." Last year, we attended the Fort McCoy Wellness Fair and Warrens Elementary Wellness Fair and provided information on hearing health and hand washing hygiene.

We helped coordinate National Night Out, an event that encourages interactions between community members and emergency response personnel. We also planned the Healthy Aging Expo and Women's Health Night, large community events to encourage the health of residents in Monroe County.

We also provide CPR/AED Skills Check Offs for community members and teach dozens of educational classes in the community as requested.

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