

# Community Health Needs Assessment 2022



**Reedsburg**  
AREA MEDICAL CENTER

**Hospital** 2000 N Dewey Avenue p 608.524.6487  
**Specialty Group** 1104 21st Street p 608.768.3900  
**Community Pharmacy** 1900 N Dewey Avenue p 608.524.6177  
**Physicians Group** 1900 N Dewey Avenue p 608.524.6477  
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Reedsburg, WI 53959 [ramchealth.com](http://ramchealth.com)

# Message to Our Community

Reedsburg Area Medical Center has been a healthcare leader since 1902, “always there, going beyond the expected to provide compassionate, quality and efficient healthcare.” As a healthcare leader, we serve over 25,000 people in Reedsburg and surrounding areas. As an employer, we provide jobs for more than 600 people. As your neighbor, we sponsor a wide variety of education classes and health screenings.

This document represents the outcome that we can proudly say is the result of our county hospital’s sharing resources to form the Sauk County Health & Wellness Coalition. The individual members of this coalition demonstrated a strong commitment to assessing health needs and to working collaboratively with the goal of improving the health of Sauk County’s entire population. The goal of this report is to provide residents |with a deeper understanding of the health needs of our community, as well as guide RAMC in its development of an implementation strategy to address the needs described in this document.

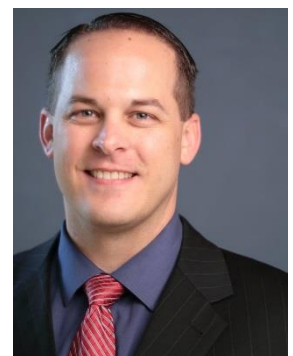
Our sustained community commitment can be seen through our collaborative partnerships with residents and organizations. We rely on these relationships to help us identify and develop plans to address high-priority community health needs. We are grateful for the opportunity to partner with the following organizations: Sauk County Health Department, Sauk County Health & Wellness Coalition, Reedsburg Area Chamber of Commerce, Reedsburg , Baraboo, and Wisconsin Dells area school districts, Ho-Chunk Nation, Hope House, County and Local Emergency Response Teams, Local Law Enforcements, Sauk County Aging and Disability Resource Center, The City of Reedsburg, Boys and Girls Club, Reedsburg Young Professionals, and others.

This Community Health Assessment (CHA) represents a point-in-time view of the health of Sauk County. This document is intended to serve as a guide for the development of the Community Health Improvement Plan (CHIP) and is also intended to inform community understanding of how certain factors, including the social determinants of health (SDOH), impact the health status of some community members more than others. Our sincere hope is this assessment serves as a tool for organizations serving Sauk County to identify how they can influence the health of our community. This effort could be utilizing the data provided to strengthen existing programs and services or working towards addressing policies and systems that contribute to the disparities and sub-optimal health outcomes that we see.

From the assessment and a process of prioritization **Mental Health, Affordable Housing, and Alcohol, Tobacco and other Drug Abuse (ATODA)** have been identified as the topics for the Community Health Improvement Plan (CHIP). We know that addressing these topics will require collective action to not just improve mental health, affordable housing and ATODA at the individual level, but to improve at the population level through addressing systems, policies, and environments. We look forward to taking actions together.

Sincerely,

Robert Van Meeteren  
President & CEO  
Reedsburg Area Medical Center



# Executive Summary

## Background

Reedsburg Area Medical Center is pleased to present the 2022 Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated with our service area.

The goal of this report is to provide a deeper understanding of the health needs in the communities we serve, as well as a guide to help the hospital in its community health improvement implementation planning efforts and development of a strategy to address evaluated needs. The RAMC Governing Board approved this CHNA on December 21, 2021.

RAMC last conducted a CHNA in 2018. The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three years and adopt a strategic implementation plan to address the identified needs.

## Priorities

**Reedsburg Area Medical Center determined priorities for the 2022-2024 CHNA and strategic implementation plan.**

**Priorities chosen include:**

**Mental Health** - A major public health concern due to limited access to resources and lack of mental health facilities with many patients having to drive for hours for treatment. All key informant groups brought mental health to the forefront of the discussion. According to the US county health rankings 2021 reports, clinical care accounts for 20% of Sauk County's health outcomes. Clinical care includes access to care and quality of life. According to the CDC, mental and physical health are equally important components of overall health. For example, depression increases the risks of many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease and stroke. Similarly, the presence of chronic conditions can lead to mental health illness.

**Affordable Housing** - According to the US county health rankings 2021 reports, physical environment accounts for 10% of Sauk County's health outcomes. All key informant groups and survey respondents brought affordable housing to the forefront of the discussion. 28% of Sauk County households spend 30% or more of their income on housing. Households that rent are more likely to have a high housing cost burden: 45% of Sauk County renters.

**Alcohol, Tobacco and other Drug Abuse (ATODA)** - According to the US county health rankings 2021 reports, health behaviors account for 30% of Sauk County's health outcomes. ATODA is higher in Sauk County than in Wisconsin and is generally much higher than in Top U.S. Counties. This Priority was voiced as a concern for Sauk County and therefore a top priority for the 2022-2024 CHNA. Alcohol outlets are places where someone can buy alcohol to drink on premises (such as bars) or elsewhere (such as liquor stores) and Sauk county has 290 alcohol approved licenses. That means our alcohol outlet density is a 2.26 rate of alcohol licenses per 500 people.

## Strategies

**Mental Health** - Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including income and insurance.

**Affordable Housing** - Develop coordinated and collaborative action plans to address affordable housing. Engage community leaders to commit resources towards health improvement based on the assessment which includes affordable housing.

**Alcohol, Tobacco and other Drug Abuse (ATODA)** - Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including access to care and insurance.

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# About Reedsburg Area Medical Center

Reedsburg Area Medical Center has a long tradition of service to the community. The first hospital in Reedsburg was founded in 1902 by Dr. Adelbert Edwards. It was housed in a former residence. Once remodeled, the two-story building provided 11 rooms, serving both medical and surgical patients. As the community grew, its healthcare needs expanded until the first hospital no longer proved adequate to serve the community's growth. Below is a timeline of events since then:

**1933:** A new hospital, located on North Park Street, opened. This hospital held 31 adult beds and had a nursery capacity of 12. 20 years later, in 1953, this hospital added 20 beds.

**1969:** The hospital purchased 72 acres of undeveloped land on Reedsburg's north side. This was later to become the site of the present facility.

**1972:** The Edward Snyder Memorial Nursing Home, a 50-bed long-term care facility, was opened.

**1976:** Our present hospital opened its doors, and within three months, the adjacent clinic opened.

**2005:** RAMC opened Reedsburg Area Senior Life Center, a state-of-the-art 50-bed long-term care unit and 24-apartment assisted living facility.

**2007:** The new Surgery Center and Specialty Center opened.

**2014:** RAMC and Reedsburg Physicians Group officially affiliated and the Physicians Group began operating under the name Reedsburg Area Medical Center Physicians Group.

**2020:** Reedsburg Area Medical Center completed their major construction program of private inpatient rooms, remodeled Birth Center, new registration, laboratory, sleep study rooms and gift shop.

**2020:** Reedsburg Area Senior Life Center opened their new assisted living facility to consist of 24 Long Term Care beds, 22 Community Based Residential Living (CBRF) rooms and 23 Residential Care Complex (RCAC) rooms.



# A Proud Community Partner

With today's economy, it can be a hardship for area residents to afford everyday necessities, let alone medical insurance. At Reedsburg Area Medical Center, we believe everyone deserves access to quality health care, regardless of their income level. We also believe that being a non-profit medical center is both a privilege and an obligation. Being a community partner is an important responsibility, one we feel privileged to uphold.

**Financial & In-kind Contributions** ~ We actively support a large number of community groups by donating goods and services, contributing equipment, supplies paid personnel or providing use of facility space.

**Community Health Improvement** ~ RAMC strives to offer or support a wide variety of free or low-cost programs and events designed to help encourage healthy lifestyles a choices. We are proud to offer/support:

- Pineview Elementary School Garden program
- Vest Fest Half Marathon/5k/1-mile run
- Run for the Butter
- Reedsburg Little League, and various other youth sporting opportunities
- Bright Smiles Healthy Teeth program in the schools
- Reedsburg school district walking program titled "Walking Club" for all school children at all 5 elementary schools
- RAMC's annual Kids Fit & Safe Day-a free program for area students
- and so much more!

**Education for Staff, including Student Facilitation** ~ We are also pleased to be a site for Medical, Nursing & Physician Assistant students that come for multiple weeks of on-site training & mentoring.

**Community Building Activities** ~ We are proud to encourage our employees to give back to our community on their staff time.

***Non-profit hospitals like Reedsburg Area Medical Center exist to serve our city & surrounding communities.***

# Community Benefits Report

7/22/2021

Reedsburg Area Medical Center

Program Detail

For period from 1/1/2020 through 12/31/2020

Title	Monetary Inputs			Outputs		
	Expenses	Offsets	Benefit	Persons		
Blood Drives	721	0	721	Unknown		
Bright Smiles	118	0	118	99		
Car Seat Checks / Seat Belt Education	1,553	0	1,553	20		
Cash Donations/Sponsorships/Not-for-profit Community Organizi	973	0	973	250		
Childbirth Education	1,572	0	1,572	47		
Coalition Building	5,000	0	5,000	Unknown		
Community Benefit Operations/Dedicated Staff	5,000	0	5,000	Unknown		
Community Benefit Operations/Health Needs Assessment	20,000	0	20,000	Unknown		
Community Health Improvement Advocacy	3,168	0	3,168	Unknown		
Community Support/Consumer Advocate	26,709	0	26,709	172		
Community Support: Tailgate Foundation Fundraiser	245	0	245	200		
Discounted or Free Prescription Drugs	538,442	0	538,442	Unknown		
Economic Dev/Council Participation/Chamber of Commerce	1,069	0	1,069	1,400		
Education for Patients	238	0	238	Unknown		
Education Web Site/Community Publications	28,000	0	28,000	Unknown		
Education/Other Health Professions/Tuition Assistance	169,048	0	169,048	Unknown		
Education/Outreach for Community Health Topics	2,574	0	2,574	233		
Education/Physicians and Medical Students	6,538	0	6,538	1		
Education/Shadowing Nurses and Nursing Students	2,942	0	2,942	10		
Educational Displays	2,000	0	2,000	Unknown		
Environmental Improvements	35,225	0	35,225	Unknown		
Fitness/Exercise Classes/Programs	66,561	4,100	62,461	64		
Food Donation to Homeless Shelter & Boys/Girls Club	8,679	0	8,679	Unknown		
In-Kind Donation/Community -based nursing home	2,008,154	0	2,008,154	Unknown		
In-Kind Donations/Equipment	2,000	0	2,000	Unknown		
Massage Therapy	115,813	74,572	41,241	Unknown		
Meals on Wheels Deliveries	3,351	0	3,351	300		
Occupational Medicine	215,763	44,952	170,811	Unknown		
Resolve Through Sharing	814	0	814	6		
Safe Sitter Classes	418	360	58	9		
School Based Health Education Programs	41	0	41	15		
Sports Injury Prevention	19,500	0	19,500	Unknown		
Support Group/Breastfeeding	1,226	0	1,226	309		
Translator Services	19,678	0	19,678	Unknown		
Transportation/Bus Tokens, Cab Fare, etc.	370	0	370	Unknown		
<b>Number of Activities</b>	<b>35</b>	<b>Grand Totals</b>	<b>3,313,503</b>	<b>123,984</b>	<b>3,189,519</b>	<b>3,135</b>

# Definition of Community

For the purposes of this community health needs assessment (CHNA), Reedsburg Area Medical Center defines its community as Sauk County and the surrounding portions of adjacent Adams, Columbia and Juneau counties within the hospital's primary and secondary service areas. Given the hospital's partnership with the Sauk County Health Department and participation in the Sauk County Health and Wellness Coalition and Sauk County Data Council, much of the needs assessment will focus on the community within Sauk County. RAMC will also coordinate and collaborate with the Adams and Columbia County public health departments on the needs of populations within their counties that are also located within the hospital's primary service delivery area.

RAMC's service area was defined by a zip code search resulting in highest used areas for primary and specialty care on our campus.



## Geography -

Reedsburg, Wisconsin is a thriving community of 9,984 residents located in Sauk County. We offer a family-oriented community with an excellent school system and a wide variety of businesses in a city that still holds that small-town charm. Reedsburg is a rural community where businesses flourish, people feel welcome and are comfortable raising families and retiring.

## Service delivery area –

Approximately 75% of Reedsburg Area Medical Center's patient population lives within the above mapped primary service area. An additional approximately 15% of the patient population lives within the secondary service area. The primary service area is limited to portions of Sauk County and small portions of Adams, Columbia and Juneau Counties, while the secondary service area also extends into a portion of Marquette County. According to the federal Health Resources and Services Administration (HRSA), all of Sauk County and all or almost all of the Reedsburg Area Medical Center service areas are designated as Rural Health Areas.



# About our Community

**Demographics:** The following factors and data from U.S. Census Bureau provide some useful information about the Sauk County portion of the Reedsburg Area Medical Center Community. Sauk County’s population is less diverse and slightly older than the populations of Wisconsin and the United States, as a whole. The percent of individuals living in poverty is roughly the same as both Wisconsin and the United States.

Demographic Category	Demographic Factor	Sauk County	Wisconsin	United States
Race and Ethnicity	Black or African American alone, percent	1.3%	6.7%	13.4%
	American Indian and Alaska Native alone, percent	1.4%	1.2%	1.3%
	Asian alone, percent	0.7%	3.0%	5.9%
	Two or More Races, percent	1.4%	2.0%	2.8%
	Hispanic or Latino, percent	5.4%	7.1%	18.5%
	White alone, not Hispanic or Latino, percent	90.4%	80.9%	60.1%
	White alone, percent	95.1%	87.0%	76.3%
Poverty	Persons in poverty, percent	10.2%	10.4%	10.5%
Health Insurance	Persons without health insurance, under age 65 years, percent	7.2%	6.8%	9.5%
Education	High school graduate or higher, percent of persons age 25 years+, 2014-2018	90.7%	91.9%	87.7%
	Bachelor's degree or higher, percent of persons age 25 years+, 2014-2018	23.8%	29.5%	31.5%
Age	Persons under 5 years, percent	5.9%	5.7%	6.0%
	Persons under 18 years, percent	22.7%	21.8%	22.3%
	Persons 65 years and over, percent	19.1%	17.5%	16.5%



# About our Community

**Demographics:** The following factors and data describe the population and demographics of the Reedsburg Area Medical Center service areas:

Population	Reedsburg, WI	Sauk County, Wisconsin
Population Estimates, July 1 2021, (V2021)	NA	NA
Population estimates base, April 1, 2020, (V2021)	NA	NA
Population, percent change - April 1, 2020 (estimates base) to July 1, 2021, (V2021)	NA	NA
Population, Census, April 1, 2020	9,984	65,763
Population, Census, April 1, 2010	9,200	61,976
<b>Age and Sex</b>		
Persons under 5 years, percent	5.0%	5.9%
Persons under 18 years, percent	27.7%	22.7%
Persons 65 years and over, percent	13.1%	19.1%
Female persons, percent	49.5%	50.2%
<b>Race and Hispanic Origin</b>		
White alone, percent	93.2%	95.1%
Black or African American alone, percent	0.2%	1.3%
American Indian and Alaska Native alone, percent	2.0%	1.4%
Asian alone, percent	0.3%	0.7%
Two or More Races, percent	3.4%	1.4%
Hispanic or Latino, percent	6.4%	5.4%
White alone, not Hispanic or Latino, percent	89.0%	90.4%
<b>Population Characteristics</b>		
Veterans, 2015-2019	513	4,127
Foreign born persons, percent, 2015-2019	2.8%	3.0%
<b>Housing</b>		
Housing units, July 1, 2019, (V2019)		30,744
Owner-occupied housing unit rate, 2015-2019	59.5%	68.9%
Median value of owner-occupied housing units, 2015-2019	\$141,800	\$182,200
Median selected monthly owner costs -with a mortgage, 2015-2019	\$1,229	\$1,404
Median selected monthly owner costs -without a mortgage, 2015-2019	\$515	\$540
Median gross rent, 2015-2019	\$753	\$801
Building permits, 2020		233
<b>Families &amp; Living Arrangements</b>		
Households, 2015-2019	3,583	26,222
Persons per household, 2015-2019	2.64	2.41
Living in same house 1 year ago, percent of persons age 1 year+, 2015-2019	81.9%	85.6%
Language other than English spoken at home, percent of persons age 5 years+, 2015-2019	5.7%	6.4%
<b>Education</b>		
High school graduate or higher, percent of persons age 25 years+, 2015-2019	90.3%	90.9%
Bachelor's degree or higher, percent of persons age 25 years+, 2015-2019	21.0%	24.1

# About our Community

## Under-represented or More Vulnerable Portions of the Population:

Sauk County and the Reedsburg Area Medical Center service areas includes people who are at high risk of not receiving adequate medical care due to being uninsured/underinsured, are experiencing health disparities, or facing barriers related to geography, language, financial circumstances, and transportation, stigma, accessibility to technology or knowledge of technology, medication compliance due to cost or coverage, access to healthy foods and low-income housing.

Potentially medically underserved populations include the rural poor and older adults who may be without adequate transportation; Black, Indigenous and other persons of color (BIPOC) individuals who may be experiencing discrimination and racial or ethnic health disparities; non-English (primarily Spanish) speaking individuals who may also be undocumented; low socio-economic status (SES) and homeless individuals; lesbian, gay, bisexual, transgender, and queer (LGBTQ) residents; and incarcerated individuals or people engaged in the criminal justice system.

The Ho-Chunk Nation's House of Wellness is located in Sauk County and serves many tribal members. The Sauk County community health assessment process included an equity plan to ensure that the needs of more vulnerable populations were considered.

People with disabilities may also be a more vulnerable or under-served population within the community. Data from the U.S. Census QuickFacts indicates a higher percentage of people with a disability within the City of Baraboo than are in Sauk County, Wisconsin or the United States. Persons living with disabilities may be less able to thrive and may face greater challenges in respect to access to health care and other essential services.

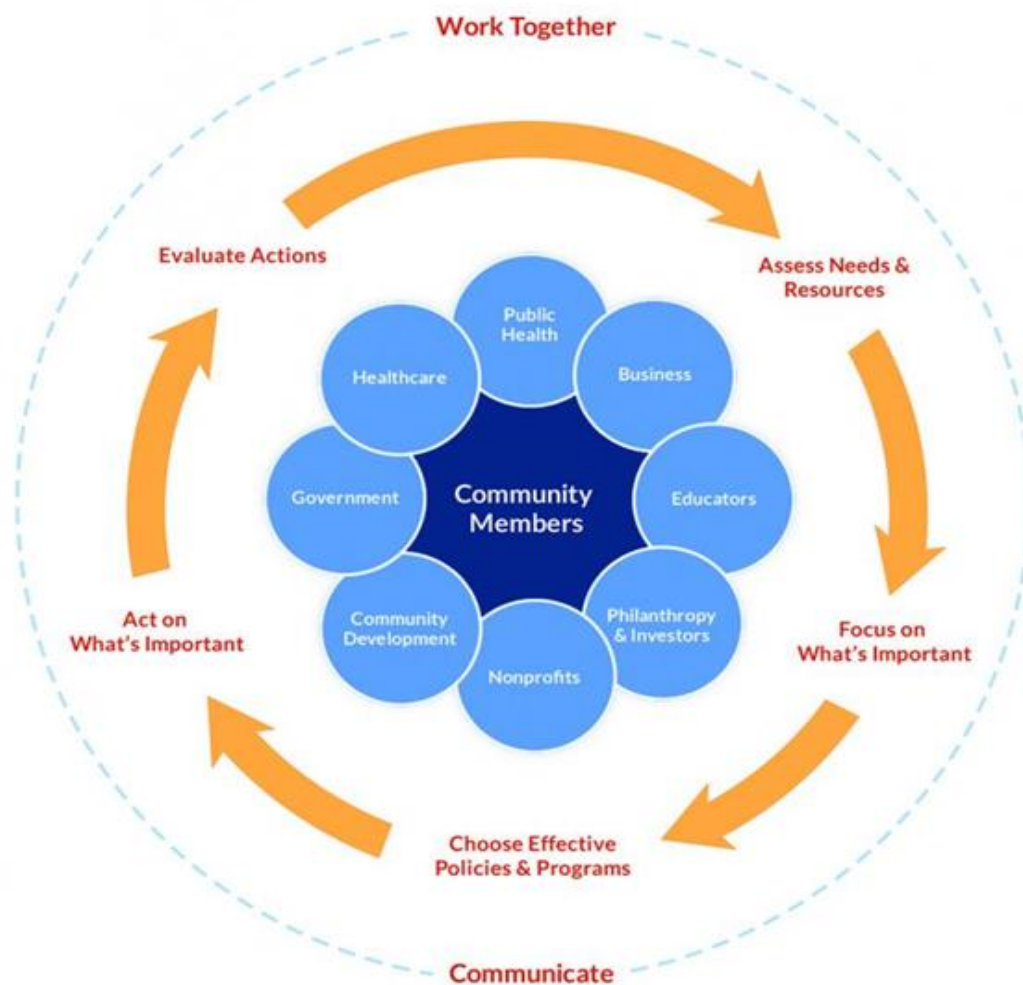


# Community Partners

**Community health coalitions** - The individual members of this coalition demonstrate a strong commitment to assessing health needs and to work collaboratively with the goal of improving the health of Sauk County's population.

**The members of the committee represent:**

- Reedsburg Area Medical Center
- Sauk County Health Department,
- Sauk Prairie Healthcare
- SSM Health- St Clare Baraboo



# The Hospital's Role in Conducting the Assessment

Reedsburg Area Medical Center worked closely with the Health & Wellness Steering Committee to develop the 2022 Sauk County Community Health Assessment (CHA). The hospital was an active member in the Sauk County Community Health Assessment workgroup, has a representative serving as an advisor to the Health & Wellness Steering Committee and assisted in inviting community members to conversations to gather and collect community perspectives. The process benefited from input from several individual community leaders representing diverse constituencies.

## Primary Data

Reedsburg Area Medical Center sought and received input from the Sauk County Public Health Department. RAMC also worked closely with the Health & Wellness Steering Committee to develop the 2022 Sauk County Community Health Assessment (CHA). Community perspectives and data gathered during this endeavor were incorporated into the Reedsburg Area Medical Center Community Health Needs Assessment. Community perspectives were gathered from multiple activities, including a community survey, key informant interviews, and focus groups (community conversations).

## Secondary Data

In addition to a review of demographics, we gathered and reviewed data from broad sources to set the initial direction and priorities of the community health needs assessment. The secondary data was derived from a variety of unbiased sources including the County Health Rankings, 211 Count data from Sauk County, Community Commons, Wisconsin Hospital Association CHNA Dashboard and the Wisconsin Department of Health Service

## Sauk County Community Health Assessment Spring of 2021

**Community Survey:** 1,612 Responses (about 3% of the county population of 64,000 in 2019)

**11 Key Informant Interviews**

**11 Focus Groups**

**Secondary Data:** County Health Rankings and other sources





# Community Input

## Community health survey

A community perception survey of individuals who live, work, learn, or play in Sauk County, was conducted from **February-May 2021 with 1,612 responses received**. Over and under-represented data from our survey can be found in the table below.

Over-Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Female	72%	50%
Middle aged (ages 35-64)	61%	40%
Married	67%	54%
Homeowners with mortgages	54%	43%
Well-educated (bachelor's degree or higher)	48%	30%
White-non-Hispanic	91%	95%



Under-Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Men	25%	50%
Under age 24	NA	31%
Single	11%	27%
Renters	16%	31%
High school degree as highest education	22%	34%
Latinos	2%	5%



## The Survey was balanced by key informant interviews and focus groups that underrepresented minority groups

- Ho-chunk Nation Tribal Members
- African Americans
- Latinos
- LGBTQ
- Renter
- Rural
- § Singles
- § Low income
- § Disabled
- § People living with chronic disease
- § Young People

# Primary and Secondary data

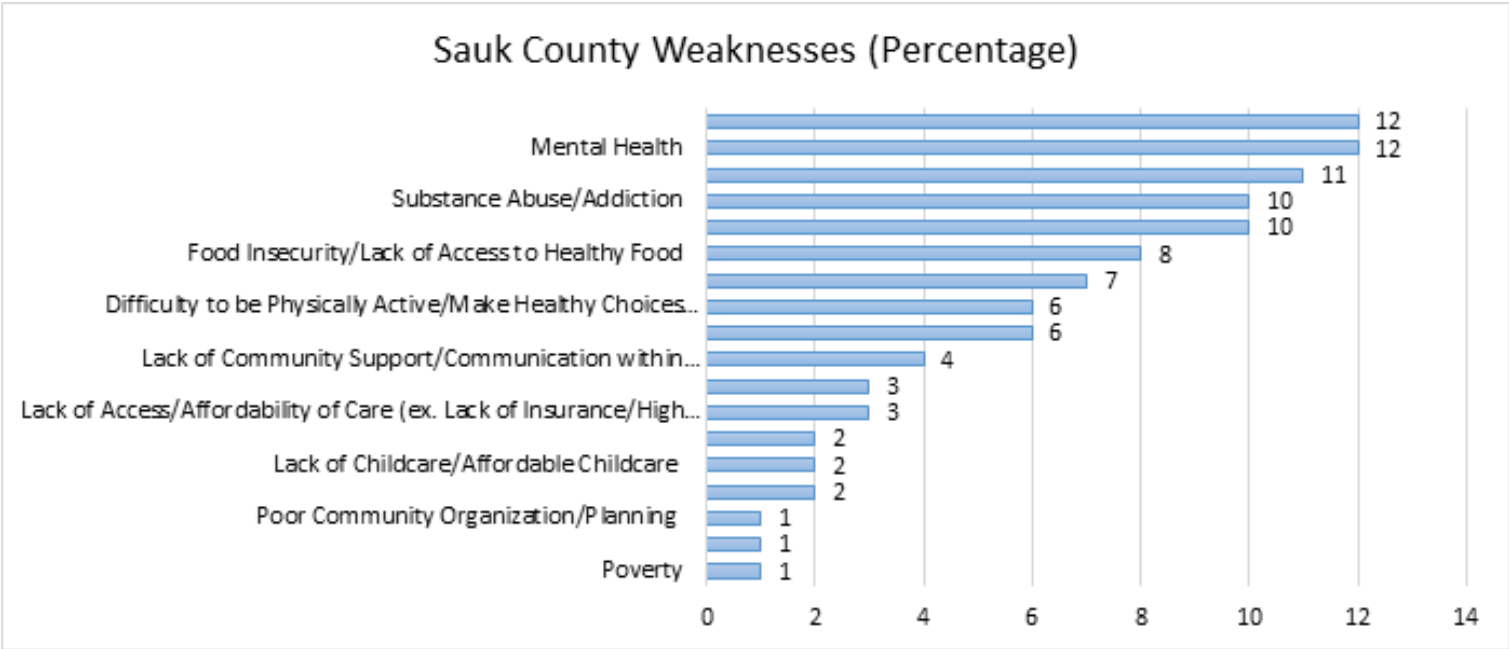
**Community Health Survey:**

The top 12 areas of improvement identified by the community health survey are:

- (1) Mental Health
- (2) Obesity/Healthy eating/Physical activity
- (3) Alcohol, tobacco, & other drugs
- (4) Sexual Health
- (5) Dental Care
- (6) Chronic Disease Prevention
- (7) Educational attainment
- (8) Poverty, esp. Childhood
- (9) Living Wages & Affordable housing
- (10) Social disconnection
- (11) Discrimination
- (12) Transportation access

**Community Conversation and Key Informant Interviews:**

Key informant interviews and community conversations were conducted with members of the community in order to hear on a personal level about their opinions on the county’s critical health needs and overall strengths. There was an emphasis on connecting with underrepresented groups within the community in order to gain their perspective about health in Sauk County. This method of data collection allowed for greater understanding of the community beyond the secondary data and statistics that were also analyzed. Below represent the number tallies of frequency topics that came up within the Sauk County community conversation and key informant interviews.



# The Health of Our Community

What makes our communities healthy? The health and wellness steering committee has broken down our primary and secondary data into four categories: Health behaviors, clinical care, social and economic factors and physical environment.

## Health Behaviors

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Alcohol, Tobacco, and Other Drug Use	Y	Y	Y	High ACE score*, mental health challenges, Native American
Healthy Eating	Y			Income
Obesity		Y	Y	Income, High ACE score
Physical Activity				
Sexual Health			Y	High ACE score

## Clinical Care

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Access to Mental Health Care	Y	Y		Income, insurance
Access to Dental Care	Y	Y		Income, insurance
Chronic disease prevention		Y	Mammography	Income, insurance

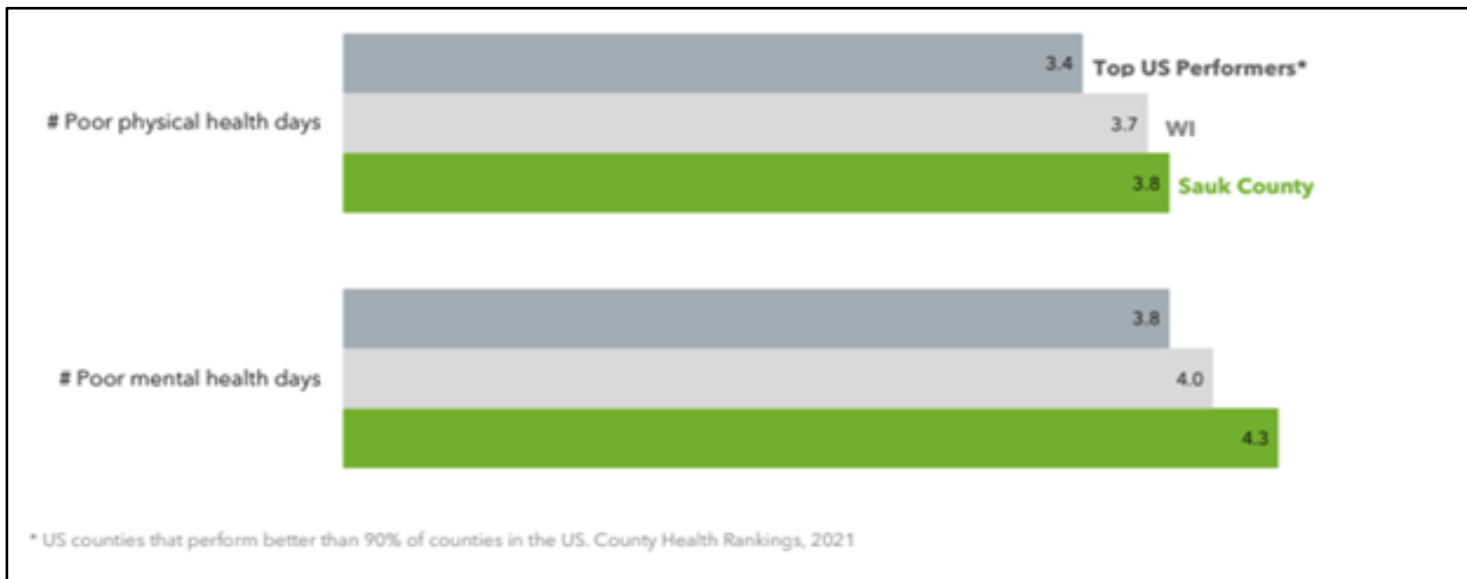
## Social Economic Factors

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Educational Attainment		Y		Income, race/ethnicity, High ACE score
Childhood Poverty		Y	Y	Income, race/ethnicity, High ACE score
Living Wages	Y			Income, race/ethnicity, High ACE score
High ACEs		Y		Income, race/ethnicity
Social connectedness	Y			Income, race/ethnicity
Discrimination	Y			Race/ethnicity

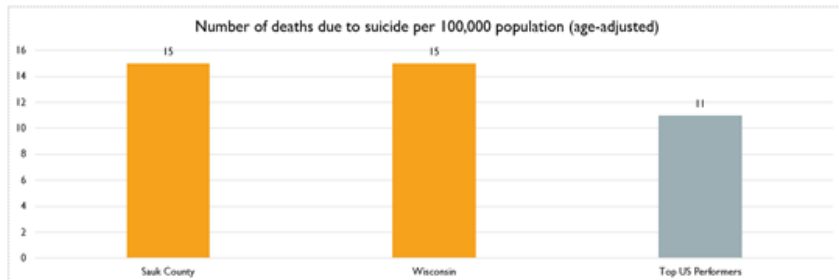
## Physical Environment

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Affordable Housing	Y			Income, disability status
Transportation access	Y			Income, disability status, age, criminal justice history

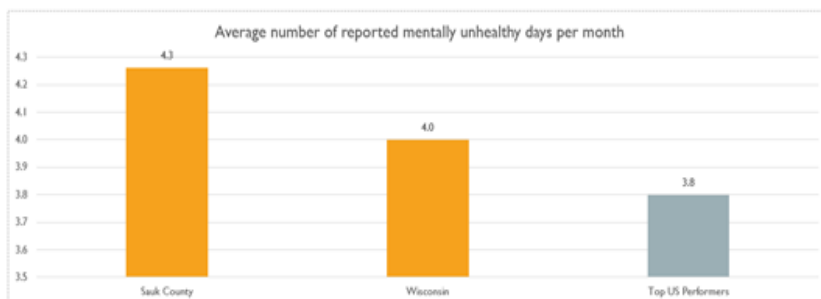
# Mental Health: Secondary Data



## SUICIDES



## REPORTED MENTALLY UNHEALTHY DAYS



• **12%** of survey residents said everyone in their household could get the **health services** they needed only **sometimes, rarely or never**.

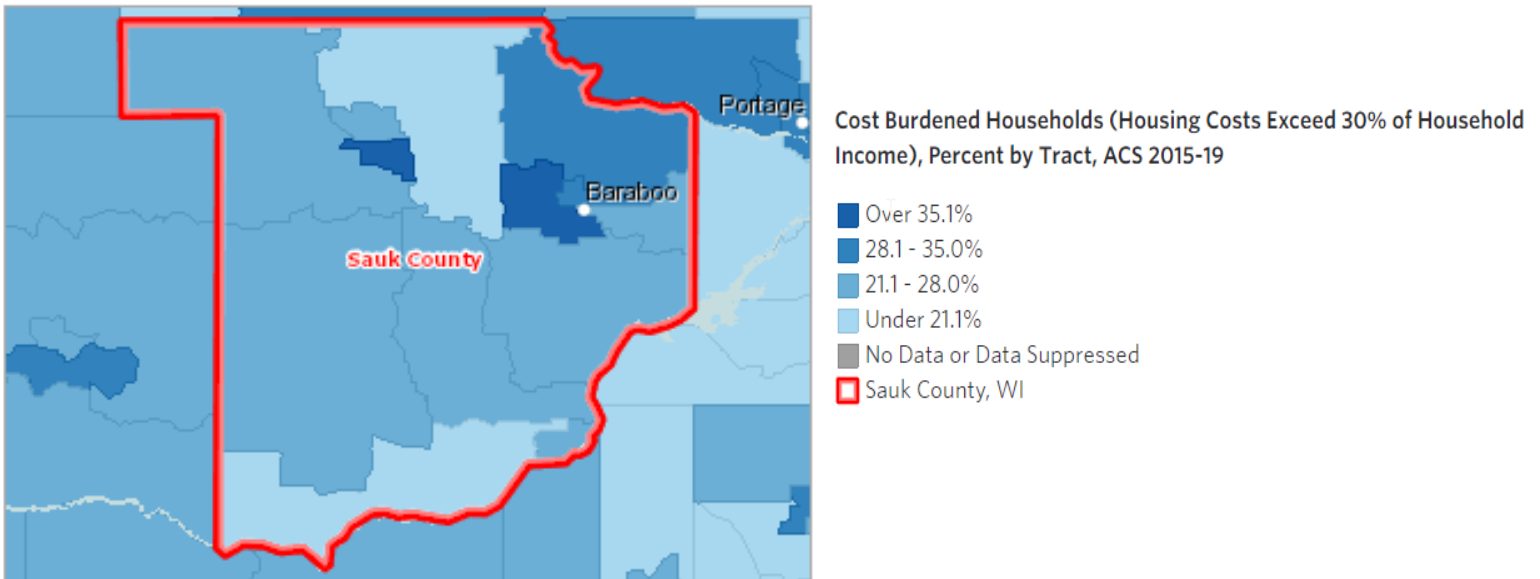
• **31%** of survey residents said **mental services** are a challenge to obtain.

• **27%** of survey residents said **physical health services** are a challenge to obtain.

# Affordable Housing: Secondary Data

Safe, affordable housing is imperative to the health of an individual and for a thriving community. Evidence shows housing and health can be understood as supporting the existence of four pathways. First, the health impacts of not having a stable home (the stability pathway). Second, the health impacts of conditions inside the home (the safety and quality pathway), third, the health impacts of the financial burdens resulting from high-cost housing (the affordability pathway) and lastly, the health impacts of neighborhoods, including both the environmental and social characteristics of where people live (the neighborhood pathway).

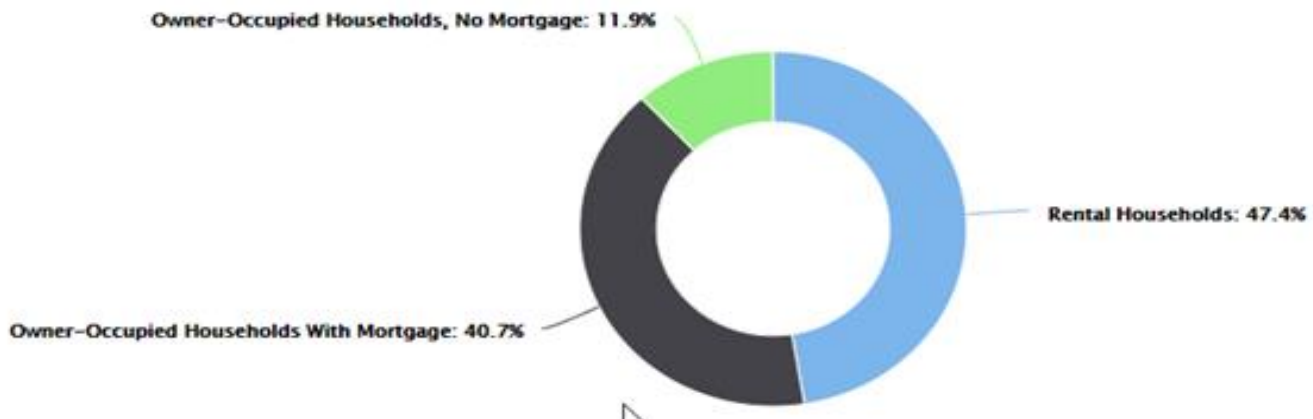
## Housing Costs - Cost Burden



- This indicator reports the percentage of the households where housing costs are 30% or more of total household income. This indicator provides information on the cost of monthly housing expenses for owners and renters. The information offers a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels.

### Cost Burdened Households by Tenure, Total

Sauk County, WI





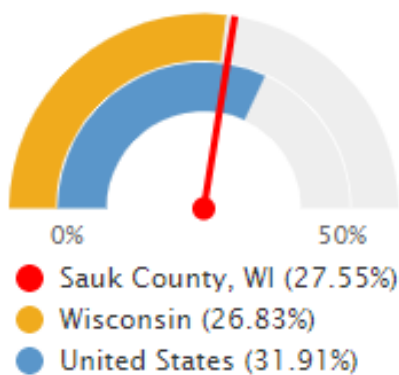
# Affordable Housing: Secondary Data

## Housing Quality - Substandard Housing

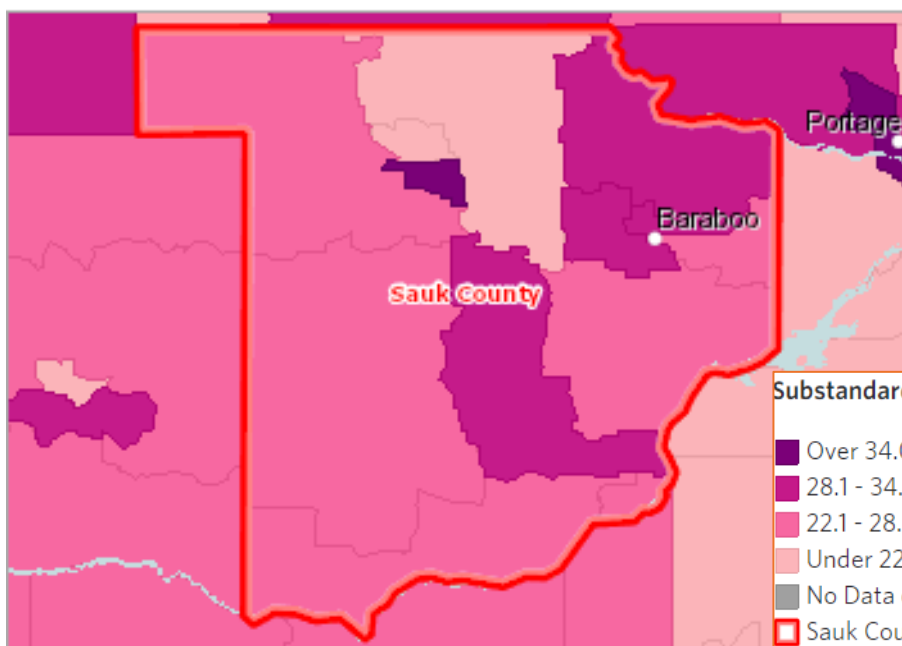
This indicator reports the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions:

- 1) lacking complete plumbing facilities
- 2) lacking complete kitchen facilities
- 3) with 1 or more occupants per room
- 4) selected monthly owner costs as a percentage of household income greater than 30%
- 5) gross rent as a percentage of household income greater than 30%.

Occupied Housing Units with One or More Substandard Conditions, Percent



Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living, and housing can be considered substandard. Of the 26,222 total occupied housing units in the report area, 7,223 or 27.55% have one or more substandard conditions.



Substandard Housing Units, Percent of Total by Tract, ACS 2015-19

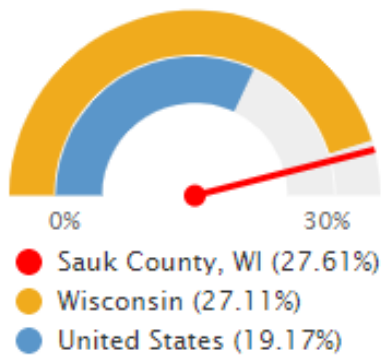
- Over 34.0%
- 28.1 - 34.0%
- 22.1 - 28.0%
- Under 22.1%
- No Data or Data Suppressed
- Sauk County, WI

# Alcohol, Tobacco and other Drug Abuse (ATODA): Secondary Data

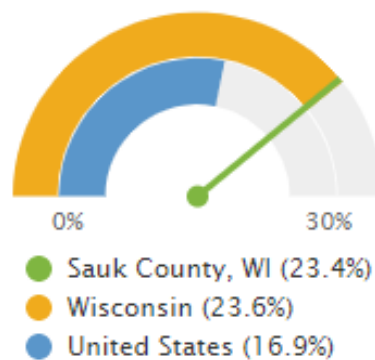
In Sauk County 27.61% adults self-reported excessive drinking in the last 30 days which is greater than the state rate of 27.11%.

Excessive drinking is defined as the percentage of the population who report at least one binge drinking episode involving five or more drinks for men and four or more for women over the past 30 days, or heavy drinking involving more than two drinks per day for men and more than one per day for women, over the same time period. Alcohol use is a behavioral health issue that is also a risk factor for several negative health outcomes, including: physical injuries related to motor vehicle accidents, stroke, chronic diseases such as heart disease and cancer, and mental health conditions such as depression and suicide. There are several evidence-based interventions that may reduce excessive/ binge drinking; examples include raising taxes on alcoholic beverages, restricting access to alcohol by limiting days and hours of retail sales, and screening and counseling for alcohol abuse (Centers for Disease Control and Prevention, Preventing Excessive Alcohol Use, 2020).

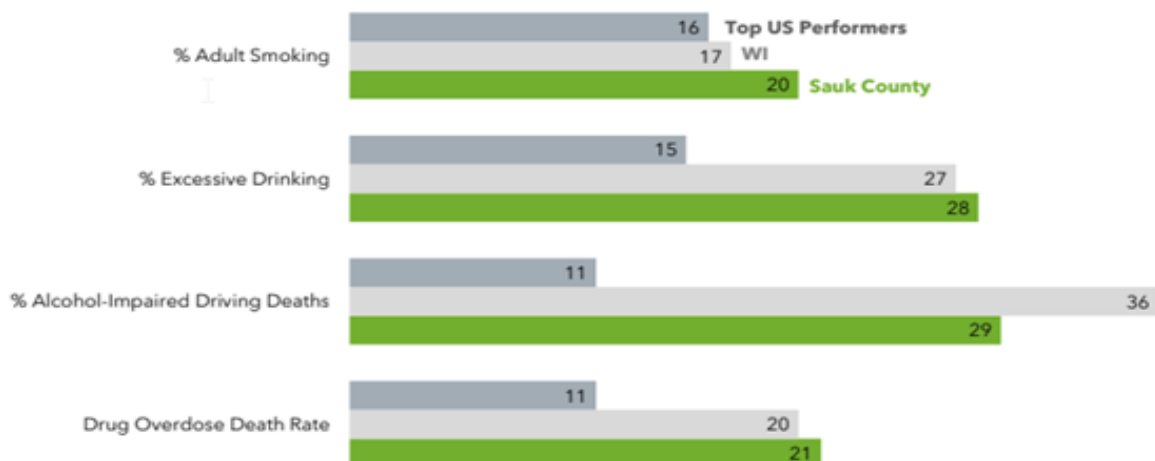
Percentage of Adults Self-Reporting Excessive Drinking, 2018



Percentage of Adults Binge Drinking in the Past 30 Days



Alcohol, tobacco, and other drug use is higher in Sauk County than in Wisconsin and is generally much higher than in top U.S. counties.

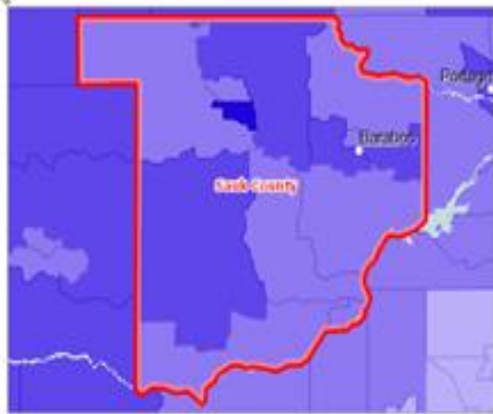


County Health Rankings, 2021

# Alcohol, Tobacco and other Drug Abuse (ATODA): Secondary Data

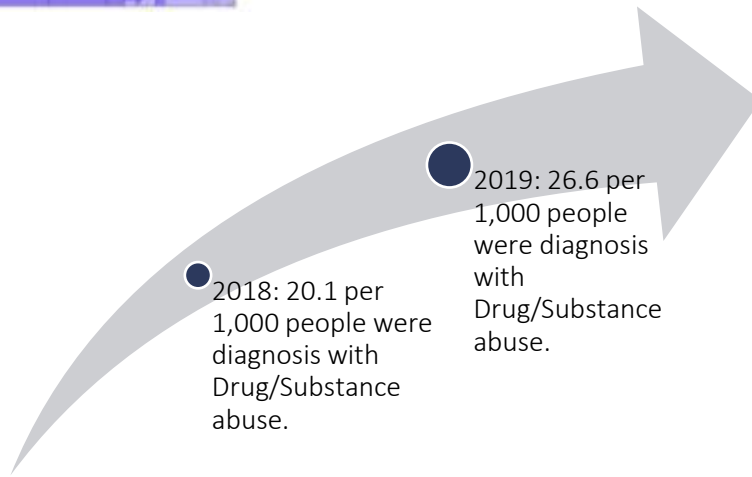
This indicator reports the percentage of adults aged 18 and older who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days.

Within the Sauk County area there are **18.7%** adults who have smoked or currently smoke.



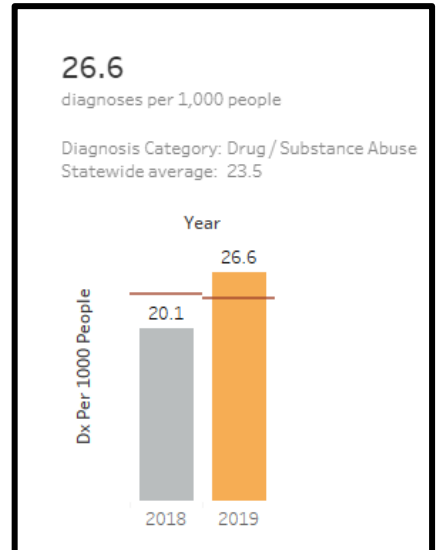
Current Smokers, Adult, Percent of Adults Age 18+ by Tract, CDC BRFSS PLACES Project 2018

- Over 25.0%
- 20.1% - 25.0%
- 15.1% - 20.0%
- Under 15.1%
- No Data or Data Suppressed
- Sauk County, WI

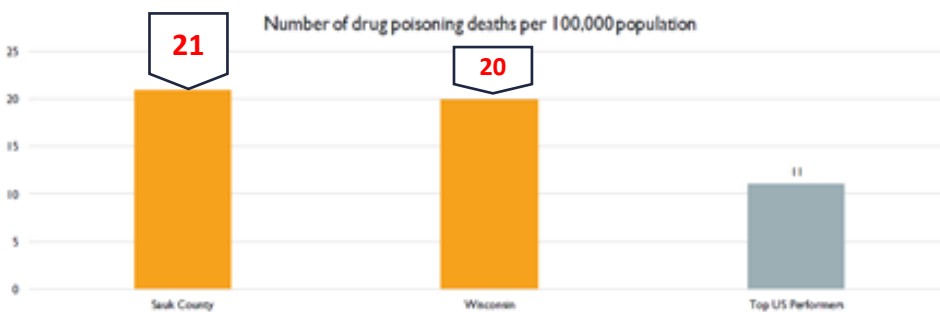


2018: 20.1 per 1,000 people were diagnosis with Drug/Substance abuse.

2019: 26.6 per 1,000 people were diagnosis with Drug/Substance abuse.



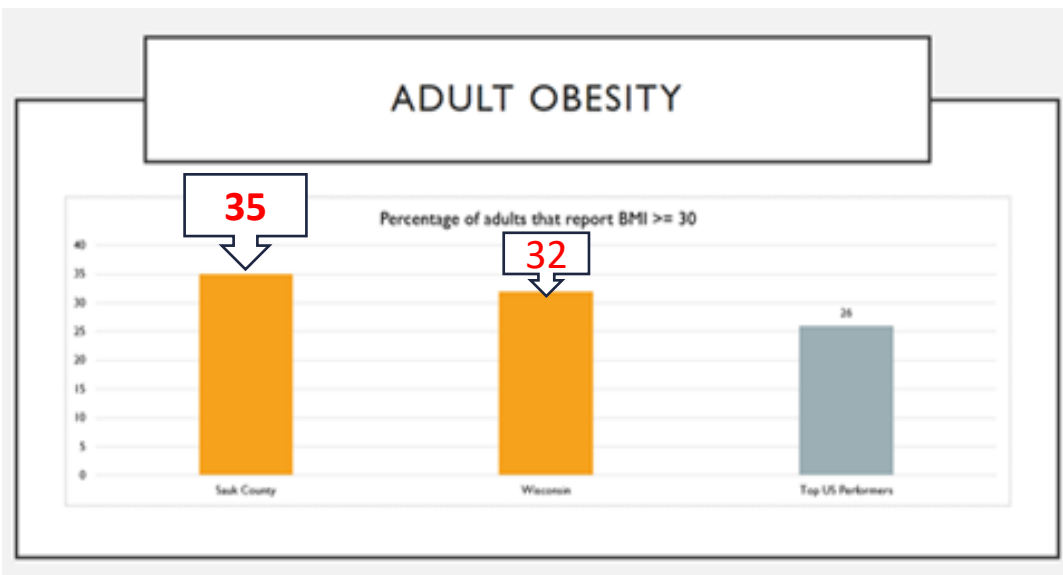
## DRUG OVERDOSE DEATHS



Per the Sauk County Health rankings, there are **21** reported drug poisoning deaths per **100,000** population.

# Obesity: Secondary Data

Measuring morbidity and mortality rates allows assessing linkages between social determinants of health and outcomes. By comparing, for example, the prevalence of certain chronic diseases to indicators in other categories (e.g., poor diet and exercise) with outcomes (e.g., high rates of obesity and diabetes), various causal relationships may emerge, allowing a better understanding of how certain community health needs may be addressed.



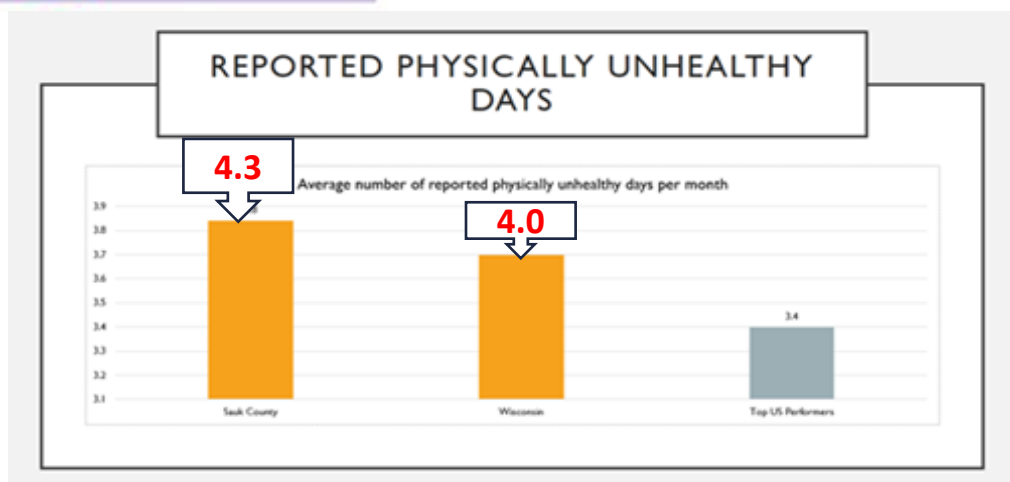
8% of the population lack adequate access to foods.



No Leisure-Time Physical Activity, Adults Age 20+, Percent by County, CDC NCCDPHP 2017

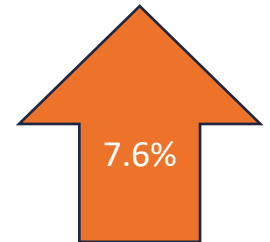
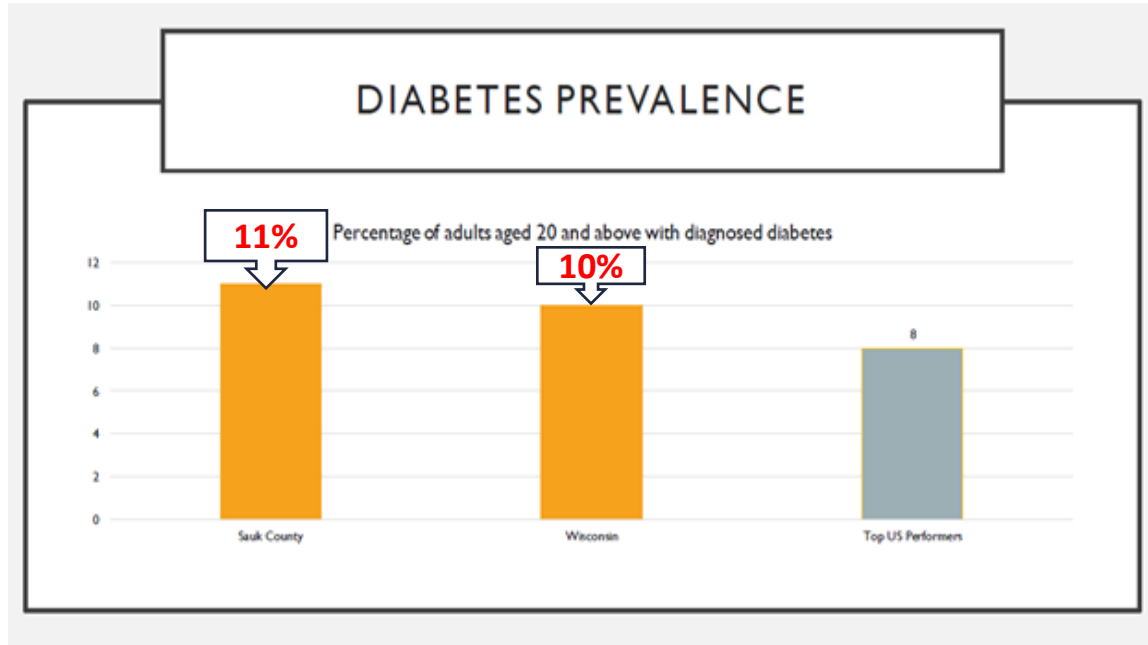
- Over 29.0%
- 26.1 - 29.0%
- 23.1 - 26.0%
- Under 23.1%
- No Data or Data Suppressed
- Sauk County, WI

2% of the population are low income and do not live close to a grocery store.

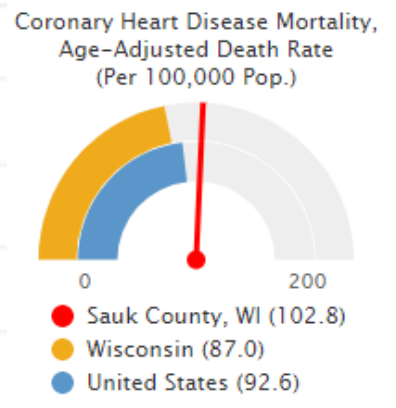
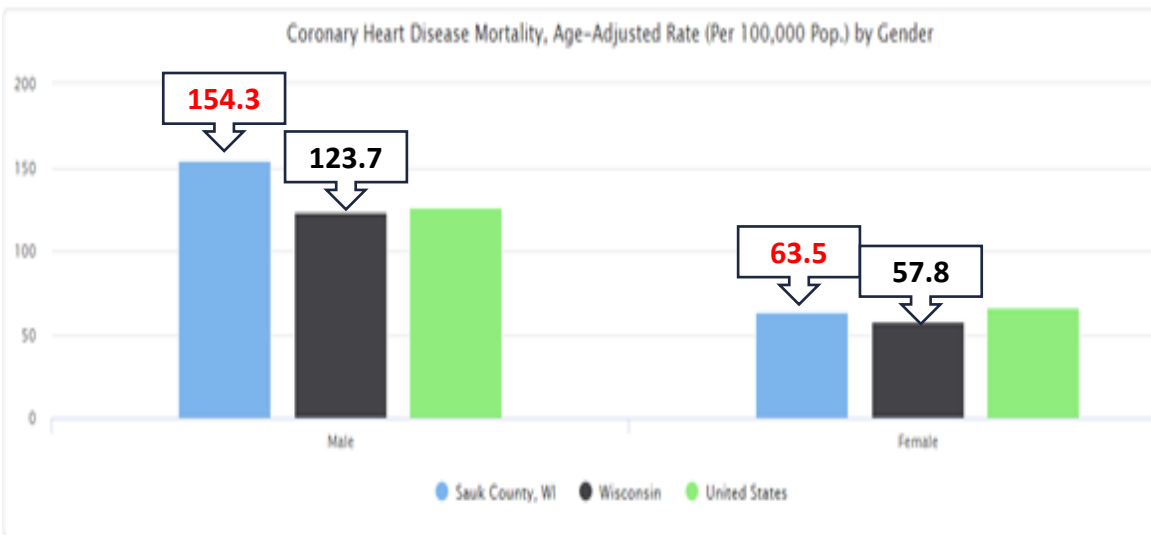


# Chronic Disease: Secondary Data

Individuals' social determinants of health, including education level, income, diet, and exercise, were strongly associated with the development of a chronic disease. One in two adults in the US has a chronic disease and one in four adults has two or more. Chronic diseases such as heart disease, cancer and diabetes are the leading causes of death and disability in the United States.



**Diabetes diagnosis has been trending up in Sauk County since 2015**



Comparing 2011 to 2018 high blood pressure among Medicare population is back on the rise from 42.7% to 45.1%

## Medicare Population with High Blood Pressure by Year, 2011 through 2018

This indicator reports the percentage of the Medicare fee-for-service population with high blood pressure over time.

Report Area	2011	2012	2013	2014	2015	2016	2017	2018
Sauk County, WI	42.7%	41.8%	42.1%	41.7%	45.3%	45.6%	46.2%	45.1%



# Prioritization of Health Needs

As part of the CHNA requirement, hospitals are required to evaluate the needs that are identified and validated through the data analysis. In order to do so, hospitals must establish specific criteria that will be used to assess each of the identified community needs. The system has recommended criteria and ratings that each hospital can use during prioritization. The method used to evaluate the needs as well as potential weighting is customizable based on the hospital's approach.

A two-step prioritization process is recommended. Step one of this process focuses on community-specific criteria that are rated by community members to evaluate the identified needs. This step is subjective and measures community member's perceptions of the identified needs using a strongly agree to strongly disagree 5-point Likert scale. Once the community has evaluated their needs based on their perceptions, step two is that this list is sorted in descending order by priority and then reviewed by your internal prioritization team using system feasibility criteria. The internal criteria are more objective and focus on alignment to key strategies, resources, magnitude of issue, and overall capability. Based on internal prioritization, the top-ranking priorities establish the areas of focus for the Strategic Implementation Plan.

The Health & Wellness Steering Committee considered the Social Determinants of Health (SDoH) when developing the community health survey and identifying priority areas. These social determinants can either contribute to poor health outcomes or support a healthy community including Access to Care, Education, Community Support, Economic Stability and the Built Environment.

Upon completion of primary data collection, the Sauk County Data council met monthly to analyze the community health survey, community conversations, and key informant interview responses. The analysis consisted of creating a quantitative method for measuring the qualitative data and applying a healthy equity lens to fully understand each area of improvement identified by Sauk County residents. During the data-review process, attention was directed to health issues that met any of these criteria:

- Magnitude: how many people are affected?
- Severity: how bad is it?
- Time trend: is it getting better or worse?
- Comparisons: how do we compare to the state?
- Community readiness: is it feasible to achieve success?
- Disparities: are some groups impacted more?

Although they were not identified as one of the top three priorities, we will always recognize the need to address chronic disease and obesity and their impact on mental health, affordable housing and ATODA.

# 2022-2024 Priority Areas

## Priority 1: Mental Health

# 31%

of survey residents said mental services are a challenge to obtain!

- 15% of adults reporting fair or poor health.
- 12% of survey residents said everyone in their household could get the **Health services** they needed only **sometimes, rarely or never**
- 13% of adults reporting 14 or more days of **poor mental health per month**

## Priority 2: Affordable Housing

# 28%

Of the population live in cost burdened households(housing cost are 30% or more of total household income.

- 8% of the population lack adequate access to foods.
- 40% of children enrolled in public schools are eligible for free lunch or reduce price lunch
- 2.45% of occupied housing units are **lacking complete kitchen facilities.**

## Priority 3: Alcohol, Tobacco and other Drug Abuse (ATODA)

# 28%

Of adults self-reported excessive drinking in the last 30 days.

- 26.6 per 1,000 people were diagnosis with Drug/Substance abuse.
- As of 2019 there were **21** reported **drug poisoning deaths** per 100,000.
- Within the Sauk county area there are **18.7%** **adults** who have **smoked or currently smoking.**

# Health Equity Lens

## Health equity and empowerment lens

Equity is defined as “the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically” (World Health Organization, 2016). Health is a fundamental human right, therefore, to address health inequities interventions need to be effective and sustainable, focused on empowering those experiencing inequities (WHO, 2016).

A characteristic common to groups that experience health inequities—such as poor or marginalized persons, racial and ethnic minorities, and women—is lack of political, social or economic power. Research indicates a strong relationship between self-reported racism and discrimination with negative mental health outcomes and negative health-related behaviors.



Research also indicates that chronic stress from experiencing discrimination, such as racism, throughout the lifespan can lead to negative health outcomes. These outcomes are seen even after controlling for differences such as socio-economic status and access to adequate health care. The effect can include the following:

- Higher blood pressure
- Lower immune function
- Higher rates of nicotine and alcohol use and poor nutritional intake
- Lower rates of exercise and social support
- Higher rates of infant mortality

## Social determinants of health (SDoH)

The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Examples of these factors include safe and affordable housing, access to quality education, public safety, availability of healthy foods, accessible health care services, and positive social support systems.

Research shows that the social determinants can be more important than health care or lifestyle choices in influencing health. For example, numerous studies suggest that social determinants account for between 30-55% of health outcomes. In addition, estimates show that the contribution of sectors outside health to community health outcomes exceeds the contribution from the health sector. By applying what we know about SDOH, we can not only improve individual and community health but also advance health equity.

The Community Health survey was rooted in questions regarding the social determinants of health. Based on the community feedback, three health priorities, identified as social determinants of health, were further reviewed and analyzed for the Health & Wellness Steering Committee's final decisions.

# Community Health Needs Assessment 2022

## APPENDICES



# Appendix A: Primary Data

## Community Health Survey Questions

**The following questions asked respondents to respond between Strongly Agree, Agree, Neither Agree or Disagree, Disagree, Strongly Disagree or Not Applicable or Not Sure.**

- I get along with most of my neighbors.
- Typically, there are opportunities for people like me to gather in my community (for example, at events, parks, places of worship, community centers, and libraries).
- My community has enough jobs that pay a living wage.
- Schools in my community provide high-quality education for children.
- There are enough safe, affordable houses and apartments in my community.
- My community is a good place to raise children.
- I feel accepted in my community.
- I receive useful information about health and services from my local public health department and/or healthcare providers.
- I feel safe in my community.
- The police help me feel safer in my community.
- Decisions in my community are made with resident participation. That is, leaders listen to resident concerns and take appropriate action.

**The following questions asked respondents to respond between Always, Often, Sometimes, Rarely or Never. Additional follow up questions were asked based on initial response.**

- My household has transportation that we can depend on to meet our daily needs. Transportation includes, for example: car, truck, bike, rides from family/friends, Uber/Lyft, ride sharing, carpooling, taxi, or walking.
- My household can get healthy food to eat.
  - Why is getting healthy food a challenge for your household? Please select all that apply:
- Everyone in my household can get the health services we need, including services for physical health, dental health, mental health, and substance use-related health.
  - Which types of health services are difficult to get for you and/or other household member(s)?
  - Why is getting these health services a challenge for you and/or other household member(s)?
- I and/or someone in my household experiences discrimination in my community.
  - What type(s) of discrimination have you and/or your household member(s) experienced in your community? “I or my household member(s) have experienced discrimination based on \_\_\_\_\_.”
  - In what situations have you and/or your household member(s) experienced discrimination in your community?



# Appendix A: Primary Data

## Community Health Survey Questions

The following questions helped us better understand our community members. Respondents had the choice to not answer any questions and all responses were confidential and anonymous.

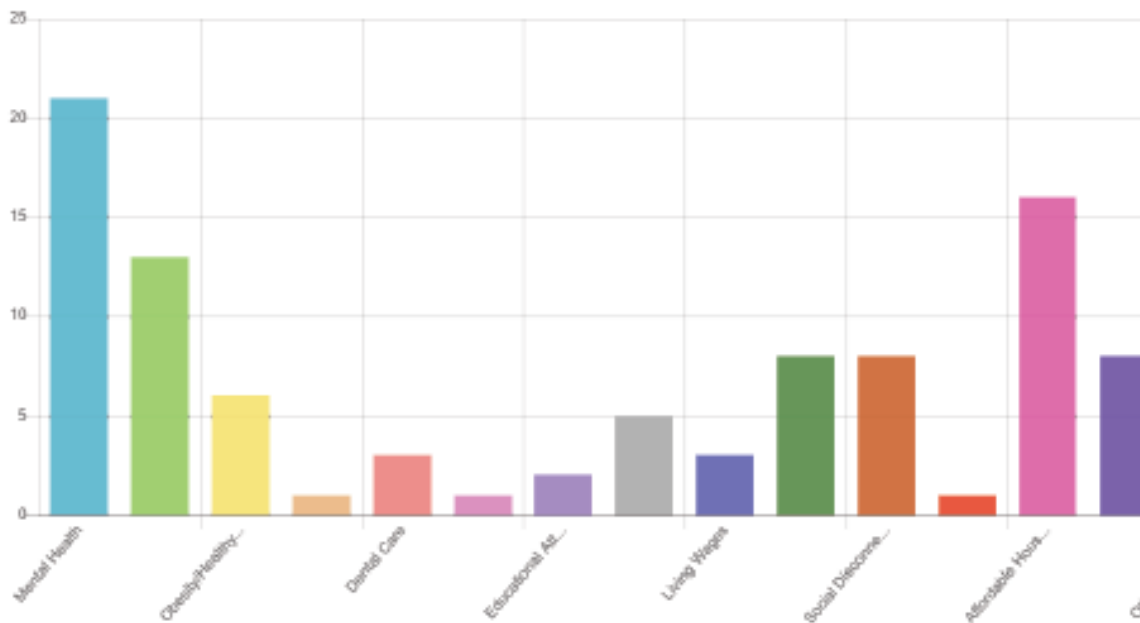
- How would you rate your physical health, in general?
- Thinking about your mental health, which includes stress, depression and problems with emotions, how would you rate your mental health, in general?
- What is your gender?
- What is your sexual orientation?
- With which race/ethnicity do you identify?
- What language(s) do you speak at home?
- What is your age group?
- What is the highest level of education you completed?
- What is your employment status?
- How would you describe your current financial situation?
- What is your annual household income before taxes?
- Do you consider yourself to be a person with a disability?
- Please select the type(s) of disabilities that apply to you.
- Do you currently have health insurance?
- Do you currently have dental insurance?
- Including yourself (if you are an adult), how many adults (age 18 and over) live in your household?



# Survey Final Results

## Making our Sauk County Communities Healthier

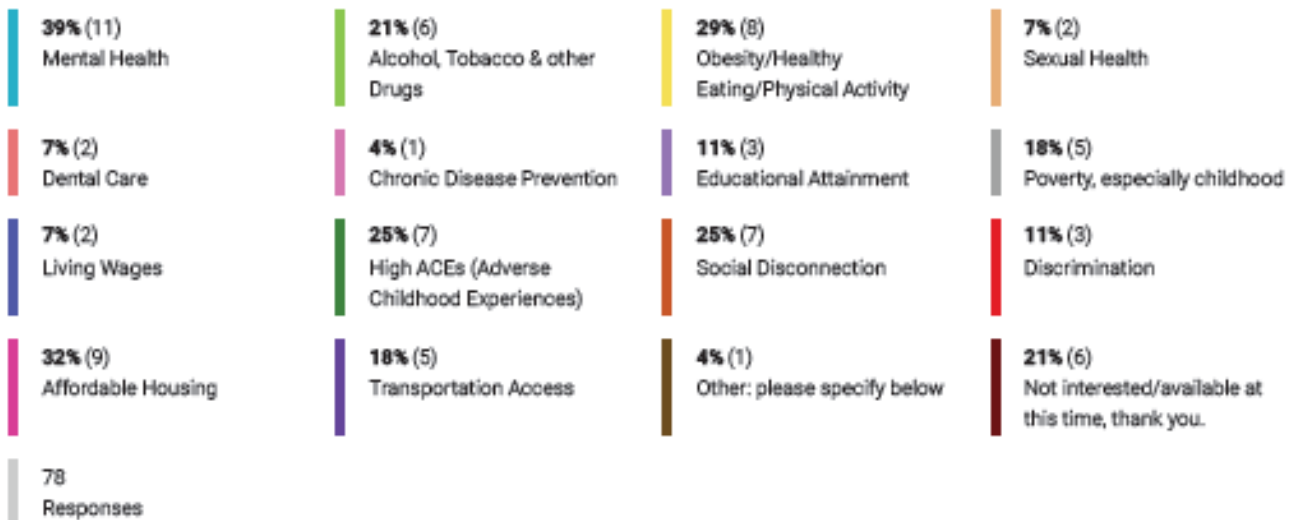
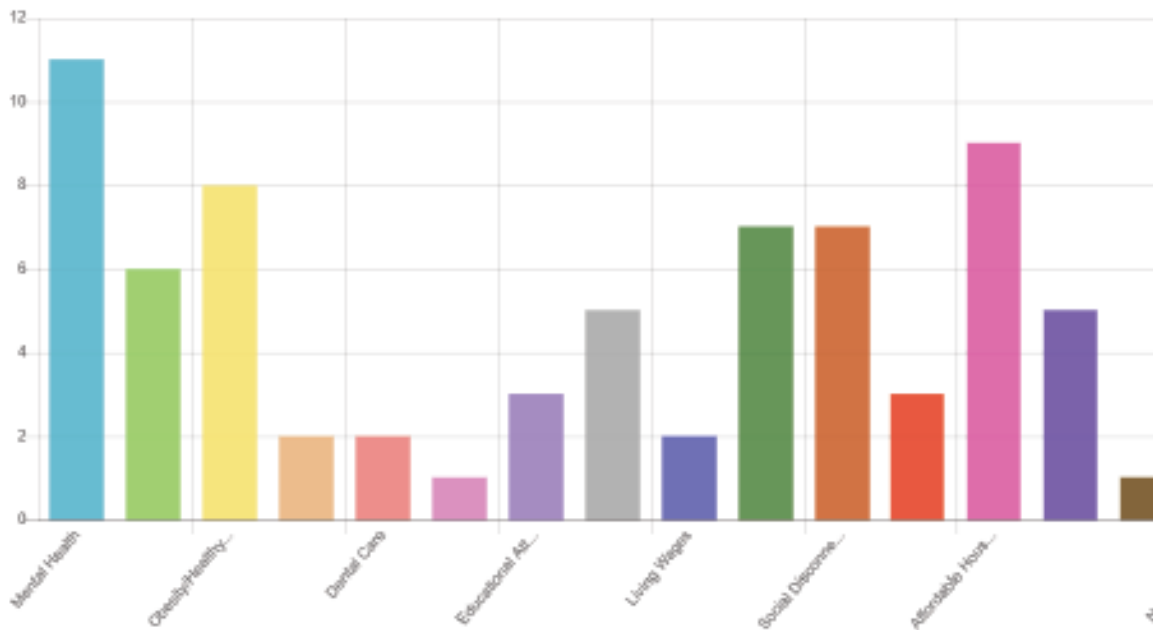
- 1 These are the health factors that have been identified for improving the health of Sauk County residents. Please choose your top three (3) priorities ONLY. Consider these criteria for choosing: How many people are affected / How bad is it / Is it getting better or worse / How do we compare to the state / Is it feasible to achieve success / Are some groups impacted more?



# Survey Final Results

**2** Other/More information: Please specify "other" here if you chose it above and/or please share any comments on the priorities you chose.

**3** Please select the issue(s) that you would be interested in joining an action team to work on, if chosen as a priority. Select as many as you'd like.



# Survey Final Results

- 4 Other/More information: Please specify "other" here if you chose it above AND please share your specific interests, skills and abilities to work on an action team addressing any of the above issues.

I have been working through an ACE workbook myself to heal from childhood trauma, I would love to share what I've learned or help others navigate through the work book as well. I have a lot of experience with mental health both personally and professionally. I have a passion for disadvantaged children/adolescents having been one. Professionally I'm a nurse working at Madison College - worked in local rural hospitals so I have a fair amount of experience in understanding the communities needs. Also, I am neurodivergent and can relate information to fellow neurodivergent community members.

Still dealing with family issues ( with both my parents passing ) at this time. I would be interested in in the future if you have an important identified topic that no one else accepts ownership of... Keep me in mind and please reach out .

# Appendix B: Primary Data Community Conversations & Key Informant Interviews

- In your opinion, what makes a community healthy?
- Imagine you are designing a healthy community. What would it look like? What would make it a healthy place to live?
- What about issues like housing, good-paying jobs, and social connection—how big of a role do these issues play in making a community healthy?
- Now think about your community. What do you think prevents your community from being healthier?
- What prevents people in your community from being healthy, making healthy decisions, and accessing healthcare?
- What strengths does your community have that we could build on to make it a healthier place?

The words from our community





# Community Conversation with Reedsburg Young Professionals - July 15, 2021

## Good things about Reedsburg area:

- Organized health-related community events such as 5K races, Vet Fest, bike helmet initiative, etc.
- Strong parks and recs. Disc golf course and pickle ball – great additions
- Boys & Girls Club
- Webb Park activities
- Many playgrounds throughout city
- Great place to raise family
- Great schools
- Healthcare
- People genuinely care about the area and are passionate about whatever interests them. We want to see each other grow and succeed.
- Many state parks, lakes, rivers, hiking/biking/walking trails

## Challenging things about Reedsburg area:

- Not very diverse
- Could be more accepting of minority groups
- Communication about what is available to residents. Lots of good things offered but not enough people know about them. Community leaders know about what is being offered but don't communicate it to residents.
- Chamber of Commerce shares good info but mostly with chamber members. Needs to be more publicly distributed.
- Public information sharing is often done by an older generation who may not be very tech savvy. Missing the opportunities to connect to younger people in ways that actually reach them.
- Residents get a lot of information from social media groups (Reedsburg Community group, for example) instead of directly from where the info originated (or should originate).
- Website searches are not always user friendly so people resort to social media groups
- There are many opportunities for employment but wages are low

## Needs in the Reedsburg Area:

- Safe spaces for queer community
- Increased diversity
- Social group for young adults. This would help encourage positive connections between people with similar interests
- Places for teens to hang out
- After school programs other than Boys & Girls Club. Could be city driven and include baseball camps, magic camps, etc.
- YMCA
- More events for young adults
- More parks like Wellness Park located where it would be more accessible to people living in inner city
- More healthy food options in restaurants
- Community garden; landscape with forageable foods
- Bigger farmers markets
- Healthy habits community-wide initiatives

## Housing Concerns:

- Need avenues and opportunities that encourage people to move in the direction of home ownership
- Population is growing but it's hard to find affordable housing
- Need subsidized housing
- Rental units often cost as much as a mortgage
- Having more housing that is affordable would increase the population and drive commerce (bring in the Target that everyone wants!)
- Having more housing that is affordable would help fill labor demands
- Property taxes are high

## Healthcare Concerns:

- Healthy food is expensive
- Inexpensive food is not healthy
- Not a priority for some people until something bad happens to them
- Things that prevent someone from seeking healthcare:
  - Cost
  - Time
  - Lack of insurance coverage
  - Gap between qualifying for assistance and being able to pay for it without assistance is large. Someone may make too much money to qualify for assistance but struggle to pay for it on their own. There should be incremental steps instead of either qualify or not qualify based on income.

## Top issues to address in Sauk County:

- Mental health. Normalize mental health issues, make them less of a stigma. Provide education and support groups. Need more mental health clinics/providers.
- Nutrition & exercise. Healthy habits start young.
- Dementia-friendly
- Substance abuse
- Daycare. Very long wait lists.
- Increasing our labor pool to meet the demands of business who cannot find enough workers
- Transportation. Taxi services are expensive and unreliable, slow to respond. Sometimes Bar Buddies is used in place of cabs because they are more responsive.



## Community Conversation with RICDC – Reedsburg Industrial & Commercial Development Commission – June 15, 2021

### Good things about Reedsburg area:

- Lots of green space and parks, good for fresh air and exercise, recreational opportunities. Nishan Park is a huge advantage. Wellness Park, public pool and planned Splash Pad, lots of playgrounds
- Good paying jobs with benefits
- Access to healthcare
- Attractive to young families with kids
- Great school system
- We understand and support each other
- Good community involvement
- Growing population
- Growing commercial & industrial development
- New housing is underway, including single family, multi-family, and apartments
- Agreement among our community leaders and residents in the direction we are heading/growing
- Attractive to new businesses, but labor pool is small. The increase in housing should help with this.
- Safe community
- Close proximately to big city amenities, but we have a small town feel

### Challenging things about Reedsburg area:

- Not a lot of recreational/social activities for adults. Young adults move away because of lack of activities; however, many return once they have families.
- Lack of participation in in-person adult activities that are scheduled. Organizers get discouraged.
- People are choosing technology over personal contact
- Lack of winter activities for adults and kids, not much to do in colder months
- Availability of fresh produce. Farmers Markets are held on weekdays, but it would be nice to have some in the evenings and especially weekends. People are going out of town on weekends to find farmers markets.
- Downtown parking is challenging. Everyone parks on Main Street. Parking lots are available behind stores but unattractive. Need better signage on businesses in the back parking lots.
- Not enough daycare available. Waiting lists are long.
- Healthcare providers have a long wait time to schedule appointments
- We are in the shadow of Madison. If people cannot get in to see local providers in a timely fashion, they go elsewhere.
- Healthcare providers choose to work in bigger cities with more pay. This contributes to the long wait time for the providers who are here.
- Big commercial chains often squeeze out local businesses

### Top issues to address in Sauk County:

- Mental health, especially after COVID, with a focus toward young people
- Nutrition & exercise
- Dementia-friendly
- Substance abuse
- Daycare
- Increasing our labor pool to meet the demands of incoming business who cannot find enough workers
- Transportation. Would like to see county-wide busing

# Appendix C: Secondary Data

Data Source	Description
American Community Survey (US Census Bureau)	The American Community Survey (ACS) helps local officials, community leaders, and businesses understand the changes taking place in their communities. It is the premier source for detailed population and housing information about our nation.
County Health Rankings and Roadmaps	The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. It provides a starting point for change in communities.
Wisconsin Dept of Health Services – Data and Statistics	Health-related data from over 100 federal and state data tracking and database systems.
Community Commons	Community Commons is a site that holds curated tools, resources, and inspirational stories to drive public health work forward. Data tools, maps, and tables on this site are created to build healthy, equitable, and sustainable communities.
211 Counts	2-1-1- Counts offers data about the top requests- the most important basic needs of callers such as food, shelter, and clothing.
Wisconsin Hospital Association CHNA Dashboard	The Mapping Tool allows hospitals, and community partners, the opportunity to identify areas of need in their community by analyzing clinical conditions and community characteristics. Using data from both the WHA Information Center and American Community Survey, the tool allows for specific analysis down to the census tract level of individual communities.

# Appendix D: Secondary Data County Health Rankings

## SAUK COUNTY HEALTH RANKINGS

### Health Outcomes



Sauk (SA) is ranked in the higher middle range of counties in Wisconsin (Higher 50%-75%)

### Health Factors



Sauk (SA) is ranked in the higher middle range of counties in Wisconsin (Higher 50%-75%)

Health Outcome	Sauk County	Trend	Wisconsin
Premature Death	5,900	Improving	6,300
Poor/Fair Health	15%	Neutral	15%
Poor Physical Health Days	3.8	Worsening	3.7
Poor Mental Health Days	4.3	Worsening	4.0
Low Birthweight	6%		7%
Diabetes Prevalence	11%	Worsening	10%
Adult smoking	20%	Worsening	17%
Adult Obesity	35%	Worsening	32%
Physical Inactivity	18%	Improving	20%
Excessive Drinking	28%	Worsening	27%
Alcohol Impaired Driving Deaths	29%	Improving	36%
Sexually Transmitted Infections (STIs)	401.7		483.5
Teen Births	15		15
Limited Access to Healthy Food	2%		9%
Drug Overdose Deaths	21	Worsening	20
Preventable Hospital Stays	4,411	Improving	3,747
Injury Deaths	86	Worsening	84
Residential Segregation Black/White	64		76
Suicides	15	Neutral	15
Air Pollution	6.8		7.0

# Healthy Resources

[www.ramchealth.com/community-health/healthy-resources](http://www.ramchealth.com/community-health/healthy-resources)

We are honored to be your resource connection. Please use the below links for more information.  
**As always, call 9-1-1 if you are experiencing a medical emergency.**

•[Sauk County Public Health](#)

•[Sauk County Resource Guide](#)

•[Sauk County Transportation Service](#)

## [Alcohol & Drug Abuse](#)

•[American Cancer Society](#)

•[American Heart Association](#)

•**Alzheimer's Support Group** - Call Carol Olson with Alzheimer's & Dementia of WI at [608-742-9055](tel:608-742-9055) or email [Carol.olson@alzwiss.org](mailto:Carol.olson@alzwiss.org) for more information.

•[The Arthritis Foundation](#)

•**Birth to 3 Intervention Program & Autism Services** - Sauk County Human Services Open Monday - Friday from 8:00 a.m. - 4:30 p.m. Call [608-355-4200](tel:608-355-4200) for more information.

•**Breastfeeding Support** - A lactation specialist/breastfeeding area is conveniently located within our Birth Center and offers a wide range of resources for breastfeeding mothers, their infants and families. Jan Hasler, IBCLC (International Board Certified Lactation Consultant), is available before, during and after the birth of your baby.

•**Cancer Support Group** - Call the American Cancer Society at [1-800-227-2345](tel:1-800-227-2345) for groups near you.

•**Coalition for the Homeless** - Sauk County - Call [1-888-472-8526](tel:1-888-472-8526).

•[Diabetes Foundation](#)

•**Domestic Abuse/Sexual Assault Support Group** - [Hope House-Baraboo](#). Call [608-356-7500](tel:608-356-7500) for more information. Crisis line: [1-800-584-5692](tel:1-800-584-5692).

# Healthy Resources

- Drug Collection Unit** - Pill Disposal & Collection unit available at [Reedsburg Police Department](#) for disposal of controlled substances, over-the-counter and pet medications, samples, vitamins, liquids and creams.
- [Freedom from Smoking](#)** - American Lung Association Online
- [Medication Assisted Treatment](#)**
- [Mental Health & Recovery Services](#)**
- [Mental Health & Recovery Services \(Espanol\)](#)**
- [Mesothelioma Cancer Alliance](#)**
- Multiple Sclerosis Support** - Call [608-963-9312](#) for more information.
- NAMI (Nat'l Alliance for Mentally Ill)** - For more information, call [608-768-5375](#) or email [fredandbevenfield@verizon.net](mailto:fredandbevenfield@verizon.net). Crisis line: [1-800-533-5692](#).
- [Safe Harbor House](#)** - Homeless Shelter for women and children in Reedsburg. Call [608-768-0040](#) for more information.
- [Sepsis Awareness](#)**
- SIDS Risk Information & Training** - Coordinated Child Care Inc. Madison (4-C) Call [608-271-9181](#) for more information or [www.4-C.org](http://www.4-C.org) for a list of support groups.
- Vaccines for Your Children** - information and schedules at Centers for Disease Control:  
<https://www.cdc.gov/vaccines/parents/index.html>  
<https://www.cdc.gov/vaccines/parents/resources/childhood.html#video>
- [Weight Watchers](#)**
- [Wisconsin Public Health](#)**

# Suicide Prevention Resources

## **Algee—The Action Plan**

Mental Health First Aid 5-Step Action Plan, to help a person in distress.

- Assess for risk of suicide or harm.
- Listen without judgment.
- Give re-assurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

## **National Suicide Prevention Lifeline**

is FREE, confidential, and always available. HELP a loved one, a friend, or yourself. Suicide is preventable. Call the Lifeline. **1-800-273-TALK (8255)**

## **Reedsburg Area Medical Center Emergency Department**

If you or someone you know needs immediate help, RAMC's Emergency Department is available 24/7 to provide intervention.

**608-524-6487**

2000 North Dewey Avenue, Reedsburg

## **Sauk County Crisis Line**

24-hour Crisis Line available **1-800-533-5692**

Talk to individuals well-trained in crisis intervention and who are supported by on-call professionals.

## **Wisconsin Farm Center Help Line**

Staffed from 7:45am - 4:30pm, Monday-Friday

**1-800-942-2474**

Offers assistance with almost anything, including:

- Financial challenges, questions or advice
- Natural disaster assistance
- Locating community resources
- Just someone to talk to





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