

2022-2027

COLUMBIA COUNTY COMMUNITY HEALTH ASSESSMENT



Columbia County Public Health

Mission: To promote and protect the health and safety of our community





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INTRODUCTIONS



THANK YOU

Dear Columbia County Residents,

It is my pleasure to share with you the 2023-2027 Columbia County Community Health Needs Assessment. On behalf of the Health Department, we hope you find this information useful in planning and responding to the needs of our community and citizens. It is anticipated that this document will be used as a reference and foundation for many efforts within the county.

This document is meant to summarize the key findings from numerous data sources.

The top 2 priorities identified by the 2023 assessment are:

- Mental Health
- Substance misuse

There were three additional needs that were prioritized in the community stakeholder meetings, these items will not formally be addressed by the Columbia County Health Department, but we do recognize the importance of them in our community.

Lack of:

- Communication between partners
- Transportation
- Health care providers

I would like to express my appreciation to the many community partners for their contributions to our Community Health Needs Assessment. Their efforts, insight and knowledge are included in this document.

For online access please visit our website at:

I welcome any comments and suggestions you may have for improving the health of Columbia County citizens.

Sincerely,

Ellen Ellingsworth, MS, RD, CD
Columbia County Health Officer

ACKNOWLEDGMENT

The Columbia County Public Health acknowledges and extends sincere appreciation to Aspirus Divine Savior Hospital and Clinics and our Advisory Board for their contributions to the Columbia County Community Health Assessment. Commitment, cooperation, and leadership from mental health, education, justice, healthcare, social services, business, labor, and government, among others, can drive significant improvements in overall community wellbeing.

We would like to thank all of the community members who completed our online survey. A special thank you to the Key Informants who took time out of their busy schedules to listen to health data and reports, share their concerns, and comment on their experiences.

Finally, we would like to thank the agencies we contracted with to help us along the process: University of Wisconsin-Oshkosh for data analysis and Wisconsin Community Health Alliance for process facilitation.

Partnering together allows us to strengthen our community efforts and make a bigger impact across Columbia County. We are optimistic that collectively we can continue to build and expand our efforts to improve the community.

PARTNER AGENCIES

ADRC-Columbia County
Aspirus Divine Savior
Bethany Lutheran Church
Boys and Girls Club of Portage
Cambria-Friesland Schools
Columbia County Behavioral Health
Columbia County Board
Columbia County Economic Support
Columbia County Extension FoodWise
Columbia County Health and Human Services
Columbia County Health Care Center
Columbia County Sheriff's Office
Family Health La Clinica
Harbor Recovery Center
Ho-Chunk Nation Department of Health
Intrax
PARCC
Pardeeville School District
Portage Community School District
Portage Library
Portage Parks and Rec Department
Poynette Schools
Prairie Ridge Health
Reach out Lodi, Inc
River Haven Homless Shelter
Satori House
SSM Health St. Clare Hospital



EXECUTIVE SUMMARY

The following document is the results of a Community Health Assessment (CHA). Local health departments must complete a CHA every five years. It has been created to share a vision and demonstrate a collaborative process between health departments, community members and community partners, so together we can make measurable changes we all want to see for our community to improve health. The CHA is one way to live our mission-protecting and improving the health of the community through education, promoting healthy lifestyles, and preventing injuries. Columbia County Public Health will be developing an improvement plan to address **Mental Health** and **Substance Use**, based on our findings from this assessment.

Goals of the Community Health Assessment & Improvement Planning Process:

1. **Identify** social & environmental policies and systems that impact health in our community
2. **Analyze** health data to identify priorities for health in our community
3. **Assess** how well entities in the community work together to create community wellness
4. **Create** a plan led by the community to promote health & wellness for all

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



COVID-19

We must acknowledge that the COVID-19 pandemic has had a pronounced impact on our community's health. The past few years have been difficult, and have revealed all too plainly the immense value of Public Health, healthcare systems, and community partners in promoting and protecting the health of our community. We have also been forced to confront the disparities in residents' health opportunities and outcomes.

COVID-19 put strain on public health, in terms of both resources and the workforce. Community members carried the weight of job loss, lack of quality healthcare, childcare concerns, financial hardships, social disconnection and more. The pandemic has taken a mental, emotional, physical, and economic toll on individuals, families and communities. As such, it is important to consider how the pandemic has changed conditions and attitudes.

We would also like to acknowledge that the COVID-19 pandemic played a role on the availability of up-to-date data, as numerous data sources experienced delays in publishing.

2,396 Incidents of Coronavirus, Novel 2019 (COVID-19) in 2020

7,156 Incidents of Coronavirus, Novel 2019 (COVID-19) in 2021

Columbia County Health Assessment Survey Data

	Agree	Stayed the Same	Decreased	N/A
Has your alcohol use changed since the beginning of the pandemic?	10.0%	58.0%	13.7%	18.4%
Has your communication with your social connections changed?	8.0%	38.8%	50.5%	2.7%
Has your financial situation changed since the beginning of the pandemic?	13.9%	63.2%	20.0%	2.8%



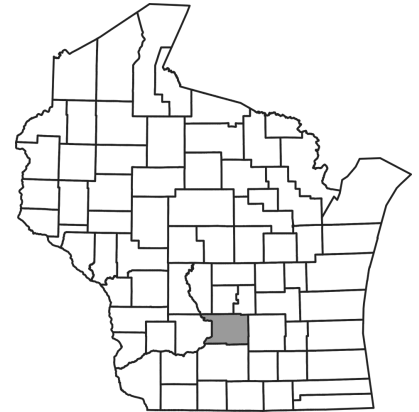
COMMUNITY





COMMUNITY

Columbia County is 774 square miles of land and has a population of 57,133 according to the 2020 Census. It contains 21 towns, 10 villages, 4 cities, 2 hospitals, and 9 public school districts. Columbia County is located in the south central region of Wisconsin. The county seat is located in Portage, Wisconsin.



Total Population
57,133



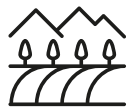
CITIES

Columbus, Lodi, Portage, Wisconsin Dells



TOWN

Arlington, Caledonia, Columbus, Courtland, Dekorra, Fort Winnebago, Fountain Prairie, Hampden, Leeds, Lewiston, Lodi, Lowville, Marcellon, Newport, Otsego, Pacific, Randolph, Scott, Springvale, West Point, Wyocena



VILLAGES

Arlington, Cambria, Doylestown, Fall River, Friesland, Pardeeville, Poynette, Randolph, Rio, Wyocena



PUBLIC SCHOOL DISTRICTS

Cambria- Friesland, Columbus, Fall River, Lodi, Pardeeville, Portage, Poynette, Randolph, Rio, Wisconsin Dells



51.4% Male



48.6% Female



Median Age **42.7**

Life Expectancy **79.2**

HOSPITALS



Aspirus Divine Savior Hospital



Prairie Ridge Health



OUR COMMUNITY BY NUMBERS

20

OVERALL HEALTH RANKING

20 of 72 Wisconsin Counties

	Columbia County	Wisconsin
Age >18	21%	21.8%
Age 65+	18.4%	17.5%
Caucasian	95.3%	87%
African American	1.7%	6.7%
American Indian	0.8%	1.2%
Asian	0.8%	3%
Hispanic	3.7%	7.1%



EDUCATION

HS Graduation: 93%
Some College: 65%



HOUSEHOLD INCOME

Median Household Income: \$69,262



EMPLOYMENT

Unemployment: 3.1%

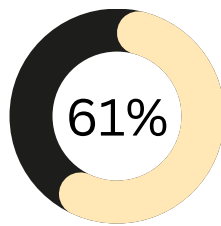


LANGUAGE

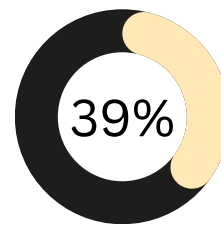
Language Other than English Spoken at Home: 5.1%

ENVIRONMENT

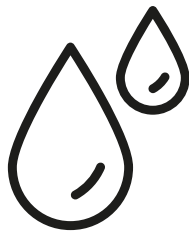
The physical environment of a community can impact an individuals' health in many ways. From safe drinking water to clean air to being able to access healthy foods, every aspect of the environment can play a role in ones' health.



RURAL

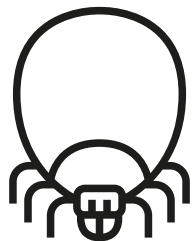


URBAN



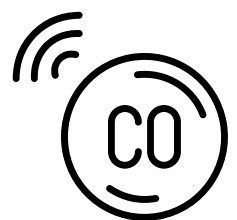
20.6% of private wells tested in Columbia County resulted above the EPA standard (10mg/L) for Nitrates compared to 10.1% in Wisconsin

There are 25 water systems in Columbia County. **6 out of 25 have fluoridated water**- Poynette, Columbus, Portage, Lodi, Wisconsin Dells and Rio



101.3 per 100,000 people in Columbia County has had a confirmed or probable case of Lyme Disease compared to 51.7 in Wisconsin

13.0 per 100,000 people in Columbia County has visited the ER for Carbon Monoxide Poisoning compared to 7.9 in Wisconsin



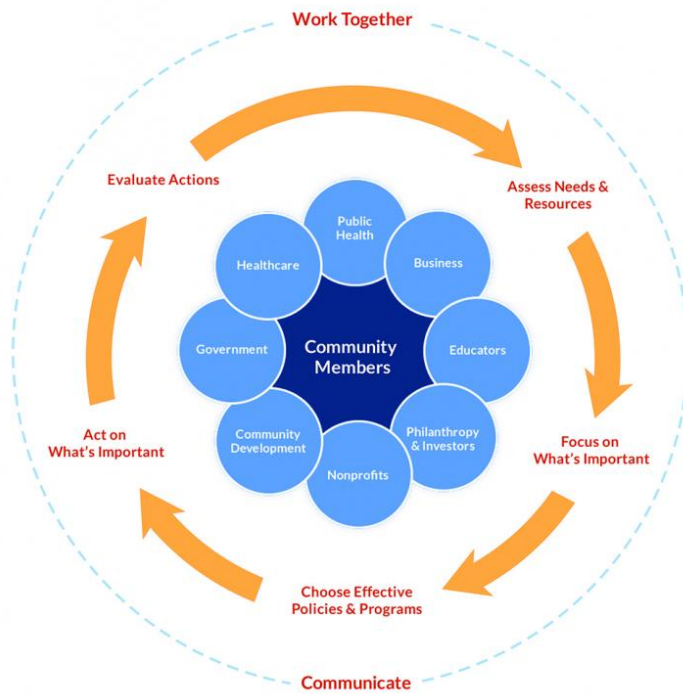


APPROACH



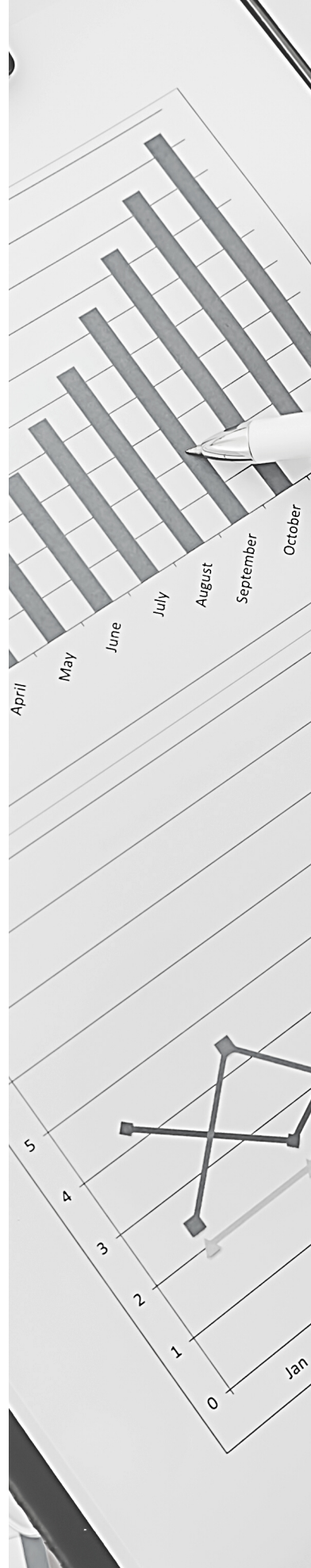
APPROACH

Wisconsin State Statute 251.05(3) mandates that a local health department shall “regularly and systematically collect, assemble, analyze and make available information on the health of the community, including statistics on health status, community health needs and epidemiologic and other studies of health problems”. In addition, Wisconsin Administrative Rule Chapter DHS 140.04, requires that local health departments conduct a community health assessment resulting in a community health improvement plan at least every five years.



County Health Rankings Take Action Cycle

A modified version of the County Health Rankings Take Action Cycle model was used to complete this assessment, a community engagement process offering guidance and tools about how to create a healthy community and improve overall health outcomes. The portion of the Take Action Cycle used included the first step: Assess Needs and Resources. The data in the following pages will help to understand strengths, gaps, needs, as well as resources in Columbia County.



Several methods to collect both qualitative and quantitative information was utilized through the assessment process. Strategies to gather the data needed to complete this report involved: distributing a 36-question community health survey, compiling secondary data, conducting key informant interviews, and holding two community meetings. The meetings incorporated discussions about emerging themes and priorities from the data that had been collected.

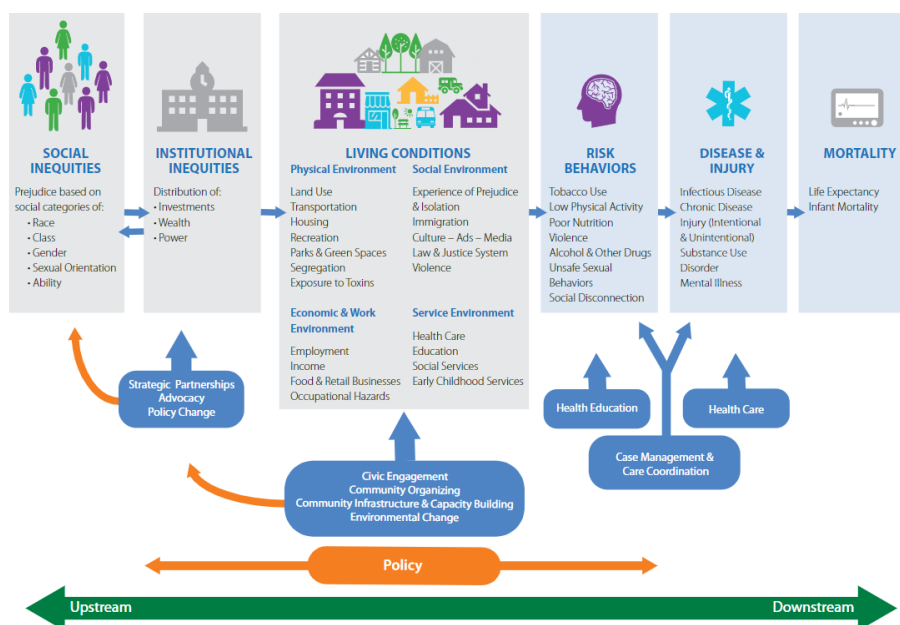
Core secondary data sources included:

- County Health Rankings and Roadmaps
- US Census
- Wisconsin Department of Health Services
 - County Environmental Health Profile
- Youth Risk Behavior Survey (YRBS)
- Wisconsin Department of Transportation
- Wisconsin Cancer Collaborative
- Columbia County Medical Examiner Report

Assessment summary:

- Collaborative relationships with Aspirus Divine Savior Hospital and Clinics.
- The compilation of two kinds of data:
 - Community input. Community input was gathered through key informant interviews, a community survey and two key stakeholder meetings.
 - Health status data. Data on the health of the community was obtained primarily from the County Health Rankings and Roadmaps and the Wisconsin Department of Health Services.
- Community stakeholder review and prioritization of data.

We are learning how determinants such as housing, economic status, education and finances can have an effect on risk factors which ultimately impact our behaviors and rate of disease and mortality. To apply this to our work, we looked and grouped our data into four areas of focus: social determinants of health, risk factors, risk behaviors, and disease, injury and mortality.



See Appendix A: BARHII Model

TIMELINE

11/2021

ADVISORY TEAM REVIEWED SURVEY
Comprised CHA advisory team, consisting of group reviewed survey and provided feedback for improvement.

1/2022

KEY INFORMANT INTERVIEWS
We completed 15 key informant interviews. Throughout the month, numerous Columbia County community leaders were interviewed via an online tool, or phone call, whichever was the interviewee preferred method of communication.

4/2022-5/2022

COMMUNITY MEETINGS
We held two community meetings. The first comprised of a data walk and the second helped to further identify our top health priorities following the data walk.

9/2022-12/2022

COMMUNITY ASSESSMENT WRITTEN
Columbia County Health and Human Services utilized this time to put together and finalize the community health assessment.

11/2021-12/2021

SURVEY OPEN FOR COMMUNITY
Survey finalized and distributed. Community members were encouraged to fill out the 36-question survey. Continued to collect secondary data.

1/2022-3/2022

DATA ANALYZED
UW-Oshkosh analyzed all data, including survey responses, key informant interviews and other secondary sources of data.

8/2022-9/2022

HEALTH PRIORITY WORKGROUPS
Meetings were held for the two identified workgroups to further breakdown how we can address the need.

12/2022

COMMUNITY ASSESSMENT FINALIZED
The Community Health Assessment was finalized in December 2022.



Data Collection

SURVEY

A 36 question survey was created and distributed throughout the community. The survey was distributed electronically and on paper. Numerous organizations – including the Chambers of Commerce, Columbia County Public Health, Aging and Disability Resource Center, Aspirus Divine Savior Hospital, food pantries, libraries, coalitions and more – distributed the survey.

Post cards with how to access the survey were also mailed out to residents ages 25-55 who resided in Columbia County (11,835 addresses).

People who filled out the survey had the opportunity to enter a drawing for an amazon gift card.

Who Responded

Approximately 650 individuals completed the survey. The table below describes the demographics of the individuals who responded to the survey compared to the overall demographics of individuals in Columbia County. Compared to the overall population of Columbia County, survey respondents were more likely to: be female; be non-Hispanic or Latino; have education beyond high school; be a homeowner. When reviewing the survey results, the fact that the respondents are not reflective of the general population should be kept in mind.

KEY INFORMANT INTERVIEWS

Key informants were chosen based on wanting different groups of our community represented and different areas of Columbia County. Columbia County community leaders were interviewed via an online tool, or phone call, whichever was the interviewee preferred method of communication.

Each person was asked the following 5 questions:

1. What organization do you represent
2. What do you believe are the 2-3 most important issues that must be addressed to improve health and quality of life in our community?
3. What are 1-2 assets for improving health in the community?
4. Who are the most vulnerable or under served groups in the community?
5. What can the public health/healthcare organization in your community do to help

Boys and Girls Club of Portage- Columbia County

Satori House Recovery

Poynette School District

Reach Out Lodi, INC.

Portage Parks and Recreation Department

Bethany Lutheran Church

UW Extension 4H

Prevention and Response Columbia County (PARCC)

Aspirus Divine Savior Hospital and Clinics

River Haven Homeless Shelter

Columbia Health Care Center

Prairie Ridge Hospital

Columbia County HHS- Behavioral Health & ADRC

Cambria-Friesland School District



DATA

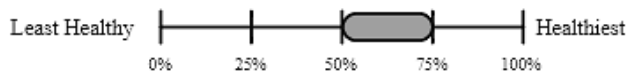


DATA

2021 County Health Rankings

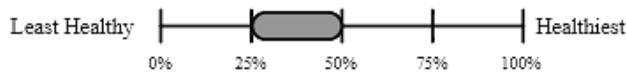
- ✔ Columbia County is doing better or equal to the State of Wisconsin
- ❌ Columbia County is not doing as well as the State of Wisconsin

According to the County Health Ranking website "The County Health Rankings are based on a model of community health that emphasizes the many factors that influence how long and how well we live. The Rankings use more than 30 measures that help communities understand how healthy their residents are today (health outcomes) and what will impact their health in the future (health factors). They are a set of indicators based on a model of population health that helps communities understand what influences the health of residents in a county."



Health Outcomes

Columbia (CO) is ranked in the higher middle range of counties in Wisconsin (higher 50%-70%)



Health Factors

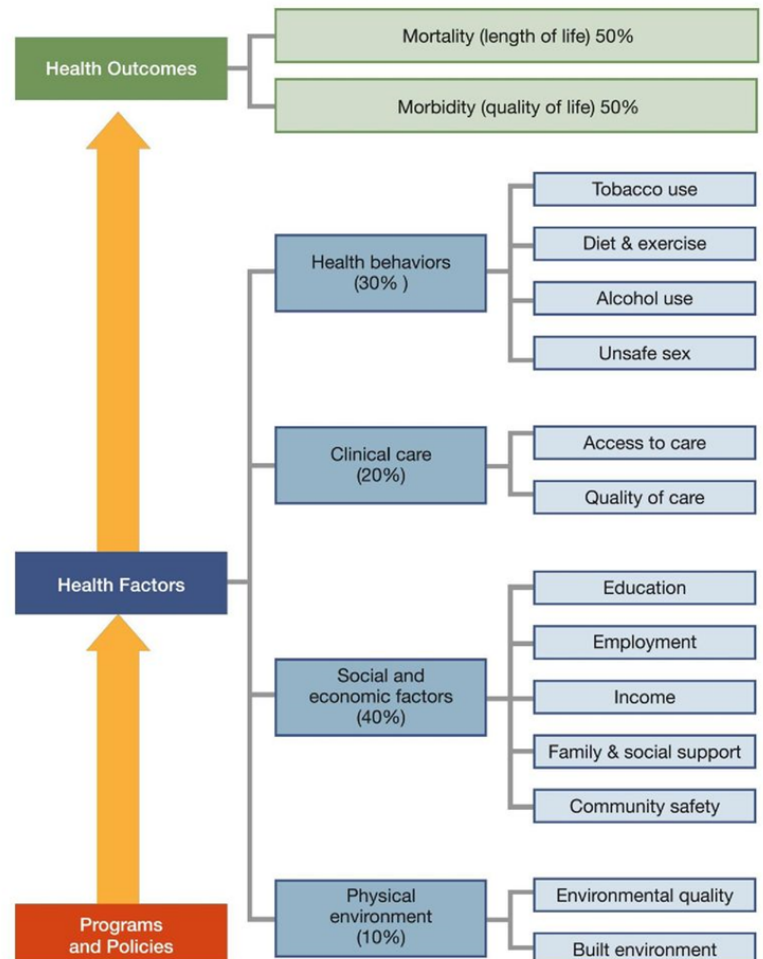
Columbia (CO) is ranked in the lower middle range of counties in Wisconsin (lower 25%-50%)

Health Outcomes:

20 out of 72 counties

Health Factors:

37 out of 72 counties



County Health Rankings model ©2010 UWPHI

Social Determinants of Health

Social determinants of health are the conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes. They can be organized into four key areas with key issues representing these social determinants: physical environment, social environment, economic and work environment and service environment.





SOCIAL DETERMINATES OF HEALTH

Physical Environment	Social Environment
Land Use	Experience of Prejudice & Isolation
Transportation	Immigration
Housing	Culture – Ads – Media
Recreation	Law & Justice System
Parks & Green Spaces	Violence
Segregation	
Exposure to Toxins	
Economic & Work Environment	Service Environment
Employment	Health Care
Income	Education
Food & Retail Businesses	Social Services
Occupational Hazards	Early Childhood Services

Ratio of People to Providers

Primary Care Providers
Dental Care Providers
Mental Health Providers

Columbia County

2,206:1
2,740:1
859:1



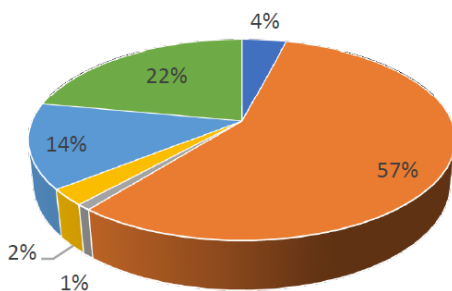
Wisconsin

1,267:1
1,470:1
471:1

	Columbia County		Wisconsin
Poverty Rate	8%	✓	14%
Access to Exercise Opportunities	72%	✗	85%
Food Insecurity	7%	✓	9%
Free and Reduced Lunch	33%	✓	39%
Percentage of Uninsured Children	5%	✗	4%

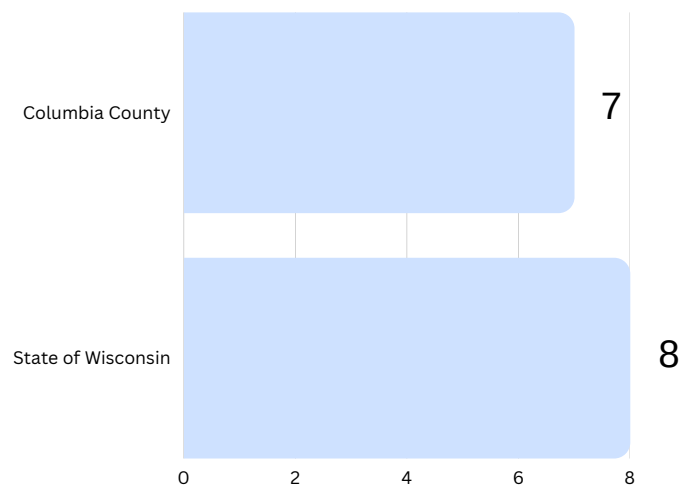
Type of Health Insurance

Columbia County Health Assessment Survey Data



- BadgerCare
- I do not have health insurance
- Medicare
- Group
- Medicaid
- Private

Percentage of Uninsured Adults ✓



Sources:

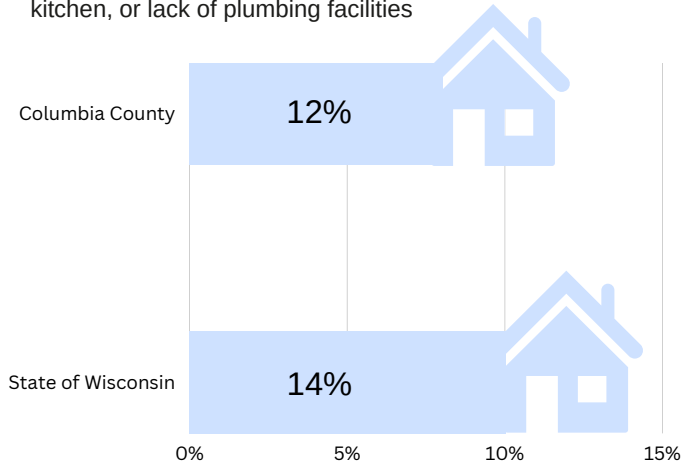
www.countyhealthrankings.org
www.barhii.org/barhii-framework

Social Determinants of Health



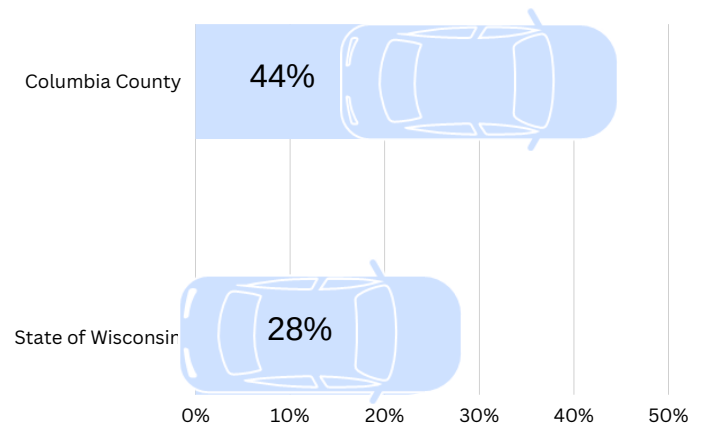
Severe Housing Problems ✔

Percent of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen, or lack of plumbing facilities



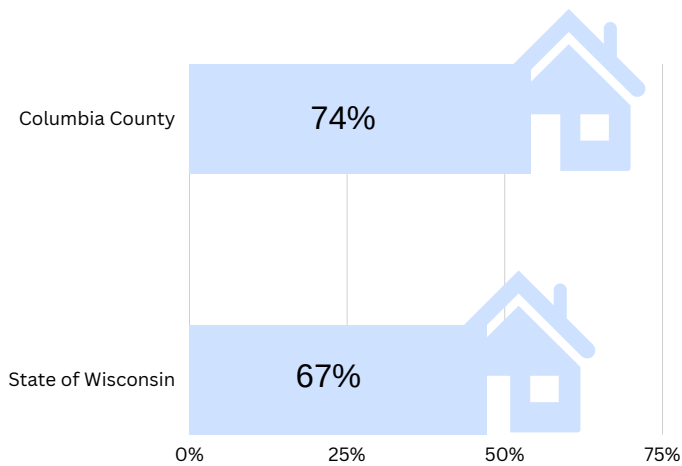
Long Commute ⚠

Among workers who commute in their car alone, the percentage that commute more than 30 minutes



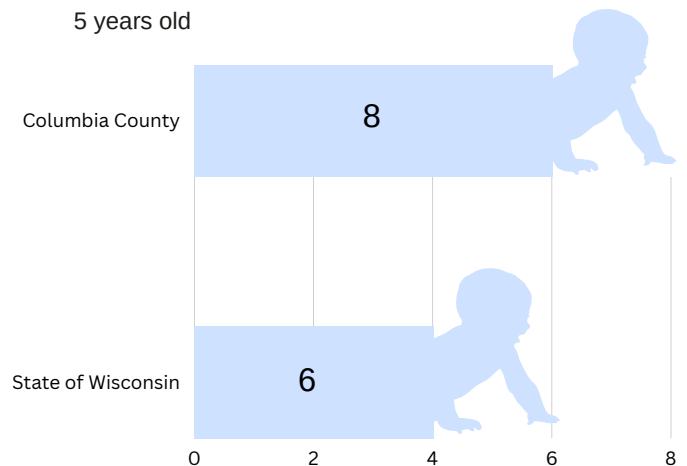
Homeownership ✔

Percentage of housing units that were owner-occupied



Number of Childcare Centers ✔

Number of child care centers per 1,000 population under 5 years old




Columbia County Health Assessment Survey Data

	Agree	Neither Agree/Disagree	Disagree	N/A
There is affordable childcare.	14.4%	14.4%	15.7%	55.5%
There is accessibility to childcare.	21.3%	12.8%	12.8%	53.0%
My household has transportation that we can depend on to meet our daily needs (e.g., car, truck, bike, rides from family/friends, walking, taxi).	90.5%	3.9%	2.7%	2.8%
There are enough safe, affordable houses and apartments in my community.	29.8%	16.8%	26.3%	27.1%

Risk Behaviors

Risk behaviors are those that potentially expose people to harm, or significant risk of harm, which prevent them from reaching their optimal health in life and which can cause significant morbidity or mortality. Risk behaviors can include tobacco use, low physical activity, poor nutrition, violence, alcohol and other drugs, unsafe sexual behaviors and social disconnection.



RISK BEHAVIORS

- Tobacco Use
- Low Physical Activity
- Poor Nutrition
- Violence
- Alcohol & Other Drugs
- Unsafe Sexual Behaviors
- Social Disconnection

Smoking

	Columbia County		Wisconsin
Adult Smoking	19%	⬇️	17%
Smoking Prevalence During Pregnancy	14.4%	⬇️	11.5%

Alcohol Misuse

59.4

Alcohol-Related Deaths
Deaths per 100,000 population related to alcohol in Columbia County compared to 53 in Wisconsin

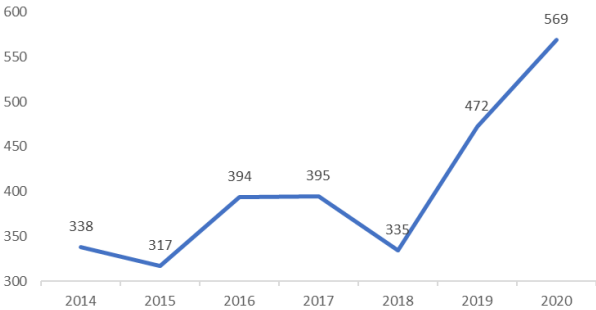
28%

Excessive Drinking
Percentage of adult population in Columbia County that reports either binge drinking or heavy drinking compared to 27% in Wisconsin

3.88

Alcohol-Related Hospitalizations
Rate of alcohol-related hospitalizations per 1,000 population in Columbia County compared to 5.72 in Wisconsin

Operating While Intoxicated (OWI) Arrests
Number of arrest per year 2014-2020



Operating While Intoxicated (OWI)
Number of arrests per year in Columbia County
569 OWI arrests were made in 2020

Risk Behaviors

	Columbia County		Wisconsin
Violent Crime	145	✓	298
Social Associations	13.1	✓	11.5
Older Adults Living Alone	12.3%	✓	12.3%



Youth Risk Behaviors

In the 2018-2019 school year, there were 9 public schools in Columbia County that served high school students. 6 of these 9 (67%) participated in the survey. Participating schools included: Poynette High, Columbus High, Portage High, Pardeeville High, Lodi High, Portage Academy of Achievement.



1 in 10 of Columbia County 12th graders were offered drugs, sold or given drugs on school property in the past 12 months.



1 in 10 of Columbia County 12th graders attended school under the influence of alcohol or drugs in the past 12 months.



4 in 10 of Columbia County 12th graders agree that bullying is a problem at their school

63%

Feel Like They Belong

Columbia County 12th graders agree that they belong at school

57%

Ever Tried Vaping

Columbia County 12th graders who have ever tried vaping

70%

Ever Drank

Columbia County 12th graders who have ever had an alcoholic beverage



DISEASE & INJURY

- Infectious Disease
- Chronic Disease
- Injury (Intentional & Unintentional)
- Substance Use Disorder
- Mental Illness



MORTALITY

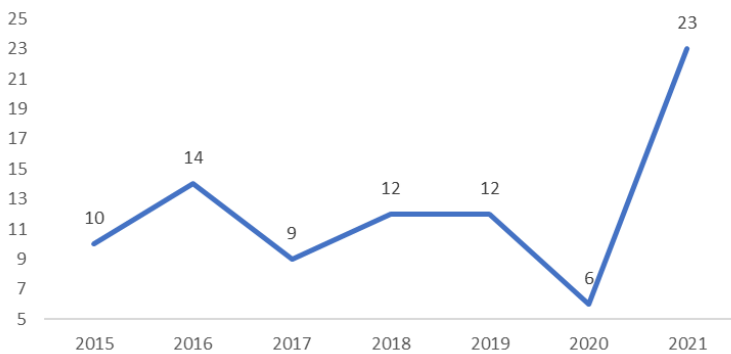
- Life Expectancy
- Infant Mortality

Disease, Injury & Mortality

A disease is an illness or sickness characterized by specific signs or symptoms. A mortality rate can be defined as the number of deaths due to a disease divided by the total population.

Overdose Fatalities

Number of fatal overdoses in Columbia County per year



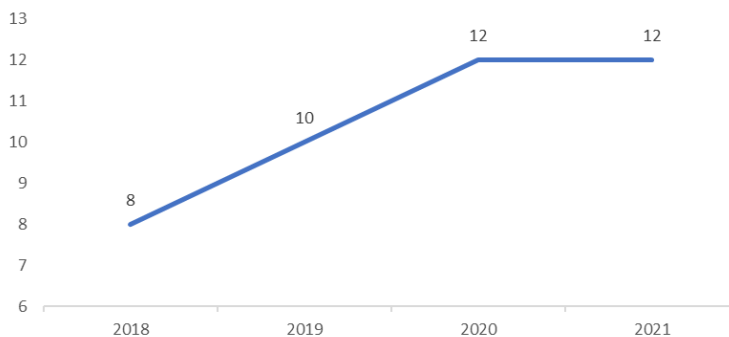
OVERDOSE FATALITIES PER YEAR

23

Fatal overdoses in Columbia County in 2021 compared to **1,427 in Wisconsin**

Suicides

Number of deaths by suicide in Columbia County per year



DEATHS BY SUICIDE PER YEAR

12

Deaths by suicide in Columbia County in 2021 compared to **1,427 in Wisconsin**

Disease, Injury & Mortality



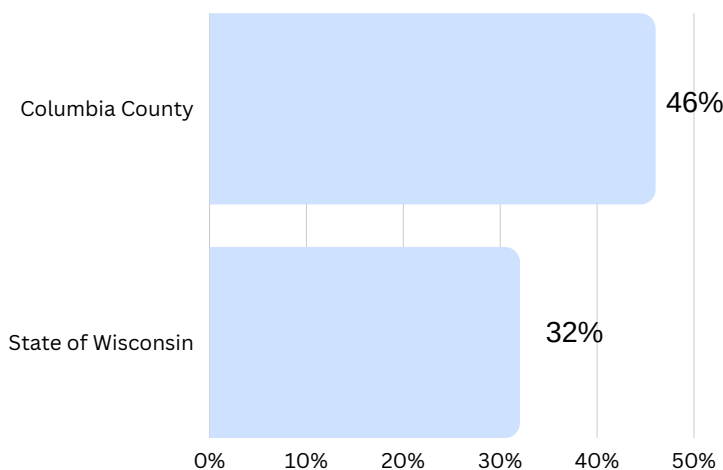
Injuries from accidents and violence are the leading cause of death for Americans between the ages of 1-44. Community safety affects both physical safety and psychological well-being.

Injury/ Mortality

*Data is per 100,000 people	Columbia County		Wisconsin
Premature Death	6,000 years of life lost	✓	6,300 years of life lost
Motor Vehicle Crash Deaths	14	⬇️	10
Preventable Hospital Stays	4,049	⬇️	3,747
Injury Deaths	104	⬇️	84
Firearm Fatalities	12	⬇️	11

Disease

Adult Obesity ⬇️



263.8

Chlamydia

Number of newly diagnosed chlamydia cases per 100,000 population in Columbia County

4

Coronary Heart Disease

Hospitalizations per 1,000 hospitalizations in Columbia County

10%

Diabetes

Percentage of adults aged 20 and above with diagnosed diabetes in Columbia County

51

HIV

Out of every 100,000 residents (age 13 & up) are living with a diagnosis of HIV in Columbia County



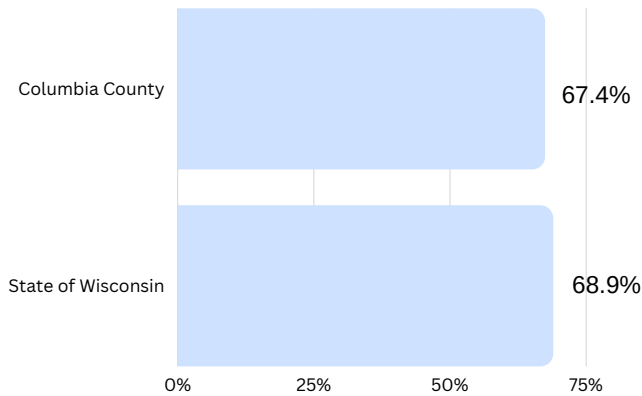
Disease, Injury & Mortality

Vaccine Rates

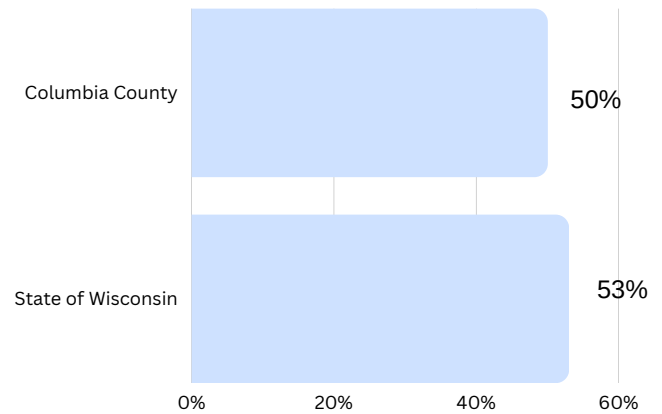
Routine vaccinations are recommended. Vaccines stimulate the immune system to produce immune responses that protect against infection. Vaccines provide a safe, cost-effective and efficient means of preventing illness, disability and death from infectious diseases.

Childhood Vaccine Rate ⬇️

Those who received all vaccines in the series of 7 by age 24 months

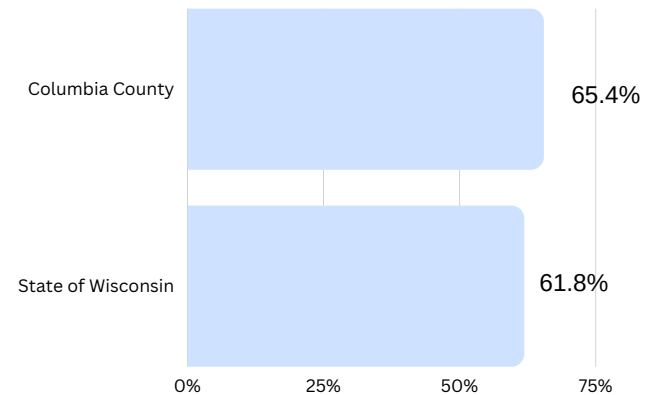


Flu Vaccinations ⬇️



COVID Vaccine Rate ✅

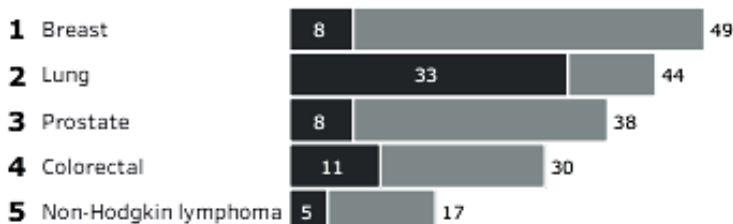
Percent of residents who have completed the primary series



Cancer Rates

5 most common cancers in Columbia County

Deaths / Cases per year



Deaths / Cases per 100,000 residents per year (age-adjusted)



Sources:
<https://wicancer.org>
www.countyhealthrankings.org
www.dhsgis.wi.gov/DHS/EPHTracker/#/all/Immunization
www.dhs.wisconsin.gov/covid-19/vaccine-data.htm



Disease, Injury & Mortality



Mental Health

19

Suicides

Number of deaths due to suicide per 100,000 population in Columbia County

3%

Contemplating Suicide

Percent of respondents to the community health assessment survey reported contemplating suicide in the past year

4.9

Poor Mental Health Days

Average number of mentally unhealthy days reported in past 30 days in Columbia County

According to Wisconsin Department of Health Services:

PEOPLE WHO ARE DEPRESSED ARE:

2X

more likely to smoke and be physically inactive than those without

3X

less likely to comply with their medical treatment plan

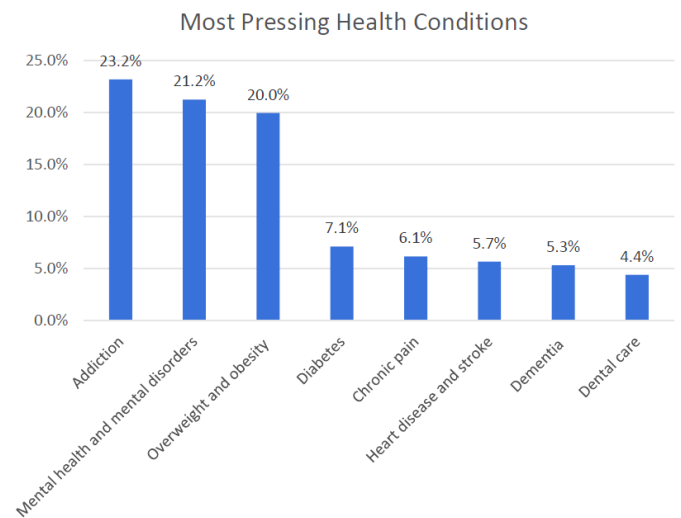
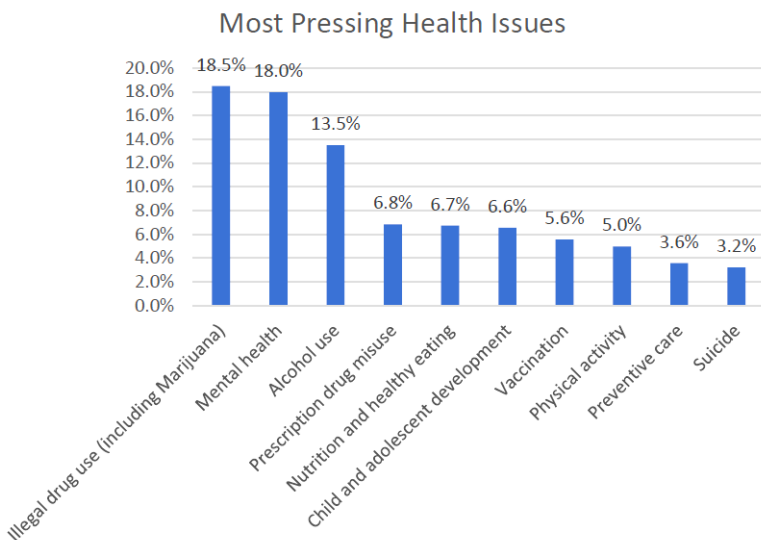
4X

more likely to have cardiovascular disease

Health Assessment & Key Informant Interviews

Columbia County Health Assessment Survey Data

Respondents were asked to identify what they perceived as the three most pressing health issues and conditions facing Columbia County. The top ten most pressing health issues and the top eight health conditions are presented below.



Key Informant Interview Themes

Columbia County collected feedback through interviews with key informants throughout the county. The fifteen interviewees represent a variety of organizations from throughout Columbia County, including education, elder care, and recovery services, for example.

Interviewees were asked a series of four questions (see appendix D), to which identified the following themes:

- **Mental Health:** Six interviewees identified this as among the most critical issues. Particular attention was given to the need for more services in schools, especially in rural districts as well as support for addiction recovery.
- **Substance Misuse:** Both alcohol and drug abuse were noted by four respondents. Interest was given to middle-aged adults as well as diversion programs for teenagers.
- **Chronic Disease/Aging Issues:** Two interviewees cited several elder care issues, ranging from the quality of assisting living facilities, to chronic disease and dementia.
- **Affordable Housing:** This was mentioned both in the context of supporting low-income families and in fighting homelessness.
- **Support for Low-Income Families:** A range of services, including childcare, housing assistance, and transportation were noted by several interviewees. Focus was given to youth, who oftentimes lack quality of life amenities.

COMMUNITY ASSETS

Community assets draws on the strengths of our communities. This is not an all inclusive list, rather some programs, organizations and coalitions known in the area. Community assets are always evolving and growing. Strong community oriented mindsets from those who live, learn, work and play in Columbia County benefits everyone.

Community Assets

- **OWI/Drug Treatment Court-** Treatment-based alternative to jail for individuals with repeat drug or OWI offenses.
- **Medicated Assisted Treatment (MAT)-** Used to treat substance use disorders, as well as sustain recovery and prevent overdose.
- **Alcoholics Anonymous (AA) groups-** Fellowships of people who come together to solve their drinking problem.
- **ED2 Recovery-** Grant awarded to organizations who offer peer support services by recovery coaches or certified peer support specialists.
- **Non- Narcotic, Non-Addictive Injectable (NNAI) program-** Medicated Assisted Treatment offered within the jail setting.
- **Narcan availability-** NARCAN® Nasal Spray is a prescription medicine used for the treatment of a known or suspected opioid overdose.
- **Fresh Start-** Youth aged 17-24 who have had difficulty in a traditional academic setting will receive individualized tutoring to complete a GED or HSED.
- **Harbor Recovery Center-** Provides compassionate support, vital resources, education opportunities and events and activities that will build a culture of recovery.
- **Substance Free Events-** Community event where substances are not sold or known to be present.
- **Prevention and Response Columbia County (PARCC)-** Guides, supports, and advocates for prevention and recovery strategies to decrease the occurrence of substance misuse in Columbia County.

NEXT STEPS

Over the next five years, Columbia County Public Health will formally address the following health priorities through the community health improvement plan:



No. 01 -- Mental Health

Approximately 20 percent of the population experiences a mental health problem during any given year. Mental health issues are associated with increased rates of risk factors such as smoking, physical inactivity, obesity and substance abuse. As a result, these physical health problems can lead to chronic disease, injury and disability.



No. 02 -- Substance Misuse

An estimated 22 million people per year in the U.S. have drug and alcohol problems. Ninety-five percent of them are unaware of their problem.¹ Approximately 88,000 deaths annually in the U.S. are attributed to excessive drinking (2006-2010).² Drug and alcohol use can also lead to costly physical, mental and public health problems.

Needs Not Selected

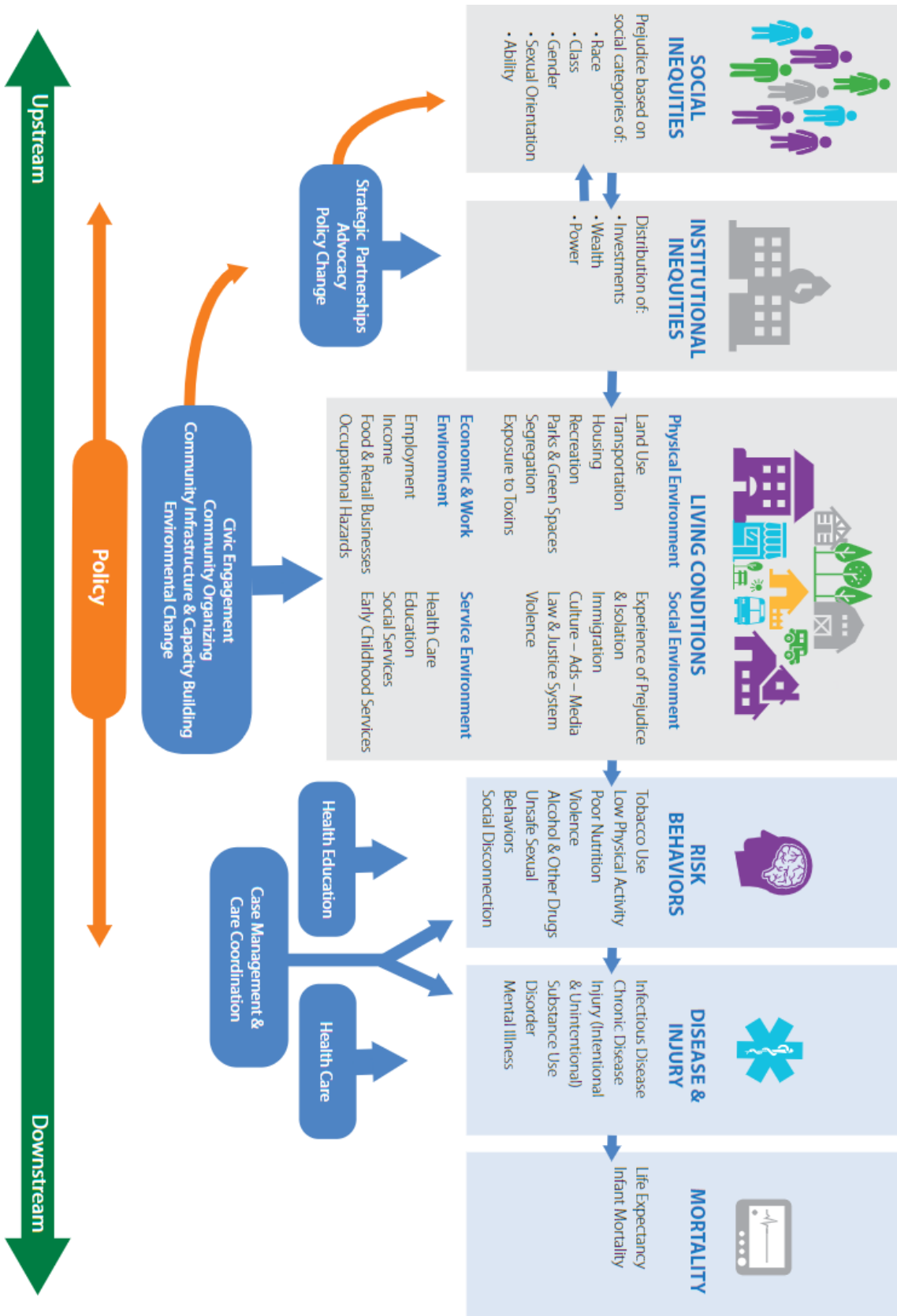
The three needs that were prioritized in the community stakeholder meetings and will not formally be addressed by the Columbia County Health Department in its implementation plan are listed below.

Lack of:

- Communication between partners
- Transportation
- Health care providers

APPENDIX A

BARHII Model



APPENDIX B

Community Health Survey



COLUMBIA COUNTY COMMUNITY HEALTH ASSESSMENT SURVEY

Columbia County Health and Human Services- Division of Public Health and Aspirus Divine Savior Hospital & Clinics want to hear from you about what is going well in your community and what needs improvement. Your responses to this survey will help us develop local solutions to health issues that you and other community members think are important. This survey will take about 10 minutes to complete. All responses are confidential and anonymous. Thank you for your participation!

The survey must be returned by December 15, 2021.

The survey can also be completed online at:
<https://bit.ly/colcocha2022>



<p>1. What is your zip code?</p> <p>_____</p>	<p>2. What is your age?</p> <ul style="list-style-type: none"> a. Under 18 b. 18-24 c. 25-34 d. 35-44 e. 45-54 f. 55-64 g. 65-74 h. 75+
<p>3. What is your gender? Please circle all that apply:</p> <ul style="list-style-type: none"> a. Female b. Male c. Gender diverse/Genderqueer/Transgender d. I prefer not to identify 	<p>4. What is your race/ethnicity? Please circle all that apply:</p> <ul style="list-style-type: none"> a. African American or Black b. Asian (East, Southeast, Indian, or Other Asian) c. Hispanic or Latinx d. Middle Eastern or North African e. Native American or Alaska Native f. Native Hawaiian or Other Pacific Islander g. White or Caucasian



APPENDIX B

<p>5. What is your sexual orientation? Please circle all that apply:</p> <ul style="list-style-type: none"> a. Asexual b. Bisexual c. Heterosexual/Straight d. Homosexual (lesbian, gay, queer) e. Questioning or Unsure f. Pansexual g. I prefer not to say 	
---	--

<p>6. What is the highest level of education you have completed? Please choose one:</p> <ul style="list-style-type: none"> a. Less than 7th grade b. 7th-8th grade c. 9th-12th grade d. High school graduate (includes GED, HSED, HEP) e. Trade/technical training program f. Associate's degree g. Bachelor's degree h. Graduate or professional degree 	<p>7. What is your employment status? Circle all that apply:</p> <ul style="list-style-type: none"> a. Employed, full-time (including self-employment) b. Employed, part-time (including self-employment) c. Employed, multiple jobs, part-time (including self-employment) d. Employed, multiple jobs, full time (including self-employment) e. Out of work for less than 1 year f. Out of work for more than 1 year g. Unable to work h. Retired i. Student j. Stay at home parent/guardian
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<p>8. If you are not satisfied with your job, what best describes why? Circle all that apply:</p> <ul style="list-style-type: none"> a. Job does not use educational background b. Low wages c. Not enough hours/ part-time d. Lack of benefits e. Poor work environment f. Lack of advancement g. Long commute to/from work

<p>9. What is your current marital status? Please choose one:</p> <ul style="list-style-type: none"> a. Single, never married b. Married c. Member of an unmarried couple in the same household d. Separated e. Divorced f. Widowed 	<p>10. What was your total annual household income (before taxes)?</p> <ul style="list-style-type: none"> a. Less than \$25,000 b. \$25,000-50,000 c. \$51,000-75,000 d. \$76,000-100,000 e. \$101,000-150,000 f. Over \$150,000 g. I do not know
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<p>11. What is your current housing situation? Please circle all that apply:</p> <ul style="list-style-type: none"> a. Renter b. Owner with a mortgage c. Owner without a mortgage d. Living with others and not paying rent or mortgage e. Homeless, living in a car f. Homeless, living in a shelter g. Staying at a friend's, couch surfing 	<p>12. Think about where you live. Do you have any of the following issues? Please circle all that apply:</p> <ul style="list-style-type: none"> a. Pests such as bugs, ants or mice b. Water damage, not related to flooding c. Lack of heat d. Oven or stove not working e. Smoke detectors missing or not working f. Hot or cold water not working g. Unsafe drinking water h. High radon levels i. Carbon monoxide detectors missing j. Not applicable
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<p>13. Do you currently have dental insurance? Please choose one:</p> <ul style="list-style-type: none"> a. Yes b. No 	<p>14. How long has it been since you have seen a dentist for any reason?</p> <ul style="list-style-type: none"> a. Within the past year b. Within the past 2 years c. Within the past 5 years d. 5 or more years e. I do not know
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<p>15. Do you currently have health insurance? Please choose one:</p> <ul style="list-style-type: none"> a. Yes b. No 	<p>16. What type of health insurance do you currently have? Please circle all that apply:</p> <ul style="list-style-type: none"> a. Private b. Group c. BadgerCare d. Medicaid e. Medicare f. I do not have health insurance
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APPENDIX B

17. How long has it been since you have seen a doctor for any reason?

- a. Within the past year
- b. Within the past 2 years
- c. Within the past 5 years
- d. 5 or more years
- e. I do not know

18. What types of health services are difficult to get for you and/or other household member(s)? Please circle all that apply:

- a. Physical health services
- b. Substance use-related health services
- c. Dental health services
- d. Mental health services
- e. Prenatal services
- f. Breastfeeding services
- g. Elderly care
- h. Not applicable: getting health services is not difficult for my household

19. Why is getting these health services a challenge for you and/or other household member(s)? Please choose all that apply:

a. Health services are too expensive and/or the copay or deductible is too high	b. We don't have health insurance (for example, private, group, Badgercare, Medicaid, Medicare)	c. Healthcare providers do not accept our health insurance
d. Healthcare services are not open when we are available	e. The healthcare services we need are not available in our area	f. We do not know how to find the healthcare services we need
g. We do not have reliable transportation	h. We cannot get an appointment and/or the waitlist is too long	i. We have language and/or cultural barriers
j. Stigma and/or we don't feel welcome	k. Not applicable: getting health services is not of difficulty to my household	

20. Choose your level of agreement with the following statements:

	Disagree	Neither Agree Nor Disagree	Agree	Not applicable or Not Sure
A. Typically, there are opportunities for people like me to gather in my community (for example, at events, parks, places or worship, community centers, libraries).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. There are places to volunteer in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. I feel accepted in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D. I feel safe in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E. There is affordable child care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F. There is accessibility to child care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G. There is quality public K-12 education.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. My community is a good place to raise children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I. There are enough youth programs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX B

	Disagree	Neither Agree Nor Disagree	Agree	Not applicable or Not Sure
J. There are enough resources for those struggling with mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K. Accessibility of assistance programs for those in need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L. My household can get healthy food to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
M. My household has transportation that we can depend on to meet our daily needs (e.g. car, truck, bike, rides from family/friends, walking, taxi).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N. There are enough safe, affordable houses and apartments in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

21. If you chose Disagree or Neither Agree Nor Disagree to letter C, 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 _____." Please choose all that apply:

a. Race or ethnicity	b. Skin color	c. Place of birth
d. Gender	e. Sexual orientation	f. Criminal justice background (e.g. jail, incarceration)
g. Disability status	h. Income or socioeconomic status	i. Citizenship status
j. Age	k. Not applicable	l. Other: _____

22. In what situations have you and/or your household member(s) experienced discrimination in your community? Please choose all that apply:

a. When applying for a job	b. When looking for housing to rent or buy	c. When shopping at stores or dining at restaurants/bars
d. At school	e. At work	f. In my home
g. When interacting with law enforcement	h. When interacting with other government services	i. In public spaces (e.g. parks, streets)
j. At my place of worship	k. With my neighbors	l. Not applicable
m. Other: _____		

APPENDIX B

23. If you chose Disagree or Neither Agree Nor Disagree to Letter L, why is getting healthy food hard for your household? Please choose all that apply:		
a. Healthy food is too expensive in my community	b. Healthy food is not available in my community	c. We do not have reliable transportation
d. Places that sell healthy food are not open at good times for us to shop	e. We do not have the money to buy healthy food	f. We do not have the time to buy and/or prepare healthy food
g. The store we go to does not take EBT/Quest/FoodShare	h. The store we got to does not take WIC	i. We do not know how to find food pantries or other sources of free food
j. Food pantries and other free food are not available in my community	k. I do not want to use the food pantry in my community	l. Other: _____

<p>24. On average, how many days per week are you physically active or do you exercise (for more than 15 minutes in one day)?</p> <p>a. 0 days b. 1 day c. 2 days d. 3 days e. 4 days f. 5-7days</p>	<p>25. If you do not take part in physical activity at least two days a week, why?</p> <p>a. Cost of gym membership b. Lack of resources/equipment c. Lack of social support d. Unsafe sidewalks e. Frequent work or leisure travel f. Lack of self-motivation g. Family caregiving obligations h. Other: _____</p>
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26. In the past 12 months, did you seriously consider suicide?
a. No
b. Yes (Help is available. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741))

27. In the past 30 days, did you use any of these mood-altering substances at least once? Please circle all that apply:		
a. Marijuana	b. Meth	c. Cocaine
d. Heroin	e. Use of someone else's prescription drugs	f. None of the above

28. On the days you drink alcohol, how many drinks do you have on average?	
a. 0-1 drinks	b. 1-2 drinks
c. 3-4 drinks	d. 5+ drinks

APPENDIX B

29. In the following list, what do you think are the most important health problems in your community? Please put a 'x' by only 3:

<input type="checkbox"/>	Child and adolescent development	<input type="checkbox"/>	Illegal drug use (including Marijuana)	<input type="checkbox"/>	Alcohol use
<input type="checkbox"/>	Prescription drug misuse	<input type="checkbox"/>	Emergency preparedness	<input type="checkbox"/>	Family planning
<input type="checkbox"/>	Health communication	<input type="checkbox"/>	Injury prevention	<input type="checkbox"/>	Nutrition and healthy eating
<input type="checkbox"/>	Physical activity	<input type="checkbox"/>	Preventive care	<input type="checkbox"/>	Safe food handling
<input type="checkbox"/>	Sleep	<input type="checkbox"/>	Tobacco use	<input type="checkbox"/>	Vaccination
<input type="checkbox"/>	Violence prevention	<input type="checkbox"/>	Suicide	<input type="checkbox"/>	Mental health

30. In the following list, what do you think are the most important health conditions in your community? Please put a 'x' by only 3:

<input type="checkbox"/>	Addiction	<input type="checkbox"/>	Chronic pain	<input type="checkbox"/>	Dementia
<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Foodborne illness	<input type="checkbox"/>	Asthma
<input type="checkbox"/>	COPD	<input type="checkbox"/>	Dental care	<input type="checkbox"/>	Heart disease and stroke
<input type="checkbox"/>	Infectious disease (e.g. Lyme Disease)	<input type="checkbox"/>	Mental health and mental disorders	<input type="checkbox"/>	Overweight and obesity
<input type="checkbox"/>	Pregnancy and childbirth	<input type="checkbox"/>	Sensory or communication disorders	<input type="checkbox"/>	Sexually transmitted infections (STI/STD)

31. What is the biggest problem facing Columbia County?

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32. Please think about your behaviors before the COVID-19 pandemic began and identify whether or not they have changed since then. Mark one response per line:

Has your...	Increased	Stayed the Same	Decreased	Not Applicable
alcohol use changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
communication with your social connections (neighbors, family, friends, etc.) changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
financial situation changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
access to reliable child care changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
housing situation changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
domestic abuse and family violence changed since the beginning of the pandemic?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX C

Community Input- Community Survey

Demographics	Columbia County	Survey Respondents
Sex*	Male: 51.1% Female: 48.9%	Male: 25.8% Female: 72.5% Prefer Not to Answer: 1.2% Gender diverse/Transgender: 0.5%
Age Distribution**	Under age 18: 21.1% 18-24: 7.6% 25-34: 11.2% 35-44: 12.9% 45-54: 13.6% 55-64: 15.2% 65-74: 10.8% 75+: 7.5%	Under age 18: 0.2% 18-24: 1.1% 25-34: 11.8% 35-44: 22% 45-54: 24.6% 55-64: 18.6% 65-74: 11.9% 75+: 9.9%
Ethnicity*	Hispanic or Latino: 3.7%	Hispanic or Latino: 0.9%
Race*	American Indian or Alaskan Native: 0.8% Asian: 0.8% Black or African American: 1.7% White: 95.3%	American Indian or Alaskan Native: 1.7% Asian: 0.6% Black or African American: 1.2% Native Hawaiian or Other Pacific Islander: 0.2% White: 94.7%
Highest Level of Education*	High School Graduate or Higher: 93.3% Bachelor's Degree or Higher: 24.2%	8 th grade or less: 0.8% 9-12 grade, no diploma: 2.4% High School/GED: 17.9%
		Trade/Technical Program: 13.8% Associate's Degree: 20.8% Bachelor's Degree: 27.7% Graduate/Professional Degree: 16.7%
Employment		Employed, full time: 59.6% Employed, part-time: 7.8% Out of work: 1.8% Unable to work: 2.6% Unemployed, Retired: 21.4% Stay at home parent: 2.3% Student: 0.8%
Household Income*	Median household income (2019 dollars): \$69,262 Persons in Poverty: 6.9%	\$24,999 or below: 8% \$25,000-\$50,000: 15.3% \$51,000-75,000 and above: 16.7% \$76,000-\$100,000: 20.2% \$101,000-\$150,000: 21.3% Over \$150,000: 10.4% I do not know: 6.1%
Household Situation*	Homeownership (percentage of occupied housing units that are owned by the occupier): 74.5%	Homeowner: 83.3% Homeless living in a car: 0.3% Homeless living in shelter: 0.5% Living with others, not paying rent: 4% Renter: 11.3%

APPENDIX D

Community Input- Key Informant Interviews

Columbia County Community Health Assessment Key Informant Interviews: Response Form

- 1. What organization do you represent?**
- 2. What do you believe are the 2-3 most important issues that must be addressed to improve health and quality of life in our community?**
 - a. Optional Prompt: What do you think prevents your community from being healthier?
- 3. What are 1-2 assets for improving health in the community?**
 - a. Optional Prompt: What is working well in your community? How does that contribute to the health of the community?
- 4. Who are the most vulnerable or underserved groups in the community?**
- 5. What can the public health/healthcare organizations in your community do to help?**

Key Informant Interviews

- Boys and Girls Club of Portage- Columbia County
- Satori House Recovery
- Poynette School District
- Reach Out Lodi, INC.
- Portage Parks and Recreation Department
- Bethany Lutheran Church
- UW Extension 4H
- Prevention and Response Columbia County (PARCC)
- Aspirus Divine Savior Hospital and Clinics
- River Haven Homeless Shelter
- Columbia Health Care Center
- Prairie Ridge Hospital
- Columbia County Health and Human Services- Behavioral Health & ADRC
- Cambria-Friesland School District

APPENDIX E

County Health Rankings- County Snapshots

County Demographics

	County	Wisconsin
Population	57,532	5,822,434
% below 18 years of age	21.0%	21.8%
% 65 and older	18.4%	17.5%
% Non-Hispanic Black	1.6%	6.4%
% American Indian & Alaska Native	0.8%	1.2%
% Asian	0.8%	3.0%
% Native Hawaiian/Other Pacific Islander	0.1%	0.1%
% Hispanic	3.7%	7.1%
% Non-Hispanic White	92.3%	80.9%
% not proficient in English	1%	1%
% Females	48.9%	50.2%
% Rural	60.7%	29.8%

Health Outcomes

Length of Life	Columbia (CO) County	Wisconsin	United States	—
Premature death	6,000	6,300	6,900	▼
Quality of Life	Columbia (CO) County	Wisconsin	United States	—
Poor or fair health	14%	15%	17%	▼
Poor physical health days	3.8	3.7	3.7	▼
Poor mental health days	3.9	4.0	4.1	▼
Low birthweight	6%	7%	8%	▼
Additional Health Outcomes (not included in overall ranking)	Columbia (CO) County	Wisconsin	United States	—
Life expectancy	79.2	79.5	79.2	▼
Premature age-adjusted mortality	310	310	340	▼
Child mortality	30	50	50	▼
Infant mortality		6	6	▼
Frequent physical distress	11%	11%	11%	▼
Frequent mental distress	13%	13%	13%	▼
Diabetes prevalence	10%	10%	11%	▼
HIV prevalence	51	129	373	▼

APPENDIX E

Health Factors				
Health Behaviors				
	Columbia (CO) County	Wisconsin	United States	—
Adult smoking	19%	17%	17%	▼
Adult obesity	46%	32%	30%	▼
Food environment index	9.3	9.0	7.8	▼
Physical inactivity	25%	20%	23%	▼
Access to exercise opportunities	72%	85%	84%	▼
Excessive drinking	28%	27%	19%	▼
Alcohol-impaired driving deaths	29%	36%	27%	▼
Sexually transmitted infections	263.8	483.6	539.9	▼
Teen births	12	15	21	▼
Additional Health Behaviors (not included in overall ranking)				
	Columbia (CO) County	Wisconsin	United States	—
Food insecurity	7%	9%	12%	▼
Limited access to healthy foods	1%	5%	6%	▼
Drug overdose deaths	26	20	21	▼
Motor vehicle crash deaths	14	10	11	▼
Insufficient sleep	33%	33%	35%	▼
Clinical Care				
	Columbia (CO) County	Wisconsin	United States	—
Uninsured	6%	7%	10%	▼
Primary care physicians	2,210:1	1,270:1	1,320:1	▼
Dentists	2,740:1	1,410:1	1,400:1	▼
Mental health providers	860:1	470:1	380:1	▼
Preventable hospital stays	4,049	3,747	4,236	▼
Mammography screening	42%	49%	42%	▼
Flu vaccinations	50%	53%	48%	▼
Additional Clinical Care (not included in overall ranking)				
	Columbia (CO) County	Wisconsin	United States	—
Uninsured adults	7%	8%	12%	▼
Uninsured children	5%	4%	5%	▼
Other primary care providers	1,280:1	810:1	940:1	▼
Social & Economic Factors				
	Columbia (CO) County	Wisconsin	United States	—
High school completion	93%	92%	88%	▼
Some college	65%	70%	66%	▼
Unemployment	3.1%	3.3%	3.7%	▼
Children in poverty	8%	14%	17%	▼
Income inequality	3.8	4.2	4.9	▼
Children in single-parent households	17%	23%	26%	▼
Social associations	13.1	11.5	9.3	▼
Violent crime	145	298	386	▼
Injury deaths	104	84	72	▼

APPENDIX E

Additional Social & Economic Factors (not included in overall ranking)	Columbia (CO) County	Wisconsin	United States	—
High school graduation	93%	90%	85%	∨
Disconnected youth	5%	5%	7%	∨
Reading scores	2.9	3.0	3.1	∨
Math scores	2.9	3.0	3.0	∨
Median household income	\$69,200	\$64,200	\$65,700	∨
Children eligible for free or reduced price lunch	33%	39%	52%	∨
Residential segregation - Black/White	57	76	61	∨
Residential segregation - non-White/White	27	55	47	∨
Homicides	3	4	6	∨
Suicides	19	15	14	∨
Firearm fatalities	12	11	12	∨
Juvenile arrests	15			∨

Physical Environment	Columbia (CO) County	Wisconsin	United States	—
Air pollution - particulate matter	8.4	7.0	7.2	∨
Drinking water violations	Yes			∨
Severe housing problems	12%	14%	18%	∨
Driving alone to work	82%	81%	76%	∨
Long commute - driving alone	44%	28%	37%	∨

Additional Physical Environment (not included in overall ranking)	Columbia (CO) County	Wisconsin	United States	—
Traffic volume	107	597		∨
Homeownership	74%	67%	64%	∨
Severe housing cost burden	10%	12%	14%	∨
Broadband access	81%	83%	83%	∨

REFERENCES

- Bay Area Regional Health Inequities Initiative (BARHII)
- Columbia County Medical Examiner Report
- County Health Rankings and Roadmaps
- United States Census Bureau
- Wisconsin Cancer Collaborative
- Wisconsin Department of Education- Youth Risk Behavior Survey
- Wisconsin Department of Health Services - Adult Alcohol Use Dashboard
- Wisconsin Department of Health Services - Demographics of Aging
- Wisconsin Wisconsin Department of Health Services - Environment Public Health Data Tracker
- Wisconsin Department of Health Services- Immunization Data
- Wisconsin Department of Health Services- Opioids Summary Data Dashboard
- Wisconsin Department of Transportation
- Wisconsin Interactive Statistics on Health

***We thank you for your thoughts, input
and participation in our process.***



Contact

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