

Community Health Improvement Plan 2022-2024



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RAMC Community Health Improvement Plan (CHIP) – 2022-2024

Reedsburg Area Medical Center (RAMC) is pleased to present the 2022 Community Health Improvement Plan (CHIP). This CHIP provides an overview of the health needs and priorities associated with our service area, as presented in the Community Health Needs Assessment (CHNA). 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. Results of this survey can be found in RAMC's 2022 CHNA.

As part of the CHNA requirement, hospitals are required to evaluate the needs that are identified and validated through the data analysis. 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 an 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.

RAMC worked closely with the Sauk County Health & Wellness Steering Committee to develop the 2022 CHNA. The Health & Wellness Steering Committee considered the Social Determinants of Health (SDoH) when developing the community health survey and identifying priority areas.

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.

Reedsburg Area Medical Center has determined the following priorities to address throughout 2022-2024:

PRIORITY #1 – MENTAL HEALTH

Mental health is 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 health 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.

ACTION PLAN

- Collaborate with Sauk County Health & Wellness Coalition to provide mental health first aid training in our service area.

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- Collaborate with Sauk County Public Health to provide QPR Suicide-Prevention training (Question, Persuade, Refer) to staff and community members to increase knowledge of mental health issues in our area.
- Enhance county-wide collaborations to increase awareness, education, treatment and pre-event intervention with organizations including Rural Safety Days, Sauk County Partnership for Prevention and Recovery, Region 11 Critical Incident and Stress Management group.
- Collaborate with community partners on health initiatives impacting mental health including Boys and Girls Clubs programming, community mental health forums and school district mindfulness programming.
- Utilize the already existing suicide prevention coalition to increase suicide prevention awareness targeting the rural farmer communities.
- Provide coping tools for those struggling with the effects of drugs or alcohol in their lives by pairing them up with resources already available in our community.
- Form a Behavioral Health Task force that will work towards expanding access to behavioral health options on the RAMC campus. This task force will evaluate the feasibility of adding tele-psychiatry, additional counseling resources, and a behavioral health coordinator.

PRIORITY #2 – 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 residents are renters.

ACTION PLAN

- 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.
- The RAMC CHNA was presented to the City of Reedsburg at its Common Council meeting on February 14, 2022 for inclusion in the City's Comprehensive Plan.

PRIORITY #3 – 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 outlet 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.

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ACTION PLAN

- 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.
- Partner with Sauk County Public Health to promote initiatives that address substance abuse, including those directed toward minors. Campaigns include, but are not limited to:
 - Partners for Prevention
 - Not in My House
- Address inequalities prevalent in Sauk County including access to care and insurance coverage.

NUTRITION & PHYSICAL ACTIVITY

Obesity is defined as a life-long, progressive, life-threatening, genetically related and costly disease of excess fat storage. This disorder is associated with illnesses directly caused or worsened by significant weight. Morbid obesity (or clinically severe obesity) is defined as being over 200% of ideal weight, more than 100 pounds overweight, or a body mass index (BMI) of 40 or higher, at which serious medical conditions occur as a direct result of the obesity. Obesity and unhealthy weight management can also contribute to the development of other diseases such as diabetes and heart disease.

Statistics from the 2018 Sauk County Health & Wellness Coalition Survey show:

- Only 31% of respondents reported a healthy BMI.
- 33% of respondents reported an overweight BMI.
- 35% of respondents reported an obese BMI.
- Only 20.5% of respondents reported being physically active for five days or more.
- 34.9% of respondents reported being physically active for one day or less.
- 23% of Sauk County respondents reported having no leisure-time physical activity

ACTION PLAN

- Create community awareness of RAMC's Health4U diabetes and obesity program through radio, print and social media outlets.
- Continue to partner with the Reedsburg School District to fund their School Garden during the school year and during summer time, which also provides health options and recipes for families.
- Support partnerships with municipal and health coalition leaders to address population-dense areas of high-risk individuals to promote healthy food access/eating options including community meals and Farmer's Markets funding.
- Continue to hold our weekly Farmer's Market on the hospital grounds from May through October.
- Collaborate with county resources to build on Sauk County's Healthy Communities designation.
- Support local activities which promote fitness.
- Encourage funding of additional fitness stations at Wellness Park and work with the City of Reedsburg to promote its use
- Honor requests from community organizations for speakers at healthy lifestyle presentations.
- Promote healthy living through community-based, schools and business-specific health fairs and events.
- Create community awareness of how to live healthy and well in Sauk County through radio programming and print.

RESOURCES

2022 Community Health Needs Assessment (CHNA) Report
(<https://www.ramchealth.com/sites/default/files/2022-01/RAMC%20CHNA%202021.pdf>)

CHNA/CHIP Collaborators

Reedsburg Area Medical Center's 2022 Community Health Needs Assessment was conducted in collaboration with the Sauk County Health & Wellness Coalition. This is the fourth CHNA cycle that our hospital has been privileged to work with the coalition.

Membership includes:

- Reedsburg Area Medical Center
- Sauk County Health Department
- SSM Health St. Clare Hospital - Baraboo
- Sauk Prairie Health Care

Prioritizing Health Needs:

Prior to review of the data, a list of criteria was developed to aid in the selection of priority areas. During the data-review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact a lot of people, or for which disparities exist, and which put a greater burden on some population groups
- Poor rankings for health issues in Sauk County as compared to the State of Wisconsin, other counties or Healthy People 2020 national health targets
- Health issues for which trends are worsening
- Health issues that are among national and state health priorities or the national targets for the issues are not met
- Health issues that are of concern to community residents and leaders