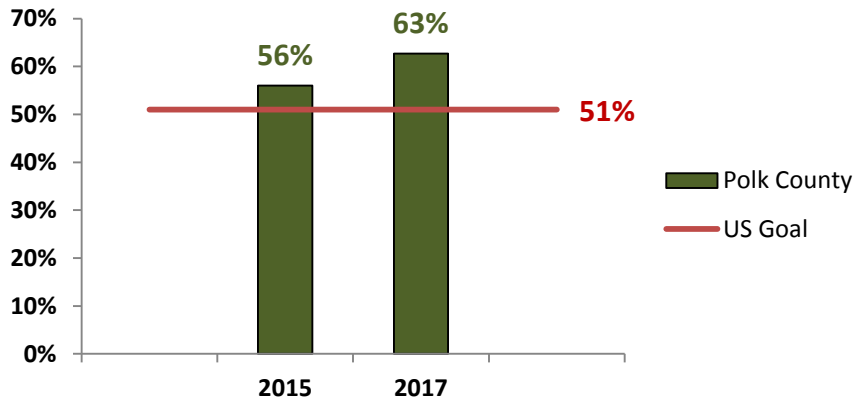


NUTRITION & PHYSICAL ACTIVITY

A healthy diet and regular physical activity reduces the risk of being overweight and obese. This also reduces the risk for many associated conditions, such as type 2 diabetes and heart disease.

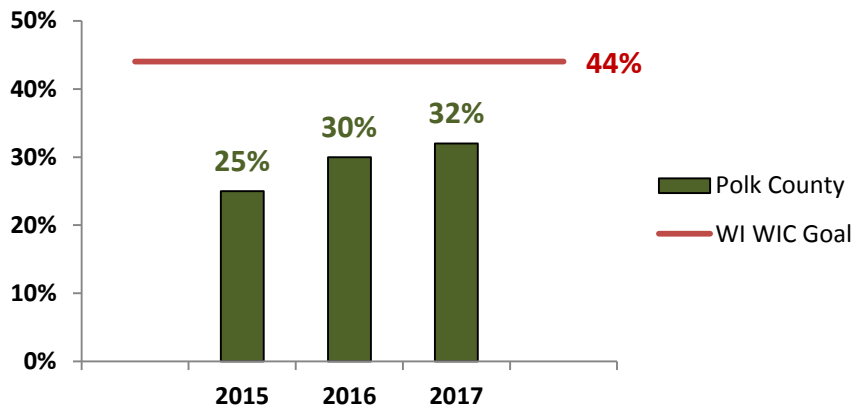
Polk County Health School Students Reporting at Least 60 Minutes of Physical Activity 5 or More Days/Week



*Reported physical activity has **increased** and is still above the US Goal.

(YRBS, 2017)

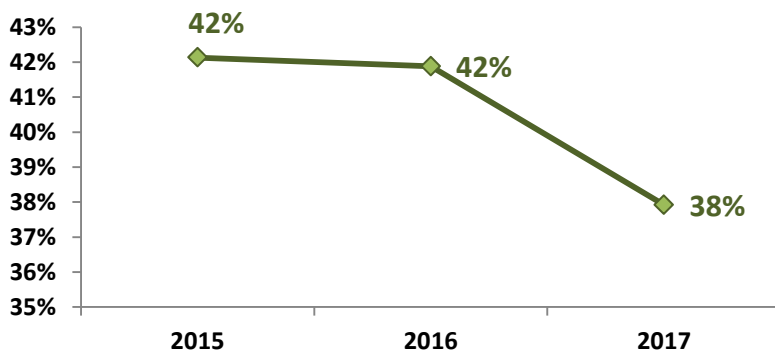
Percent of Infants on WIC Exclusively Breastfed for First 3 Months



*Percent of exclusively breastfed infants has **increased**, but is still below the Wisconsin WIC Goal.

(Polk County WIC, 2017)

Percent Free and Reduced Lunches at Polk County Schools



*The percent of those enrolled in free and reduced lunches has **declined** from 2016 to 2017

(DPI, 2017)

2017 Update to the Community Health Needs Assessment (CHNA)

NEW Indicator: 25% percent of Polk County High School Students reported going hungry because there was not enough food in their house during the last 30 days. (YRBS, 2017)

Indicators with no recent data:

- Approximately 20% of Polk County Adults aged 20 and up report having no leisure time physical activity.¹
- 29% of Polk County Adults reported leisure time physical activity on one or fewer days.¹
- 29% also reported leisure time physical activity on most (four or more) days.¹
- With an obesity rate of 30%, Polk County exceeds the state number of 28%. The state's goal is by 2020, decrease the percentage of adults who are obese from 28% to 25%. The national goal is 25% by 2020, with 36% of adults currently obese nationally.²
- One-third of Polk County Adults described their weight as "healthy." 42% of respondents reported they were "slightly overweight" and 17% said they were "very overweight."¹
- When Polk County Adults were asked to report on the typical number of fruits and vegetable servings (1/2 cup) consumed in a day, the most frequent response was two servings (27%). This is far short of the recommended five servings per day, which was reported by only 8% of respondents.¹
- Approximately one-third of the restaurants in Polk County are fast food restaurants, compared to 40% statewide, and a national goal of 25%.¹¹

Considerations about this health focus area

Assets: Nutrition & Physical Activity Workgroup, one hospital focusing on this topic and holding events, programs such as WIC, UW Extension office's nutrition in schools

Barriers: Available data, some data is survey which may include biases

¹ Polk County Community Health Assessment Survey completed every 3 years

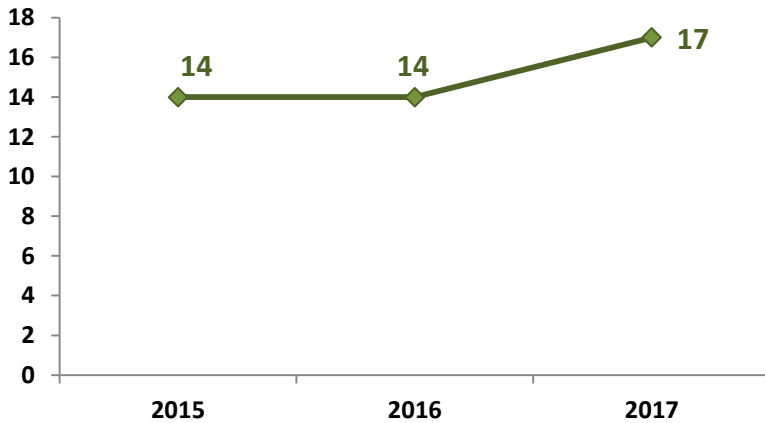
² County Health Rankings

¹¹ County Health Rankings/US Census

Mental Health

Mental health issues present themselves in a variety of different forms and in different degrees of severity. Nationwide 13 million adults suffer from seriously debilitating mental illnesses each year.

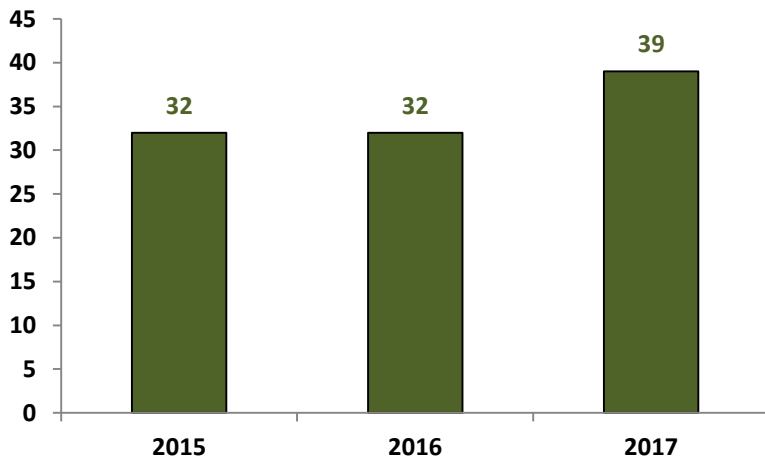
Number of Suicides in Polk County



*The number of suicides has **increased** from 2016 to 2017.

(Polk County ME, 2017)

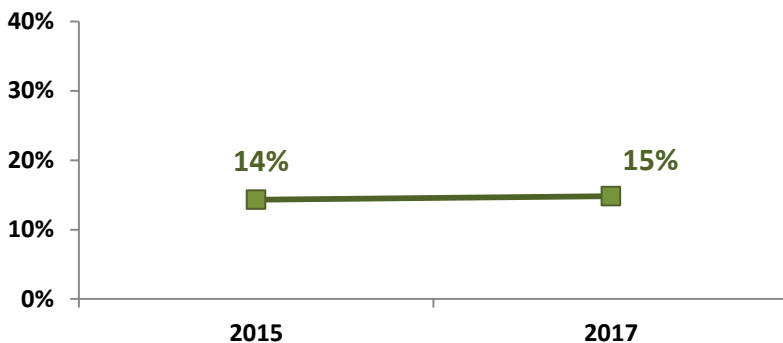
Polk County Suicide Rate (per 100,000)



*The suicide rate has **increased** from 2016 to 2017.

(Calculated based on suicide numbers)

Percent of Polk County High School Students Seriously Considering Suicide in the Last Year



*The percent of Polk County High School Students seriously considering suicide has slightly **increased**.

(YRBS, 2017)

2017 Update to the Community Health Needs Assessment (CHNA)

Indicators with no recent data:

- On the Community Health Survey, 23% of respondents indicated that they had been told they have depression or a mental health disorder and 15% indicated that they had felt sad or depressed on three or more days in the past two weeks. More than half (56%) said they had not felt sad or depressed on any days in the preceding two weeks.¹
- The 4% of respondents to the Community Health Survey who reported that they had considered suicide in the past year were asked what they are doing about it. Just over 1 in 4 (26%) reported that they are doing “nothing.” Others indicated that they are taking medication (26%), increasing healthy behaviors (8%), or talking to a counselor, trusted friend or health care provider (30%).¹
- Self-harm is the second leading cause of hospitalization in Polk County, though the county rate trails the state rate (58 vs. 98 per 100,000 population).¹⁰

Consideration about this health focus area

Assets: Mental Health Task Force in Polk County, QPR Trainings and Trainers, Mental Health First Aid Courses throughout the county, social worker in one school on a daily basis, Psychiatrist on staff at Polk County Community Services Division, Y Screens in 50% of Polk County Schools, some hospitals implementing depression screenings

Barriers: Having current data available on an annual basis, survey data can include survey biases, stigma, Y Screens in 50% of Polk County Schools

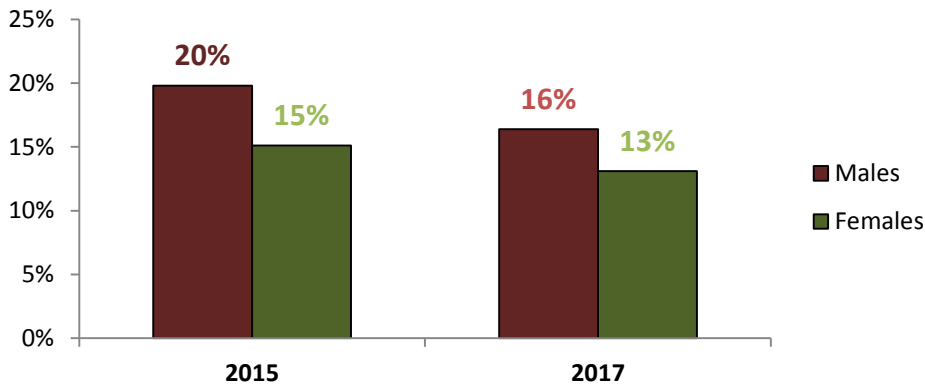
¹ Polk County Community Health Assessment Survey completed every 3 years

¹⁰ WI Department of Health Services, Burden of Injury in Wisconsin

Substance Abuse

Substance abuse is correlated with many poor health outcomes. Approximately 80,000 deaths each year are attributed to excessive drinking. Tobacco use is the single most preventable cause of death and disease in the US. Drug abuse is being seen more frequently.

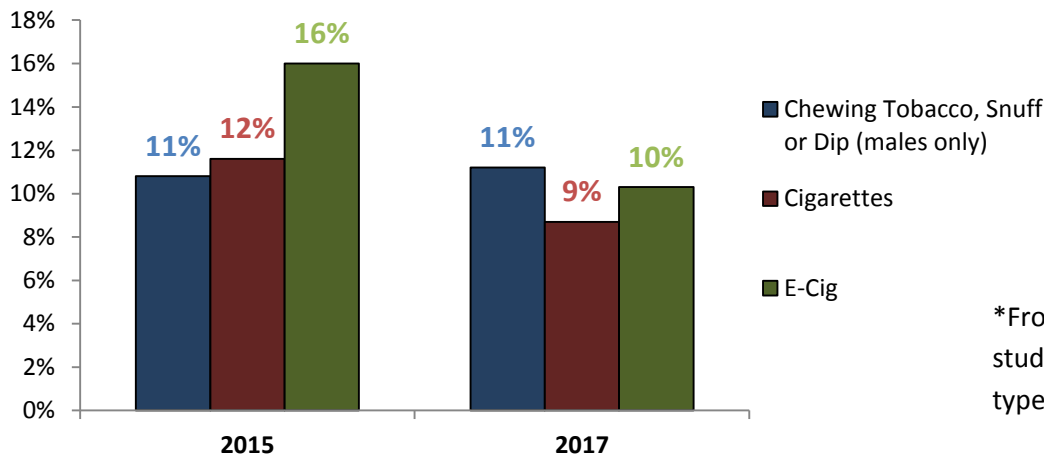
Percent of Polk County High School Student Who Reported Having Their First Drink of Alcohol Before 13



*From 2015 to 2017 fewer students reported having their first drink before age 13.

(YRBS, 2017)

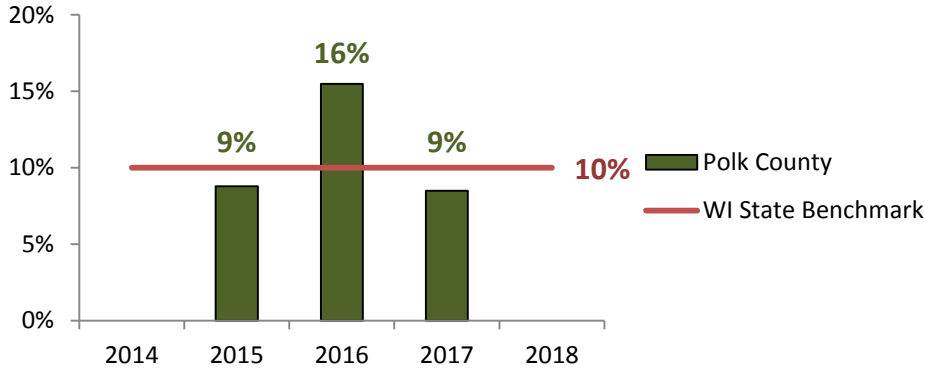
Percent of Polk County High School Students that Reported Using Tobacco Related Products



*From 2015 to 2017 the percent of students that reported using various types of tobacco decreased for all types.

(YRBS, 2017)

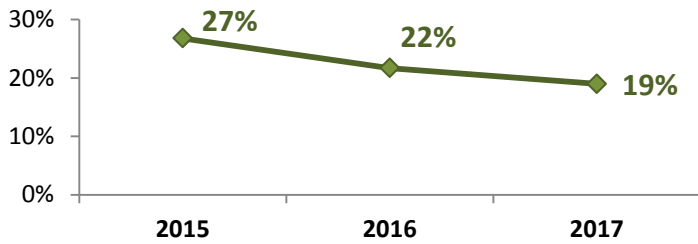
Percent of Licensed Tobacco Retailers in Polk County that Sold Tobacco to Minors



*In both 2015 and 2017 sales were below the Wisconsin State Benchmark.

(WIWINS, 2017)

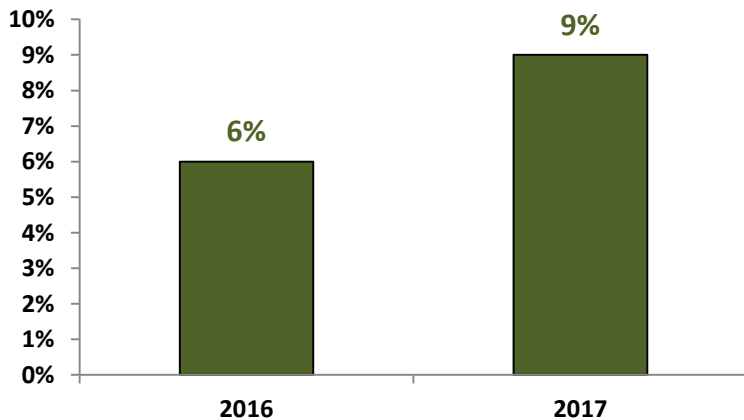
Percent of Women that Reported Smoking During Pregnancy



*From 2015 to 2017 the percent of women that reported smoking during pregnancy has steadily decreased.

(WISH & SPHERE, 2017)

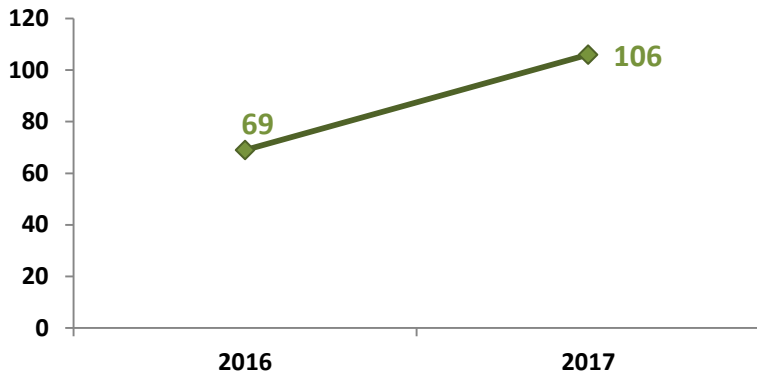
Percent of Motor Vehicle Crashes Involving Alcohol in Polk County



*From 2016 to 2017 the percent of motor vehicle crashes involving alcohol has increased.

(DOT, 2017)

Number of Drug Related Arrests in Polk County



*From 2016 to 2017 the number of drug related arrests **increased** significantly.

(Polk County Sheriff's Dept., 2017)

NEW Indicator: The number of Polk County opioid related hospital discharges for 2015 was 92 compared to 109 for 2016. *(WISH, 2016)*

NEW Indicator: 44% of reports that were screened in by the Polk County Children and Family Services Department involved AODA. *(CFSD, 2017)*

NEW Indicator: In 2016 40% of all motor vehicle crash fatalities involved alcohol, while 50% involved alcohol in 2017. *(Sherriff's Depart, 2017)*

Indicators with no recent data:

- The percentage of Polk County adults who are current smokers (19%) is slightly higher than the percentage statewide (18.7%), and exceeds the national goal (14%).¹²
- Percent of Polk County Adults that reported either binge drinking heavy drinking was 26.4%, compared to 25.3% and 16.9% for Wisconsin and the US, respectively.¹

Considerations about this health focus area

Assets: Western Wisconsin Working for Tobacco Free Living, schools receptive to presentation for both students and staff, support groups, My Baby and Me and First Breath programs

Barriers: High levels of drug activity, treatment programs available, transportation to treatment programs and laws for staying once there, accessibility of substances, having current data available on an annual basis

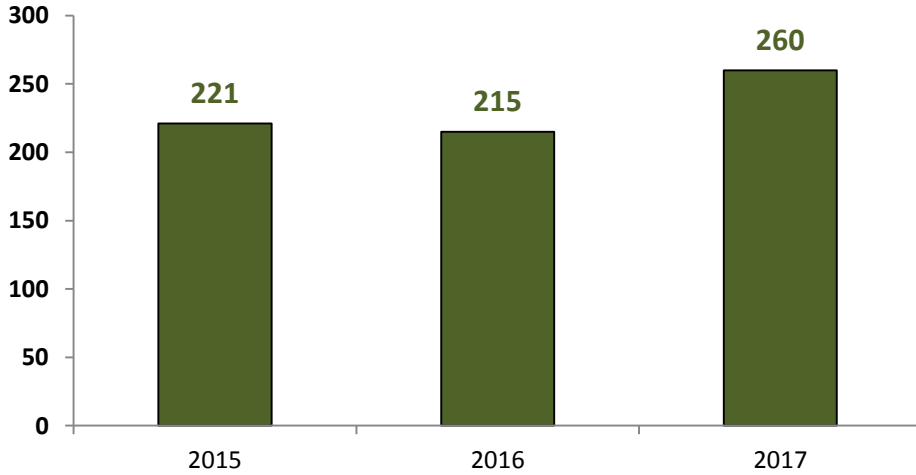
¹ Polk County Community Health Assessment Survey completed every 3 years

¹² County Health Rankings, Behavioral Risk Factor Surveillance System

Reproductive & Sexual Health

This area addresses health outcomes for infants, children, women, and families.

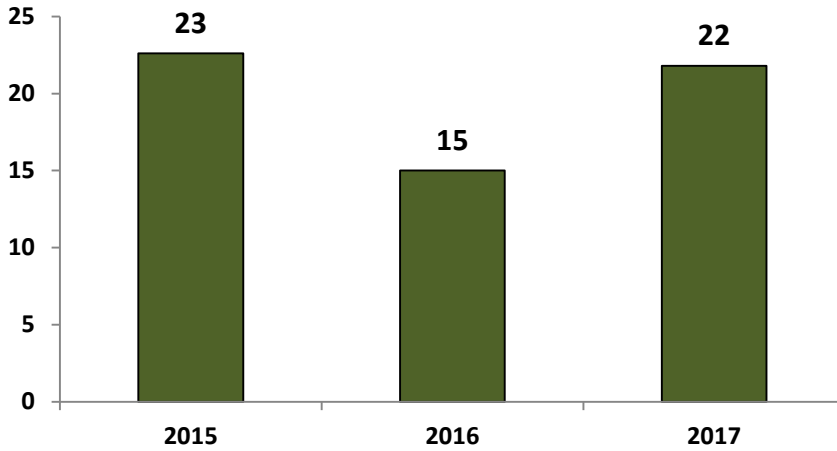
Chlamydia Rate for Polk County (per 100,000)



*In 2017 the rate of chlamydia is the **highest** it has been in 3 years.

(Polk County & WI DHS, 2017)

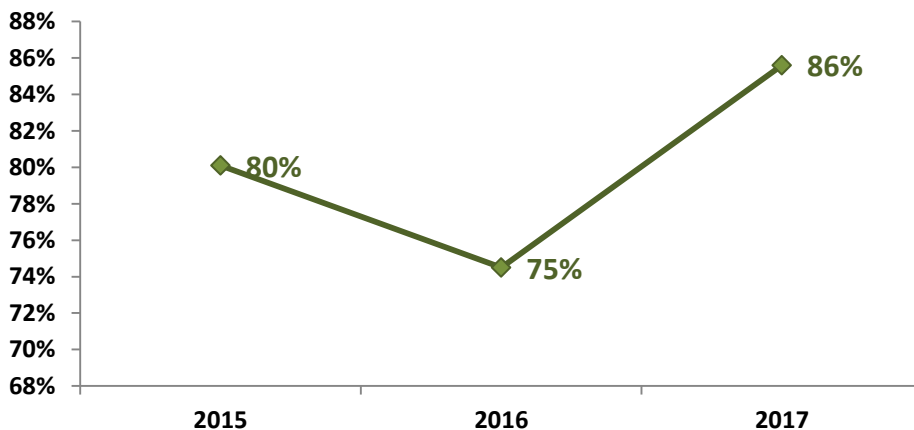
Teen Birth Rate for Polk County (per 1,000)



*The teen birth rate significantly **increased** from 2016 to 2017.

(WISH & SPHERE, 2017)

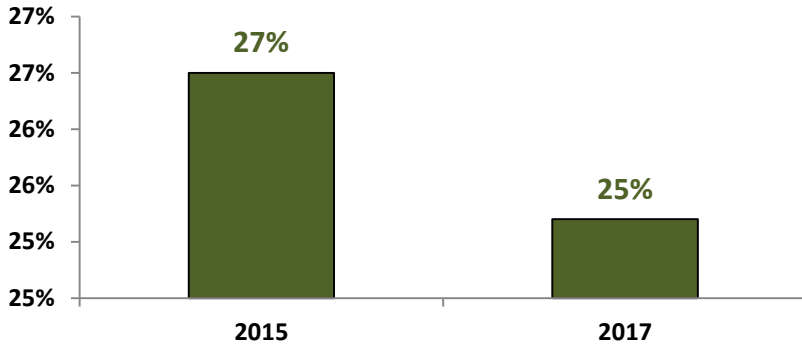
Percent of Women in Polk County that Received Prenatal Care in the 1st Trimester



*The percent of women who received care during their first trimester **increased** from 2016 to 2017.

(WISH & SPHERE, 2017)

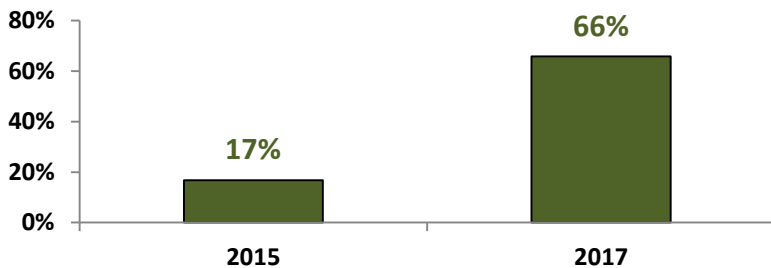
Percent of Polk County High School Students Who Reported Ever Having Sexual Intercourse



*From 2015 to 2017 the number of students that reported ever having sexual intercourse **decreased**.

(YRBS, 2017)

Percent of Polk County High School Students Who Reported Using a Condom the Last Time They Had Intercourse



*2015 and 2017 cannot be compared because 2015 is only indicating 17% reported using a condom while the remaining 83% either reported not using a condom or never having sexual intercourse.

(YRBS, 2017)

Indicators with no recent data:

- All indicators had data available for 2017.

Considerations about this health focus area

Assets: Presentations in health classes, Reproductive Health Clinic in Polk County Health Department, Confidential Services, EPT, Communicable Disease Program with follow-up to mitigate disease transmission, Family Planning Only Services and insurance

Barriers: Accessibility of services, public's knowledge of services available, cost associated with some services, compliance from partners

Access to Care

This impacts overall physical, social and mental health status; prevention of disease and disability; detection and early treatment of health conditions; quality of life; and preventable death and life expectancy.

Dental

NEW Indicator: 1,147 patients were served through the Northlakes Clinic Based out of Polk County Health Department (Northlakes Dental, 2017)

NEW Indicator: In 5 (Clayton, Frederic, Luck, St. Croix Falls, & Unity) of the Polk County Schools 1266 students were enrolled in grades 1-6 with 688 participating in the Fluoride Mouthrinse program in 2017. (Polk County, 2017)

NEW Indicator: Number of fluoride varnishes through Northlakes Dental Clinic at Polk County WIC. (Northlakes Dental, 2017)

NEW Indicator: For the 2016-2017 school year, 27% percent of Polk County Students grades Pre-K through 8 were served by Northlakes Dental at their school. (Northlakes Dental, 2017)

NEW Indicator: For the 2016-2017 school year, 58% percent of Polk County Students grades Pre-K through 8 served by Northlakes Dental at their school showed dental decay. (Northlakes Dental, 2017)

NEW Indicator: For the 2016-2017 school year, 24% Percent of Polk County Students grades Pre-K through 8 served by Northlakes Dental at their school showed untreated dental decay. (Northlakes Dental, 2017)

Indicators with no current data

- The percentage of the population with access to water fluoridated at recommended levels is dramatically lower in Polk County than in the state as a whole (26% vs. 64%).⁶
- The population-to-dentist ratio in Polk County is about 20% higher than the state as a whole, suggesting that dentists are “not as available” locally as they are in other areas of the state.⁷
- Compared to Wisconsin as a whole, for the four year period 2006-10, a substantially higher percentage of Polk County residents reported that they did not have a dental visit in the past year (33% vs. 25%).⁸
- Approximately 1 in 5 third grade children in the western region of the state have untreated tooth decay (21%), and more than half of third graders have one or more dental cavities (54%). These figures are comparable percentages statewide.⁵
- Approximately 4 in 5 respondents reported that they had been to the dentist in the past year. Almost all of the 20% who had not been to the dentist provided an explanation. More than half of those who hadn’t been to the dentist (56%) pointed to cost as the reason why, “Cannot afford to go”, “Insurance doesn’t cover it” and “Dentists do not accept my insurance”.¹

Insurance

NEW Indicator: In 2017 18% of Polk County’s Population was on assistance through ForwardHealth, this compares to 17% for 2015 and 19% for 2016. (Forward Health, 2017)

Indicators with no current data:

- In Polk County, the rate of preventable hospitalizations per 1,000 Medicare enrollees was higher (65 hospitalizations/1,000 enrollees), than the comparable rate statewide (50 hospitalizations per 1,000 enrollees).²

2017 Update to the Community Health Needs Assessment (CHNA)

- Approximately 11% of the Polk County population younger than 65 years old is not covered by health insurance, a figure equal to the percentage statewide.⁹
- Approximately 90% of respondents reported that all individuals in their household are covered by insurance. More than 1 in 10 respondents reported that cost prevented them from taking prescribed medicine in the past 12 months. On a follow-up question, expense was the dominant explanation for what prevented respondents from seeking care, “My deductible is too high”.¹

Considerations about this health focus area

Assets: Presentations in health classes, Reproductive Health Clinic in Polk County Health Department, Confidential Services, EPT, Communicable Disease Program with follow-up to mitigate disease transmission, Family Planning Only Services and insurance, Dental Office in Polk County Health Department, Dental Services to students through 8th grade, Vaccines for Children Program, State Assistance Programs, Marketplace for health insurance

Barriers: Accessibility of services, public’s knowledge of services available, cost associated with some services, Dentist availability, Dentists’ availability to take new patients, Dentists’ availability to take all kinds of insurance, Challenge for getting insurance

¹ Polk County Community Health Assessment Survey completed every 3 years

² County Health Rankings

⁵ WI Division of Public Health/Make Your Smile Count Survey (2007-2009).

⁶ WI Department of Health Services, Public Water Supply Fluoridation Census

⁷ County Oral Health Wisconsin Surveillance System, 2011

⁸ County Health Rankings/WI Department of Health Services/Family Health Survey

⁹ US Census Bureau, Small Area Health Insurance Estimates, County Health Rankings