



## February 1, 2016 Update of Activities for the *Green Lake County CHIP 2014-2018*

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### Description

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The goal of the Green Lake County *2014-2018 Community Health Improvement Plan* (CHIP) is to create a strategic framework for a comprehensive and focused approach to lead community partners toward the common goal of improving the health of Green Lake County residents. This plan fosters community partnerships as we assess, plan, implement and evaluate programs and activities to address the health needs of Green Lake County residents. Each focus area has specific objectives. This report lists some of the many activities from 2015 in each of those areas. Note that the Healthy Growth and Development focus area objectives are included within the other objectives. The five primary focus areas are:

- A. Healthy Growth and Development (Objectives B6, M5, P3, N3)
- B. Alcohol, Tobacco and Other Drugs (Objectives B1-B6)
- C. Mental Health (Objectives C1-C5)
- D. Physical Activity (Objectives D1-D3)
- E. Healthy nutrition (Objectives E1-E3).

The Green Lake County Wellness Coalition (GLCWC) which has been in existence for nine years, meets monthly and is comprised of many community members who want to improve the health of Green Lake County residents. In 2013, the Green Lake County Wellness Coalition (GLCWC) created 3 coalition action teams to address the 5 primary CHIP focus areas. Each team reports activities and progress at GLCWC meetings. Some of the many strategies and activities that have been implemented this past year are recorded below. We are excited to see progress in all areas. The website continues to be updated with new events and information ([www.glcwc.org](http://www.glcwc.org)). This allows us to more effectively share information with members and residents. Each of the action groups has a specific tab for updated information. Meeting minutes and agendas can be found at this site as well as updated community resources. Action groups are encouraged to add events and resources regularly. These are some of the many activities we have done from August 2015 through January 2016:

### General Progress

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- On August 6, 2015, Kathy Munsey, Health Officer attended the Land Use Planning and Zoning Committee meeting as they were developing their comprehensive county plan, to explain the need to include health into the plan. The group agreed to add to the appendices the entire Green lake County Community Needs Assessment and the Community Health Improvement Plan in its entirety.
- August 11, 2015 6 county Central WI Healthcare Partnership (CWHP) sponsored the Health and Economic Development Summit with over 150 attendees in Green Lake.

See [cwhpartnership.org](http://cwhpartnership.org) for details on the session content and final report, including the discussion sessions.

- Each month the coalition meeting agenda is emailed to dozens of partners & organizations. Meeting attendance records are kept. Copies of the minutes are emailed to all partners as a way to share information about our activities and progress. When partners email us with events, we try to email them to partners and place them on our website. In 2016 we will try to collect more data to quantify our reach across the county, and continue to include more partners in the schools, businesses and faith communities.
- September 30, the Wellness Coalition had a table at A Night Out for Women's Health at the Green Lake Conference Center, with 375 women registered. A new pamphlet was handed out with information about the Coalition, the address of the website, activity of the 3 action groups and community collaboration. Keynote speaker, from "the Biggest Loser", promoted bone health, healthy eating and exercising.
- November 6, UW Oshkosh Nursing Students had booth at the Thedacare-Berlin Diabetes Fair at City Inn, in Berlin. They shared information about the coalition, action groups and information about the website with 200 attendees. More than 30 vendors and community partners had a variety of booths that promoted healthy nutrition, activity, preventive care and screening.
- At the January 18 Coalition meeting the CHIP was reviewed, copies were given to new members, and new goals for 2016 were discussed.
- In 2016, we plan to further develop our marketing plan, to continue to improve our outreach and sharing of information. A grant application for a ThedaCare grant was written and approved for funds to purchase items to brand and promote coalition. We were awarded \$2000.
- In 2015 the GLCWC Organizational Chart was updated. Updates will be done again in 2016 to reflect new partners.
- Our hospital partners, Agnesian and ThedaCare have regularly attended our Coalition meetings, building communication and sharing resources to meet CHIP objectives.
- December 10, Health Officer gave presentation to the League of Women Voters on health equity along with an overview of the health of Green Lake County.
- County sponsored Angel Tree program to provide gifts to lower income families. Staff and volunteers donated time, which helped to encourage families struggling through the holidays.

## **A: Healthy Growth and Development**

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- Activities are reported from the three action groups via the objectives in their categories below (See objectives: B6, M5, P3, N3)
- Coalition members, UW Extension, and the Health Unit piloted the Real Happy Hour, "promoting quality family time together for a healthier community". Program was piloted on January 22<sup>nd</sup>, at the Clay Lamberton Family Wellness Night, with 250 in attendance. Those who stop by the booth are given resources to help support family conversations.
- August 18, a meeting was held to determine feasibility of a Child Death Review Team (CDR).

- December 15 County Board approved creation of CDR committee.
- CDR had its first meeting on December 15 and decided to address the prevention of drowning. They will be conducting a prevention campaign that includes water safety and giving away free life jackets. They have received a grant to support the campaign.
- November 23 applied for and were accepted as members of the Northeast Region Alliance for WI Youth (AWY). Received great information on activities to develop protective factors and reduce high-risk activities related to drugs and alcohol from members, including the Real Happy Hour. Coalition participation will continue.
- In February, ASTOP and the Health Unit will offer the Real Happy Hour booths at two basketball games in Berlin and Ripon, and the Real Happy Hour will be promoted among Green Lake County Employees through Wellness Works.
- PHN visited with Princeton School District teachers and staff to discuss the CHIP, CHA and Wellness Coalition, offering materials for the Real Happy Hour. They hope to work this year to promote employee wellness in the school district.
- The Health Unit continues to use the Life Course model for healthy growth and development in all of our meetings and classes. Copies of the model are available for meetings and presentations, to promote healthy growth and development across the lifespan.
- A new colorful pamphlet was designed to share with families during the fair: Healthy People at Every Stage of Life, encouraging families to be active, eat well and be safe with strategies to get started.
- August 10 and 13<sup>th</sup>, the health unit provided dental services to migrant children at the United Migrant Opportunity Services (UMOS) daycare.
- Health Unit partners with a dental hygienist who provides dental cleanings and assessments at the health unit dental clinic, UMOS and Head Start, primarily to children 3 years or older on BadgerCare.
- The ADRC continues to develop, support, assist, and evaluate County-based programs for older adults (over age 60) with the purpose of fostering independence and enhancing the quality of life for older adults in the county. They assist with overcoming barriers to access to care including transportation, and benefits support.
- September 23, Green Lake County Health Unit, Emergency Management, Law Enforcement, DHHS departments, ThedaCare staff and community partners including the American Red Cross worked together to conduct a full-scale disaster drill held to assess ability to handle mass fatalities. Mental health counselors were trained on mass disasters and how to help families in a Family Assistance Center if a disaster strikes. Many had never worked in such a setting before.
- In late 2015, the health department staff was instrumental in helping to update the bylaws and mission of the Family Resource Council. In addition, the Berlin Community Daycare, with help from this council and the public health staff, wrote for an received a Wisconsin Pyramid Model State Leadership and Wisconsin Alliance for Infant Mental Health grant to host PIWI (Parents Interacting with Infants) classes in their center.

- The Healthy Babies Coalition of Green Lake, Marquette and Waushara Counties wrote for and received an ECCS (Early Comprehensive Childhood Systems) grant to help fund their annual workshop which will be on “Understanding ACES: Building Self-Healing Communities”. It is being planned for April 8, 2016.

## **B: Alcohol, Tobacco and Other Drugs**

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### **Objective #B1: By 2018, we aim to reduce unhealthy use of alcohol and other drugs by implementing a county-wide prevention campaign.**

- Health Officer met with Berlin Police Chief to discuss the Social Host ordinance. He plans to discuss with the Berlin City Council.
- A new brochure has been developed, called “Strategies for Community Events to Prevent Excessive Alcohol Use”. It will be distributed throughout the county to inform community event organizers and servers about best practices for serving alcohol, reduce unhealthy use of alcohol in the community, limit availability of alcohol to underage youth, and decrease the number of alcohol-related accidents in the community. The city or municipal clerk will distribute this when an organization applies for an event license where alcohol is served.
- Berlin School District continues to implement their grant programs: a Youth Mental health First Aid-AWARE grant, and a School Climate Transformation Grant. The staff hired through the grant have become active members of the Wellness Coalition. Some of the areas of focus are the prevention of risk taking behaviors, creating a positive school environment and mental health first aid. Mental Health First Aid courses continue to be offered. New instructors have been trained.
- November 17, over 200 residents and professionals attended an evening Heroin Summit sponsored by Agnesian, Ripon School District and area law enforcement partners. Exhibits and information were provided by Agnesian Behavioral Health, Christine Ann Center, Rise Together, ThedaCare Behavioral Health, Narcotics Anonymous, and many others. Evaluations from the previous Green Lake county summits were used in planning this event. Speakers included a local ER physician, law enforcement, a mother of a child lost to Heroin, Rise Together guest speakers and a panel of community partners/agencies. The radio and newspaper media supported the event before, during and after the event.
- Green Lake County Heroin Task Force and the Green Lake Area Wellness Coalition gathered information about local initiatives addressing the 5 pillars outlined in *Wisconsin’s Heroin Epidemic: Strategies and Solutions*. The results continue to guide our ongoing projects as we work to strengthen all pillars in our prevention efforts.
- Green Lake County Health and Human Services is partnering with Grassroots Empowerment Project to bring community members together to address mental health and substance use challenges through participatory group facilitation at the Neshkoro Community Center. Their first meeting was held October 21, 2014.
- All communities continue to have a drug drop box in their police departments. The Sheriff’s Department recently established a drug drop box at the Green Lake County Government Center that is available 24/7. Numerous press releases have been in local papers to get the word out. It continues to be a success. In 2016, the Coalition

will be developing information cards for local pharmacies and clinics to explain locations and purpose of the drop boxes.

- The county continues to promote the services of the Wisconsin Quit-Line.
- ADRC offers Med-Wise, an evidence-based medication education program for seniors .
- Narcotics Anonymous group continues at Berlin Memorial Hospital weekly.
- A day long health and economic summit was held in August 2015, and included health professionals, business leaders, faith community leaders, educators and concerned citizens. Event is sponsored by the Central WI Health Partnership, called “Wellness with Health in Mind.” Many Coalition members serve on the planning team.
- Kaye Thompson from ThedaCare has invited Coalition members to attend the February Plunge starting at Rawhide ranch in New London, exploring the effects of trauma on children. Thedacare is developing a CHAT Community Health Action Team) team in our county, preparing to explore local health issues through a day long plunge in our county later in the year.
- November 12, “Making Recovery a Reality”, a round table discussion about addictions was facilitated by the Clinical Services Department & AOTDA counselors, with Dr. from Family Health La Clinica, school administrators from 2 school districts, law enforcement, health unit, and community members.

**Objective #B2: By 2016 the Drug Endangered Children Group will host two table top reviews per year, including all stakeholders, to discuss process improvement and implement recommended changes to the process.**

- Many drug events have occurred this year in our county, so stakeholders have had many opportunities to utilize their skills and training to help families impacted by drugs in our community.
- DHHS staff from many departments continue to participate in many coalitions to consider ways to protect children at risk, including: Coordinated Community Response (CCR), Sexual Assault Response Team (SART), Drug Endangered Children (DEC), Family Resource Council and the Green Lake Area Health & Wellness Coalition.
- Due to changes in DHHS staff, table top review and the interagency meetings have not been scheduled this quarter.

**Objective #B3: By 2018, decrease the number of Green Lake County residents arrested for operating while intoxicated and driving while under the influence to fewer than 378 per 100,000 (With population of 19,000-goal is under 72)**

- A review of 2015 data is pending. 2014 Statistics shows: Underage drinking citations-44, Alcohol OWI-104 adults and 2 under aged 21, Both drugs and alcohol-6, Drugs only-12. We continue to be above the evidence-based rate, so will continue to consider new strategies.
- Public Health continues to be active in WPHA/WALHDAB which advocates for policy to support non-use and healthy and safe lifestyles in Wisconsin.
- New brochure will be distributed to those who apply for liquor licenses, including temporary/event licenses: “Strategies for Community Events to Prevent Excessive Alcohol Use”. In 2016, one of the nursing student projects will be to work with the City Clerks who work with liquor licenses to promote best practices.

- The ATODA action group received a WAHL DAB grant to assist them in working on Alcohol-related Community Health Improvement. The minimal funding (\$1,000/yr. for 2 years) comes with requirements for trainings and implementation of evidence-based strategies. The Health Officer, a PHN and two community partners have attended seminars to learn about evidence-based strategies. Webinars, CHIA meetings and Chats will continue in 2016.
- State Representative Joan Ballweg has attended all of our Heroin Summit events. In addition, she has promoted the legislative changes of the HOPE Agenda (Heroin, Opiate Prevention and Education), targeting the problems and dangers of heroin and opiate addiction. Recent legislation targets prescription drug monitoring and oversight of pain treatment clinics. Her weekly E-Updates and resource links are distributed throughout our county each week. On several occasions she has included the [doseofrealitywi.gov](http://doseofrealitywi.gov) resource

**Objective #B4: By 2018, fewer than 19.4% of high school students will use a tobacco product as reported by the Health Risks Survey.**

- November 18, Health Officer attended legislative breakfast sponsored by “Five Counties For Tobacco-free Living” in Fond du Lac. Expressed concerns to legislators about tobacco and educated them about the emergence of e-cigarettes and how youth are being targeted with flavors like apple and cotton candy.
- We have invited school administrators and school nurses to regularly attend Wellness Coalition meetings. It has been recommended that we consider moving our meeting locations to be more inclusive of school staff schedules. For 2016, we will be traveling to the school to become part of their wellness teams if they allow.
- Green Lake School District was given a grant to implement the Y Screen program for youth mental health screening and suicide prevention.
- Berlin School District continues to implement their grants to decrease risks and improve resiliency among county youth.
- We continue to seek opportunities to engage the private and public schools in our Green Lake County Communities.

**Objective #B5: By 2018, the percentage of inmates with mental health and ATODA issues who participate in the Recidivism Reduction (RR) Program in the County Jail will increase.**

- Green Lake County is one of 2 counties in the State of Wisconsin receiving funding for the 5<sup>th</sup> fiscal year to continue the RR Program in the County Jail from July 2015-July 2016. From the beginning of the program, in Sept 2010, more than 506 people have been enrolled in the program. The program offers daytime and evening classes and group sessions for males and females.
- The *WI Dept. of Corrections Becky Young Community Corrections Recidivism Reduction Fiscal Year 2015 Report, Oct 2015*, highlighted the Green Lake Recidivism Reduction Project as “a prime example of the positive impact of such joint efforts,” noting the collaboration between Law Enforcement, and Health and Human Services, as well as local education and service agencies. The project collaborates with a number of local education and service agencies including the University of Wisconsin-Extension, Moraine Park Technical College, Ripon College, and the Green Lake County Department of Health and Human Services.

- According to the report, during FY15, Green Lake County Jail served a total of 142 offenders, up from 125 the previous year. On average, seven offenders received AODA and/or mental health services per month.

**Objective #B6 By 2018, reduce the percent of low birth weight (5.5 pounds) babies to less than 5.2%<sup>4</sup>. (Healthy Growth and Development goal)**

- All first time mothers continue to receive new parent packets by mail, that contain information about risks of smoking and of second hand smoke to children.
- WIC mothers also receive information about smoking cessation and the risks to unborn and small children of second hand smoke through the Wisconsin Women's Health Foundation First Breath Program. PHN's continue to offer the First Breath Program.
- In 2015, 11 of 180 babies were born with a low birth weight (6.1%.) Yearly tracking of percentages will continue. (Note that total number of low birth weight babies was unchanged from 2014, but the total number of births was higher at 195 that year, thus a 5.6% rate in 2014.)

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## **C: Mental Health**

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**Objective #C1: By 2018, all four Green Lake County School Districts will implement the Youth Risk Behavior Survey.**

- Green Lake School District, Berlin School District and Markesan School District representatives have attended Coalition and Interagency meetings. Princeton School District representatives have been unable to attend meetings this year, but we will continue to try to include them in discussions to promote mental health and decrease the risk of substance abuse.
- Agnesian Health system has offered to provide Y-screen as a pilot in Green Lake High School. Discussions continue about implementation.
- Ed Kartheiser, the new Director of Behavioral Health Services at Agnesian, will replace Jim Salasek on the Coalition. Agnesian has started hiring more psychotherapists to serve in our area. Lauren Villegas, serving the Ripon clinic, has started attending our meetings.

**Objective #C2: By 2016 assess mental health risk and wellness education in local schools, by conducting a survey of the curriculum used in K-12 to promote mental health and wellness, suicide prevention, drug, tobacco and alcohol education, bullying, child abuse prevention, sexual assault and violence.**

- PH joined SART (Sexual Assault Response and Prevention Team). Team includes law enforcement, courts, UW Extension, hospitals, ASTOP and others who work to prevent sexual assault. ASTOP, PH and UW Ext will be promoting healthy conversations to decrease the risk of assaults at local basketball games in Feb.
- Berlin School District has written for and received a mental health first aide grant and a school climate Transformation Grant. They have hired two full time staff to plan and implement the grant. PH staff and many coalition members have attended the trainings.
- December 2, PHN attended a community forum to discuss how to expand a pilot program currently held in Milwaukee area and the Northwoods regarding having primary care physicians screen kids for mental illness.

- Federated Church in Green Lake continues to offer a faith-based sexuality class.
- The CHIA (Community Health in Action) team is working through the process of collecting data on underage drinking.
- Health Officer met with Berlin Police to discuss the topic of underage drinking and alcohol problems in the Berlin Community. Berlin will be the pilot in our county for the Social Host Ordinance because of the data they have already obtained from the Youth Risk Behavior survey.
- Coalition has received a grant for the “Parents Who Host Lose the Most” campaign which will be implemented around prom time. Grant will provide banners, yard signs and stickers and other supplies needed for the campaign. We have requested enough supplies to be used in all 4 communities during prom if they are ready to implement.

**Objective #C3: By 2016, regionalize Comprehensive Community Services (CCS) for mental health with Marquette, Juneau, Adams, Waushara, Waupaca and Green Lake counties.**

- The Central Wisconsin Health Partnership (CWHP), which consists of six counties (Adams, Green Lake, Juneau, Marquette, Waupaca and Waushara) was regionally certified by the State to deliver Comprehensive Community Services via a “shared services” model. The certification period began September 1, 2014 for four of the counties with Marquette and Waupaca Counties expecting certification in 2016. This means the State picks up the 40% match counties had previously paid so that 100% of CCS services is now covered. The CCS Program offers a wide range of psychosocial rehabilitation services to Medicaid eligible consumers who need more support than outpatient services alone. This program covers the actual cost of delivering services to our rural and medically underserved population. In Green Lake County the Behavioral Health Services Department is coordinating the services.

**Objective #C4: By 2015, increase awareness of mental health resources in our county by distributing pamphlets to local care providers, schools and faith communities.**

- The Alcohol and other Drug Abuse and Mental Health Resources pamphlet continues to be available on the GLCWC website.
- Mental health tips are included in many county agency newsletters, including GL County employee “Healthy Mondays”, “Head Start Connection”, and “The Senior Sentinel”.
- An Employee Assistance Program (EAP) is offered through Agnesian Healthcare for all employees of GL County. This resource has been promoted by email, in writing and at department visits with county employees.
- Resource boards and pamphlets have been part of the Green Lake County Employee Wellness Events, Women’s Night Out for Health 375 attendees (CHN, Oct, 2015), Heroin Summit-700 attendees (Berlin and Markesan), Thedacare-Berlin Diabetes Fair (Nov-200 attendees).
- Thedacare-Berlin offers support groups for patients with a history of Diabetes, Cancer and Stroke.

- Ripon Medical Center which serves our county, offers support groups: Diabetes Support Group, Cancer Support Connection, Life After Loss, Healing Hearts Club, and Alzheimer's Caregiver Support Group.
- Other community support groups include: Survivors of Suicide Support Group, AA, Al-Anon and Narcotics Anonymous.
- ADRC continues to offer Healthy Living with Chronic Conditions, Healthy Living with Diabetes and Stepping On health promotion classes.
- The County Elderly Benefit Specialist meets with seniors at Senior Centers and Libraries throughout the county, to answer their questions and provide information and resources.
- Congregate Nutrition Program helps to reduce the isolation of older individuals.
- Health and Human Services has explored adopting a *No Wrong Door Policy*, so that when a client has a question, anyone in the department who makes the first contact, helps that individual find the answer to their question or the right person to address their needs.
- ADRC has an Elder Abuse and Neglect program. 27 Elder Abuse Investigations in 2015.
- Family Caregiver Program through the ADRC offers a monthly support group, training, loan library, respite care and information and assistance for caregivers. 15 caregivers were served in 2015.
- The ADRC has over 150 volunteers who partner to serve seniors in our county through many programs. As volunteers, the social connections and meaningful work are protective factors in promoting positive mental health.

**Objective #C5 By 2018, continue to participate in the Healthy Babies Coalition with Marquette and Waushara Counties. (Healthy Growth and Development goal)**

- Green Lake County Public Health Nurse and Birth-to-3 Coordinator were represented at Healthy Babies Coalition meetings in 2015. The Coalition planned and hosted "*Why do they Act that Way? Families Living with Addiction*".
- Planning has started for the April 2016 conference-Understanding ACES-Building Self-healing Communities.

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## **D: Physical Activity**

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**Objective #D1: By 2018, we will decrease the percentage of Green Lake County adults who are physically inactive as measured by the County Health rankings from 26% in 2012, to 21%<sup>4</sup>.**

- October 7, 2015, all school districts participated in "International Walk to School Day" to show support for physical activity in a child's day.
- "The What Moves You?", pamphlet has been updated for 2016. Local community recreation offerings, hiking and biking trails, wellness centers, gyms, Zumba and yoga studios, indoor walking, school fitness facilities, indoor swimming facilities, golf disc golf, the Town Square and Green Lake Conference Center activities.
- Clay Lamberton Elementary School won the Bike Exhibit Field Trip Award at the History Museum at the Castle. Schools became eligible for the drawing by completing the National Safe Routes to School parent and student travel tally surveys.

- The Green Lake County worksite wellness program continues to be a model program for other counties throughout the state. Group Health Trust Insurance has again granted funds to help provide a Worksite Wellness program for employees and families. Several health-related challenges and weekly Healthy Monday wellness tips are ongoing. Challenges and weekly healthy Mondays promote being active, healthy eating, working toward a normal weight, regular doctor visits, managing stress and healthy relationships.
- Agnesian and ThedaCare Berlin continue to reach out to local businesses to offer worksite wellness resources.
- Diabetes Education at ThedaCare-Berlin (CHN) offers monthly diabetes support groups to promote healthy activity. Individual and group Diabetes Self-management Education classes are also taught at 3 CHN locations (20-40 per month), focusing on being active, healthy eating, decreasing risks, taking medications, testing blood sugars and asking for help when needed. The clinic now has two certified diabetes educators, serving patients at 3 locations.
- County Health Unit signed an MOU with the Grapevine project, which offers health education and wellness classes especially for women with information on healthy exercise and nutrition. Two pre-diabetes sessions were offered in 2015. Three are already scheduled for 2016 at the Edgewater Apartments and for the TRIAD meetings in Berlin and Green Lake in April.
- A children's wellness activity, called a Twist of Health, was offered in August by UW Ext. Agent, GL Co Health Educator, and UW Oshkosh nursing student for children at the Green Lake County Fair. The focus was on healthy nutrition & snacks, physical activity and fun conversations about health. Creative snack and craft included.
- ADRC continues to offer "Stepping On", a 7-week evidenced-based fall prevention and exercise class throughout the county. They actively offer community health and disease prevention education programs with an emphasis on fall prevention and chronic disease management. In 2015, 5 classes were held in Green Lake County. There were 36 individuals who participated in the multi-week workshops including Living Well with Chronic Conditions, Healthy Living with Diabetes, Mind Over Matter, and Stepping On.
- The Wellness Coalition helped to disseminate information via emails and the website, promoting participation in county walks and runs.
- Town Square, in Green Lake, offers classes such as Yoga, Pilates, Zumba, and fitness.
- Many of the local high schools offer free dual-use opportunities to walk and use exercise equipment, including the new Berlin Middle School Wellness Center.
- Berlin High School pool is available for community member use for a small fee.
- Strong Women Strong Bones classes are offered by Pam Alf and Nancy Vandervelde.
- October 2, Grand Opening of the 24/7 Berlin Fitness Center.
- Green Lake County Wellness Works offered Tai Chi exercise during lunch.
- Green Lake County Wellness Works offered basketball after work at the GL School.
- Green Lake County Wellness Works has a library of exercise and walking videos and books that can be loaned out at the front desk.
- Green Lake Greenways continues to promote biking activity throughout our county.

- The GLCWC website contains information about becoming active, stretching and outdoor health. It also includes an interactive question to engage viewers. In 2016, as part of our new marketing campaign, the website will be updated.

**Objective #D2: By 2018, we will make presentations to each of the 4 major City Councils and County Board about how changes in the built environment and overall environment of Green Lake County can support safe physical activity for a healthier community.**

- The County Board has implemented the “Health in All Policy”, that was approved in 2014. The purpose of the policy is to consider the impact of public policies on health determinants in our county, to realize health-related rights and to improve population health.
- The physical activity action group continues to make presentations utilizing their power point, “Considering Health in Public Policy”, which can be presented to public authorities, encouraging them to consider policies that will increase physical activity in their communities. They are working on a schedule of presentations to be done. They presented the power point to the Wellness Coalition for feedback. Since that time they have made presentations to Green Lake School District and the Green Lake City Council. On October 28, 2015 they made a presentation to the Berlin School Board. They will address the Berlin City Council on 3-8-16. They will continue to work with the schools to support physical activity among students and families.

**Objective #D3 By 2018, the Green Lake County Wellness Coalition will conduct an assessment of all four Green Lake County school districts, and develop a plan for how to best support them in the promotion of physical activity among their students. (Healthy Growth and Development goal)**

- Green Lake Greenways has done community assessments of Safe Routes To School (SRTS) throughout our county. They have initiated the Walking School Bus in all county school districts. Media coverage and press releases have promoted regular activity and the benefits of safe walking for children and adults.
- Green Lake School District revitalized its wellness committee last fall. The Health Department and the Wellness Coalition have representation on this committee.
- In winter of 2014-2015 school year, Marian University students worked with the Green Lake Schools on 2 evidence-based strategies: activity breaks and organized recess.
- Berlin School District has an active wellness coalition which focuses on employee and student wellness. PH and UW Ext & 24/7 Fitness participated in their Family Wellness Event in January 2016.
- Members have also attended wellness committee meetings at both Green Lake and Princeton.
- Following completion of the power-point, presentations were made to the Green Lake and Berlin School Boards, as well as the GL City Council, highlighting the positive wellness activities that are already going on in their jurisdiction, and opportunities to make wellness a priority in future decision making.
- Berlin Park & Rec ran a summer activity program for children.
- Green Lake ran a summer activity program for children.

- Employees from the newly opened Boys and Girls Club of the Tri-County Area have joined the Wellness Coalition. The new building features a full size gym, lots of green space in which play equipment will be added, and a garden. A new staff position was also added: Teen and Physical Activity Director.

## **E: Nutrition**

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**Objective #E1: By 2018, Green Lake County Wellness Coalition will implement a multimedia campaign to increase awareness of ways to access nutritious, high quality and affordable foods and beverages, weight-loss resources, and nutrition support groups for chronic conditions.**

- GLCWC website has a nutrition tab that includes updated information for families, farm markets, food pantries, breastfeeding, weight management, diabetes resources and the Women Infants and Children (WIC) Program.
- UW Extension has an Americore Intern, to address food insecurity in our county.
- UW Extension has received grant funds from ThedaCare to provide a crockpot class at the Boys and Girls Club to promote healthy nutritious meals and family time.
- In 2015, UW Ext. Family Living Agent has done many presentations focusing on nutrition topics to youth and adults at the Boys and Girls Club, Green Lake Senior Center, GL County Jail, Berlin Senior Center, Caestecker Library, Princeton School Wellness Fair, Prairie View Head Start., Markesan Library, Markesan Winterfest, and the Home and Community Education Group. She has done 3 presentations at Green Lake County through the Wellness Works program for employees. She published newspaper articles on gluten free diets, sodium, and being food safe during the holiday season. She also attended the Farm to School Summit.
- UW Extension has conducted 3 education sessions on cancer prevention, and also had a cancer prevention table at the Women’s Health Event with 375 women attending.
- ADRC promotes healthy nutrition through their Elderly Nutrition Program and regular Senior Sentinel newsletter articles. Their bimonthly newsletter is delivered to 975 households.
- The food pantry operated by the Aging/Long Term Care Unit, served an average of 259 households and 535 individuals per month. Each household was provided an average of 45 pounds of food for a month. The bags include fresh potatoes, carrots, margarine, cheese, cereal, canned fruit and vegetables, pasta, peanut butter, and soup.
- In 2015 the Food pantry was able to provide turkeys and ham for the holiday season to food pantry families.
- The Congregate Nutrition Program (Aging Unit) assists older individuals to live independently by promoting better health through improved nutrition. It reduces the isolation of older individuals through nutrition related and supportive services. The Aging Unit Nutrition/Volunteer Coordinator is trained as a certified ServSafe

Professional Food Manager/Nutrition Director and oversees both the Congregate and Homebound Meal Programs. In 2015, 7083 meals were served at three meal sites throughout the county. (average 600 per month). Menus are approved by a Nutritionist to ensure that they meet the USDA dietary requirements.

- The Homebound Meal Program served 14,221 meals to Green Lake County residents in 2015 who are unable to go the meal sites due to health issues (average 1200 per month). Drivers are trained to watch for changing needs and to alert the Resource Specialist/Nutrition Director as necessary.
- In 2015, Healthy Eating for Successful Living in Older Adults was funded in Green Lake County. 12 seniors attended and enjoyed the classes.
- Green Lake County Food Pantry hours are listed in the Senior Sentinel and on the GLCWC website. They promote access by offering morning and evening hours each month.
- PHN presented to Berlin, Markesan and Princeton TOPS groups regarding whole foods, fiber, protein, Healthy fats and importance of calcium.
- Thedacare-Berlin Diabetes Support Group holds 2 sessions monthly Feb-Oct. on varied nutrition, exercise and diabetes self-management topics.
- Green Lake County Wellness Works offered healthy nutrition Lunch n Learns: Pre-Diabetes, Salsa Making & Canning, & Gifts from the Kitchen.

**Objective #E2: By 2018, GLCWC members will provide two nutrition education programs each year to Green Lake County residents.**

- Spring and Fall 2015, PHN taught a 6-week session of “Healthy Eating for Successful Living in Older Adults”, an evidenced-based nutrition class for seniors at the Berlin Senior Center & in Markesan.
- UW Extension has provided nutrition education in 2015, as noted under Objective #E1. They also offered monthly Food Preservation Demos at the evening seasonal Berlin Farmer’s Market. Topics include Strawberry and Raspberry Freezer Jams, Salsa (Freezing and canning), Pickles (Canning) and Applesauce (Freezing and Canning).
- UW Extension partnered with Green Lake County Wellness Works to offer several Lunch N Learn monthly sessions on food preservation.

**Objective #E3 By 2018, all first time moms in the county will receive information about the benefits of breastfeeding and available support services. (Healthy Growth and Development goal)**

- Each month, all first time moms as reported on birth certificates, are mailed a packet of information including injury prevention, health promotion, breastfeeding resources, smoking risks, immunizations, healthy family relationships, WIC and post-partum depression.
- Thedacare-Berlin offers monthly breastfeeding instruction classes and regular prepared childbirth education.
- The Health Department is working with BFAN (Breastfeeding Alliance of Northeast Wi) to designate Breastfeeding Friendly Childcare centers and make them accessible to residents. The Alliance received funding from WALC (Wisconsin Association for Lactation Consultants) and ECCS.

- Nov. 3, PHN presented on the importance of breastfeeding to 13 students at Princeton Public Schools in the Challenges & Choices Class.
- In 2015, 500 clients were served through the WIC (Special Supplemental Nutrition Program for Women, Infants and Children). Education, breast feeding support, immunizations and dental care are also offered to promote healthy families.
- For 2016, the Health Dept. selected the MCH objective which will fund them to provide support to daycares in achieving a *Breastfeeding Friendly* designation.

These are just some of the many ways that we are working with our partners to help Green Lake County to be more healthy.