



HSHS
St. Nicholas
Hospital

2024 Community Health Needs Assessment

An assessment of Sheboygan County, Wisconsin, conducted jointly by HSHS St. Nicholas Hospital and Healthy Sheboygan County.

Provisions in the 2010 Patient Protection and Affordable Care Act (ACA) require charitable hospitals to conduct a triennial community health needs assessment (CHNA) and accompanying implementation plan to address the identified needs. The CHNA asks the community to identify and analyze community health needs, as well as community assets and resources to plan and act upon priority community health needs. This process results in a CHNA report used to develop implementation strategies based on the evidence, assets and resources identified in the CHNA process.

Triennially, HSHS St. Mary's Hospital Medical Center conducts a CHNA, adopts an implementation plan by an authorized body of the hospital and makes the report widely available to the public. The hospital's previous CHNA report and implementation plan was conducted and adopted in FY2021.

In FY2024 (July 1, 2023 through June 30, 2024), St. Mary's Hospital Medical Center conducted a collaborative CHNA in partnership with Beyond Health Brown County. Upon completion, the hospital developed a set of implementation strategies and adopted an implementation plan to address priority community health needs.

After assessing the population of Sheboygan County, the following health priorities were identified:

- Education Access and Quality
- Health Care Access and Quality
- Neighborhood and Built Environment
- Social and Community Context

From this list, HSHS prioritized the following:

- Health Care Access and Quality
 - Specific focus on Chronic Disease and Preventative Care
- Social and Community Context
 - With specific focus on Mental Health/Youth Mental Health and
 - Risk Behaviors; specifically, Substance Use and Overdose Deaths

While we are not including Education Access and Quality and Neighborhood and Built Environment in our top CHNA priorities this cycle, we will continue to partner with workgroups and initiatives developed to address these priority areas.



2023 SHEBOYGAN COUNTY

Community Health Assessment



HEALTHY
SHEBOYGAN
COUNTY

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Executive Summary

The Community Health Assessment is a report that looks at information from many sources to tell the story of health and well-being in Sheboygan County. The purpose of this report is to increase community awareness and help community partners better understand where and how to focus our resources to reduce health disparities and increase the health of all people.

This process is led by the Healthy Sheboygan County Steering Committee, which includes leaders from the Division of Public Health, local hospital systems, and non-profit partners who work together to develop health strategies for Sheboygan County through a health equity lens. The Community Health Assessment (CHA) provides a snapshot of Sheboygan County's health, considering a variety of data sources and community member input.

Healthy Sheboygan County (HSC) works under a collective impact model that recognizes change is most possible when our community works together to create focused, measurable strategies. Gaps exist in health depending on race, ethnicity, age, social determinants of health, and any other characteristic linked to discrimination or exclusion.

Healthy Sheboygan County is committed to minimizing health inequities and moving our interventions upstream to have the greatest impact possible. This means focusing on the determinants of health, not just health outcomes, as we choose strategic priorities for action.

This report describes the state of our community and helps us on our journey to make Sheboygan County a place where Everyone Lives Better, Longer.



Common Language

BIPOC – An acronym, Black, Indigenous, People of Color

Chronic Disease – An illness which lasts for longer than one year and requires ongoing medical care and management by the person with the condition. (Source: Centers for Disease Control and Prevention and the World Health Organization)

Community Health Assessment (CHA) – An assessment that identifies key health needs and issues through comprehensive data collection and analysis. (Source: Centers for Disease Control and Prevention)

Community Health Improvement Plan (CHIP) – A long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process. (Source: Centers for Disease Control and Prevention)

Collective Impact – A network of community members, organizations, and institutions who advance equity by learning together, aligning, and integrating their actions to achieve population and systems level change. (Source: Collective Impact Forum)

Health Disparity – Preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations. (Source: Centers for Disease Control and Prevention)

Goals/Strategies – Focus areas (collections of actions) under each of the chosen health priorities.

Health – Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (Source: World Health Organization)

Health Equity – The state in which everyone has a fair and just opportunity to attain their highest level of health. (Source: Centers for Disease Control and Prevention)

Common Language

Health Inequity – A particular kind of health disparity that is reasonably believed to reflect injustice. (Source: Centers for Disease Control and Prevention)

Health Priorities – Strategic issues which have been chosen as a focus area for our community as part of the Community Health Improvement Plan (CHIP)

Indicators – Quantitative measurement of results at the community (population), not program level.

LGBTQIA2+ or LGBTQ+ – This acronym refers to people who are gender and/or sexually diverse. Letters stand for: Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, and Two Spirit (a term commonly used by Queer Indigenous people). The + symbol is representative of other people who fit under the umbrella of people who are gender and/or sexually-diverse. (Source: [GLAAD Media Reference Guide](#))

Physical Environment – Where individuals live, learn, work, and play. People interact with their physical environment through the air they breathe, water they drink, houses they live in, and the transportation they access to travel to work and school. (Source: County Health Rankings & Roadmaps)

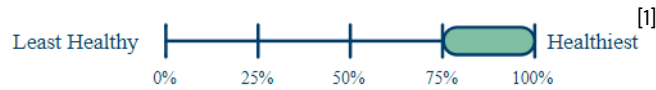
Primary Data – Data collected via original research through surveys, interviews, and experiments, and is specially designed for understanding and solving the research problem at hand. (Adapted from: Benedictine University)

Secondary Data – Previously collected data that is made available to other organizations for use in their own work. Examples of secondary data collected for the Community Health Assessment include data from the Youth Risk Behavior Survey and the Behavioral Risk Factor Surveillance System. (Adapted from: Benedictine University)

Upstream Factors– The set of factors that impact health beyond individual-level characteristics are often referred to as “upstream factors” or more commonly, social determinants of health.

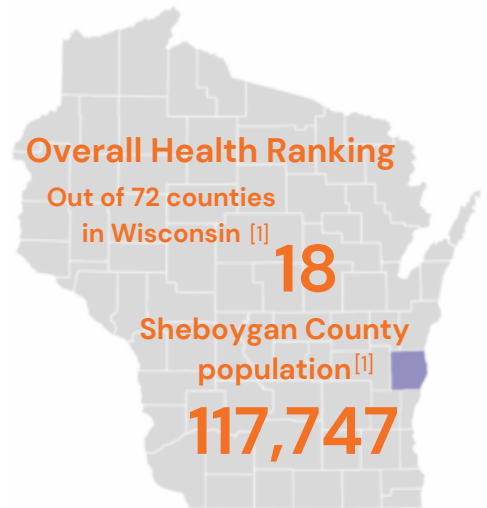
Community Profile

Sheboygan County is set along the coast of Lake Michigan, and steeped in the history of shipbuilding and manufacturing industries. Conveniently located within one hour of both Green Bay and Milwaukee, it encompasses 1,271 square miles of land.



Land Acknowledgement

Healthy Sheboygan County respectfully acknowledges that Sheboygan County resides on the ancestral land of the Chippewa, Menominee, Pottawattomie, Ottawa, and Winnebago Nations [2]



Cities:

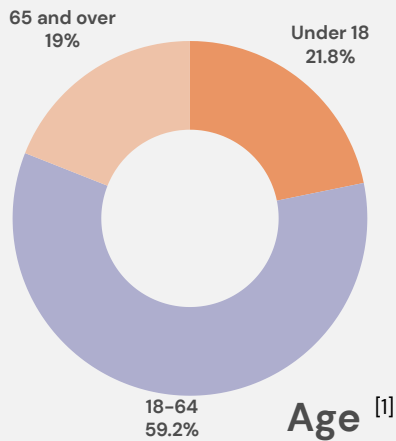
Plymouth
Sheboygan
Sheboygan Falls

Villages

Adell
Cascade
Cedar Grove
Elkhart Lake
Glenbeulah
Howards Grove
Kohler
Oostburg
Random Lake
Waldo

Towns:

Greenbush
Herman
Holland
Lima
Lyndon
Mitchell
Mosell
Plymouth
Rhine
Russell
Scott
Sheboygan
Sheboygan Falls
Sherman
Wilson



Race [3]

- White – 90%
- Black or African American – 3.2%
- American Indian and Alaska Native – 0.9%
- Asian – 6.6%
- Some Other Race – 6.0%
- Hispanic or Latino (of any race) – 7.2%

*It is possible to identify with one or more groups within established concepts of race and ethnicity, or to identify as outside of pre-established racial or ethnic groups

LGBTQ+ is an all-encompassing term meant to describe individuals who identify as lesbian, gay, bisexual, transgender and questioning or queer

3.8% Adults (18+) in WI identify as LGBTQ+

29% LGBTQ+ adults in WI (25+) who are raising children

4% WI workforce members who identify as LGBTQ+

[4]

Median Age [1]

41.3 years

Average Life Expectancy [1]

79.0 years

Median Household Income [1]

\$64,100

[1] County Health Rankings and Roadmaps

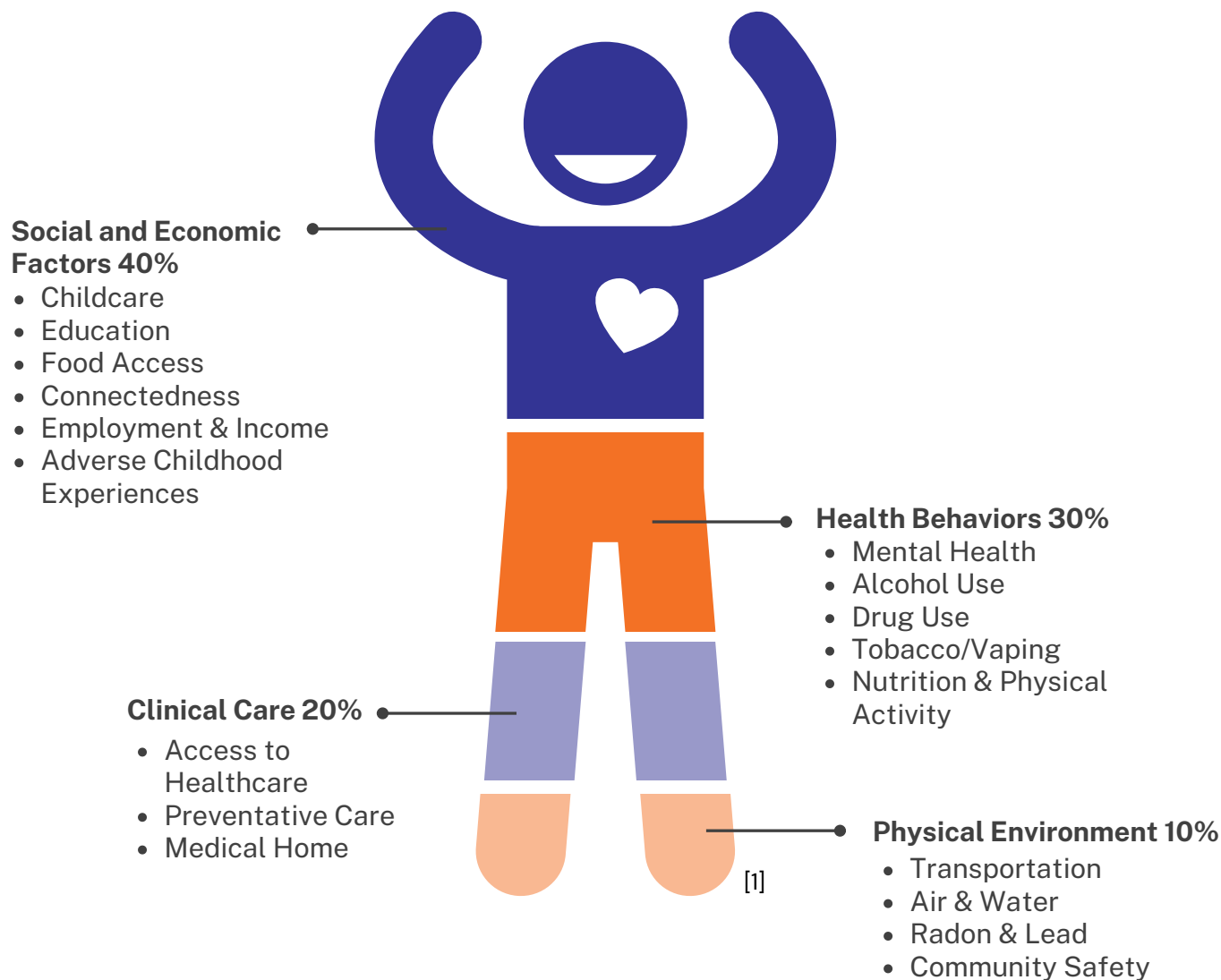
[2] Sheboygan County/Government/History

[3] United States Census Bureau

[4] UCLA Williams Institute School of Law

What Determines Our Health

Our overall health includes more than the decisions we make on an individual level. Health behaviors such as diet and exercise, tobacco, alcohol, drug use, and mental health only make up **thirty percent (30%)** of your health. **Seventy percent (70%)** of your overall health is determined by factors that are more than the choices we make on a daily basis. In addition to health outcomes, this report looks at the larger picture, which includes social and economic factors, clinical care, and physical environment.^[1]



[1] [County Health Rankings and Roadmaps](#)

Social Determinants of Health

Seventy percent of a person's health is made up of factors beyond individual health behaviors known as social determinants of health. They are the conditions in which people are born, grow, work, live, and age.



To gain a better understanding of what determines the health for Sheboygan County residents, this report takes a closer look at: Childcare, Education, Food Access, Housing, Connectedness, Physical Environment, Employment and Income, and Adverse Childhood Experiences.

Health Equity

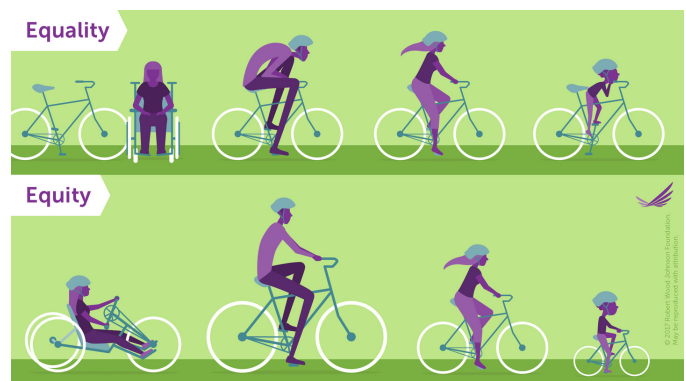
Different levels of access to childcare, education, food, housing, job security and other social determinants of health can impact health in both positive and negative ways. When people have less access to community resources it leads to unfair and avoidable differences in health outcomes.

These differences in health are often the result of community conditions and not the choices or behaviors of individual people.

This access often differs based on a person's: race/ethnicity, home address, income, education, sexual orientation, gender, ability, age, unfair treatment or being left out based on different qualities.

Achieving health and well-being for all people means removing barriers for community members and embracing diversity so everyone can access the community resources they need to be healthy.

In the image below*, equality shows every person receiving the same bike regardless of their personal need and equity is every person receiving a bike that fits their personal needs. In both scenarios, every person receives a bike but when resources are provided equitably, the size or type of bike is different based on the person that will be using it. Equity would also consider access to bike lanes, sidewalks, safety gear or other items to support the ability for each person to bike safely.



*Reproduced with permission of the Robert Wood Johnson Foundation, Princeton, N.J.

Our Approach

Every three years, Healthy Sheboygan County completes a Community Health Assessment (CHA). The purpose of the CHA is to identify the most pressing health concerns in the county through primary and secondary data sources and through conversation with Sheboygan County residents. The results of the health assessment leads to priority setting and the development of the Community Health Improvement Plan (CHIP).

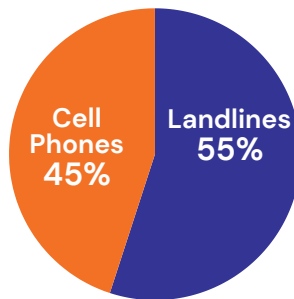
Data Collection March – August 2023 Primary and Secondary Data

Key Informant Interviews March – June 2023

- **Thirty-eight** Key Informant Interviews took place including viewpoints from a range of providers, policymakers, community leaders, local experts, and Sheboygan County residents.
- Interview questions were derived from the Wisconsin State Health Plan and asked informants to rank and discuss the top health-related priorities in the community. Over 325 pages of notes were compiled and summarized into the Key Informant Interview Report.

JKV Phone Survey March 13 – April 18, 2023

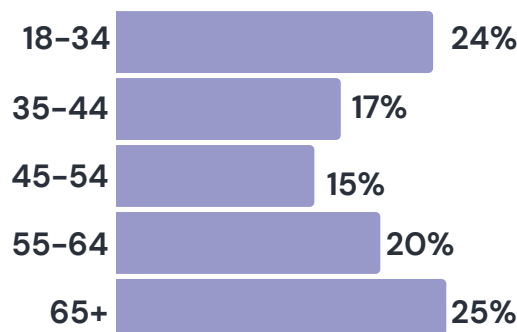
400 county residents were randomly selected to participate in a phone survey. This sample was asked **75 questions** about topics including: personal health conditions, healthcare coverage, barriers to receiving care, social determinants of health, and demographic makeup.



Gender of Respondents

50% Men
49% Women
<1% All other genders

Age of Respondents



Education of Respondents

31% High School Graduate or Less
34% Some Post High School
34% College Graduate

Our Approach

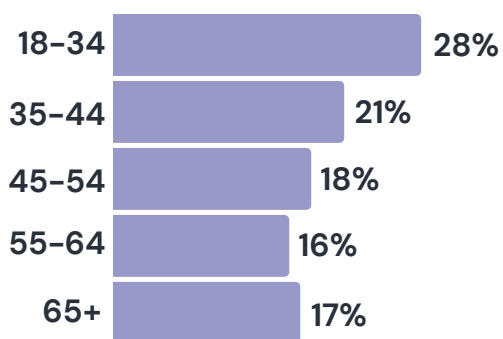
Community Input Survey

March – June 2023

- 1,215 surveys completed
- 32 Questions
- Focused primarily on social determinants of health

The Community Input Survey was created to capture the opinions and perspectives of those 18 years and older who live or work in Sheboygan County. The survey was available in English, Spanish, and Hmong. Healthy Sheboygan County leaders sent the link to the online survey to a wide variety of networks in Sheboygan County including several community events.

Age of Respondents



Ethnicity of Respondents

84% Not Hispanic
10% Hispanic
6% Prefer Not to Answer

Race of Respondents

75% White
10% Asian
5% Black/African American
4% Two or More Races
3% Prefer Not to Answer
2.5% Other Race
0.5% American Indian/Alaska Native

Gender of Respondents

25% Men
72% Women
3% All other genders

Education of Respondents

21% High School Graduate or Less
27% Some Post High School
49% College Graduate

Listening Sessions

April – August 2023

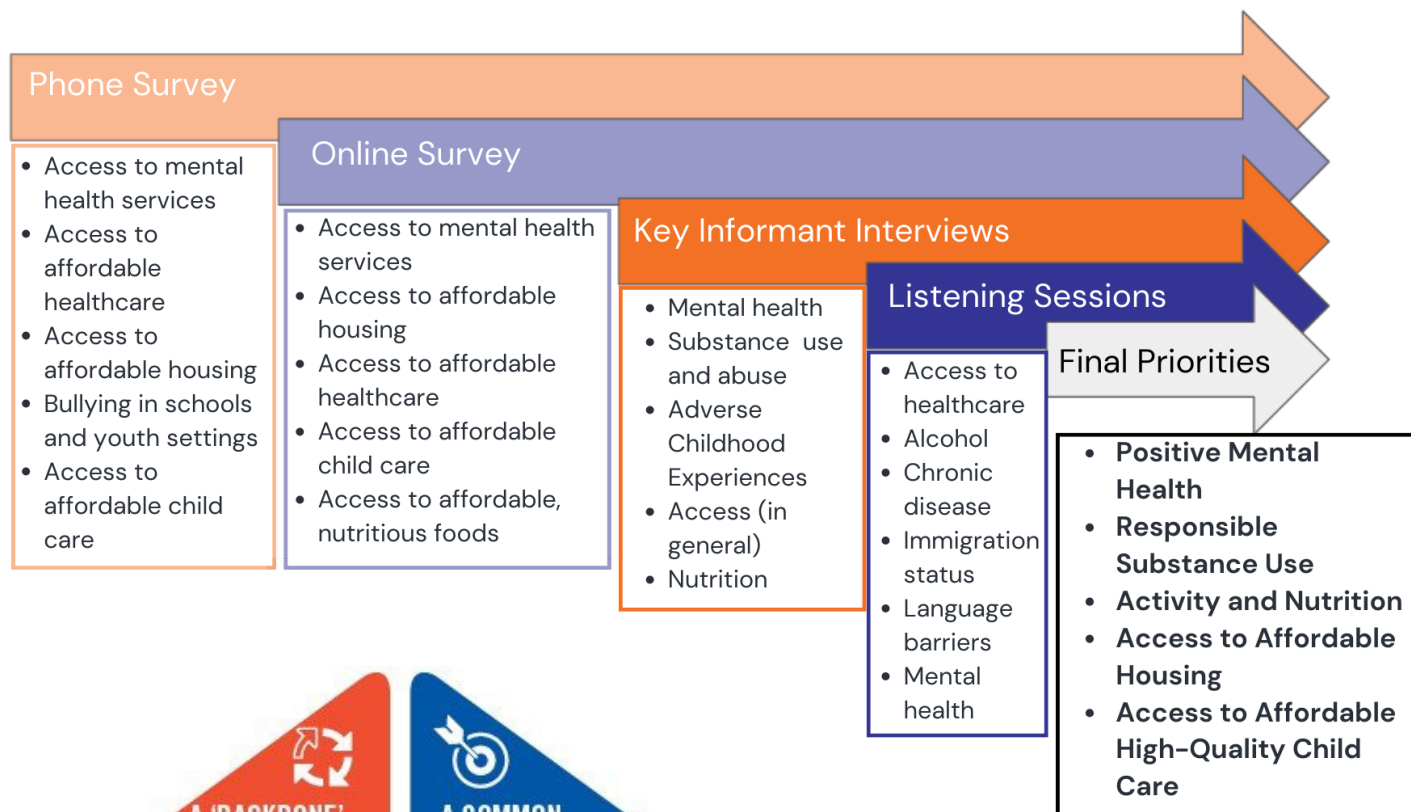
- Hispanic/Latino/Latinx Community
- Hmong Community
- LGBTQ+ Community

Three community listening sessions were facilitated by the Sheboygan County Division of Public Health Community Engagement team. The listening sessions were held at culturally relevant venues within the respective communities, providing a comfortable and familiar setting to open dialogue.

Our Approach

Determining the Top Health Priorities in Sheboygan County

Results from the data collection process led the Healthy Sheboygan County Community Health Assessment Steering Committee to select the top five health priorities in Sheboygan County for the next three years.



Healthy Sheboygan County operates under the collective impact framework. Collective impact believes that no single policy, discipline, organization or program can tackle or solve the increasingly complex problems we face in addressing the health of communities.

Social and Economic Factors

Social and economic factors account for **40%** of health. The conditions in the places where people live, learn, work, and play affect a wide-range of health and quality-of-life-risks and outcomes.



Childcare



Connectedness



Education



Employment & Income



Food Access



Adverse Childhood Experiences



Housing

Child Care

Access to affordable and quality child care is vital for working parents in order to support their families. Families who access child care can earn paid income or pursue higher education; however, many barriers exist to accessing care including price and long waitlists.

45% of survey respondents who said child care resources are **not affordable** ^[1]

36% of survey respondents who said child care resources are **not available**

November 2023 in ^[2] Sheboygan County...

14 Number of child care rooms in Sheboygan County that were not at full capacity because of lack of staff

628 Number of children on child care waitlists

47 Number of child care teachers needed within the county to be fully staffed

Sheboygan County Zip Codes ^[3] Considered Child Care Deserts



Sheboygan County Child Care ^[3] Facilities with a 3–5 Star Rating



\$1,004 ^[3]

Average monthly cost of child care in Sheboygan County

Child Care Cost Burden^[4]

Child care costs for a household with two children as a percent of median household income



DID YOU KNOW?

A \$75,000 Dream Up! Supply Building grant was awarded to United Way of Sheboygan County to help with ongoing child care challenges. This grant aims to support existing and new child care programs through collaboration across local entities like nonprofits, businesses, government, and child care providers.

[1] 2023 Community Input Survey Report

[2] November 2023 Community Partnership for Children Child Care Facility Survey

[3] Community Partnership for Children Childcare Need Analysis

[4] County Health Rankings and Roadmaps

Education

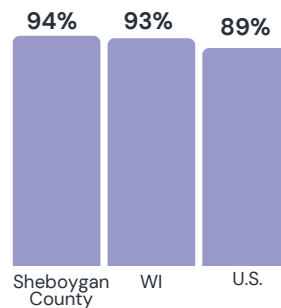


People with higher education are more likely to have secure jobs, live in communities with more resources like better schools and access to healthy food, health services, and transportation; and gain knowledge and skills to live healthier lives. ^[1]

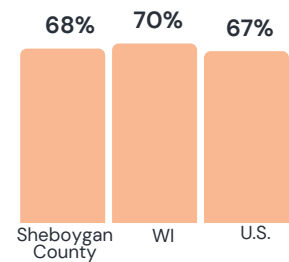
Sheboygan County Schools

- 9 School Districts
- 13 Private Schools
- 21 Public Elementary Schools
- 11 Public Middle Schools
- 10 Public High Schools
- 2 Colleges/Universities
- 7 Charter Schools

Percent of Adults that have Completed High School ^[2]



Percent of Adults that have Some College Education ^[2]



In Sheboygan County, on average, per-pupil spending among school districts was **\$3,300 above** the estimated amount needed to support students in achieving average US test scores. ^[2]

School Segregation ^[2]

The extent to which students within different race and ethnicity groups are unevenly distributed across schools when compared with the racial and ethnic composition of the local population.

The index ranges from 0 to 1 with lower values representing a school composition that approximates race and ethnicity distributions in the student populations within the county, and higher values representing more segregation.

Sheboygan County
0.14

Wisconsin
0.27

U.S.
0.25

DID YOU KNOW?

The Collaborative Learning Club - offered to kindergarten through fifth-grade students through Boys and Girls Club locations, will merge art activities and STEAM learning with play and innovation. Its goal is to bring new learning opportunities to students and families who may face transportation barriers to visiting an experiential learning venue.

^[1] [Robert Wood Johnson Foundation](#)

^[2] [County Health Rankings and Roadmaps](#)

Food Access



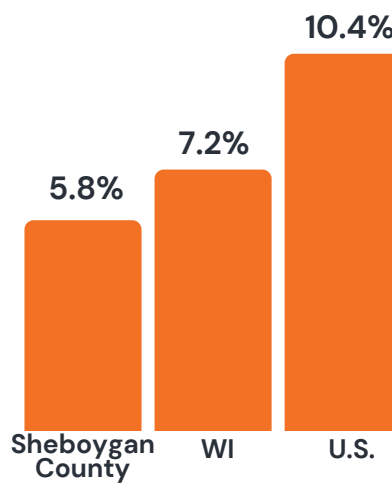
Food insecurity happens when individuals or households have trouble getting enough of the foods they need to live an active, healthy life. When people don't have consistent access to affordable and nutritious foods, it can lead to an increased risk of poor mental health and chronic diseases.^[1]

DID YOU KNOW?

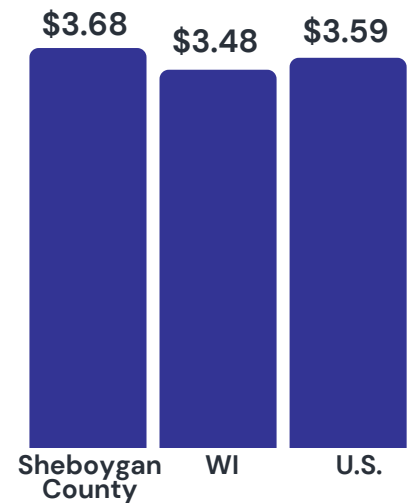


A total of 2,778 lbs of fresh produce was collected at the Sheboygan County Interfaith Organization Farmers Market throughout the 2023 season. This fresh, local produce was then donated to the Sheboygan County Food Bank and distributed at local food pantries. The Food Bank values the produce at \$1.24 per pound, which is a total value of \$3,444.72.

Percent of Food Insecure Population^[2]



Average Cost per Meal^[2]

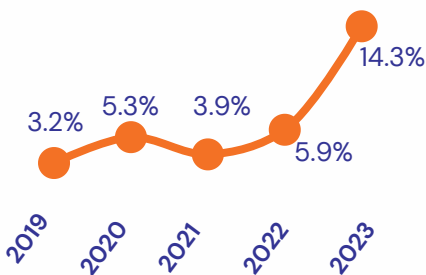


Percent of **Sheboygan County** high school students surveyed that experienced hunger due to lack of food at home (past 30 days)^[3]



Percent of **Wisconsin** high school students surveyed that experienced hunger due to lack of food at home (past 30 days)^[3]

Sheboygan County WIC participants response to "Have you run out of food or worried about running out of food"



Rising food costs and less pandemic emergency food assistance were most often mentioned as reasons for the increase in food insecurity.

Sheboygan County has a number of partners that work together to improve access to healthy and nutritious foods and ensure that all residents are food secure:

- Sheboygan County Food Bank
- Sheboygan County WIC
- Sheboygan County Interfaith Organization
- Fresh Meals on Wheels
- Sheboygan County Activity & Nutrition Coalition

[4]

[1] National Institute on Minority Health and Health Disparities

[2] Feeding America

[3] Sheboygan County Youth Risk Behavior Survey

[4] 2023 Key Informant Interview Report

Housing



Housing is considered “affordable” when a family spends less than 30% of their income to rent or buy a residence. When quality housing is unavailable or unaffordable, it can put stress on individuals and families and increase their chances for poor health outcomes.

Location of housing can also affect health by preventing access to transportation, healthy foods, exercise, safe neighborhoods, and educational opportunities.^[1]

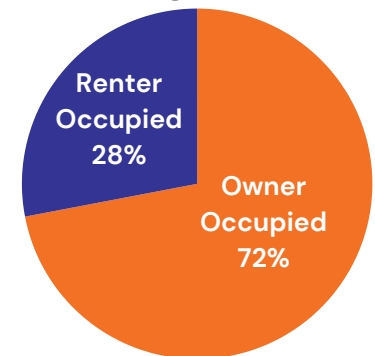


10%^[3]

of households report having at least 1 of 4 severe housing problems:

- overcrowding
- high housing costs
- lack of kitchen facilities
- lack of plumbing facilities

Housing Units in^[4]
Sheboygan County



31%

Renters who responded to an affordable housing market survey have had to forego other needs such as food, healthcare or childcare to continue to pay rent^[5]

3.3%

Vacancy rate in the City of Sheboygan for rental units – indicating a tight supply^[5]

35%

Of survey respondents indicate rental properties in their community are well maintained^[2]

Of 417 Survey Respondents Reporting Housing Issues:^[2]

33%

Indicated the cost of rent

29%

Indicated the cost of mortgage

15%

Indicated they need permanent housing

Average House Price in Sheboygan County^[6]

\$220,167

Compared to \$265,000 WI Average

DID YOU KNOW?

In 2023, The Sheboygan City Plan Commission approved a conditional use permit for the 44 unit Gateway Apartments affordable housing complex to be located at the corner of North 13th Street and Erie Avenue in the City of Sheboygan. The four-story complex will consist of three floors of apartments with 35 one-bedroom, four two-bedroom and five three-bedroom units.^[7]

[1] Robert Wood Johnson Foundation

[2] 2023 Community Input Survey Report

[3] County Health Rankings & Roadmaps

[4] U.S. Census Bureau

[5] 2021 City of Sheboygan Affordable Housing Market Study

[6] Wisconsin Realtors Association

[7] Sheboygan Sun

Connectedness



Social connectedness is when you feel like you belong and have the support and care you need, as well as the number, quality, and diversity of relationships that you want. [1]

Over the past few years, the COVID-19 pandemic has changed the ways we connect with one another. From businesses to schools, families, and friends, our community relies on equitable internet access now more than ever to communicate, connect, and create community in Sheboygan County.

59% of high school students surveyed agreed or strongly agreed that **they belong at school**

13% of high school students surveyed reported they **did not feel like they belonged at school**

40% of high school LGBTQ+ students surveyed indicated **they do feel a sense of belonging** compared to 65% of straight/cis gender students [2]

DID YOU KNOW?

The Sheboygan County Food Bank and Hmong Mutual Assistance Association of Sheboygan offer Community Café meals for community members to make connections and enjoy a free meal.

Sheboygan County Food Bank Community Café

JoinUs Hmong Café

Sheboygan County Internet Access Measures: [4]

4,376

Households with no internet access (8.9%)

82.7 % of households have a smartphone

6.6 % of households have a smartphone, but no other device

32.5 % of households with income less than \$20,000 without an internet subscription



Households with Broadband Access [3]

88% Sheboygan County

86% Wisconsin

87% United States

DID YOU KNOW?

In 2022, Sheboygan County Economic Development Corporation received a \$3,150,000 grant through the American Rescue Plan Act (ARPA) for broadband internet expansion that will utilize Fiber to reach 25 businesses and 1,221 residential locations from the Village of Random Lake north to the Town of Rhine in Sheboygan County.

[1] Centers for Disease Control and Prevention

[3] County Health Rankings & Roadmaps

[2] 2021 Sheboygan County Youth Risk Behavior Survey

[4] WI Environmental Health Tracking Program

Employment & Income



The benefits of consistent and reliable employment extend far beyond a steady paycheck. In addition to financial security, a well-paying job can include living in healthier neighborhoods, access to quality education and childcare services, and healthy foods. All of these benefits impact well-being and ultimately lead to a longer, healthier life.

Unemployment Rates ^[1]

3.1% **3.8%** **5.4%**

Sheboygan County WI U.S.

Sheboygan County ^[1] Median Household Income

\$64,100

Wisconsin Median ^[1] Household Income

\$67,200

U.S. Median ^[1] Household Income

\$69,700

DID YOU KNOW?

35.8% of total employment in Sheboygan County is in manufacturing ^[2]

Percent of Children in Poverty ^[1]

11% **14%** **17%**

Sheboygan County WI U.S.

Percent of Children in Poverty in Sheboygan County by Race/Ethnicity ^[1]

10% **50%** **16%** **6%**
Asian Black/African American Hispanic White

Income Inequality ^[1]

Sheboygan County 3.6

In Sheboygan County, households with higher incomes had income 3.6 times that of households with lower incomes.

Wisconsin 4.2

U.S. 4.9



[1] County Health Rankings & Roadmaps

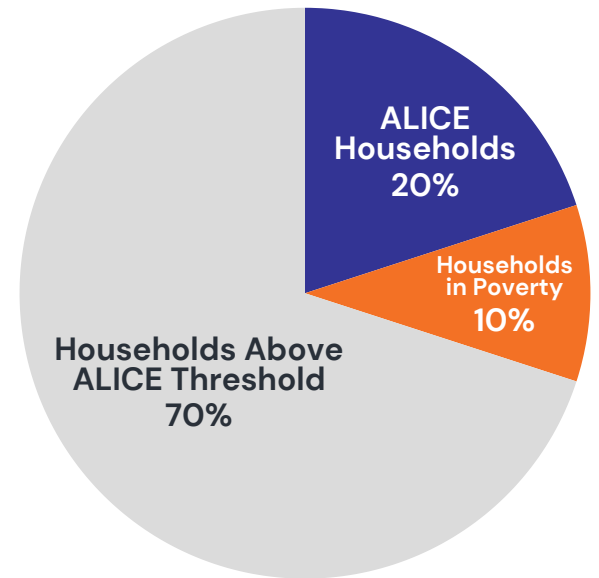
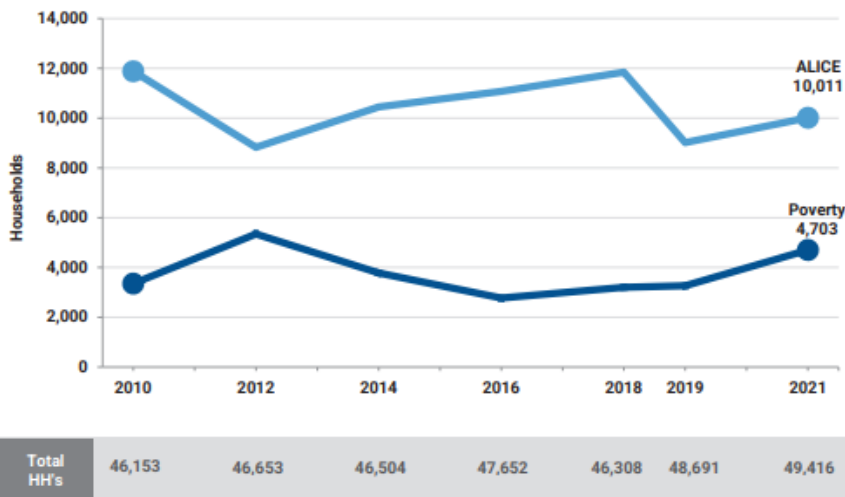
[2] Sheboygan County 2023 Workforce Profile

Employment & Income

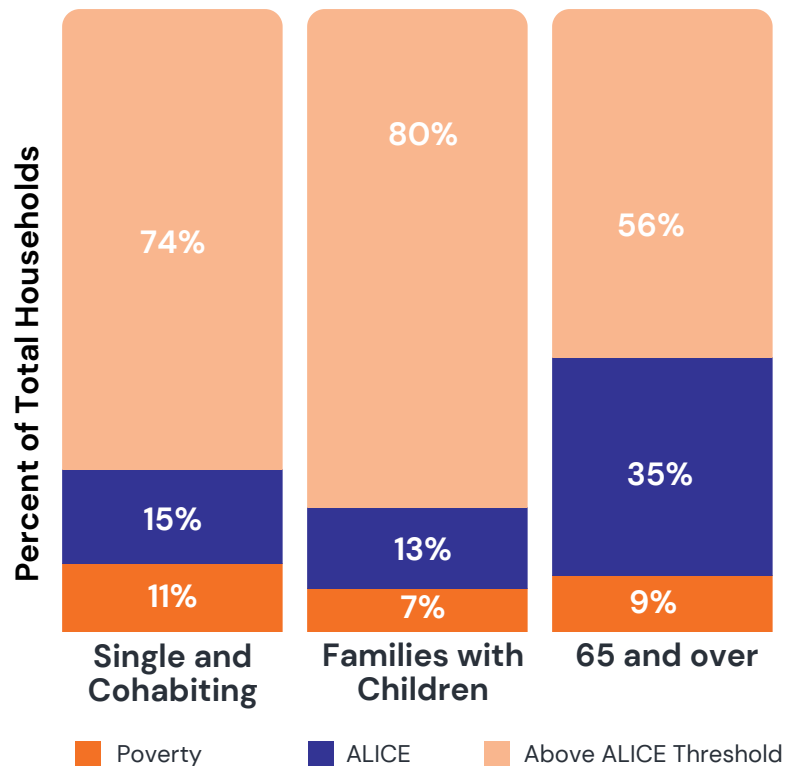


ALICE refers to **A**sset-**L**imited, **I**ncome **C**onstrained, **E**mployed individuals and households who earn just above the Federal Poverty Level but less than what it costs to make ends meet. ALICE workers often struggle to keep their own households from financial ruin while keeping our communities running.

Households by Income, Sheboygan County, 2010–2021



Household Financial Status by Household Type, Sheboygan County, 2021



Percent of Households Below the ALICE Threshold by Race/Ethnicity

Asian	26%
Black/African American	76%
Hispanic	44%
White	29%



Adverse Childhood Experiences (ACEs)



Adverse childhood experiences are very stressful events or circumstances that may occur during childhood. They can have significant effects on physical health, mental health, development, and social functioning. Without support, people can continue to be impacted by adverse childhood experiences throughout their lives.^[1]

Types of Adverse Childhood Experiences (ACEs)^[1]



The negative consequences of ACEs can be counteracted with support, care, and appropriate intervention.

Through positive relationships, children learn to develop crucial coping skills. They know that they are not alone, and they adopt healthy ways to process stress.^[4]

In 2021, of 3,864 Sheboygan County High School Students Surveyed:^[2]

14%

have lived with someone who was depressed, mentally ill, or suicidal

19%

were exposed to violence

16%

experienced sexual or dating violence

6%

did not have an adult in their household who tried to meet their basic needs

DID YOU KNOW?

United Way of Sheboygan County's **PATH (Providing Access to Healing)** program is a school-based mental health community impact initiative that places licensed clinicians into the school setting to increase access to mental health care for students by removing financial and geographical barriers. PATH provides treatment and coping skills for students (3K-12) with common issues such as depression, anxiety, ADHD, and relationship stressors among other emotional and behavioral challenges.

PATH serves all (9) public school districts located in Sheboygan County as well as the Sheboygan County Head Start and Sheboygan Christian Schools. **Forty-three percent of students in the PATH program in the 2022-23 school year have experienced 4 or more ACEs.**^[3]

[1] Wisconsin Department of Health Services

[2] 2021 Sheboygan County Youth Risk Behavior Survey

[3] 2022-2023 PATH Impact Report

[4] Center for Child Counseling

Health Behaviors

30% of health factors are associated with health behaviors. Everyday actions, such as alcohol consumption, diet, and physical activity can influence a person's overall health. Practicing healthy behaviors can protect individuals from disease and death.



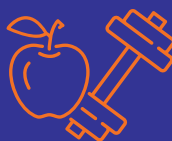
Mental Health



Tobacco/Vaping



Alcohol Use



Activity & Nutrition



Drug Use

Mental Health



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. ^[1]

Good mental health is integral to human health and well being. A person's mental health and many common mental disorders are shaped by various social, economic, and physical environments operating at different stages of life. Risk factors for many common mental disorders are heavily associated with social inequalities, whereby the greater the inequality the higher the inequality in risk. ^[2]

We cannot forget that COVID-19 has had a profound negative effect on the mental health of the nation, as well. Throughout the pandemic, Mental Health America has witnessed increasing numbers of people experiencing anxiety, depression, psychosis, loneliness, and other mental health concerns. ^[3]

9%

of Sheboygan County respondents did not receive the mental health care they needed. ^[4]

13%

of Sheboygan County adults report 14 or more days of frequent distress per month. ^[5]

9%

of Sheboygan County respondents reported they always or nearly always felt sad, blue or depressed in the past month. ^[4]

21%

of Sheboygan County respondents reported prevalence of mental health condition in past 2 years. ^[4]

4%

of Sheboygan County respondents felt so overwhelmed they considered suicide in the past year. ^[4]

5%

of Sheboygan County respondents reported they seldom or never find meaning and purpose in daily life. ^[4]

[1] SAMHSA

[3] Mental Health America

[5] County Health Rankings & Roadmaps

[2] World Health Organization

[4] 2023 Community Input Survey Report

Mental Health



Emergency Department visits per 100,000 for suicide/self-injury (2018-2022):^[1]

Full population

Sheboygan County **141.82**

Wisconsin **131.61**

Youth

Sheboygan County **293.47**

Wisconsin **280.91**

In 2020, percent of deaths caused by suicide:^[2]

Sheboygan County **1.04%**

Wisconsin **1.37%**

The most common barriers for positive mental health identified by key informants were lack of mental health professionals, specifically for children and non-English speaking community members, very long wait times to be seen by a provider, and general mental health stigma and shame which prevents individuals from seeking care.^[3]

DID YOU KNOW?

Mental Health America Lakeshore

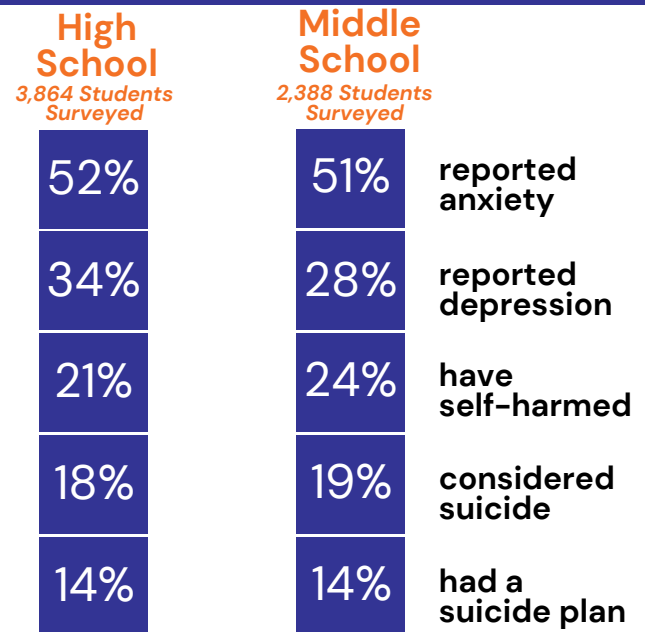
has served the Sheboygan County community since 1953 by promoting mental wellness through education, prevention programming, advocacy, and resource referrals for care and recovery.^[5]

Mental Health America Lakeshore offers the following programs:^[6]

- Community Service and Advocacy
- Education
- Individual Assistance

2021 Youth Risk Behavior Survey^[4]

Every two years middle and high school students take a self-reported survey about various health topics. The students are granted complete anonymity and in return school districts and the county receive valuable data about student experiences and perceptions.



40% of LGBTQ+ students report being bullied at school and/or online compared to 21% of straight/cis gendered students.

[1] WHAIC - Accessed on March 15, 2023

[3] 2023 Key Informant Interview Report

[5] Mental Health America Lakeshore

[2] WIDHS - WISH

[4] 2021 Sheboygan County Youth Risk Behavior Survey

[6] Mental Health America Lakeshore 2022 Annual Report

Alcohol Use



While alcohol can play a social role in Wisconsin culture and can be enjoyed safely and responsibly, excessive drinking takes a toll on the health of our communities in many ways.

In 2021 in Sheboygan County, excessive alcohol consumption contributed to:



49.7 per 100,000 alcohol attributable deaths ^[1]



573 chronic alcohol emergency department visits ^[2]



738 chronic alcohol inpatient visits ^[2]

**Alcohol Density:
Number of People per Alcohol License** ^[3]

Sheboygan County: **312.32**

Wisconsin: **345.04**

Excessive alcohol consumption includes: ^[4]

- Binge drinking (5+ drinks per occasion for men; 4+ drinks per occasion for women)
- Heavy drinking (15+ drinks a week for men; 8+ drinks a week for women)
- Any alcohol consumption by youth under 21 or pregnant women

Underage Alcohol Use

There's a reason the legal drinking age is 21. It's to keep our children and young adults healthy and safe. When youth drink alcohol, they can damage and even block the development of healthy mental pathways in the brain that shape how kids feel, learn, behave, and grow. Damage like that can have lifelong physical, social, and emotional consequences. ^[6]

In 2021: ^[5]

8%

of middle school students surveyed had at least one drink in the past 30 days

24%

of high school students surveyed had at least one drink in the past 30 days

11%

of high school students surveyed that binge drank in the past 30 days

DID YOU KNOW?



Students from North and South High Schools in the City of Sheboygan made stickers to discourage adults from supplying alcohol to underage youth. These stickers are being distributed with fridge and cabinet locks to motivate parents and guardians to lock up their alcohol.



[1] Wisconsin Department of Health Services – Alcohol: Attributable Deaths

[2] Wisconsin Department of Health Services – Hospitalizations

[3] Wisconsin Department of Health Services – Environmental Public Health Data Tracker

[4] Centers for Disease Control and Prevention

[5] 2021 Sheboygan County Youth Risk Behavior Survey

[6] Small Talks: Get the Facts on Underage Drinking

Drug Use



When talking about drugs, it's important to understand the differences between substance use, substance misuse, and substance use disorder.^[1]

Substance use is any drug use

Substance misuse is drug use against legal or medical guidelines

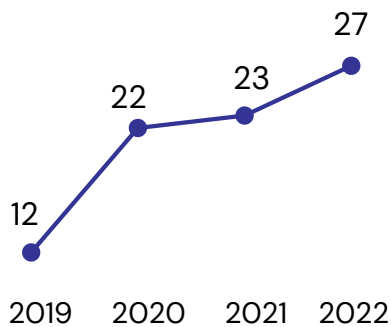
Substance use disorder is drug use that impacts a person's health, job, or relationships



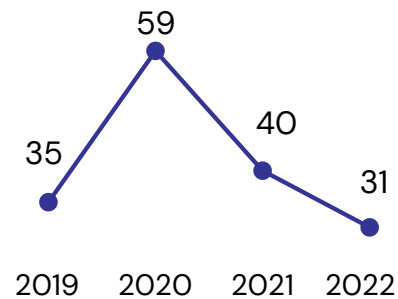
[1]

Impact of Opioids on Sheboygan County

of opioid deaths^[2]



of emergency room visits for opioid overdoses^[3]



High School Drug Use^[4]

of students surveyed in 2021:

9% were offered, sold, or given drugs on school property

21% have ever tried marijuana

11% currently use marijuana

10% have misused over-the-counter or prescription pain medicine



DID YOU KNOW?

2,920 pounds of unwanted or unused medication were collected at the two medication take back days and at the six permanent drop boxes in 2023.

The Sheboygan County Treatment Court Program provides wraparound support for those struggling with addiction while involved in the criminal justice system. The program serves 25-30 people each year.

[1] Wisconsin Department of Health Services – Real Talks

[2] Wisconsin Department Health Services – Opioid Deaths

[3] Wisconsin Department of Health Services – Opioid Hospitalizations

[4] 2021 Sheboygan County Youth Risk Behavior Survey

Tobacco/Vaping



Despite enormous progress in reducing smoking, commercial tobacco and nicotine products are Wisconsin's leading causes of preventable death and disease. Global commercial tobacco companies spend \$170.2 million per year to market commercial tobacco and nicotine to Wisconsinites, causing: ^[1]

7,900 Wisconsin lives lost

\$3.09 Billion in health care expenses

\$5.6 Billion loss in productivity



High School Tobacco Use

15% of Sheboygan County high schoolers surveyed currently vape ^[2]

66% of Wisconsin high schoolers surveyed said it is easy to get tobacco products ^[3]

31% of Sheboygan County high schoolers surveyed have tried vaping ^[2]

92% of Wisconsin high schoolers surveyed would not use unflavored tobacco products ^[3]

DID YOU KNOW?

The Tobacco Prevention and Control Program is dedicated to reducing the burden of commercial tobacco and nicotine on Wisconsin's people and communities.

Free quit services are available. Wisconsin residents age 13 and older can contact a health care provider or use the Wisconsin Tobacco Quit Line to get started today. ^[4]

Text READY to 34191 or call 1-800-QUIT-NOW.

You can also text VAPEFREE to 873373 for free help to quit e-cigarettes.

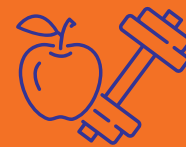
[1] Wisconsin Department of Health Services - Tobacco

[3] Wisconsin Department of Health Services - Youth Tobacco Survey

[2] 2021 Sheboygan County Youth Risk Behavior Survey

[4] Wisconsin Department of Health Services - Tobacco is Changing

Activity & Nutrition



Healthy eating habits and physical activity are crucial elements of good physical and mental health. Individuals lacking a balanced diet of nutrient-dense foods and adequate exercise are more at risk for chronic diseases and other poor health outcomes.

Food Environment Index ^[1]

Index of factors including access to healthy foods and food insecurity that contribute to a healthy food environment, from 0 (worst) to 10 (best).

9.2 Sheboygan County

8.8 Wisconsin

Adolescent Nutrition

38% of high school students surveyed ate vegetables every day for the past 7 days

78% of high school students surveyed drank plain water every day for the past 7 days

25% of high school students surveyed experienced hunger due to lack of food at home in the past 30 days

38% of high school students surveyed ate fruit every day for the past 7 days

[2]

Percent of Sheboygan County respondents who reported they were physically active on a regular basis ^[3]

18 to 34 years old → **77%**

35 to 44 years old → **96%**

45 years and older → **84%**



14% of high school students surveyed reported exercising zero days in the past week ^[2]

61% of high school students surveyed reported exercising 4 to 7 days in the past week ^[2]

DID YOU KNOW?

The Sheboygan County Women, Infants, and Children (WIC) program is part of the Division of Public Health and supports income eligible pregnant women, breastfeeding and postpartum moms, infants and children up to age 5 to eat well and stay healthy. WIC provides benefits for nutritious foods along with education to keep your family healthy!



Comments from clients in WIC satisfaction surveys

"Very friendly staff and really listens to your needs."

"Love the WIC staff so helpful and very understanding nice people."

"Every appointment I had, they were so informational and always willing to help!!"

[1] County Health Rankings & Roadmaps

[3] 2023 Community Health Survey Report

[2] 2021 Sheboygan County Youth Risk Behavior Survey

Clinical Care

Clinical Care represents **20%** of health factors. Affordable, quality, and prompt health care help limit disease and support our ability to identify health issues quickly.



Access to Healthcare



Preventative Care



Medical Home

Access to Healthcare

Having access to affordable, culturally appropriate, timely and available healthcare services is crucial to a person's well-being. Health insurance coverage, cost of care, available medical professionals, and long wait times are some of the challenges that prevent people from accessing care when it's needed.

2 Number of Hospitals ^[1]
in Sheboygan County

370 Number of Hospital Beds ^[1]
in Sheboygan County
→ 31.37 per 10,000 population

In 2020, **7%** of Sheboygan County residents ages 18-64 did not have health insurance ^[1]

In 2023... ^[3]

- 3%** of adults surveyed reported they were not currently covered by healthcare insurance
- 4%** reported someone in their household was not covered at least part of the time in the past year
- 12%** reported they delayed or did not seek medical care because of a high deductible, high co-pay or they did not have coverage for the care in the past year
- 23%** listed access to affordable healthcare as a top three community need
- 9%** reported in the past year someone in their household did not receive the medical care needed

DID YOU KNOW?

Lakeshore Community Health Care has three locations in Sheboygan, Manitowoc, and West Bend that provide medical, mental health, dental, pharmaceutical, and support services to anyone, regardless of insurance coverage.

Ratios of Population to Providers

Primary Care Providers

Sheboygan County 1,580 : 1

Wisconsin 1,240 : 1

^[2] US 1,310 : 1

Dentists

Sheboygan County 1,510 : 1

Wisconsin 1,380 : 1

^[2] US 1,380 : 1

Mental Health Providers

Sheboygan County 640 : 1

Wisconsin 420 : 1

^[2] US 340 : 1

"County leaders have begun to use American Rescue Plan Act (ARPA) dollars to improve access in the community."
-Key Informant

[1] WI Environmental Public Health Data Tracker

[3] 2023 Community Input Survey Report

[2] County Health Rankings & Roadmaps

Preventative Care

Receiving preventative care reduces the risk for disease, disabilities, and death. Services like screenings, dental check-ups, and vaccinations are key to keeping people of all ages healthy. Many people do not get the preventative care they need due to a variety of reasons including cost, not having a primary care provider, living too far from a provider, and lack of awareness about recommended preventative services.^[1]

82% of adults surveyed reported having a routine checkup in the past 2 years, down from 88% in 2020^[2]

15% of adults surveyed reported they did not receive dental care in the past year^[2]

72% of adults aged 50–75 years who reported being up-to-date with colorectal cancer screening^[3]

66% of females aged 40+ years who reported having a mammogram in the last two years^[4]



Sheboygan County Vaccination Rates ^[5]

Children (up to age 2)

DTaP (4)	75%
Hep A (1)	81%
Hep A (2)	28%
Hep B (3)	87%
HiB (3)	79%
MMR (1)	82%
Polio (3)	86%
Pneumococcal (3)	87%
Varicella (1)	81%

Adolescents (aged 13–18)

HPV (1)	60%
HPV (Complete)	47%
Meningococcal (1)	76%
Meningococcal (UTD)	13%
Tdap (1)	81%

Adults (aged 19–59)

Hep B (Complete) 51%



Adults (aged 19+)

Tdap (1)	80%
HPV (Complete)	9%
Zoster (Complete)	80%
Pneumo-Poly (Complete)	92%
Hep B (Complete)	37%

DID YOU KNOW?

Individuals can receive routine vaccinations by contacting their primary care provider, or local pharmacy chains like CVS and Walgreens.

[1] Healthy People 2030

[2] CDC U.S. Cancer Statistics

[3] Wisconsin Immunization Registry

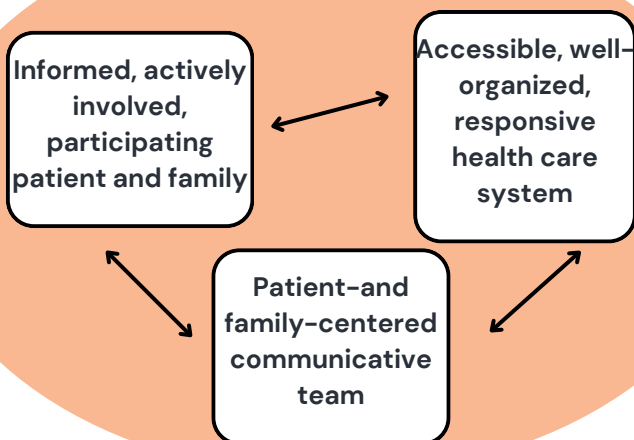
[4] 2023 Community Input Survey Report

[5] National Cancer Institute State Cancer Profile

Medical Home

- Patient/Family Engagement Strategies
- Individual's care Practice
- Improvement Policy

The Agency for Healthcare Research and Quality (AHRQ) defines a medical home as a model of primary care that delivers the core functions of primary health care and includes five functions and attributes.^[1]



Costs of Care Health Outcomes Patient Experiences

Logic Model for Conceptualizing the Impact of Patient Engagement
Adapted from Epstein and Street, 2008 [2]

1. Comprehensive Care

The care delivered aims to meet the large majority of each patient's physical and mental health care needs, including prevention and wellness, acute care, and chronic care. This involves the patient and a team of care providers.

2. Patient-Centered

The health care provided is relationship-based with an orientation toward the whole person ("holistic care").

3. Coordinated Care

Care is coordinated across all parts of the health care system, including specialty care, hospitals, home health care, and community services and supports.

4. Accessible Services

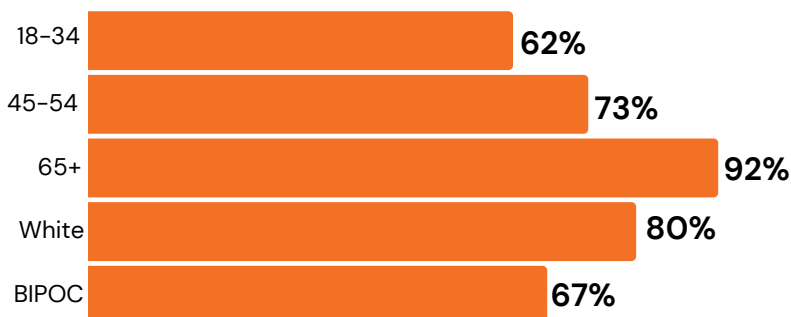
Services are delivered with attention to easy access and responsive to patients' preferences.

5. Quality and Safety

Ongoing commitment to quality and quality improvement.

[1]

Percent of adults reported seeing a primary care doctor, nurse practitioner, physician assistant, or primary care clinic in 2023:^[3]



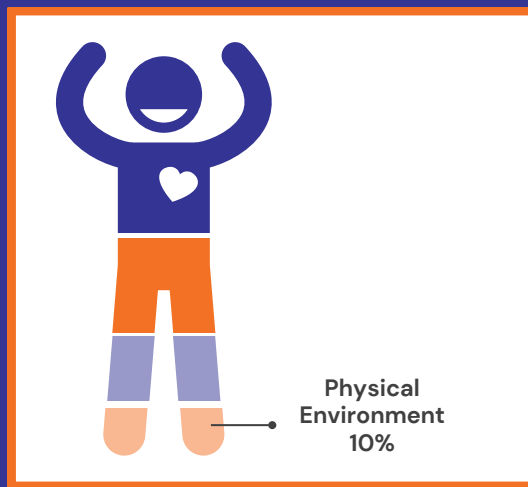
[1] Agency for Healthcare Research and Quality

[3] 2023 Community Health Survey Report

[2] Engaging Patients and Families in the Medical Home

Physical Environment

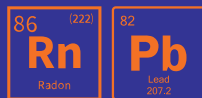
Physical Environment accounts for **10%** of health factors. There are aspects of the environment that an individual has little control over such as the quality of air and water. However, monitoring and testing the surrounding environment can detect harmful elements that impact everyone's health including radon and lead.



Transportation



Air and Water



Radon and Lead



Community Safety

Transportation



Transportation access and infrastructure impact public health and quality of life for all Sheboygan County residents. Reliable transportation connects people to jobs, childcare, healthcare, groceries, and recreation. Additionally, safe infrastructure for all modes of transport, such as biking and walking, contributes to a healthy physical environment with less air pollution and traffic crashes, promotes physical activity and reduces the risk of injury.

49% of adults surveyed said public transportation is easy to use if they need it.

4% of adults surveyed indicated transportation as one of the top three most important community needs that have to be addressed to improve health for everyone in the community. ^[1]

Percent of Sheboygan County Households with No Vehicle Available ^[2]

1.7%

Owner Occupied Households

13.4%

Renter Occupied Households

DID YOU KNOW?

Sheboygan County conducted a transportation options survey in 2023 to better understand the transportation needs for its residents. The study aims to develop specific recommendations for a suitable transportation service, as well as the fare structure, hours, and frequency of service. ^[3]

Within the Sheboygan metropolitan planning area, there are approximately: ^[4]

12.01 miles of “sharrows” (marked roadways where bicyclists use the road with motorists, with no separation of use for bicyclists)

19.56 miles of on-road delineated bike lanes

33.72 miles of paved shoulders

33.72 miles of off-road bike paths (shared-use trails)

[1] [2023 Community Input Survey Report](#)

[3] Bay Lake Regional Planning Commission

[2] [US Census Bureau](#)

[4] [Bay Lake Regional Planning Commission TRANSPORTATION SYSTEM PERFORMANCE INDICATORS](#)

Air and Water



Clean air and waterways positively impact public health and quality of life for Sheboygan County residents. Monitoring and maintaining air and water quality promotes optimal health.

Asthma

Rate of ER visits per 100,000 people^[3]



2022 Sheboygan County Air Quality Index

65% Good Days

26% Moderate Days

8% Unhealthy for Sensitive Groups Days

1% Unhealthy/Very Unhealthy Days

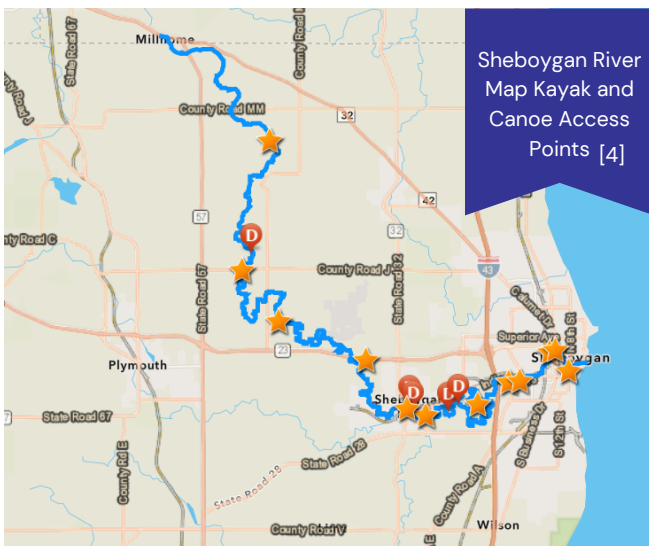
Carbon Monoxide Poisoning

Rate of ER visits per 100,000 people^[3]



DID YOU KNOW?

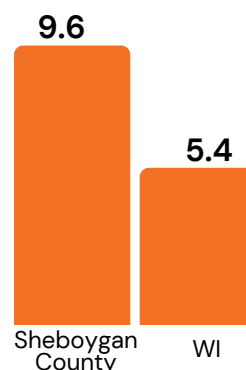
In August 2020, federal and state natural resource trustees for the Wisconsin Sheboygan River and Harbor case approved \$801,000 to fund five habitat restoration, and recreation projects in areas impacted by hazardous waste, including the Willow Creek watershed. The projects will help restore wetlands, river and upland habitats, and enhance recreational uses within the Sheboygan River Basin within Sheboygan County.^[2]



Private Well Water Quality

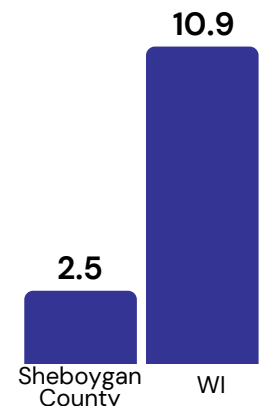
Arsenic^[3]

Percent of test results above EPA standard of 10 µg/L



Nitrate^[3]

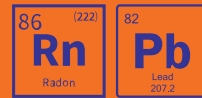
Percent of test results above EPA standard of 10 µg/L



[1] American Lung Association State of the Air 2022
[2] NOAA

[3] 2023 Sheboygan County Environmental Health Profile
[4] Sheboygan River Map

Radon and Lead



Exposure to radon gas and lead poses health risks to Sheboygan County residents. Radon gas is an odorless radioactive gas that comes from the natural breakdown of uranium in soil and rock. When radon accumulates in buildings and is inhaled over long periods of time, it can damage lung tissue and increase cancer risk.

Radon is the leading cause of lung cancer among non-smokers in the U.S. More education and outreach encouraging testing and radon mitigation systems are needed to reduce exposure. ^[1]

DID YOU KNOW?

248

You can purchase short and long-term radon test kits at [Sheboygan County Health and Human Services](#)

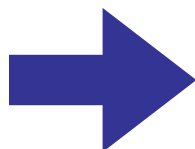
Number of short and long-term radon test kits distributed in 2023 by Sheboygan County Health and Human Services

Lead is a toxic heavy metal that poses health risks, particularly to children. Lead exposure occurs when a child comes in contact with lead by touching, swallowing, or breathing in lead or lead dust. Protecting children from exposure to lead is important to lifelong health. Even low levels of lead in blood have been shown to negatively affect a child's intelligence, ability to pay attention, and academic achievement.^[2]

DID YOU KNOW?

36 Sheboygan County ranks 36th out of 72 Wisconsin counties for the lowest percentage of children tested with elevated blood lead levels. ^[3]

In 2020, Sheboygan County had 1,016 children tested for lead



4.2 percent tested at or above 5 $\mu\text{g}/\text{dL}$. ^[3]

[1] EPA – Health Risk of Radon

[3] Wisconsin Childhood Lead Poisoning Prevention Program

[2] CDC – Lead Health Effects

Community Safety



Understanding crime, law enforcement contacts, and child welfare indicators helps gauge community safety and well-being priorities for Sheboygan County. Tracking this data over time and across demographics aids efforts to promote public health through community collaboration.

7% of reported cases of child abuse or neglect were confirmed to be true after investigation. ^[2]

This percentage is lower than the statewide average of 12.5%.

16 (42%) Key Informants ranked Adverse Childhood Experiences (ACEs) as a top five health issue in Sheboygan County. ^[5]

7% of adults surveyed indicated community safety as a top three community need to be addressed. ^[3]

88% of adults surveyed said they feel safe in their neighborhood. ^[3]

DID YOU KNOW?



This program provides “on the ground” support to residents in some of Sheboygan County’s neighborhoods that experience higher needs. A team of social workers and community health workers focus on neighborhood-based prevention and early intervention efforts to support families, communities, and agency partners.

3 – Year Sheboygan County Sheriff’s Department Reported Crimes Comparison ^[4]

	2020	2021	2022
Sexual Assault	37	34	45
Robbery	0	1	1
Aggravated/Simple Assaults	92	91	76
Burglary	28	75	57
Theft	296	264	275

North side location
St. John’s UCC, 1248 Lincoln Avenue

South side location
Wesley House, 829 Union Avenue



[1] US News and World Reports. 2022 Healthiest Communities—Sheboygan County

[2] Wisconsin Child Abuse and Neglect Report. 2021

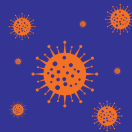
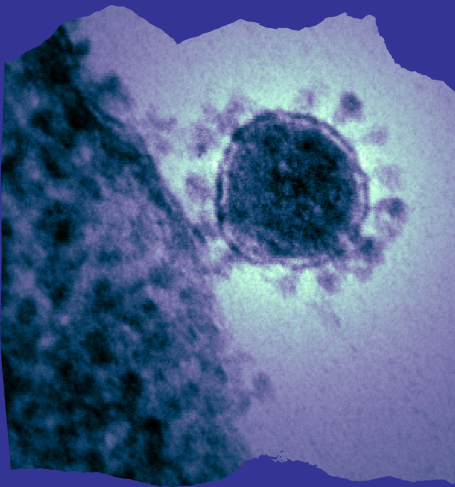
[3] 2023 Community Input Survey Report

[4] 2022 Annual Report for the Sheriff’s Department

[5] 2023 Key Informant Interview Report

Health Outcomes

Health outcomes can be described in two ways: **length of life and quality of life**. Many factors influence the length and quality of life for residents. These factors include health behaviors, clinical care, social and economic factors, and the physical environment.



Communicable Disease

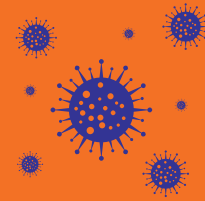


Chronic Disease



Injury and Mortality

Communicable Disease



Reporting and surveillance of infectious diseases helps to decrease the spread of those infections within our community and protects the health of the public.

The Top 5 Reported Confirmed Communicable Diseases in Sheboygan County:*

2020	2021	2022	2023
Chlamydia (404)	Chlamydia (350)	Chlamydia (358)	Chlamydia (280)
Gonorrhea (73)	Gonorrhea (105)	Hospitalized Influenza (81)	Hospitalized Influenza (39)
Hospitalized Influenza (48)	Campylobacteriosis (21)	Gonorrhea (59)	Gonorrhea (34)
Hepatitis C (31)	Hepatitis C (19)	Hepatitis C (28)	Invasive Streptococcal A & B (28)
Legionnaires (28)	Invasive Streptococcal A & B (13)	Campylobacteriosis (19)	Hepatitis C (24)

*does not include COVID-19

[1]

COVID-19



Between March 2020 and November 2023, Sheboygan County experienced: [1]

1,616

Hospitalizations

379

Deaths

DID YOU KNOW?

Wastewater testing is an important tool for tracking levels of COVID-19 in a community.

DHS tests wastewater collected from municipal wastewater treatment facilities to measure the amount of the virus present in each sample. This tells us how widely COVID-19 is spreading in the community. [2]

Chronic Disease



Chronic diseases are conditions that last one year or more and can usually be controlled but not cured. Often, people living with chronic illnesses must manage daily symptoms that affect their quality of life, and experience acute health problems and complications that can shorten their life expectancy. Chronic Diseases are also leading drivers of the nation's \$4.1 trillion in annual health care costs. ^[1]

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. ^[1]

Common causes of chronic disease include: ^[1]



- Tobacco use
- Poor nutrition
- Physical inactivity
- Excessive alcohol use

Sheboygan County Adult Risk Factors ^[2]

27.0% of adults have high blood pressure	23.5% of adults engage in binge drinking
14.8% of adults currently smoke cigarettes	28.8% of adults have high cholesterol
28.8% of adults sleep less than 7 hours per night	19.2% of adults are physically inactive

Sheboygan County Adult Disease Rates ^[2]

4.8% of adults have Coronary Heart Disease	32.3% of adults are obese
6.4% of adults have cancer (excluding skin cancer)	22.8% of adults have arthritis
2.5% of adults had a stroke	9.9% of adults have asthma
7.6% of adults have diabetes	5.1% of adults have COPD

[1] Centers for Disease Control and Prevention

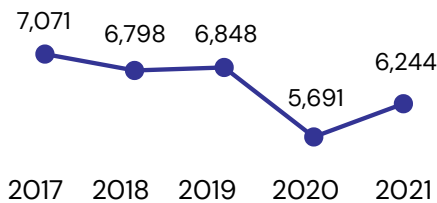
[2] PLACES: Local Data for Better Health

Injury and Mortality

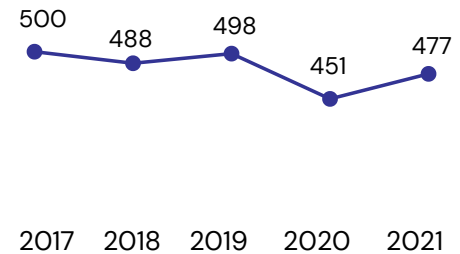


Unintentional injuries were the fourth leading cause of U.S. mortality in 2020 and 2021. Injuries can impact the health and well-being of individuals and can cause trauma for families and communities.^[1] Mortality, or the number of deaths that occur, can be used as a way to represent or summarize the impact of health conditions impacting a population.^[2]

Emergency Department visits for injury in Sheboygan County^[3]



Hospitalizations for injury in Sheboygan County^[3]



Top 3 Causes of Injury in Sheboygan County in 2021:^[3]

Hospitalizations	Emergency Department Visits
Fall	Fall
Poisoning	Struck by or against object or person
Motor Vehicle	Cutting or piercing objects

Top 3 Causes of Injury Deaths in Sheboygan County^[3]

1. Fall
2. Poisoning
3. Firearm

Infant Mortality^[3]

Infant mortality is calculated as the number of infant deaths per 1,000 live births.

Sheboygan County **7.1** deaths per 1,000 births
 Wisconsin **5.3** deaths per 1,000 births

Premature Deaths^[1]

Premature death is a rate measured as the years of potential life lost (YPLL) before age 75 per 100,000 population.

Sheboygan County **6,200** YPLL
 Wisconsin **6,600** YPLL

[1] County Health Rankings & Roadmaps

[3] Wisconsin Department of Health Services - WISH

[2] Techniques to Measure the Impact of Mortality: Years of Potential Life Lost

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Based on the findings from the assessments summarized in this report, Healthy Sheboygan County engaged in an internal prioritization process highlighting the top issues for consideration in the upcoming Community Health Improvement Plan (CHIP). Next steps include identification of how we measure success, who is responsible for leading and participating in this important work, and sharing results widely with the community.



Community Health Needs Prioritization

As detailed in the FY21 CHNA Report, HSHS St. Nicholas Hospital, in collaboration with Healthy Sheboygan County, Aurora Health Care, Lakeshore Community Health Care, Sheboygan County Health and Human Services Division of Public Health, and the United Way of Sheboygan County, identified the top three health priorities in Sheboygan County:

- Mental Health
- Obesity/Nutrition
- Alcohol & Other Drug Abuse (AODA)

Mental Health Care Implementation Strategies:

Current Situation as identified in FY2021 CHNA Report; Mental Health and Well-Being consistently arose as the most prominent community health priority in Sheboygan County in the key informant interviews and during CHNA Virtual Call to Action. There is still a general lack of providers (including counselors, therapists, and clinical social workers) and barriers to accessing existing providers persist for many of the county's residents. For the general community, there is a lack of awareness of where people can go for their mental health needs.

Under the mental health strategy of improving access to care for our patients in and around Sheboygan County, HSHS St. Nicholas Hospital through collaboration with the Healthy Sheboygan County and other community stakeholders, such as Mental Health America, began identifying community assets and services available. A couple of internal goals are to make progress toward improving access to services and to make progress toward recruiting enough providers to meet the need for service. Internally at HSHS St. Nicholas Hospital, we began to identify assets and behavioral health services currently available and where the needs exist. As an external focus to improve access to care and support, The Positive Mental Health Coalition regrouped in FY2022. An overarching goal of this committee is to create an environment that supports positive mental health in Sheboygan County. This coalition began working with community partners and defined four objectives.

Objective 1: Collect and Analyze Data (resources) in the Community:

- Streamline data sharing across systems:
 - Formed data sub-committee to discuss data needs within the various pillars and compile potential data sources for committee members to use.
 - Worked within the data subcommittee to develop the data repository that details both public and private data sources that could be used to better understand mental health within Sheboygan County.
- Supporting schools with the completion of the Youth Risk Behavior Survey
 - Encouraged school-wide participation within the YRBS with Public Health providing example language for partners on opting in vs opting out. Brainstormed potential barriers to school participation. The 2021 YRBS cycle included enough schools to populate a county level YRBS report for both Middle and High School levels.

Objective 2: Support Community Members in Navigating and Accessing Resources

- Create Community Navigator Training
 - The Sheboygan County CHIP initiative has spurred the aspiration to improve the access and guidance of community resources for entities that refer individuals (including hospitals, schools, workplaces, nonprofits, faith-based organizations, first responders, and more). Following a thorough exploration of various concepts and systems, we have chosen to establish a certificate program in collaboration with UW Green Bay.

- HSHS St. Nicholas Hospital provided the \$7500 to create the program. The goal for launch is 2024 Summer. The end goal: The pilot program will be a success, and we will launch in other regions throughout the state.
- Support Navigation Access for youth through education
 - Developed the [Access and Navigation Roadmaps](#) for target populations including: Teens, AODA, School Professionals and those needing a Third Party Petition. This was done collaboratively with partners across the service provider network within Sheboygan County.

Objective 3: Promote Trauma Informed/Resilient Community

- Workshop on Trauma Informed Approaches
 - Trauma Informed Parenting Workshop offered Spring 2021, 2022, 2023
 - Building Healthy Relationships Trauma Workshop in Fall Fall 2021, 2022, 2023
 - Mind the Mind Symposium - June 2023

Obesity/Nutrition Implementation Strategies:

Current Situation as identified in FY2021 CHNA Report; Obesity & Nutrition were both ranked by a number of key informants as a top health issue during interviews conducted in conjunction with the Sheboygan County Community Health Needs Assessment. Some informants focused on food security, while others focused on healthy foods and nutrition promotion.

Under the obesity & nutrition strategies of improving access to resources, improving awareness, and increasing access to prevention and early intervention services for our patients in and around Sheboygan County, HSHS St. Nicholas Hospital through collaboration with the Healthy Sheboygan County and the Sheboygan County Activity & Nutrition (SCAN) Coalition, began identifying community assets and services available. Members of the coalition are representatives from UW-Extension FoodWise, Division of Public Health, HSHS St. Nicholas Hospital, Advocate Aurora, Lakeshore Community Health Care, Prevea, Sports Core, Sheboygan County Food Bank, Nourish, Health and Human Services, Sheboygan County YMCA, Area School Districts, Fresh Meals on Wheels, area businesses and community members. The mission of this coalition is to create an environment that promotes physical activity and healthy nutrition options in Sheboygan County. The SCAN coalition reformed in FY2022 and targeted their efforts on the following four objectives:

Objective #1 - Promote overall health and nutrition from the start of life by increasing initiation and duration rates of breastfeeding.

Objective #2 - Support healthy eating habits by increasing access to and consumption of nutrient-dense/healthy foods.

- HSHS St. Nicholas Hospital continued their financial support for the Double your Bucks at the Farmers' Market. The Double your Bucks Program matched the value of SNAP benefits (formerly called Food Stamps) up to \$10 at all Sheboygan County Interfaith Organization (SCIO) Farmers Markets: The Summer Markets in Sheboygan and Plymouth and the Winter Market in Sheboygan. This allowed low-income families to visit the market more frequently, increase their buying power at the market, and increase their consumption of fresh fruits and vegetables purchased from the market.

Objective #3 - Ensure that everyone experiences food security in Sheboygan County.

Objective #4 - All Community Members Have Access to Safe, Free Physical Activity.

Alcohol & Other Drug Abuse Implementation Strategies:

Current Situation as identified in FY2021 CHNA Report; Alcohol and Drug Use frequently emerged as a major concern on Community Health Surveys and in stakeholder discussions. Reasons commonly cited for the problem included ease of availability, lack of access to treatment, cost of treatment, and lack of understanding the impact of drug use on overall health. This issue often was linked closely to Mental Health. Under the alcohol and other drug abuse strategies of improving access to resources, improving awareness, and increasing access to prevention and early intervention services for our patients in and around Sheboygan County, HSHS St. Nicholas Hospital through collaboration with the Healthy Sheboygan County and the responsible substance use coalition began identifying community assets and services available. The overall goal of this coalition is to create an environment that promotes a responsible substance use culture in Sheboygan County. The responsible substance use coalition reformed in FY2022 and targeted their efforts on the following four objectives:

Objective 1: Streamline data sharing across systems:

- Formed data sub-committee to discuss data needs within the various pillars and compile potential data sources for committee members to use
- Worked within the data subcommittee to develop the data repository that details both public and private data sources that could be used to better understand mental health within Sheboygan County.

Objective 2: Support community members in navigating and accessing resources

- Create Community Navigator Training. The Sheboygan County CHIP initiative has spurred the aspiration to improve the access and guidance of community resources for entities that refer individuals (including hospitals, schools, workplaces, nonprofits, faith-based organizations, first responders, and more). Following a thorough exploration of various concepts and systems, we have chosen to establish a certificate program in collaboration with UW Green Bay. This program will encompass the following components:
- HSHS St. Nicholas Hospital provided the \$7500 to create the program. The goal for launch is 2024 Summer. The end goal: The pilot program will be a success, and we will launch in other regions throughout the state.

Objective 3: Reduce Binge Drinking

- Festival Toolkit developed to help encourage local festival and event planners to use best practices to prevent underage drinking. Festival Toolkit shared with law enforcement and local event planners. Developed a process for sharing the toolkit at the time of licensing for events.
- Sticker Shock Campaign: Worked with South/North High School to develop sticker decals to promote awareness of underage drinking and to discourage purchasing of alcohol for minors. Stickers distributed to local grocery stores and liquor stores and through community outreach events.

Objective 4:

- Education Campaign: Continue with annual education to community members on the importance of locking up medications and getting rid of medications that are not being used. HSHS St. Nicholas supported Drug Take Back events in the Spring and Fall 2023. A total of 357 lbs of medications were collected.