2025-2027
Community Health Needs
Implementation Strategy

STOUGHTON HEALTH
Creating Excellence Together

900 Ridge St., Stoughton, WI 53589
stoughtonhealth.com

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STOUGHTON HEALTH

Stoughton Health is a 25-bed critical access hospital with an additional 10 beds dedicated to Geriatric Psychiatry. Stoughton Health primarily serves Dane, Rock, Green, and Jefferson counties, along with many neighboring communities. As an independent community hospital, it is owned and operated by the Stoughton Hospital Association while maintaining an affiliation with SSM Health of Wisconsin. To support continued growth and the increasing focus on wellness and preventive care, the Stoughton Hospital Governing Board approved a 56,000-square-foot outpatient center to enhance services and better meet community needs.

Since 2013, Stoughton Health has collaborated with three other Dane County hospitals (UnityPoint Health - Meriter, SSM Health, and UW Health) along with Public Health Madison and Dane County to form the Healthy Dane Collaborative (HDC). The most recent Community Health Needs Assessment (CHNA), completed in late 2024, is available at stoughtonhealth.com.

For the CHNA, Stoughton Health addresses the needs of Dane County, specifically focused on the communities of Stoughton, Oregon, McFarland, and Cottage Grove. Approximately 71% of inpatient cases, 78% of Emergency Department visits, and over 74% of outpatient services at Stoughton Health involve residents from Dane County.

The key priorities identified were:

- Chronic Conditions
- Injury & Safety
- Mental Health & Substance Use
- Reproductive Justice

While Stoughton Health strives to address all identified health concerns, it must also prioritize its resources, available partnerships, and severity of need in the communities it serves. Based on these considerations, the following priorities will be the focus over the next three years: Chronic Conditions, Injury and Safety, and Mental Health and Substance Use.

We invite community members to join us in tackling these critical health issues and working together to foster a healthier future for all.

Sincerely,

Chris Brabant

Chris Brabant, President & CEO

New Crossing Guard Signs

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Community Health Needs and Identified Priorities

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Community health needs were assessed by reviewing existing secondary data including demographics, health indicators, and healthcare access, along with insights from public health experts, and from individuals who live, work, learn, play, and grow in Dane County.

For data details, please visit **healthydane.org**

This process identified four key health issues in Dane County: Chronic Conditions, Injury and Safety, Mental Health and Substance Use, and Reproductive Justice. While all of these issues are important, Stoughton Health will focus on the first three priorities as we do not provide obstetric, primary care, or pediatric services. Our commitment remains strong in making a meaningful impact by addressing the areas where we can best serve our communities.

Priority #1   Chronic Conditions

Priority #2   Injury & Safety

Priority #3   Mental Health & Substance Use

Chronic Conditions	Injury & Safety	Mental Health & Substance Use
Risk factors for diabetes, hypertension, and heart failure are a result of an inequitable food system, economic inequity, and toxic stress caused by experiencing racism/discrimination. 12% of Medicare beneficiaries were treated for osteoporosis and 12% were treated for atrial fibrillation. Source: CHNA, p. 39, p. 59	Impaired driving was a factor in 41% of fatal crashes in Dane County and 26% of crashes involving a serious injury. The age adjusted death rate due to falls in Dane County has been increasing over time - with rates higher than both Wisconsin and U.S. rates. Source: CHNA, p. 50, p. 51	Dane County men are significantly more likely to die from suicide than women and disproportionately impacts white men. 69.2% of high school youth with prescription drugs in their home say they can easily access them. That is higher than 2021 at 56.5% and somewhat higher than 2018 at 60.3% Source: CHNA, p. 45, p. 46

Chronic Conditions

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Priority # 1

Chronic conditions last a year or more and require ongoing medical attention and/or limit activities of daily living. They can usually be controlled but not cured. In adults, the most common chronic conditions include cancer, heart disease, stroke, and diabetes, while obesity and asthma are two of the most common in children. Poor health outcomes linked to chronic conditions include disability, poor quality of life, increased healthcare costs, and death.

Compared to data available from 44 Wisconsin Counties, Dane County has a value of 3.0 which is in the worst 25% of counties.
Source: CHNA, p. 40

GOALS

- Decrease in hospitalization rate for diabetes (Type 1&2) in Dane County to less than 11.5/10,000 population and decrease Stoughton zip code specific rates to less than 16.3/10,000 population. Source: HealthyDane.org

- Decrease in hospitalization rate for heart failure in Dane County to less than 25.1/10,000 and decrease Stoughton zip code specific rates to less than 25.3/10,000 population. Source: HealthyDane.org

Healthy Shopping

Parkinson's Exercise

Strong Bodies Exercise

Community Partners

- Civic Organizations
- Local Businesses
- Local EMS
- Local Senior Centers
- Local Schools
- Local Youth Centers

- Neighborhood Free Health Clinic
- Oregon Area Wellness Coalition
- Parish Nurses
- Skaalen Retirement Services
- Stoughton Hospital Foundation
- Stoughton Wellness Coalition

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Action Plan

- Continue to expand and support offerings of exercise programs for older adults like Strong Bodies, Parkinson's Exercise, Poling in the Parks and more
- Continue to offer free educational trainings focused on health topics led by physicians, dieticians, rehabilitation staff and other specialists
- Explore the Cardiac Heart Exercise and Advanced Lifestyle-Management (HEAL) program
- Expand Cardiac/Pulmonary Rehabilitation programming to include education by nutritional staff
- Continue to offer Cardiac Rehabilitation for heart disease patients
- Expand self-monitoring blood pressure intervention by providing blood pressure cuffs to senior centers and libraries
- Continue to offer six-week workshop, Healthy Living with Diabetes
- Continue to offer services and education through diabetic foot clinic and wound clinic
- Expand educational library with Health Talk – Podcasts/Vodcasts on the Stoughton Health website from interviews with physicians and hospital experts to address healthy behaviors
- Provide screenings like blood pressure, bone density, cholesterol and more at the Community Health and Wellness Center to staff, businesses, and community members
- Continue use of case managers/patient navigators with patients as they are discharged from the hospital
- Offer yoga for individuals with chronic conditions
- Offer financial assistance for the Infinite Boundaries Retreat for women with breast cancer
- Continue Well-Being Team offerings for staff and expand those offerings to include community members
- Continue to lead fundraisers to support the American Cancer Society local chapter
- Continue to lead fundraisers to support the American Heart Association local chapter
- Implementing a process for Acute Stroke Ready Hospital Certification

Poling in the Parks

Exercise Student and Teacher

Injury & Safety

Priority #2

Injury and Safety encompass a variety of sub-topics including exposure to violence, and unintentional injuries like motor vehicle collisions, poisonings, and falls.

Falls are a leading cause of unintentional injury and injury death. Falls commonly produce bruises, hip fractures, and head trauma. These injuries can increase the risk of early death and can make it difficult for older adults to live independently. Most falls are preventable. Since 2020, fall-related events have ranked second in the top reasons for EMS dispatch in Dane County. On average, fall-related incidents account for 15% of local EMS responses, with over 7,600 events in 2024 alone.
Source: CHNA, p. 51

Goal

- Reduce the age-adjusted death rate due to unintentional injuries in Dane County to less than 70/100,000 population.
Source: HealthyDane.org

Community Partners

- Area Senior Centers
- Greater Wisconsin Agency on Aging Resources, Inc.
- Local EMS
- Local Fire Departments
- Local Nursing Homes and Assisted Livings
- Local Police
- Local Youth Centers
- Neighborhood Free Health Clinic
- Oregon Area Wellness Coalition
- SAFE Communities
- Stoughton Wellness Coalition
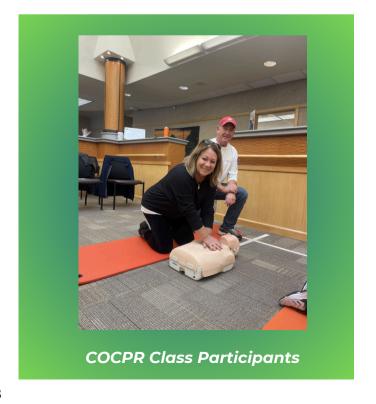- Wisconsin Institute of Healthy Aging

Injury & Safety

Action Plan

- Continue to offer community classes focused on improving balance and fall reduction such as Parkinson's Exercise, Balance Class and add Group Otago classes
- Continue to offer Safe Sitter and Safe@Home kids classes to help decrease pediatric injuries
- Continue offering car seat safety training and installation in partnership with SafeKids of South Central WI, Local Fire, Police and Sheriff departments
- Offer education on a variety of topics including fraud prevention and responsible youth social media use
- Partner with local senior centers on the Stepping On Fall Prevention Workshop
- Explore the implementation of the Safe at Home program for aging population
- Continue to promote Wisconsin Elder Abuse Hotline in our clinics and hospital
- Explore enhancements to post-operative safety for patients while recovering at home
- Provide training opportunities for staff on Mental Health First Aid Training, and building threat safety awareness
- Explore teen safe driving programming
- Explore poisoning safety programming with pharmacist
- Explore marketing enhancement with Senior Center to communicate their offerings related to health needs
- Promote Balance Screenings offered by rebabilitation staff
- Explore Industrial Rehabilitation programming so workers may return to work safely following injury
- Continue partnerships for community blood drives

Blood Drives

COCPR Class Participants

Mental Health & Substance Use

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Priority #3

Mental Health & Substance Use are among the most pervasive health issues in Dane County. It is important to recognize the intersection between mental health and substance use, including the impact of delays in mental health treatment leading to self-medicating through substances.

Factors affecting both mental health and substance use include:

- Income, employment, socioeconomic status
- Food access
- Housing
- Discrimination
- Childhood experiences
- Ability to access acceptable and affordable health care

Among people experiencing homelessness in Dane County, mental illness was ranked as the second most important factor (36%) negatively affecting individual's health.
Source: CHNA, p. 47

Goals

- Reduce 30-day alcohol use by 2% from 11% to 9%, by 9/1/26 in Stoughton High School youth in grades 9-12 as measured by the Youth Risk Behavior Survey and/or Dane County Youth Assessment data.
- Reduce 30-day use of tobacco by 2%, from 8% to 6%, by 9/1/26 in 9-12 grades measured by Youth Risk Behavior Survey and/or Dane County Youth Assessment data.
- Decrease the percentage of Medicare beneficiaries (65+) who are treated for depression to less than 17%.
Source: HealthyDane.org

NAMI Walk

Memory Cafe

Community Partners

- Alzheimer's Association WI Chapter
- Dane County Behavioral Health Services
- Journey Mental Health
- Libraries
- LGBTQ+ Community
- Local Churches
- Local Police Departments
- Local EMS
- National Alliance of Mental Health Dane
- Neighborhood Free Health Clinic
- Ocean Hawk Counseling
- Oregon Area Wellness Coalition
- Oregon Mental Health Services, L.L.C.
- Safe Communities
- START
- Stoughton Wellness Coalition
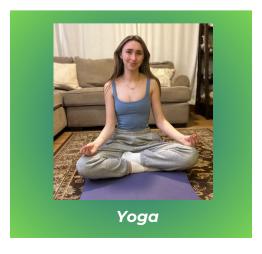- Tellurian

Mental Health & Substance Use

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Action Plan

- Continue to offer virtual health visits at Stoughton Health Emergency Room and Medical/Surgical ICU with Integrated Telehealth Partners (ITP)
- Explore implementation of an outpatient behavioral health service
- Expand and support programs for older adults offering educational, social or physical group activities
- Treat acute mental health disorders in adults 55 years and over through the Stoughton Hospital Geriatric Psychiatry Inpatient Program
- Support, educate and train communities on becoming dementia friendly
- Host memory café for individuals with Alzheimer's and their families
- Continue to educate community members on dementia warning signs and resources and offer free memory screenings
- Offer numerous free classes to improve well-being including yoga, meditation, and crafting
- Train police officers in CIT (Crisis Intervention Team), designed to de-escalate situations
- Continue work with the Caring for Everyone committee with the focus of providing safe inclusive and welcoming healthcare for all
- Support local police departments with fidgets and other de-escalation items
- Expand Zero Suicide Initiative including safety planning and means reduction
- Continue financial and in-kind support to HATS, START, NHFC, JFF, PEP, NAMI, Alzheimer Association, clothing drives and food pantries
- Screen middle school students for mental health and substance abuse risk factors through cognitive behavioral intervention for trauma in schools with Resilient Response to the Effects of Stress and Trauma (REST)
- Explore tobacco cessation and prevention programming
- Continue to offer sharps disposal and medication drop days
- Continue Narcan training and expand OAK box availability
- Coordinate training opportunities for educators, caregivers, and community members on mental health awareness
- Reduce youth access to substances through environmental and policy change, such as ID scanners at community events, alcohol compliance checks, and city ordinances
- Provide resources for various youth alternative activities

Gardening for Wellness

Sharps and Medication Drop

Yoga

Recognition of Partner Contributions

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We would like to express our heartfelt gratitude to our valued partners who have supported us in the past and continue to stand by us for future initiatives. Your commitment and collaboration have been instrumental, and we look forward to achieving even greater milestones together. Thank you for your dedication; together, we can make a lasting impact!

- Alzheimer's Association Wisconsin Chapter
- American Cancer Society
- American Heart Association
- Dane County Behavioral Health Services
- Catholic Charities
- Civic Organizations
- Greater Wisconsin Agency on Aging Resources, Inc.
- Journey Mental Health
- Caring for our Community Committee
- Local Area Businesses
- Local Area Churches
- Local Area EMS
- Local Area Fire Departments
- Local Area Libraries
- Local Area Nursing Homes & Assisted Livings
- Local Area Police Departments

- Local Area Senior Centers
- Local Area School Districts
- Local Area Youth Centers
- National Alliance of Mental Health of Dane County
- Neighborhood Free Health Clinic
- Ocean Hawk Counseling
- Oregon Area Wellness Coalition
- Oregon Mental Health
- Oregon School District
- Parish Nurses
- SAFE Communities
- Skaalen Retirement Services
- Stoughton Area Resource Team (START)
- Stoughton Hospital Foundation
- Stoughton Wellness Coalition
- Tellurian
- The Partners of Stoughton Hospital
- Wisconsin Institute on Healthy Aging

Thank you to our Healthy Dane partners for collaborating with us to complete the 2025-2027 Community Health Needs Assessment (CHNA) in 2024. The partners include Group Health Cooperative of South Central Wisconsin, Public Health Madison & Dane County, SSM Health St. Mary's Hospital, UnityPoint Health – Meriter, and UW Health.

Approved by Stoughton Hospital Association Governing Board

Date: 05/28/2025

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