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Message to Our Community



Stoughton Hospital is a 35-bed critical access hospital serving the counties of Dane, Rock, Green, and Jefferson along with many other communities. We are an independent community hospital owned and operated by the Stoughton Hospital Association while also being an affiliate of SSM Health of Wisconsin. Due to continued growth and an increased focus on wellness and keeping people healthy, the Stoughton Hospital Governing Board approved a brand refresh to do business as Stoughton Health. While Stoughton Health values and recognizes all the communities it serves, for purposes of the Community Health Needs Assessment (CHNA), Stoughton Health defines its community as the service area of Dane County, more specifically Stoughton, Oregon, McFarland and Cottage Grove. The residents of Dane County account for approximately 75% of inpatient cases, 78% of Emergency Department patients, and over 73% of ambulatory patients at Stoughton Health.

Beginning in 2013, Stoughton Hospital combined forces and joined three Dane County area hospitals (Meriter Hospital, St. Mary's Hospital, and UW Hospital and Clinics) along with Public Health Madison and Dane County to form the Healthy Dane Collaborative (HDC). The HDC completed the most recent community health needs assessment (CHNA) in late 2021, which is located at stoughtonhealth.com. As part of the assessment, data was reviewed, one-on-one interviews conducted, focus groups held and concerns of organizations and partners in the community were listened to. While Stoughton Health remains committed to addressing all identified health issues, we recognize we have limited resources. The health issues we have chosen to focus on are:

- Behavioral Health
 - Mental Health
 - Substance Misuse
- Chronic Disease
- Injuries

We have chosen these health issues based on community partnerships, internal resources, severity of need in our communities, and the Stoughton Health's ability to make a difference. We welcome you to join us in responding to these needs and look forward to *creating excellence together* as we improve the health and well-being of our community.

Sincerely,

A handwritten signature in black ink that reads 'Daniel DeGroot'.

Dan DeGroot
President & CEO
Stoughton Health



Dan DeGroot, President & CEO



The Health Needs of Our Community



Community health needs were identified from existing sources of secondary data (regarding demographics, health status indicators, and measures of health care access), and by gathering community perspectives from individuals with expertise in public health, as well as from individuals who live, work, learn, play, and/or grow in Dane County.

Behavioral Health



In Dane County, a majority of people said they take four mental health days a month.

Dane County residents identify “Substance Abuse” as the second most critical health need.

Behavioral health encompasses people’s psychological well-being and ability to function in everyday life.

Chronic Disease



4+ out of every 5 dollars spent on healthcare in the U.S. are spent on people with 1+ chronic conditions.

For many individuals suffering from chronic conditions, associated risk factors can be addressed and treated. By focusing on risk factors, complications and comorbidities can be prevented.

Injuries



Dane County is higher than State (20.6) and National (9.3) at 31.2 deaths per 100,000 population.

Falls are the leading cause of unintentional injury and injury deaths in older adults ages 65+ in Dane County.



Priority #1

Behavioral Health
-Mental Health
-Substance Misuse

Priority #2

Chronic Disease

Priority #3

Injuries



Behavioral Health

Behavioral health conditions include mental health disorders and substance use disorders. There is a growing body of evidence that links behavioral health to physical health.

Mental Health includes our emotional, psychological, and social well-being. It helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Without treatment, the consequences of mental illness to the individual and society are staggering. Poor outcomes include disability, unemployment, substance abuse, homelessness, incarceration, and suicide. The economic cost of untreated mental illness is more than 193 billion dollars each year in the US.

11.2% of Dane County residents stated that their mental health, which includes stress, depression, and problems with emotions, was not good for 14 or more of the past 30 days.¹

The age group with the highest suicide rate in Dane County was ages 65+ at 18.9 deaths per 100,000.⁴

The overall age-adjusted death rate due to Alzheimer's disease in Dane County is higher than state and national rates at 34.3 deaths per 100,000.²

Substance Misuse is one of the most serious public health problems in the United States. Alcohol is the most frequently used and misused substance in the United States, and it can have devastating consequences. People who drink to excess, including binge and heavy drinkers, are at great risk for health and economic problems.

23.5% of adults in Dane County reported that they binge drink³

63.0% of high school youth in Dane County using marijuana used it in a vaping device⁵

Data Source:

1. County Health Rankings. (2018). Retrieved from: <http://healthydane.org>

2. Wisconsin Department of Health Services. (2016-2018) Retrieved from: <http://healthydane.org>

3. Wisconsin Department of Health Services. (2017-2019) Retrieved from: <http://healthydane.org>

4. Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <https://www.dhs.wisconsin.gov/wish/index.htm> Injury Mortality, hospitalization and emergency department Module

5. 2021 Dane County Youth Assessment, Dane County Youth Commission

Priority #1



Behavioral Health

Mental Health Goals 2022-2024

- Decrease the number of 14+ poor mental health days in a month in Dane County to less than 11.9% and decrease Stoughton zip code- specific rates to less than 12.3%.
- Decrease the percentage of Medicare beneficiaries (65+) who are treated for depression to less than 18.1/100,000 population.

Action Plan

- Implement virtual health visits at Stoughton Health ER with Integrated Telehealth Partners (ITP)
- Expand and support programs for older adults that offer 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
- Educate and train community on becoming dementia friendly
- Host memory café for individuals with Alzheimer’s and their families
- Screen middle school students for mental health and substance abuse risk factors through cognitive behavioral intervention for trauma in schools (CBITS)
- Offer numerous free classes to manage improved well-being; three ways to relieve stress now, freedom through forgiveness, meditation, mindfulness, yoga, and more
- Train police officers with CIT (Crisis Intervention Team) training designed to de-escalate situations
- Continue work with LGBTQ+ committee with the focus of providing safe inclusive and welcoming healthcare for all
- Support local police departments with fidgets and other de-escalation items
- Provide training to staff on the Zero Suicide Initiative

Partners in the Community

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



Behavioral Health

Substance Misuse Goals 2022-2024

- Decrease in hospitalization rate for alcohol abuse in Dane County to less than 21.1/10,000 population over age 18 due to alcohol abuse and decrease Stoughton zip code- specific rates to less than 26.2/10,000 population.
- Decrease in ER rate due to adolescent (10-17 yrs.) alcohol use in Dane County to less than 8.3/10,000 population and decrease Stoughton zip code- specific rates to less than 18.9/10,000 population.

Action Plan

- Maintain certification by the state of WI for Behavioral Health and Medication Management of Detoxification
- Provide AODA/Detox to increasing number of patients through Stoughton Health's AODA Program
- Promote and support alcohol free community and family events such as proms, movie nights and more
- Support advocacy work of coalitions for policy, systems and environmental changes
- Screen middle school aged students for mental health and substance use risk factors through cognitive behavioral intervention for trauma in schools (CBITS)
- Conduct multi-media campaign with billboards, radio, digital, advertising and print for med drop box
- Continue use of case managers/patient navigators with patients as they are discharged from the hospital
- Maintain pain management resource tools and follow up protocols
- Continue to work with SAFE Communities on the Recovery Coach Program
- Continue work and support with Stoughton Wellness Coalition and Oregon Area Wellness Coalition
- Establish protocol with providers to increase alternatives to opioid medication prescriptions
- Offer Overdose education, free Narcan distribution and participate with the medication disposal 2 times a year

Partners in the Community

- Catholic Charities
- Local Schools
- Local Churches
- Local EMS
- Local Businesses
- Local Police
- Neighborhood Free Health Clinic
- Ocean Hawk Counseling
- Oregon Area Wellness Coalition
- Oregon Mental Health
- START
- Stoughton Wellness Coalition
- SAFE communities
- Tellurian



Chronic Disease

Chronic conditions account for the greatest number of poor health outcomes and increasing healthcare costs in Wisconsin. Currently, the state annually spends an estimated \$3.9 billion and \$4.1 billion in healthcare and lost productivity costs on diabetes and heart disease alone. For many individuals suffering from chronic conditions, associated risk factors can be addressed and treated. By focusing on risk factors for chronic conditions, complications and comorbidities can be prevented.

26.5% of adults in Dane county are limited in any activities because of physical, mental, or emotional problems.¹

The age-adjusted hospitalization rate due to hypertension in Dane is 10.1 hospitalizations per 10,000 population ages 18 or older.²

Hospitalization rates due to asthma are highest among young children and adults over age 65.²

The age-adjusted hospitalization rate due to pediatric asthma in Dane County is higher than state rate at 11.0 hospitalizations per 100,000.²

23.1% of Medicare beneficiaries were treated for rheumatoid arthritis or osteoarthritis.³

The age adjusted hospitalization rate due to diabetes in Dane County is 36.0 hospitalizations per 100,000 population ages 18 or older.⁴

Data Source:

1.American Community Survey. (2015-2019) Retrieved from: <http://healthydane.org>

2.WHA Information Center. (2017-2019) Retrieved from: <http://healthydane.org>

3.Centers for Medicare & Medicaid Services. (2018) Retrieved from: <http://healthydane.org>

4.WHA Information Center. (2020) Retrieved from: <http://healthydane.org>

Priority #2



Chronic Disease

Chronic Disease Goals 2022-2024

- Decrease in hospitalization rate for diabetes (type 1&2) in Dane County to less than 11.8/10,000 population and decrease Stoughton zip code- specific rates to less than 17.7/10,000 population.
- Decrease in hospitalization rate for heart failure in Dane County to less than 26.0/10,000 and decrease Stoughton zip code- specific rates to less than 30.4/10,000 population.

Action Plan

- Continue to expand and support offerings of exercise programs for older adults.
- Continue to offer multiple free educational trainings with staff on healthy eating, Five Ways to Improve your Heart Health, Healthy Summer Cooking, Top Ways to Protect your Heart Health, Understanding Heart Disease, Understanding Cholesterol, Understanding Risk Factors for Heart Disease
- Continue to offer Healthy Living with Diabetes six-week workshop
- Continue promoting 5210 Program on our website, social media, and with banners
- Offer Powerful Tools for Caregivers training
- Continue to offer services through diabetic foot clinics
- Continue Diabetic and Crohns support groups in Stoughton
- Continue offering free nutrition and exercise presentations with physicians, dietitians and rehab dept.
- Build educational library with Health Talk –podcasts added to website from interviews with physicians and hospital experts to address healthy behaviors
- Provide screenings at the Community Health and Wellness Center to staff, businesses, and community members
- Continue to offer Cardiac Rehab for heart disease patients
- Continue use of case managers/patient navigators with patients as they are discharged from the hospital
- Offer yoga for individuals with breast cancer
- Offer financial assistance for the Infinite Boundaries Retreat for breast cancer

Partners in the Community

- 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



Injuries

Injuries can be caused by many different factors such as: self-harm, pediatric injuries, violence, motor vehicle crashes, 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. Effective prevention strategies create safer environments and reduce risk factors, from installing handrails and improving lighting and visibility, to reducing tripping hazards and exercising regularly to enhance balance.

Injuries, such as motor vehicle crashes, falls, suicides and violence are leading causes of death and disability for both Dane County adults and children. ¹

Age-adjusted death rate due to falls in Dane County is at 30.3 deaths per 100,000 population. ^{1,2}

The age group with the highest suicide rate in Dane County was ages 65+ at 18.9 deaths per 100,000. ¹

17.2% of 9th-12th and 17.7% of 7th-8th grade youth report they had intentionally harmed themselves in the past 12 months. ³

Priority #3



Data Source:

1. Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <https://www.dhs.wisconsin.gov/wish/index.htm> Injury Mortality, hospitalization and emergency department Module

2. Wisconsin Department of Health Services. (2016-2018) Retrieved from: <http://healthydane.org>

3. 2021 Dane County Youth Assessment, Dane County Youth Commission

Injuries

Injuries Goals 2022-2024

- Decrease the age-adjusted death rate due to falls in Dane County to less than 31.2/100,000 population.
- Reduce the age-adjusted death rate due to unintentional injuries in Dane County to less than 66.1/100,000 population.

Action Plan

- Continue to offer community classes focused on improving balance such as Tai Chi, Parkinson's, and Balance Class
- Continue to offer Safe Sitter and Safe@Home kids classes to help decrease pediatric injuries
- Explore offering car seat safety training and installation in partnership with EMS
- Offer social media safety and a variety of other injury prevention classes and education
- Partner with local senior centers on 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 the Community Para medicine: Partnering to Empower Patients Program
- Provide training opportunities for staff on Mental Health First Aid Training

Partners in the Community

- 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



Thank You to our Many Partners Working to Improve Community Health



- 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
- LGBTQ+ Community
- Local Area Businesses
- Local Area Churches
- Local Area EMS
- Local Area Fire Department
- Local Area Libraries
- Local Area Nursing Homes & Assisted Living
- Local Area Police Department
- Local Area Senior Centers
- Local Area School District
- Local Area Youth Center
- 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
- START
- Stoughton Hospital Foundation
- Stoughton Wellness Coalition
- Tellurian
- The Partners of Stoughton Hospital
- Wisconsin Institute on Healthy Aging

Approved By Stoughton Hospital Governing Board March 24, 2022

Modifications/Revisions Approved by Stoughton Hospital Governing Board November 29, 2023

Affiliated with



Creating Excellence Together