



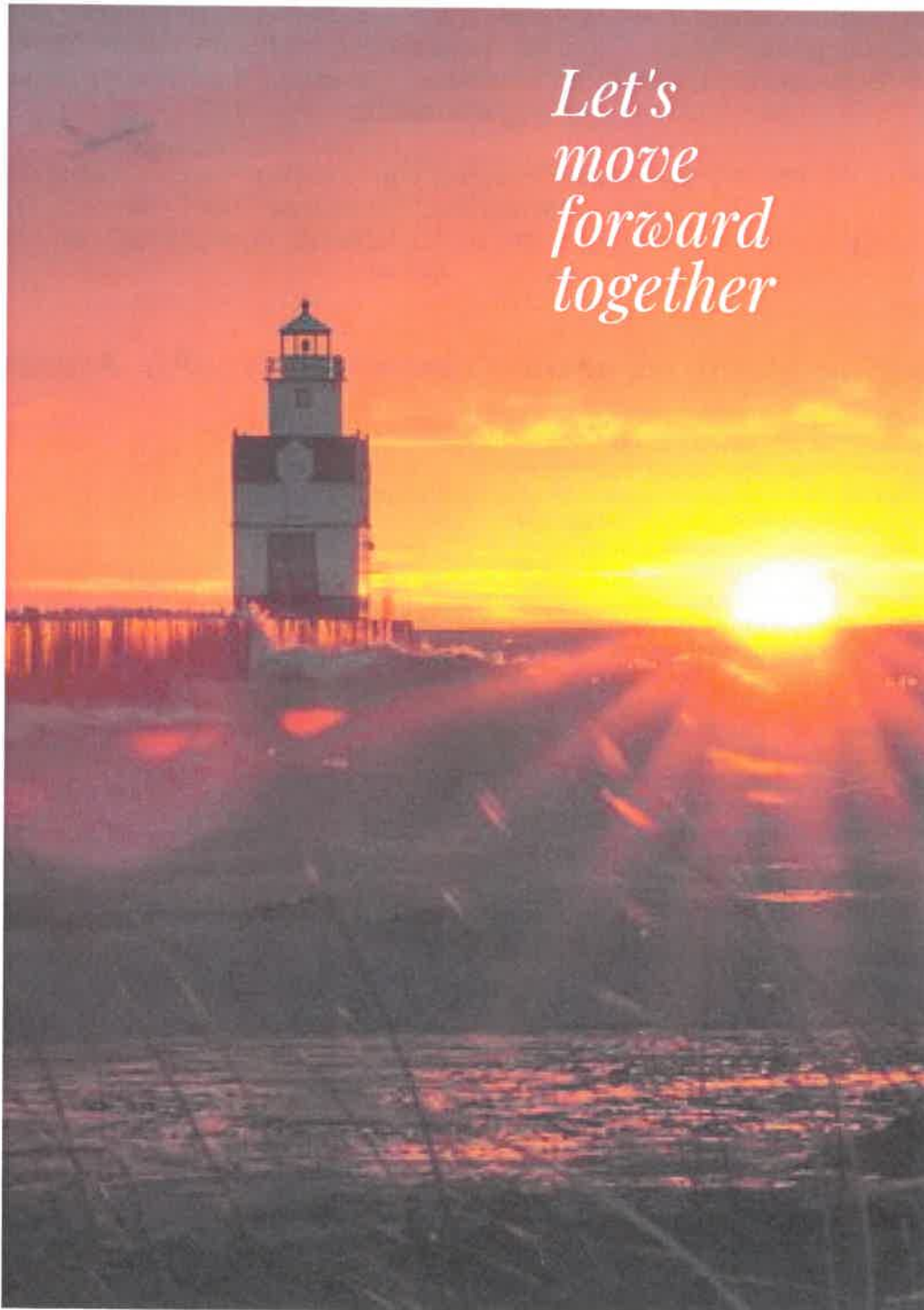
# Get Healthy

KEWAUNEE COUNTY

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COMMUNITY HEALTH IMPROVEMENT PLAN  
**2022-2026**

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*Let's  
move  
forward  
together*

Lake Michigan at sunrise

## EXECUTIVE SUMMARY

The intention of this document is to present to you the Community Health Improvement Plan (CHIP) for Kewaunee County. It is the result of a community effort to improve the overall health and wellness of Kewaunee County. The Get Healthy Initiative was established in 2017 and will continue as we move forward with our next CHIP plan (2022 - 2026).

In December 2021, a community assessment event was held at the Kewaunee County Health and Human Service Center. Progress from our previous community health improvement plan was presented. Data regarding current county statistics and findings was shared. Three key focus areas have been selected. Goals and objectives for each of these focus areas have been established through networking among workgroups.

As part of this community, we invite each of you to look at the contents of this plan and join us in our effort to move the health of Kewaunee County forward. This plan will succeed with active engagement from partnering agencies and community members like you.

### Participating Members of the Community Health Assessment

- Jody Anderson, RN / Bellin Health
- Barb Benzshawel / Kewaunee Co. Human Services
- Scott Fritz / Kewaunee School Superintendent
- Virginia Haske / Kewaunee County Board of Supervisors, Board of Health
- Jared Heyn / City of Algoma, Administrator
- Michelle Hinson / Kewaunee Fitness
- Julie Janisek / Kewaunee County Board of Health
- Renee Koenig / UW Extension
- Amber Krokstrom / Business Manager, East Shore Industries
- Dave Myers / Kewaunee Co. Parks and Promotion
- Sue Norton / Kewaunee Co. Behavioral Health Supervisor
- Cathy Pabich / county resident; Friends of Crescent Beach
- Glenn Schlender / Luxemburg-Casco School Superintendent
- Judy Sell / county resident
- Linda Teske / Kewaunee County Board of Supervisors, Board of Health
- Mark Teske / county resident
- Julie Thoreson / RN; Kewaunee County Board of Health
- Jodi Vandervest / Kewaunee Co. Adult Protective Services
- Jason Veaser / Kewaunee Co. Sheriff's Dept; Chief Deputy
- Deborah Henning / county resident
- Jeff Wisnicky / Kewaunee Co. Corp Counsel / Human Service Director
- Matt Joski / Kewaunee Co Sheriff
- Melissa Annoye / Kewaunee Co. CLTS Supervisor
- Davina Bonness / Kewaunee Co. Conservationist
- Scott Feldt / Kewaunee Co. Administrator
- Laura Giddley / Violence Intervention Project
- Kari Heim, RN / Bellin Health
- Alex Stodola / Business owner / Stodola's IGA
- Chris Culotta / Northeast Regional Director, WI DHS
- Janet Kazmierczak, RN / Northeast Region Nurse Consultant, WI DHS
- Sarah Bartel, Pharm.D / Hometown Pharmacy
- Scott Gatzke / Kewaunee Co. Human Services/ AODA
- Aly Martin, RN / Kewaunee Co. Public Health
- Jessica Depas / Kewaunee Co, Health Educator
- Rachel Bauer, RD / Kewaunee Co. Public Health
- Cindy Kinnard, RN / Kewaunee Co. Health Officer



# 01.

## Nutrition

Too many Kewaunee County residents are at an unhealthy weight.



# 04.

## Alcohol Use

Rates of excessive drinking are on the rise within Kewaunee County.



# 02.

## Physical Activity

Residents within Kewaunee County are unaware of opportunities for physical activity within their own communities.



# 05.

## Drug Use

Operating under the influence arrests are now moving more to drugs than alcohol.

# 03.

## Mental Health

Mental Health services within Kewaunee County are limited and crisis calls have increased.





## Who We Are...

Kewaunee County is located on the shores of Lake Michigan, just south of Door County and directly east of Brown County. It is characterized by the brilliant blue waters of Lake Michigan, beautiful beaches, rolling green hills of agricultural activity, picturesque parks, and its small-town charm.

Manufacturing and dairy farming are the lead industries within the county.

Our county is a favorite for many looking for a great place to hunt, fish, boat, or hike. County parks and trails offer residents and guests much to explore.

**POPULATION:**  
20,434

**CITIES:**  
Algoma, Kewaunee

**VILLAGES:**  
Casco, Luxemburg

**TOWNSHIPS:**  
Ahnapee, Carlton,  
Casco, Franklin, Lincoln,  
Luxemburg, Montpelier,  
Red River

**SCHOOL DISTRICTS:**  
Algoma, Kewaunee,  
Luxemburg-Casco

## Demographics:

% below 18 years of age:	20.8%
% over the age of 65:	18%
White:	94%
Black:	0.5%
American Indian / Native Alaskan:	0.6%
Asian:	0.5%
Pacific Islander:	0.1%
Hispanic:	3.3%
Non-Hispanic:	94%
Male:	50.7%
Female:	49.3%
Population Growth:	.19%
% Rural:	72.3%

*Taken from County Health Rankings 2022*



**KEWAUNEE COUNTY**  
W I S C O N S I N

# COUNTY HEALTH RANKINGS

## ABOUT THE HEALTH RANKINGS:

Annually, county health rankings are provided as an overview of the health of communities across the United States. These rankings use a population health model that examines multiple factors which contribute to the health of a community. These rankings provide evidence at a local level and encourage communities to identify ways to improve health among their residents.

## 2021 Kewaunee County Health Rankings

### 23 Health Outcomes

The overall rankings in health outcomes represents how healthy counties are.

### 13 Health Factors

Overall ranking in health factors represents what influences the health of a county.

### 43 Health Behaviors

Includes behaviors like tobacco use, diet and exercise, alcohol and drug use, and sexual activity.

### 23 Clinical Care

Includes such things as the number insured, primary care physicians, dentists, mental health providers, and quality of care.

### 35 Physical Environment

Includes such things as air and water quality, housing, and transit issues.

### 16 Social Economical Factors

Includes such factors as education, employment, children living in poverty, income inequality, and overall community safety.

Rankings are out of 72 counties in Wisconsin. Lower numbers indicate a healthier community.

"How healthy are we in Kewaunee County?"



## What is health?

County Health Rankings help us to visualize the ways health is impacted by where we live, work, and play.

Health outcomes - length and quality of life - are directly affected by health factors including behavior, clinical care, social and economic factors, and physical environment.

These rankings can help us understand opportunities to engage with our community to achieve better health for our residents.



# Community Health Assessment Focus Areas

On December 16, 2022, a community health assessment was held at the Kewaunee County Health and Human Service Center. Community partners, county residents, and county agencies were invited to listen to the data presented and share their opinions on the top health priorities facing Kewaunee County. Findings are listed below.

## Mental Health

**Key Finding:** too many Kewaunee County residents experience poor mental health.

- 4 out of 30 days are poor mental health days
- There is 1 mental health provider for every 1570 residents
- 15 residents died of suicide in 2021
- Kewaunee Co. averages over 550 crisis calls per year

**01.**

**Objective #1:** Decrease in overall mental health impatient hospitalizations.

**Objective #2:** Increase awareness of warning signs of suicide through the use of QPR.

## Alcohol & Drug Use

**Key Finding:** Kewaunee County residents struggle with alcohol and drug misuse.

- Excessive drinking rate is at 29%
- 50% of driving deaths in Kewaunee County involve alcohol
- Officers have noted an increase in drug-related impaired driving arrests

**02.**

**Objective #1:** Increase awareness of the consequences of drug use/misuse through educating youth and adults

**Objective #2:** Increase the awareness of the consequences of alcohol abuse/misuse in Kewaunee County youth and adults through educating community members.

## Physical Activity & Nutrition

**Key Finding:** Too many Kewaunee County residents are at an unhealthy weight.

- 35% of Kewaunee County residents are obese
- 31% of Kewaunee County residents are physically inactive
- Only 64% of Kewaunee County residents claim to have access to exercise opportunities

**03.**

**Objective #1:** Focus on modifying behaviors that may contribute to improving one's health through diet.

**Objective #2:** Focus on modifying behaviors that may contribute to improving one's health through fitness and exercise.

**Objective #3:** Increase community awareness and use of existing nutrition and physical activity resources.



*A positive mindset brings positive things.*

"Being able to be your true self is one of the strongest components of good *mental health!*"

*Reach out to the Kewaunee County Public Health Department or Kewaunee County Sheriff's Department to find out more about QPR trainings within the community.*

## HEALTH PRIORITY

# MENTAL HEALTH

Goal: Improve access, awareness, services, and support for mental health within Kewaunee County.

### Objective:

1. Decrease in overall mental health inpatient hospitalizations.

### Performance Measure:

1. Kewaunee County will see a 5% increase of written safety plans.

2. Kewaunee County will see a decrease of 5% in overall inpatient hospitalizations.

### Objective:

2. Increase awareness of warning signs of suicide through the use of QPR.

### Performance Measure:

Kewaunee County will offer at least one annual QPR training to each of the public school districts for both students and staff, each medical clinic, and one for community members.

## How can I get involved?

- Take a QPR class and become familiar with the warning signs of suicide.
- Encourage family and friends to become QPR trained too.
- Encourage your schools to offer resilience training for students.
- Volunteer within the community at a dementia care support group.
- Help expand services available through our communities to underserved populations.
- Don't be afraid to ask questions or seek out help.
- Call the crisis line at [\(920\) 436-8888](tel:(920)436-8888) if you need help.
- Join the Mental Health Awareness work group.



## HEALTH PRIORITY

## ALCOHOL &amp; DRUG USE

Goal: Kewaunee County will reduce alcohol and drug abuse within its residents.

**Objective:**

**1. Increase awareness of the consequences of drug use/misuse through educating youth and adults.**

**Performance Measure:**

Kewaunee County will provide drug use / misuse awareness programming and resources annually to schools (both students and staff), medical staff, civic organizations, and community members.

**Objective:**

**2. Increase the awareness of the consequences of alcohol abuse/misuse in Kewaunee county youth and adults through educating community members .**

**Performance Measure:**

Kewaunee County will see a 3% reduction in excessive drinking rates by 2026.

**How can I get involved?**

- Educate yourself and family about the dangers of excessive drinking.
- Educate yourself and family about the misuse of drugs.
- Dispose of sharps properly.
- Dispose of unneeded medication at a local law enforcement agency or annual Clean Sweep.
- Use Detera bags for safe drug disposal.
- Promote safe serving practices at events and festivals.
- Support activities that work toward decreasing substance abuse within the community.
- Only fill prescriptions if needed, especially pain pill prescriptions.
- Discuss safe practices with your child.
- Join the Alcohol and Drug Use work group.
- Ask about community resources and support groups.

*"It's never too early to talk with your children about the risks of underage drinking and other drug use."*

*Watch for community classes on the use of narcan. Encourage your children to take part in school programs like Every fifteen minutes, and Your Choice to Live...*





*It's never too late to become active. Walking is one of the best activities you can use to stay in shape..*

**"Be the change you want to see within your community!"**

*Make a difference in your community by joining the Physical Activity & Nutrition workgroup. We are always looking for new members to help make a positive difference within the community.*

## HEALTH PRIORITY

# OBESITY

Goal: Kewaunee County will offer physical activity and nutritional support to residents seeking a healthy lifestyle.

### Objective:

**1. Focus on modifying behaviors that may contribute to improving one's health through fitness and exercise.**

### Performance Measure:

1. Kewaunee County will see a 2% decrease in the number of adults who are inactive and claiming they have no leisure-time physical activity

2. Kewaunee county will see a 2% increase in adults who have access to exercise opportunities.

### Objective:

**2. Focus on modifying behaviors that will improve one's health through diet.**

### Performance Measure:

Kewaunee County will see a 2% reduction in overall adult obesity.

### Objective:

**3. Increase community awareness and use of existing nutrition and activity related resources / programs.**

### Performance Measure:

Kewaunee County will see a 2% reduction in overall adult obesity.

### How can I get involved?

- Serve as a roll model for your children by eating healthy and exercising regularly as a family.
- Support activities the increase fruit and vegetable consumption.
- Avoid sugar-sweetened beverages.
- Develop a healthy eating plan for at home and work.
- Encourage local restaurants to offer healthy choices.
- Hop onto a county trail for a change of scenery.
- Sign up for a nutrition class offered through the health department,
- Prepare a healthy snack to share with friends and family.
- Grow a healthy garden full of delicious vegetables.

Everyone has their passion, vision, and something that drives them.

We invite you to reach out to our agency, find that drive, and help us take a step forward in improving the health of Kewaunee County. Here are some of the strategies we plan to utilize.

Be a leader within your community!

Join Get Healthy Kewaunee County today.

STRATEGIES  
moving forward together



**Mental Health:**

- Offer CORE Matters within the county schools
- Increase CTI Trainings for local law enforcement staff
- Increase mental health resources within the Hispanic community
- Share mental health resources with the ADRC, Veterans office, medical clinics, and WIC
- Share dementia related resources within the community
- Further training on "gaps" within crisis calls
- Offer more QPR trainings within the community
- Work with local pharmacies to improve medication management and access to affordable medications

**Alcohol & Drug Use:**

- Offer Narcan trainings to law enforcement officers, EMS, and other public servants
- Recertify Narcan trained staff
- Establish an MOU with EMS to notify law enforcement of Narcan use in the field
- Increase community awareness on how to obtain Narcan
- Share community resources with families who have children enrolled in the Drug Endangered Child program
- Place new billboards up to help with awareness efforts... sponsored by FACES
- Educate on drug disposal
- Educate the community on opioid use vs misuse
- Offer Your Choice to Live in area public schools
- Increase community awareness of the dangers of fentanyl
- Increase school-based education on vaping / Delta 8/9
- Educate the community on the dangers of mixing drugs and alcohol
- Offer bartender education: It's OK to cut someone off

**Nutrition & Physical Activity:**

- Offer nutrition classes and challenges within schools
- Provide community classes on shopping on a budget, cooking for one, making soups, label reading, and healthy alternatives to snacking
- Teach about farm to table programs
- Initiate gardening programs
- Offer summer school classes in area school districts bringing awareness to nutrition and fitness
- Offer education through local food pantries
- Offer community walking groups
- Offer increased options for youth and adult fitness classes
- Construct fitness stations along local trails
- Partner with Promotion and Recreation to promote the use of local trails
- Partner with a local business to promote a "healthy dish of the month"
- Offer virtual cooking demos
- Strengthen our partnership with the ADRC through increased services to their clients
- Share physical activity and nutrition information at community events