

# Building a Healthier Community

Community Health Assessment  
City of Menasha  
2016

# Menasha Health Department



- ▶ Mission:
  - Fulfill society's interest in assuring the conditions in which people can be healthy.
  
- ▶ Dedicated team of professionals
  - Manage 16 program areas with 8 staff (5 FTEs)
  
- ▶ Level 3 Health Department (Highest)
  
- ▶ Mission Accomplished by:
  - Diagnosing and investigating health problems and hazards
  - Linking people to health services and providing health care when unavailable
  - Informing and educating the public about health issues
  - **Monitoring community health status to identify health problems and needs**
  - Enforcing laws, rules, and regulations that protect public health and safety

# Menasha Health Department Programs



- ▶ Employee Safety
- ▶ Sealer of Weights and Measures
- ▶ School and Community-based Nursing
- ▶ School-based Dental Hygiene Services\*
- ▶ Environmental Health\*
- ▶ Health Screening 60+\*
- ▶ Prevention\*
- ▶ Radon\*
- ▶ School Health Aides
- ▶ Dental Program – Fluoride Varnishes\*
- ▶ Lead Prevention\*
- ▶ Immunization\*
- ▶ Maternal and Child Health\*
- ▶ Dental Sealants\*
- ▶ Emergency Preparedness and Response (Bioterrorism)\*
- ▶ Twenty four/Seven\*
- ▶ Senior Center\*

\* Indicates program that is grant supported in full or part

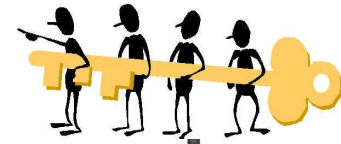
# Public Health

## What is Public Health?

<https://www.youtube.com/watch?v=DuBggj7Zd3A>

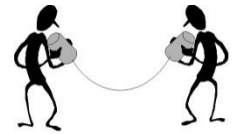


**Public Health**  
Prevent. Promote. Protect.



# Community Health Assessment

- ▶ Fox Cities Behavioral Risk Factor Surveillance Survey; Fox Valley Region Health Needs Assessment; and Vulnerable Population Survey
  
- ▶ Fox Valley Community Health Improvement Coalition
  - Affinity Health System
  - Children's Hospital of Wisconsin– Fox Valley
  - ThedaCare
  - Aurora Health Care
  - City of Appleton Health Department
  - **City of Menasha Health Department**
  - Calumet County Health Department
  - Outagamie County Health Department
  - Winnebago County Health Department



# Fox Cities Behavioral Risk Factor Surveillance System Study 2015

- ▶ Conducted by St. Norbert College Strategic Research Institute
- ▶ 400 telephone interviews completed between November 2014 and January 2015
  - Adults 18 years and older
  - Used modified CDC questionnaire
  - 65% from Appleton; 25% Neenah; 11% Menasha



# Summary Finding 1

## ► Overall Health Rating

- 56% felt their overall health was either very good or excellent
- 49% said that there was no time in the past 30 days that their physical health was not good
- 60% indicated they had no days of poor mental health
- 48% indicated they were not kept from usual activities by poor physical or mental health during the past 30 days.

# Summary Finding 2

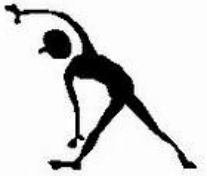


## ▶ Health Care Access

- The majority have some type of health coverage
  - Though seeing doctors less often for annual physicals or checkups
- 7% indicated they or someone in their household are not taking their medications due to the cost
- 21% are still paying off medical bills over time



# Summary Finding 3



## ► Weight/Diet/Exercise –

- Respondent's BMI (body mass index) was calculated by using weight and height (feet and inches) without shoes
- According to the CDC categories:
  - 28% were obese
  - 36% were overweight
  - 36% were neither overweight or obese
- 73% said they participated in physical activities or exercises during the past month
  - 87% reported they do moderate exercise in a typical week
  - 49% reported they do vigorous exercise in a typical week.
  - Many eat two servings of vegetables and one serving of fruit per day.

# Summary Finding 4



## ► Inadequate Sleep

- 29% reported sleeping 8 hours or more in 24-hours
- 7% reported sleeping 5 hours or less within 24-hours
- The majority (64%) get between 6–7 hours of sleep

Age	Recommended
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (elderly)	7–8 hours a day

# Summary Finding 5



## ▶ Asthma

- 17% said they had ever been told they had asthma
- 81% said they still have it
- There has been a trending increase in asthma since 2000.

# Summary Finding 6



## ▶ Depressive Disorder

- 23% reported ever being told they have a depressive disorder
- Females, those with lower incomes, or those not in the workforce have the highest prevalence of a depressive disorder

# Summary Finding 7



## ► Diabetes

- 7% said a doctor told them they had diabetes
- The vast majority, 93%, said they had never been told they had diabetes
- As age increases, so does the number of diabetes cases
- However, as education and income increase, diabetes prevalence decreases

# Summary Finding 8



## ► Oral Health

- 77% had been to a dentist within the past year
  - 10% decrease from 2005 levels
- 9% said they had not visited a dentist in at least 5 years

# Summary Finding 9



## ► Tobacco Use

- 59% had not smoked at least 100 cigarettes in their lifetime
- Of those who currently smoke some days or every day, 70% said they had tried to quit for at least one day in the past year
- 98% percent reported not using chewing tobacco, snuff, or snus
- 95% do not use electronic cigarettes

# Summary Finding 10



## ▶ Alcohol Consumption

- 71% reported drinking at least one drink of any alcoholic beverage at least one day in the past 30 days
- 18% reported drinking at least one alcoholic beverage 15 or more days per month in the past 30 days
- During the past 30 days when respondents drank,
  - 34% reported having an average of one drink while
  - 14% indicated 5 or more drinks



# Summary Finding 11



## ► Immunization

- 43% reported having either the flu shot or flu vaccine sprayed in their nose within the past 12 months.

# Summary Finding 12



## ► Falls

- 73% reported zero falls in the past 12 months
  - 15% reported one fall
  - 6% reported two falls
  - 8% reported 3 or more falls
- Of those who reported having fallen, 66% reported that their fall had not caused an injury.

# Summary Finding 13



## ▶ Seatbelt Use

- A large percentage (80%) of respondents reported always using their seatbelt while driving or riding in a car.

# Summary Finding 14



## ▶ Drinking and Driving

- 95% reported never driving while perhaps having too much to drink
- 3% reported driving one time when they've perhaps had too much to drink

# Summary Finding 15



## ▶ Women's Health Issues

- 87% of women had breast exams and 93% have had a Pap test
- Additionally, 90% of women age 40 and over had a mammogram

# Summary Finding 16



## ▶ Colorectal Cancer Screening

- 69% have never used a blood stool home testing kit
- 75% have had a colonoscopy/sigmoidoscopy

# Summary Finding 17



## ▶ Alcohol Screening & Brief Intervention (ASBI)

- 68% reported that a health care provider did ask them how much they drink
- 5% reported being advised to reduce or quit drinking at their last routine checkup

# Summary Finding 18



## ► Social Context

- In the past 12 months, 11% were always or usually worried about having enough money to pay their rent/mortgage
- 
- 9% reported being always or usually worried about having enough money to buy nutritious meals
- Over 50% reported never being worried about having enough money or rent/mortgage or for nutritious meals



# Summary Finding 19



## ▶ Hypertension and Cholesterol Awareness

- 25% said they had high blood pressure
- 33% of those who had ever had their cholesterol checked said they had high cholesterol

# Summary Finding 20



## ► Emotional Support

- Slightly under half of respondents (44%) feel they always receive the social and emotional support they need.

# Summary Finding 21



## ▶ Screen Time

- 53% spend 2–3 hours in front of an electronic screen at home or for leisure per day.

# Summary Finding 22



## ▶ Sugar Drinks

- The majority of respondents drank **soda** with sugar over the past 30 days (54%)
- however concerning sugared fruit drinks, tea, and energy drinks, the majority (65%) never had any.

# Summary Finding 23



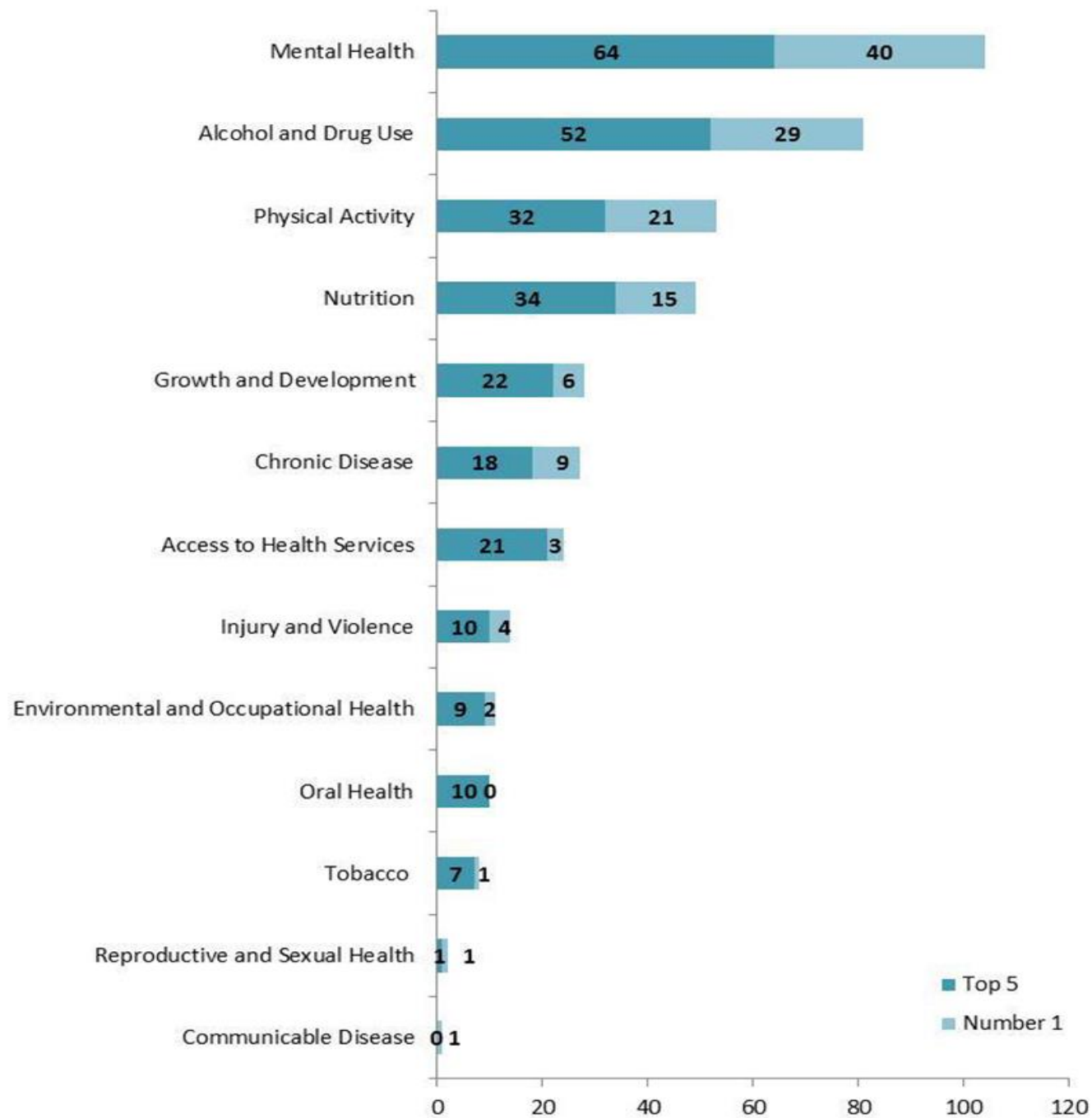
## ► Family Dining

- 31% of respondents reported eating a household meal together 7 or more times in the past week
- only 3% said they never ate a meal together

# Fox Valley Region Health Needs Assessment



- ▶ 127 interviews
- ▶ 134 key informants
  - Ranked up to 5 of the major health-related issues of 13 focus areas in the State Health Plan



# Feedback

Do you agree with the top five focus areas?

- ▶ Mental Health
- ▶ Alcohol and Other Drug Use
- ▶ Physical Activity
- ▶ Nutrition
- ▶ Healthy Growth and Development

## Reality check

- ▶ What is the best focus area?
- ▶ Can you see yourself/organization in support?



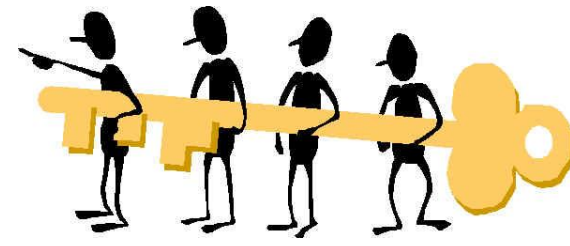


# Top Priority Proposed: Regular Physical Activity



- ▶ It can help:
  - Control weight
  - Reduce risk of cardiovascular disease
  - Reduce risk for type 2 diabetes and metabolic syndrome
  - Reduce risk of some cancers
  - Strengthen bones and muscles
  - Improve mental health and mood
  - Improve your ability to do daily activities and prevent falls, if you're an older adult
  - Increase chances of living longer

# Menasha



Menasha – Your Place on the Water Video

<https://www.youtube.com/watch?v=alAwrTfn8pg>

# Menasha Health Department

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