

Access to health care includes medical, dental and mental health care.

There are many aspects to having access to care. Coverage (having health insurance) is essential but does not ensure access. It is also necessary to have:

- ▶ Comprehensive coverage, including of preventive services
- ▶ Providers that accept the individual's insurance
- ▶ Relatively close geographic location of providers to patients
- ▶ Services from a usual and ongoing source

Having a usual and ongoing source of primary care is associated with:

- ▶ Greater patient trust in the provider
- ▶ Good patient-provider communication
- ▶ Increased likelihood that the patient will receive appropriate care

And can lead to:

- ▶ Better health outcomes
- ▶ Fewer disparities
- ▶ Lower costs

Additional barriers to care that may need to be addressed include:

- Transportation to the providers office
- Long waits to get an appointment
- Lack of knowledge about the importance of preventive care
- Low health literacy

Access to health care impacts:

- ▶ Overall physical, social and mental health status
- ▶ Prevention of disease and disability
- ▶ Detection and early treatment of health conditions
- ▶ Quality of life
- ▶ Preventable death
- ▶ Life expectancy

Sources: County Health Rankings, Healthy People 2020

Healthiest Manitowoc County Access to Care Goals

- 85% of Manitowoc County adults will report they have a primary health care provider
- Establishment of a FQHC to serve Manitowoc County

Progress toward goal:

| Measure | 2010 | 2013 | Trend |
|-----------------------------------|-------------------|------|-----------|
| MD or NP as primary care provider | 79% | 78% | Unchanged |
| Establishment of FQHC | Completed in 2014 | | |

Current Local Resources:

Aurora Health Care
 Bellin Health
 Holy Family Memorial
 Lakeshore Community Health Care
 Salvation Army Free Clinic
 LTC Dental Clinic
 Private Dentists
 ACA Navigators
 Private Mental Health Clinics
 Human Services Department (mental health)

Continuing Issues:

Orientation of individuals new to Health Care due to ACA on how to use it

Alcohol & Drug Use: Youth

Manitowoc County

An estimated 22 million people per year in the US have drug and alcohol problems. 95% of them are unaware of their problem.

Approximately 80,000 deaths annually in the US are attributed to excessive drinking. It is the third leading lifestyle-related cause of death.

Drug and alcohol problems can lead to:

- ▶ Alcohol and drug dependencies
- ▶ Alcohol poisoning
- ▶ Fetal alcohol spectrum disorder
- ▶ Hypertension
- ▶ Heart attack
- ▶ Liver, brain, and heart disease

Substance abuse has a major impact on individuals, families and communities.

Drug and alcohol use can also lead to costly physical, mental and public health problems including:

- ▶ Teenage pregnancy
- ▶ HIV/AIDS and other STDs
- ▶ Hepatitis B and C infections
- ▶ Domestic violence
- ▶ Child abuse
- ▶ Motor vehicle crashes
- ▶ Physical fights
- ▶ Crime
- ▶ Homicide
- ▶ Suicide

Wisconsin's rates for various measures of alcohol use and abuse are among the highest if not the highest in the nation.

Sources: Healthiest Wisconsin 2020; Healthy People 2020

Healthiest Manitowoc County Goals:

- Reduce to 10% the number of high school students that report engaging in binge drinking
- Reduce to 30% the number of high school students that report using alcohol in the past 30 days
- Reduce to 10% the number of high school students that report using marijuana in the past 30 days
- Reduce to 14% the number of high school students that report using prescription drugs in the past 30 days

| High School: | 2011 | 2013 | 2015 | Trend |
|-----------------------|-------|-------|-------|------------------------|
| Binge Drinking | 19% | 18.1% | 15.7% | Improving |
| Alcohol Use | 35% | 32.1% | 29.3% | Improving |
| Marijuana Use | 12% | 11.9% | 13.1% | Worse |
| Prescription Drug Use | 18.5% | 8.5% | 9.5% | Met but needs watching |

Current Local Resources:

- HMC Substance Abuse Prevention Coalition
- Teen Court
- Run Away Youth Services
- DARE: grades 5 and 6
- School Based Programs
- Police Liaison Officers
- Ala-teen
- Manitowoc County Youth Intervention Network
- Coordinated Service Team at Human Service Department
- Trauma Informed Care Community Implementation
- Drug collection program
- 21st Century Schools: (Koenig, Jefferson and Washington Jr. High) after school programming related to learning, activity and nutrition.

An estimated 22 million people per year in the US have drug and alcohol problems. 95% of them are unaware of their problem.

Approximately 80,000 deaths annually in the US are attributed to excessive drinking. It is the third leading lifestyle-related cause of death. The CDC reports that in 2013 more than 16,000 people in the US died from prescription drug painkillers, a four-fold increase since 1999.

Drug and alcohol problems can lead to:

- ▶ Alcohol and drug dependencies
- ▶ Alcohol poisoning
- ▶ Physical Health conditions
- ▶ Hepatitis and HIV
- ▶ Fetal abnormalities
- ▶ Early death

Substance abuse has a major impact on individuals, families and communities.

Drug and alcohol use can also lead to costly societal problems including:

- ▶ Homelessness
- ▶ Child abuse
- ▶ Crime
- ▶ Unemployment
- ▶ Injury,
- ▶ Health problems
- ▶ Hospitalization
- ▶ Suicide
- ▶ Homicide

Wisconsin's rates for various measures of alcohol use and abuse are among the highest if not the highest in the nation.

Sources: Healthiest Wisconsin 2020; Healthy People 2020

Healthiest Manitowoc County has not identified any goals related to this issue.

| Measure | 2010 | Most recent | Trend |
|-------------------------------|----------------|-----------------------|---------|
| Adult Binge Drinking | 23% | 31% (2013) | Rising |
| Adult Heavy Drinking | 9% 2007=5% | 5% (2013) | Stable |
| Suicide deaths | 13 | 15 (2015 to date) | Rising |
| Drug Related Hospitalizations | 211 per 100000 | 260 per 100000 (2012) | Rising |
| Accidental Overdose Death | 10 | 9 (2013) | Rising* |
| Hepatitis C | 46 per 100000 | 53 per 100000 (2014) | Rising |

**In the years 1999-2004 the average deaths from accidental overdoses were 2/year.*

October 29, 2014, Healthiest Manitowoc County sponsored "It Doesn't Start with Heroin" community education event at Silver Lake College to provide the community with information on the growing opiate addiction problem in Manitowoc County. Over 300 people attended concerned about the growing problem. Plans to address the issue included continued prevention work by the Substance Abuse Prevention coalition whose focus is youth, Harm Reduction initiatives (Narcan, needle exchange and NA) were coordinated by the Health Department and improved access to treatment for addiction was rolled into the Mental Wellness Coalition's scope of work.

Starting September 8, 2015, the Manitowoc Public Library, in partnership with United Way, Marco Services and HMC Substance Abuse Coalition, began a six part community conversation on Drugs in Our Community.

Employers report that they are unable to hire qualified workers because of addiction.

The DA and local police report that most arrests are related to drug seeking.

Injuries are the leading cause of death in ages 1-44 in the US. Many think of injuries as “accidents” or “acts of fate” but most are predictable and preventable. Injury is the leading cause of disability (in all ages, genders, races/ethnicities, socio- economic status). Injuries include unintentional injuries related to areas such as:

- ▶ sports injuries
- ▶ poisoning
- ▶ falls
- ▶ seat belt use

And intentional acts of violence including:

- ▶ homicide
- ▶ assault

The burden of falls in Wisconsin:

- ▶ Falls have surpassed motor vehicle crashes as the most common cause of injury-related death.
- ▶ The vast majority of fall-related deaths (87%) and inpatient hospitalizations (70%) involve people age 65 and older.
- ▶ Hospitalizations and emergency department visits due to falls result in \$800 million in hospital charges each year.
- ▶ Over 70% of the costs for fall-related hospitalizations and emergency department visits are paid by Medicare and Medicaid.

Contributing Factors to Falls:

- ▶ General loss of strength and balance over time
- ▶ Poly-pharmacy (taking 4 or more medications)
- ▶ Medications that make people dizzy or impair reaction time
- ▶ Alcohol use (with or without medications)
- ▶ Impaired vision
- ▶ Hazards in the home

It is rare for someone under age 65 to die from a fall. The highest rates of both emergency room visits and hospitalizations are in individuals over age 65.

Sources: The Burden of Falls in Wisconsin (2010); Healthy People 2020

Healthiest Manitowoc County Injury Prevention Goals

- Reduce deaths from Injuries to 60/100,000
- Reduce deaths from Falls to 25/100,000

Progress toward goals:

Manitowoc County Death Rates per 100,000 population

| Cause | 2008 | 2013 | Trend |
|--------------|------|------|--------|
| All Injuries | 67 | 68 | Stable |
| Falls | 30 | 42 | Rising |

Current Local Resources:

- Healthiest Manitowoc County Fall Prevention Coalition
- Health Department Child Passenger Safety Seat & Reflective Vests programs
- Stepping On Program
- ADRC Fall Prevention Programs
- Manitowoc County Long Term Care Group
- Various exercise programs targeting older adults
- Home Health Care Agencies
- Residential Facilities for older adults
- Home Medical Equipment suppliers

HMC Fall Prevention Coalition Priorities:

- Increase resources in the community to improve strength and balance in older adults
- Increase community events related to fall prevention activities including balance assessment, brown bag medication assessment, home assessment and vision impairment
- Assure that health care providers have the tools needed to address fall prevention

Mental Health

Manitowoc County

Mental health can be defined as a state of successful mental function, resulting in productive activities, fulfilling relationships, ability to adapt and cope with challenges.

Mental health is essential to:

- Personal well-being
- Relationships
- The ability to contribute to society

Mental disorders are one of the most common causes of disability:

- 13 million adults have seriously debilitating mental illness each year in the US.
- Approximately 20% of the population experiences a mental health problem during any given year.

Suicide:

- Is a major preventable public health problem
- Is the 11th leading cause of death overall in the US with 30,000 deaths per year
- There are an estimated 8 -12 attempts for every suicide death.

Mental health issues are associated with physical health problems:

- Smoking
- Physical Inactivity
- Obesity
- Substance Abuse

These physical health problems can in turn lead to :

- Chronic Disease
- Injury
- Disability

Sources: County Health Rankings, Healthiest Wisconsin 2020, Healthy People 2020

Healthiest Manitowoc County Goal:

By January 2013, the Mental Health Task Force will be mobilized and a 2020 plan will be in place that includes measurable outcomes.

| | 2010 | 2013 | Trend |
|--|------|------|-------|
| Suicide deaths | 11 | 15 | |
| ER visits: self- inflicted injury (per 100,000) | 42 | 41 | |
| Hospitalizations: self- inflicted injury (per 100,000) | 96 | 90 | |
| Considered Suicide (adult) | 4% | 3% | |
| Reported a mental health condition (adult) | 12% | 16% | |

The Healthiest Manitowoc County Mental Wellness Coalition has developed a logic model with the following outcomes:

- Establish a Peer Support Specialist program for Manitowoc County
- Establish a 24/7 Warm Line for individuals with mental health problems
- Create and distribute a mental health service directory
- Complete a gap analysis of mental health services needed and provided in Manitowoc County and develop a plan to fill the gaps
- Provide stigma reduction programs in the community

Current Local Resources:

Healthiest Manitowoc County Mental Health Coalition
211
Domestic Violence Center/SARC
Holy Family Memorial
Homeless Shelters: Haven and Hope House
Human Services
Lakeshore Community Health Care
Local Mental Health Providers
MARCO
NAMI
Painting Pathways
Pathways to a Better Life
Prevent Suicide Manitowoc County

Good oral health improves the ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions

Good oral health can prevent:

- ▶ mouth pain
- ▶ tooth decay
- ▶ tooth loss
- ▶ oral and throat cancer
- ▶ birth defect
- ▶ other diseases of the mouth

Good oral health care can prevent other diseases through early detection of diseases that start with oral symptoms but that can affect health in other parts of the body.

People more likely to have poor oral health:

- ▶ People with disabilities
- ▶ People with other health conditions
- ▶ People with lower levels of education and income

Lack of access to preventive dental care:

- ▶ Increases rates of oral diseases
- ▶ Is related to education level, income, race and ethnicity
- ▶ Is higher in Wisconsin for people on BadgerCare or lacking dental insurance coverage

Over the past 50 years there has been a significant improvement in oral health in the US. This is mostly due to effective prevention and treatment efforts, especially community water fluoridation.

Sources: Healthiest Wisconsin 2020; Healthy People 2020

Healthiest Manitowoc County Goals

- 75% of adults will have seen a dentist in the last year
- 30% of BadgerCare recipients will have seen a dentist in the last year

Progress toward goals:

| | 2007 | 2010 | 2013 | Trend |
|---------------------------------|------|-------|-----------|-----------|
| Dentist in last year | 71% | 65% | 70% | Unchanged |
| BadgerCare Dentist in last year | 22% | 24.8% | 21% SFY14 | Worse |

Current Local Resources:

Lakeshore Community Health Care
 LTC Dental Clinic
 Local Dental Providers

Dentist to population ratio is 1810:1 (shortage defined as 4000:1 or greater)

The HMC Dental Access Coalition has disbanded.

Physical Activity & Nutrition

Manitowoc County

Regular physical activity in adults can lower the risk of:

- ▶ Early death
- ▶ Coronary heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ Type 2 diabetes
- ▶ Breast and colon cancer
- ▶ Falls
- ▶ Depression

Physical activity in children and adolescents can:

- ▶ Improve bone health
- ▶ Improve cardio-respiratory & muscular fitness
- ▶ Decrease levels of body fat
- ▶ Reduce symptoms of depression

Healthy diet reduces risk of:

- ▶ Overweight/obesity
- ▶ Malnutrition
- ▶ Anemia
- ▶ Heart disease
- ▶ High blood pressure
- ▶ Type 2 diabetes
- ▶ Osteoporosis
- ▶ Oral disease
- ▶ Diverticular disease
- ▶ Some cancers

At healthy weight one is less likely to:

- ▶ Have complications during pregnancy
- ▶ Die at an earlier age

Good nutrition in children is important:

- ▶ To healthy growth & development
- ▶ To maintaining appropriate weight

Annual health care costs are \$1400 higher for people who are obese than for those are not.

Sources: Healthiest Wisconsin 2020; Healthy People 2020

Healthiest Manitowoc County Goals:

- Healthiest Manitowoc County in partnership with Manitowoc County Employers will achieve Well County designation from the Wellness Councils of America (WELCOA)

Activity:

- 53% of adults will report engaging in moderate or vigorous physical activity for 60 minutes daily, five days per week.
- 53% of high school students will report being physically active five or more days per week for at least 60 minutes daily.

Nutrition:

- 50% of the food vendors at Farmer's Markets in Manitowoc County will accept Food Share payment using Electronic Benefit Transfer (EBT) cards.
- 25% percent of high school students will report eating two or more servings of fruit daily.
- 20% of high school students will report eating two or more servings of vegetables daily.
- 70% of adults will report eating two or more fruits per day.
- 30% of adults will report eating three or more vegetables per day.

| | Baseline 2010/11 | Most Recent 2013/15 | Trend |
|------------------|------------------|---------------------|--------|
| Well County | | | |
| Adult Activity | 49% | 42% | Worse |
| Youth Activity | 50% | 47.5% | Worse |
| EBT cards | 0 | 90% | Met |
| Youth Fruit | 22.8% | 25.2% | Met |
| Youth Vegetables | 16.1% | 21.4% | Met |
| Adult Fruit | 65% | 60% | Worse |
| Adult Vegetables | 23% | 23% | Stable |

Current Local Resources:

Healthiest Manitowoc County Activity & Nutrition Coalition
 Chamber of Manitowoc Wellness Committee
 Various organizations in the community related to specific types of activity
 Youth Sports
 Community Garden
 Clipper City Coop
 Grow it Forward
 Kid Shape
 The Y
 Complete Streets

Tobacco use is the single most preventable cause of death & disease in the US.

Every year in the US there are 443,000 deaths due to tobacco. For every death from tobacco use, 20 more people suffer with at least one serious tobacco-related illness.

Every year in Wisconsin there are:

- 8,000 deaths due to tobacco use
- \$2.2 billion in direct health care costs
- \$1.6 billion in lost productivity

Tobacco use accounts for 11% of Medicaid costs and nearly 10% of Medicare costs.

Annual health care costs are \$2000 higher from smokers than nonsmokers.

Tobacco use can cause:

- cancer
- heart disease
- lung diseases
- premature birth
- low birth weigh
- stillbirth
- infant death

Secondhand smoke exposure can cause:

- heart disease
- lung cancer
- severe asthma attacks
- respiratory infections
- ear infections
- SIDS

Smokeless tobacco use can cause:

- cancer of the mouth and gums
- periodontitis
- tooth loss

Sources: Economic Benefits of Preventing Disease (National Prevention Strategy); Healthiest Wisconsin 2020; Healthy People 2020

Healthiest Manitowoc County Goals

- Reduce the percent of current adult smokers to 15%
- Reduce the percent of youth under age 15 who report tobacco use to 8%
- Reduce the percent of high school students who report tobacco use to 8%

| | 2007 | 2010 | 2013 | Trend |
|----------------------|------|-------|-------|-----------|
| Adult smoking | 20% | 25% | 19% | Flat |
| Pregnant women | 22% | 20% | 15% | Improving |
| Youth Smoking | 2011 | 2013 | 2015 | Trend |
| Under age 15 | 17% | 13.4% | 12.6% | Improving |
| High School Students | 17% | 15% | 11.9% | Improving |

Data Sources: Manitowoc County Community Health Survey, Wisconsin Vital records and Manitowoc County YRBS.

Current Local Resources:

Health Care Networks: Smoking cessation interventions with patients in Primary and Acute Care settings

Health Department: First Breath Program

Healthiest Manitowoc County Substance Abuse Prevention Coalition

Re:Think Multicounty Tobacco Control Coalition working on youth initiation and smoke free living spaces

Mental Wellness Coalition

Wisconsin WINS: enforcement of state laws related to sales of tobacco products to children