

Manitowoc County Board of Health  
Meeting Minutes  
October 13, 2016

Attendance: Rita Metzger, Shannon Wanek, David Dyzak, Randy Vogel, Michele Frozena, and Todd Nelson. Shirley Fessler. Excused: Mary Jo Capodice and Dave Nickels Also attending: Amy Wergin and Mary Halada.

The meeting was called to order at 5:00 p.m. by Chair Rita Metzger. The minutes of the September 8, 2016 meeting were approved on a motion made by Dave Dyzak and seconded by Shirley Fessler. There was no public comment.

**Nurse Manager Report:**

Mary Halada reviewed the Youth Risk Behavior report regarding Reproductive Health, Activity, Nutrition and other questions over time and related to either the state results or national goals. (see attached) Issues included increase "screen time" (video games, TV and computers) and decrease activity; poor fruit consumption and connections to their schools.

**Environmental Health Manager Report:** none

**Health Officer Report:**

Wergin reported that the Health Department budget included the transition of a part time public health nurse position to a full time health educator is included in the budget, the start date is July 1 rather than March 1 to cover the costs of the retirement payout. The new fee schedule with a 5% increase was also included. The resolution was distributed to the board.

**WIC Caseload:**

August final caseload was 614 families serving 1016 individuals; September preliminary caseload was 606 families serving 1021 individuals.

The next meeting of the Board will be either November 10 or December 8 at 5:00 p.m. dependent upon what business needs to be completed; the November date is the same as the County Board Meeting. A motion to adjourn was made by Randy Vogel, seconded by David Dyzak at 5:15 pm. Motion carried.

Respectfully Submitted,  
Shirley Fessler  
Secretary  
(Minutes compiled by A. Wergin)

## 2014-2015 Manitowoc County Youth Risk Behavior Survey

The Manitowoc County YRBS is conducted every two years using the online Wisconsin Department of Public Instruction (DPI) website system. During the 2014-2015 academic year, the Manitowoc County Youth Risk Behavior Survey (YRBS) was administered to 1,826 Manitowoc County the high schools students except from Reedsville, Mishicot and Manitowoc Lutheran high schools. When evaluating the community's health, it is helpful to compare the community's health statistics or information against national standards. The Centers for Disease Control and Prevention's (CDC) Healthy People 2020 set selected health benchmarks, or goals, for all communities to achieve by the year 2020; these health benchmarks are labeled "HP2020". In addition to benchmarking, it is useful to analyze the community's health by comparing current health data with other communities' data, usually with state and national data. Where the information is available, the community health data is compared with the HP2020 goals. If it meets or exceeds the HP2020 benchmark, then a green circle (●) is shown under "Status". Conversely, if the community falls below the 2020 goal, then a red square (■) is shown. If the CDC did not set a HP2020 goal in a specific health indicator, then the community's health information is compared with the U.S. goal. If no information is available under HP2020 or national data, or community data, then the box is empty and "grayed out". In addition to establishing community health goals, it is important to identify trends in achieving and maintaining the goals. If the community is improving its health indicator, a green circle (l) is shown. If the health indicator is worsening, then a red square (n) is shown. If the trend is not statistically significant in improving or worsening, then a brown double arrow (↔) is shown.

REPRODUCTIVE AND SEXUAL HEALTH	2009 MC	2011 MC	2013 MC	2015 MC	2013 State	2013 US	2020 HP Goal	MC's Status	Trend	Comments
It's important to delay having sexual intercourse until they're married	23.1%	22.1%	22.1%	20.4%	18.7%					values-based question
Ever had sexual intercourse	35.0% F 32.8% M 33.8% T	36.9% F 33.4% M 35.2% T	36.3% F 32.0% M 34.1% T	28.8% F 29.5% M 29.1% T	35.3%	46.8%	19.8% F 20.8% M	■	●	M < F
Had sexual intercourse for the first time before age 13 years	2.4%	2.1%	2.4%	3.0%	2.6%	5.6%		●	↔	■ WI
Had sexual intercourse with ≥ 4 people during their life	8.8%	8.6%	9.6%	7.2%	9.8%	15.0%		●	↔	
Had sexual intercourse with ≥ 1 person during the past 3 months	24.7%	26.4%	25.0%	20.4%	25.6%	34.0%		●	●	M < F
Drank alcohol or used drugs before last sexual intercourse	24.0%	17.3%	20.8%	18.6%	21.9%	22.4%		●	●	Among current sexually active students - State and US data; MC data recalculated
Used a condom during last sexual intercourse	59.5%	62.2%	61.6%	59.8%	62.5%	59.1%	55.6% F 81.5% M	●	↔	Among current sexually active students - State and US data; MC data recalculated; ■ males
Used or whose partner used a reliable form of birth control (i.e., birth control pill, condom, Depo-Provera) the last time they had sexual intercourse	68.6%	77.0%	74.5%	76.6%						Among current sexually active students - State and US data; MC data recalculated
Described self as lesbian, gay, bi-sexual or unsure		5.5%	7.4%	11.1%	5.4%					
Had oral sex			34.1%							

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NUTRITION AND EATING HABITS	2009 MC	2011 MC	2013 MC	2015 MC	2013 State	2013 US	2020 HP Goal	MC's Status	Trend	Comments
Drank a can, bottle, or glass of soda/pop ≥ 1 times per day in the past 7 days	25.6%	24.3%	21.0%	20.4%	19.6%	27.0%		●	●	■ W; M > F
Ate breakfast on 3 or more days in the past 7 days		70.3%	71.6%	70.1%					↔	
Drank 100% fruit juices one or more times during the past seven days	83.2%	80.3%	76.9%	72.7%	77.7%				●?	
Ate fruit one or more times per day over the past 7 days	34.5%	35.2%	36.2%	36.8%	92.4%				↔	
Trying to lose weight	46.0%	46.1%			42.8%	47.7%				

PHYSICAL ACTIVITY	2009 MC	2011 MC	2013 MC	2015 MC	2013 State	2013 US	2020 HP Goal	MC's Status	Trend	Comments
Physically active for at least 60 minutes per day on < 5 days in the past 7 days	49.5%	49.4%	51.3%	52.4%	50.5%	52.7%		●	↔	M > F
Watched ≥ 3 hours per day of TV on an average school day	21.4%	24.0%	23.8%	23.8%	22.5%	32.5%	26.1%	●	↔	M > F
Played video or computer games or used a computer for non-school work ≥ 3 hours per day on an average school day	18.7%	25.4%	30.9%	42.8%	34.2%	41.3%	17.4%	■	■	M > F
Attended physical education (PE) classes on ≥ 3 days in an average week when they were in school	49.6%	46.8%	48.7%	51.0%					↔	M > F

OTHER	2009 MC	2011 MC	2013 MC	2015 MC	2013 State	2013 US	2020 HP Goal	MC's Status	Trend	Comments
Agree or strongly agree that their family loves them and gives them help and support when they need it	82.8%	82.1%	83.4%							
Agree or strongly agree that their teachers really care about them and give them a lot of encouragement	57.4%	59.4%	61.3%							
Agree or strongly agree that they belong at this school	64.1%	64.5%	63.7%	60.6%	73.7%			■	■	
Have ≥ 1 teacher or other adult in the school that they can talk to if they have a problem	69.7%	68.5%	68.8%	67.0%	74.1%	75.6%	83.2%	■	↔	

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Agree or strongly agree that they belong at this school	64.1%	64.5%	63.7%	60.6%	73.7%			■	■	
Have ≥ 1 teacher or other adult in the school that they can talk to if they have a problem	69.7%	68.5%	68.8%	67.0%	74.1%	75.6%	83.2%	■	↔	

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