



Community Health Needs Assessment 2022

Mayo Clinic Health System-Red Cedar



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Executive Summary

Enterprise Overview



MAYO CLINIC

Mayo Clinic is a not-for-profit organization with a mission to inspire hope and promote health through integrated clinical practice, education and research. Mayo Clinic serves more than 1.4 million patients annually from every U.S. state and communities throughout the world, offering a full spectrum of care from health information, preventive and primary care to the most complex medical care. Mayo Clinic has locations in Rochester, MN; Scottsdale and Phoenix, AZ; Jacksonville, FL; and many Mayo Clinic Health System sites in Minnesota and Wisconsin

COMMITMENT TO COMMUNITY

Through its interdisciplinary expertise in medical practice, research and education, Mayo Clinic serves communities everywhere. Mayo Clinic reinvests its net operating income to advance breakthroughs in diagnoses, treatments and cures for all varieties and complexity of human disease and quickly translates this new knowledge to advance the practice of medicine. One example illuminating this is how Mayo Clinic responded to the COVID-19 pandemic, which intensified existing community health needs. Mayo Clinic's front-line and virtual teams cared for more than 160,000 patients with COVID-19 in 2021. Mayo staff tested more than 1.1 million people for COVID-19, administered more than 500,000 COVID-19 vaccinations, and provided more than 19,000 monoclonal antibody infusions. In addition to its extensive medical, public health and research response, Mayo

Clinic also cared for broader aspects of community need, including assistance to local non-profits, schools and government agencies, human service collaborative efforts and small local businesses to help stabilize and sustain the economies of its local communities.

Entity Overview

Mayo Clinic Health System (MCHS) was created to fulfill Mayo Clinic's commitment to bring quality health care to local communities. MCHS has a physical presence in 44 communities and consists of 53 clinics, 16 hospitals and other facilities that serve the health care needs of people in Iowa, Minnesota, and Wisconsin. The more than 900 community-based providers, paired with the resources and expertise of Mayo Clinic, enable patients in the region to receive the highest-quality physical and virtual health care close to home. MCHS is recognized as one of the most successful regional health care systems in the U.S.

MCHS was developed to bring a new kind of health care to communities. By putting together integrated teams of local doctors and medical experts, we've opened the door to information sharing in a way that allows us to keep our family, friends and neighbors healthier than ever before.

The system also provides patients with access to cutting-edge research, technology and resources. Our communities have the peace of mind that their neighbors are working together around the clock on their behalf.

Mayo Clinic Health System in Red Cedar is a 25-bed, critical-access hospital located in Menomonie, Wisconsin. Since 1980, the hospital has been dedicated to promoting health and meeting the health care needs of its patients. Red Cedar is part of the Northwest Wisconsin (NWWI) region, which also includes hospitals in Eau Claire, Bloomer, Barron and Osseo. It supports the community through inpatient and outpatient services. Although MCHS - Red Cedar serves patients from several communities in northwestern Wisconsin, the majority are from Dunn County. For the purposes of MCHS – Red Cedar's CHNA, the community is defined as Dunn County.

MCHS has a long tradition of supporting community health and wellness as part of its commitment to bring Mayo Clinic quality care to local communities. In 2021, MCHS in Red Cedar provided more than \$2 million in community benefit through charity care and more than \$5.9 million in bad debt. It provided more than \$103,000 through philanthropic donations to the community to support programs such as the Boys and Girls Club; Boyceville Community School District and School District of the Menomonie Area; Menomonie Free Clinic; Stepping Stones of Dunn County; Menomonie Public Library and community events and causes that promote health, wellness and/or physical activity.

Health education is also communicated through numerous blog postings, newsletter articles and informal presentations. Through online tracking and other measures, it is estimated we reached

another 20,000 residents by providing information on topics affecting immediate health issues and helpful tips on general wellness.

The MCHS Community Health Needs Assessment (CHNA) process advances and strengthens our commitment to community health and wellness activities by focusing on high-priority community needs and bringing additional ones to light.

Summary of the Health Needs Assessment

The primary input into the assessment and prioritization process was the [2022 Dunn County Community Health Needs Assessment](#) produced by the Dunn County Community Health Needs Assessment Steering Committee. The CHNA in Dunn County and the Dunn County Community Health Needs Assessment Steering Committee has been a collaborative venture involving nonprofit organizations, local health care facilities, the University of Wisconsin-Stout, and the Dunn County Health Department. Collaborators work together to share financial support, resources, and commitment to leverage the health improvements, thereby reducing duplication of public and private sector efforts in the county.

The 2022 Dunn County Community Health Needs Assessment (CHNA) was designed to be a Reaffirmation Survey based on the findings of the extensive CHNA of 2019. There were two main reasons for choosing this design for the 2022 CHNA, (1) like many others, the ongoing pandemic has limited the resources and capacity for a full needs assessment, and (2) a potential future collaborative venture between Chippewa and Eau Claire Counties to combine CHNA efforts.

This assessment was used to confirm that the previous community-identified health priority needs of the 2019 CHNA survey are still priorities for our Community Health Improvement Plan (CHIP). The final CHNA report provides useful information to public health officials, health care providers, policy makers, organizations, community groups and individuals who are interested in improving the health status of our community. The reaffirmation results will be used to create action-oriented plans for their organizations and coalitions. In addition, written comments related to the previous CHNA were invited by community members, however, no written comments were received.

The following pages from the 2022 report, produced by the Dunn County Community Health Needs Assessment Steering Committee, describe in full detail the process, methods, input, and resources for the Dunn County Community Health Needs Assessment. For this report, the community is defined as Dunn County.

COMMUNITY HEALTH NEEDS ASSESSMENT REPORT



DUNN COUNTY, WI
2022



Dunn County Health Department



Dunn County Health Department

COMMUNITY HEALTH NEEDS
ASSESSMENT REPORT

DUNN COUNTY, WI | 2022

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The 2022 Dunn County Community Health Needs Assessment (CHNA) process and results are described in this report. The purpose of the CHNA was to identify the health needs in the community, prioritize the top health concerns, and engage the residents in developing a shared sense of purpose towards health improvement in the county.

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INTRODUCTION



EXECUTIVE SUMMARY

View the Resource Guide Online:
<https://dunn.myresourceguide.org/resources>

The 2022 Community Health Needs Assessment (CHNA) was designed to be a Reaffirmation Survey based on the findings of the extensive CHNA of 2019. There were two main reasons for choosing this design for the 2022 CHNA, (1) like many others, the ongoing pandemic has limited the resources and capacity for a full needs assessment, and (2) a potential future collaborative venture between Chippewa and Eau Claire Counties to combine CHNA efforts (more information on page 9).



This assessment was used to make sure that the previous community identified health

priority needs within the 2019 CHNA survey are still what our Community Health Improvement Plan (CHIP) should be based around. The final CHNA report provides useful information to public health officials, health care providers, policy makers, organizations, community groups, and individuals who are interested in improving the health status of our community. The reaffirmation results will be used to create action-oriented plans for their organizations and coalitions.

The Community Health Improvement Plan (CHIP) is a three-year action plan that is created to address the health priorities identified by the CHNA. The CHIP outlines our goals to improve each health area as well as actions to accomplish each goal.

COMMUNITY PARTNERS

Mayo Clinic Health System | UW Stout | UW Extension | C-3 Center | Marshfield Clinic | Menomonie Farmers Market | Stepping Stones | Wisconsin Community | Menomonie Co-OP | Community Churches | Cedar Corp | West CAP | Arbor Place | Community Foundation of Dunn County | Menomonie Public Library

COMMUNITY RESOURCE INVENTORY

Dunn County has many organizations that are committed to improving community health and wellbeing. The 2019 CHNA Steering Committee assembled a list of community resources that can be mobilized to address the health priorities in the community. The list was created using data collected from partnership connections using local directories, and internet sources. This listing is not intended to be exhaustive. As a result of identifying resource consolidation as an area for growth in the Dunn County Community, the Dunn County Community Health Coalition's Mental Health and Wellness action team have created an online and paper version of a community resource guide. Please refer to Appendix B for the paper version of the guide.

HEALTH DUNN RIGHT

HDR COALITION TIMELINE



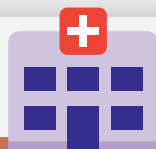
2015

The first Dunn County Health Needs Assessment (CHNA) is conducted.



2017

Visioning sessions led by a professional consultant are held, and the year culminated in a Coalition Design Day Conference attended by more than 50 community members.



2019

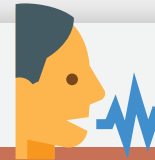
Health Dunn Right prepares to officially launch in September.



2021

Covid-19 is still greatly impacting our community, the Health Dunn Right Action Teams begin to start back up and get back on track with their efforts to address the Community Health Improvement Plans.

TO LEARN MORE ABOUT HEALTH DUNN RIGHT AND THE CHNA PROCESS
CHECK OUT OUR WEBSITE!
WWW.HEALTHDUNNRIGHT.ORG



2016

The Department of Public Health formally requests the Community Foundation of Dunn County (CFDC) to assist in the creation of a Health Coalition, which is established to tackle the top issues affecting people in Dunn County.



2018

A Health Coalition Meeting is held on August 27 to share updates and inform attendees of an online portal created to share information.



2020

The Covid-19 pandemic derailed and disrupted life as we know it. Efforts that were in place for the Health Dunn Right coalition were stopped or impeded. A Covid-19 Fast Response Action Team was created to address immediate community needs as a result of Covid-19.



2022

Despite major setbacks, the Health Dunn Right Coalition and its action teams are successfully meeting, accomplishing their goals for the 2019 CHIP, and having great success.

CHNA OVERVIEW

A community health needs assessment refers to a state, tribal, local, or territorial health assessment that identifies key health needs and issues through systematic, comprehensive data collection and analysis. During the 2019 CHNA, 17 health priorities were identified within Dunn County. This assessment focuses on the top five. This CHNA process included a variety of data collection methods in order to connect with several different demographic groups in the community and to develop a thorough understanding of health issues facing the Dunn County residents. These methods included: primary qualitative data collection through an online and hard copy community health survey and survey outreach with underrepresented demographic groups. Secondary, quantitative community health data was collected based on the measures recommended in the Wisconsin Association of Local Health Departments and Boards (WALHDAB) core dataset and the State Health Plan. This full range of data is detailed in this report and will be utilized by the Dunn County Community Health Coalition Health Dunn Right.



2022 CHNA TOP RANKED HEALTH AREAS



1. MENTAL HEALTH
2. HEALTHY ENVIRONMENT
3. ALCOHOL, NICOTINE, & DRUGS
4. CHRONIC DISEASE
5. SAFE & QUALITY HOUSING

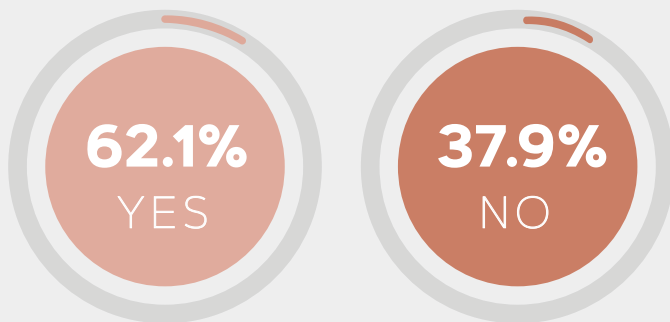
The final CHNA report provides useful information to public health officials, health care providers, policy makers, organizations, community groups, and individuals who are interested in improving the health status of our community. The Steering Committee and community partners will utilize the assessment results to create action-oriented plans for their organizations and coalitions.

WHAT'S NEXT?

THE FUTURE OF DUNN COUNTY'S CHNA

The CHNA in Dunn County has been a collaborative venture involving nonprofit organizations, local health care facilities, UW-Stout, and the Dunn County Health Department. Collaborators work together, to share financial support, resources, and commitment to leverage the health improvements, thereby reducing duplication of public and private sector efforts in the county. Just as the collaborative CHNA effort helps organizations within Dunn County, a potential shared effort with Chippewa and Eau Claire Counties may also reduce duplication of efforts, costs, promote a greater coordination of resources, and result in a potentially more significant impact on the health needs of the communities. This is still a pending effort. Dunn County CHNA leadership made it a priority to ask the community before pursuing further logistics with the other two counties. For the 2022 CHNA, we asked a specific question to see if

Do you feel that Dunn County residents would be accurately represented if we chose to combine our survey efforts with Eau Claire and Chippewa County?



583 RESPONDENTS

the residents of Dunn County would be receptive to the idea of this collaborative effort.

The question reads as follows:

“Currently, Dunn County conducts this survey without other county partners. Eau Claire and Chippewa County have combined forces several years ago thus reducing redundancies, saving money, and strengthening community relationships across county lines. We are considering the possibility of joining them, however, we want to hear your thoughts about it first.”

Of those who indicated ‘No’, 166 respondents provided their thoughts on why they do not feel Dunn County Residents can be accurately represented if we choose to combine our survey efforts with Eau Claire and Chippewa County. These qualitative responses were coded into four primary themes including (1) population, (2) culture, (3) resources,



DUNN COUNTY DEMOGRAPHICS

COMMUNITY PROFILE

Dunn County is comprised of one city (Menomonie), and seven villages (Boyceville, Colfax, Downing, Elk Mound, Knapp, Ridgeland and Wheeler). It is located in northwest Wisconsin. The county is bordered by Barron County to the north, Chippewa and Eau Claire counties to the east, Pepin County to the south, and St. Croix and Pierce Counties to the west. In 2020, the county population was estimated at 45,440; approximately 61% of which is rural. The median income was reported as \$58,783 in 2019. The median age in the county is 34.2; with the largest age distribution (13%) between 20-24 years of age. Ninety-three percent of Dunn County residents over 25 years old

DUNN COUNTY DEMOGRAPHICS

(2013-2017 ESTIMATE)

MEDIAN HOUSEHOLD INCOME \$54,605

SEX 49% F | 51% M

% OF POPULATION IN POVERTY 12%

% HOUSING BUILT BEFORE 1980 50%

2017 UNEMPLOYMENT RATE 3.3%

POPULATION GROWTH RATE 2013-17 2%

HOUSEHOLDS SPENDING >30% OF INCOME ON HOUSING COSTS 26.6%

DUNN COUNTY RACIAL DISTRIBUTION

(2013-2017 ESTIMATES)

WHITE 94.7%

ASIAN 2.6%

HISPANIC OR LATINO 1.4%

TWO OR MORE RACES 1.9%

BLACK OR AFRICAN AMERICAN 0.5%

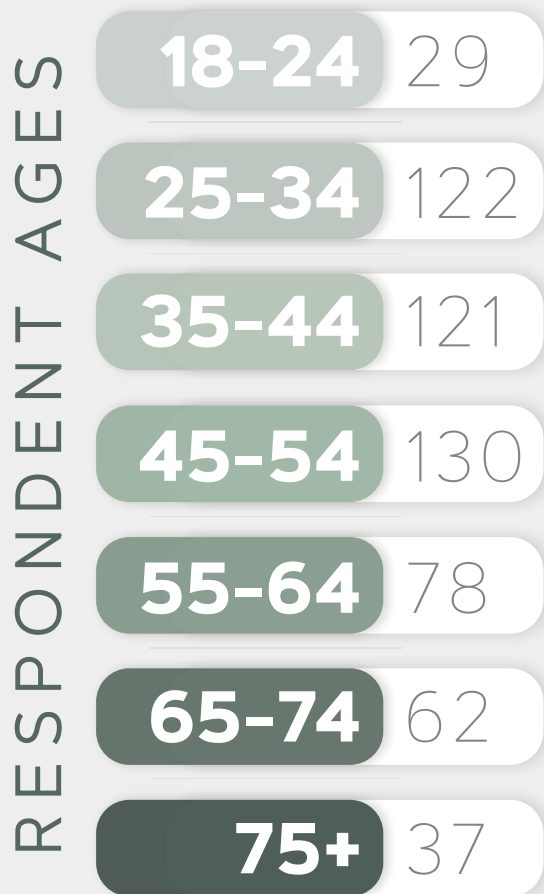
AMERICAN INDIAN & ALASKA NATIVE 0.4%

have graduated high school or attained their GED. The county seat is located in the city of Menomonie, which has a population of 16,264. Menomonie is approximately 60 miles east of the Twin Cities and 30 miles west of Eau Claire, WI. The county is served by four primary public K-12 school districts with an additional seven school districts serving across county lines into Dunn County. Additional educational opportunities can be found at Wisconsin's polytechnic university UW-Stout and Chippewa Valley Technical College. Economic drivers in the county include manufacturing, health care, educational services, transportation and warehousing and production agriculture. A single hospital is located in Dunn County: Mayo Clinic Health System—Red

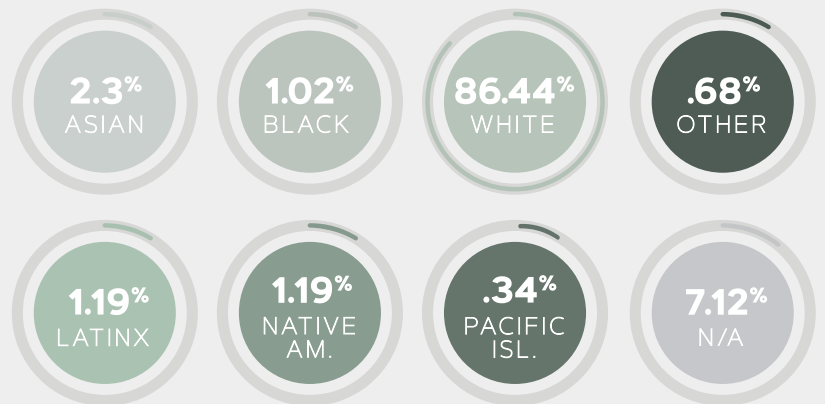
Cedar in Menomonie. Prevea Health and Marshfield Clinic also operate medical clinic sites and Marshfield Clinic operates a federal qualified health center-dental clinic in Menomonie.

RESPONDENT DEMOGRAPHICS

Of the 45,440 Dunn County Residents, 691 participated in the survey with 581 answering our demographic questions. The first few questions on our survey ask for demographic information. Characteristics such as race, ethnicity, gender, age, and education level can all influence a respondent's answer. It is important to know exactly who is responding to the survey in order to analyze the data more accurately.



RESPONDENT ETHNICITY



Gathering and understanding our respondents' demographic groups puts their responses in context and reflects whether or not the results came from a diverse enough pool of residents to avoid bias in our CHNA/CHIP. Connecting demographic groups to their responses lets us see who specifically is affected by a health area and where our efforts need to be focused.

Of the **45,368** Dunn County Residents, **978** participated in the survey with **690** answering our demographic questions, with **90.8%** of respondents being white.





DATA COLLECTION

DATA COLLECTION METHOD

The 2022 Community Health Needs Assessment (CHNA) was designed to be a Reaffirmation Survey based on the findings of the extensive CHNA of 2019. This CHNA was designed to be a reaffirmation for two main reasons, including but not limited to (1) like many others, the ongoing pandemic has limited the resources and capacity for a full needs assessment, and (2) a potential future collaborative venture between Chippewa and Eau Claire Counties to combine CHNA efforts (more information on page 9). This assessment was used to make sure that the previous community identified health priority needs within the 2019 CHNA survey are still what our Community Health Improvement Plan (CHIP) should be based around.

As a reminder, the 2019 survey was extensively modified from the 2015 tool to incorporate initial community feedback, expand health topics, gauge health education needs, and gather more data regarding perceptions of community strengths, weaknesses, and negative personal impacts of the health topics. The 2019 survey focus areas were framed by the Wisconsin State Health Plan and the Robert Wood Johnson Foundation's identified social determinants of health. They were mental health, healthy environment, chronic disease, alcohol abuse, tobacco/nicotine use, safe & quality housing, family health, healthy nutrition, substance abuse, transportation, oral health, physical activity, community safety, serious infections, sexual health, social support and health at work. Definitions for each of the health topics were

provided (see page 28) in addition to defining the two key terms "access" and "resources".

The 2022 reaffirmation survey was distributed to residents throughout Dunn County in March and November 2021. The link to the web survey was widely distributed through the networks of the partners and the community. Community organizations included: Aging and Disability Resource Center-Senior Nutrition Sites, local churches and food pantries, Dunn County Extension, Eau Claire Area Hmong Mutual Assistance Association, The Bridge to Hope, the Dunn County Jail, the Dunn County Criminal Justice Collaborating Council, El Centro, town/village clerks and others. The survey launch was announced by a press release and advertised in local newspapers, social media, and fliers throughout the county. Special effort was made to ensure the survey was available to underrepresented groups who can suffer the most from health disparities. Hard copy and print surveys were also made available throughout the county.

A total of 691 participated in the survey with 581 answering our demographic questions. While survey respondents did tend to be older and have more education than the median, they represented range of income and educational levels, age, and household size.



SUMMARY OF SECONDARY DATA

After the survey results were analyzed, local health data was compiled from a variety of sources based on the measures recommended by the Wisconsin Association of Local Health Departments and Boards. The core dataset was then modified based on the availability of Dunn County specific data. Dunn County does not have access to local representative data from the Behavioral Risk Factor Surveillance System or the Youth Risk Behavior Surveillance System due to incomplete local participation on the designated timeline. Sources included: County Health Rankings, US Census, government reports, Centers for Disease Control and Prevention, county department reports, Wisconsin Department of Health Services statistics, schools, and other publicly available sources.

Health topics were prioritized based on the interaction between the survey responses and

state and national data.

Each topic in the 2019 survey was ranked based on the percentage of respondents that identified a negative personal or family affect.

17 points

were assigned to

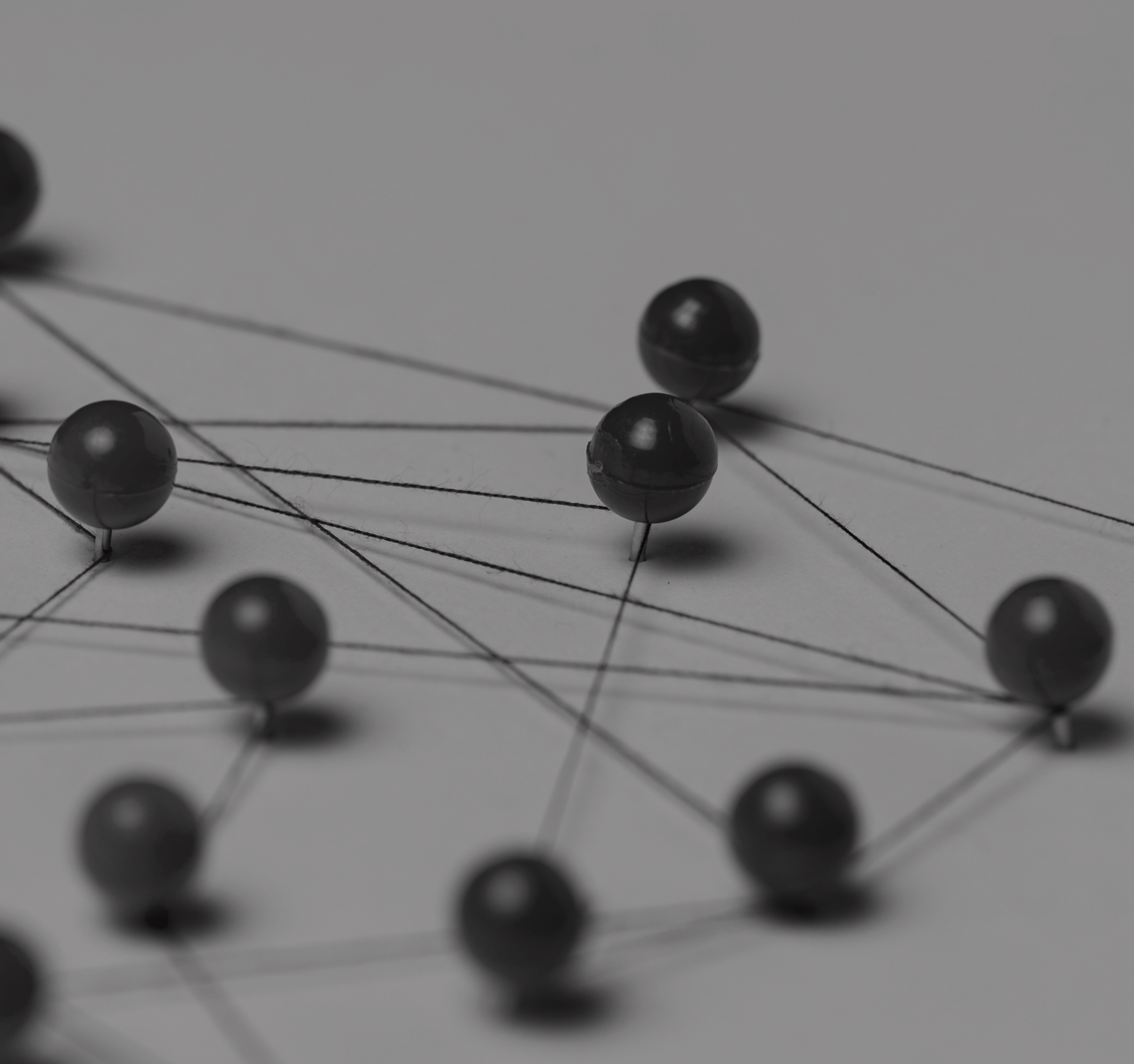
the health topic with the highest percentage of respondents identifying being negatively affected by the health topic, with one point assigned to the health topic with the lowest percentage of respondents identifying being negatively affected by the health topic.



DATA SUMMARIZATION PROCESS

1. Each topic was ranked based on the percentage of respondents that identified a negative personal or family affect. 17 points were assigned to the health topic with the highest percentage of respondents identifying being negatively affected by the health topic, with one point assigned to the health topic with the lowest percentage of respondents identifying being negatively affected by the health topic.

2. The ranks were then added together to give a total score that ranged from 33 to 4.
3. Finally, the scores were compared by indicator to state and national indicators where available.



TOP RANKED HEALTH AREAS

1. MENTAL HEALTH

Mental Health focuses on achieving and maintaining a healthy mental outlook. Mental Health resources includes services and support to guide how we think, act, and feel as we handle stress, relate to others, and make choices. This can include depression, anxiety, PTSD, self-harm, and suicide.

82%

Dunn County residents that said Mental Health is a weakness for the community

› **600:01 MENTAL HEALTH PROVIDERS**
(VS. 470:01 WI)

2. HEALTHY ENVIRONMENT

Dunn County residents who said Healthy Environment is a weakness for the community

80%

› **14% OF PRIVATE WELLS TESTED EXCEEDED STANDARDS FOR NITRATE IN DRINKING WATER**
(VS. 10% WI)

Healthy Environment focuses on the things in our water, air and food that can make us sick. Topics include: safe drinking water from personal wells or city taps, safe lakes and rivers for recreation, clean air to breathe, raw and prepared foods that are safe to eat.

3. SAFE & QUALITY HOUSING

Safe & Quality Housing focuses on affordable housing that can protect us from extreme weather and provide safe environments for families and individuals to live, learn, grow, and form social bonds.

› **14% OF DUNN COUNTY RESIDENTS SUFFER FROM SEVERE HOUSING PROBLEMS**
(VS. 9% US)

Dunn County residents that said Safe & Quality Housing is a weakness for the community

76%

4. CHRONIC DISEASE

Chronic disease involves illnesses that last a long time, usually cannot be cured, and often result in disability. Chronic Disease includes health concerns such as arthritis, cancer, diabetes, high blood pressure, chronic obstructive pulmonary disease (COPD) and obesity.

› **39%** OF ADULT RESIDENTS WERE CONSIDERED OBESE
(VS. 32% WI)

68%

Dunn County residents that said chronic disease is a major or moderate weakness for the community

5. ALCOHOL, NICOTINE, & DRUG (AND)

AND focuses on how much and how often substances such as alcohol, drugs, and nicotine products are consumed in Dunn County. Topics covered include binge drinking, underage drinking, driving under the influence, illegal substances, misuse of prescription drugs, tobacco products, and e-cigarettes.

Dunn County residents or someone they know who are negatively affected by alcohol abuse

80%

› **53%** OF DUNN COUNTY DRIVING DEATHS ARE ALCOHOL IMPAIRED
(VS. 36% WI)

This health area was renamed from 'A.O.D.A' to 'AND' to encompass all type of addictive substances.

APPENDIX A

2022 DUNN COUNTY HEALTH
NEEDS ASSESSMENT SURVEY

BY TAKING THIS SURVEY, YOU WILL;

- 1) Share your thoughts and opinions on the health needs of Dunn County
- 2) Help inform the upcoming Dunn County Community Health Improvement Plan

Information gathered from the survey will be used to help determine how to best address the needs of Dunn County. By taking this survey you help shape the priorities in Dunn County! Let your voice be heard!

The 2019 top five community health priority areas were: Mental Health, Healthy Environment, Chronic Disease Prevention, Alcohol, Nicotine, and Drug Addiction Prevention, and Safe and Quality Housing. See a more clear description of each health priority area below.

We want to make sure that we are still on the right track or if the community feels we need to shift our priorities. Information collected will be used to assist in determining the health needs and gaps in service for the Dunn County community. Gathering feedback from Dunn County community members is vital to better understand the health issues that matter the most to the people who live here. Your participation is voluntary. Responses will be kept anonymous and in no way will be linked back to you. Your opinion matters! Let your voice be heard! Your ideas will be used to make positive changes in our community.

1.) Are you 18 years or older? Please select one option.

- Yes
- No (If no, please end survey)

2.) Are you a resident of Dunn County? Please select one option.

- Yes
- No

Please provide your Zip Code: _____

Township/Village/City: _____

3.) If you are not a resident of Dunn County, please describe your connection to Dunn County briefly:

4.) Please read the following questions carefully. Then check Yes or No.

a.) Do you consider Mental Health & Wellness a top health priority within Dunn County?

- Yes
- No

b.) Do you consider Chronic Disease Prevention a top health priority within Dunn County?

- Yes
- No

c.) Do you consider having a Healthy environment a top health priority within Dunn County?

- Yes
- No

d.) Do you consider preventing Alcohol, Nicotine, and Drug Addiction a top health priority within Dunn County?

- Yes
- No

e.) Do you consider having access to Safe and Quality housing a top health priority within Dunn County?

- Yes
- No

f.) Are there other issues within Dunn County that you would consider in the top 5 health priorities?

- Yes
- No

If yes, please explain your thoughts below.

Currently, Dunn County conducts this survey without other county partners. Eau Claire and Chippewa County are working together to reduce the workload, save money, and strengthen community relationships across county lines. The responses collected are separated by county so Eau Claire receives Eau Claire related data and Chippewa only receives Chippewa related data. We are considering the possibility of joining them, however, we want to hear your thoughts about it first.

5.) Do you feel Dunn County residents can be accurately represented in the Community Health Needs Assessment if we choose to combine our efforts with Eau Claire and Chippewa County? Please check yes or no.

- Yes
- No

If not, please explain your thoughts below.

Congratulations! You are almost done with the survey! Please take the last few moments to complete a few demographic questions. As a reminder, all of your responses are anonymous and will not be linked back to you.

6.) What is your gender? Please check one.

- Male
- Female
- Non-Binary or Third Gender
- Transgender
- I self describe as:
- Prefer not to say

7.) Which category below includes your age? Please select one.

- 18 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 - 74
- 75 or older

8.) Race and Ethnicity: I identify as: Please select all that apply

- Asian
- Black/African
- Caucasian/White
- Hispanic/Latinx
- Native American
- Native Hawaiian or Pacific Islander
- Prefer not to answer
- I identify as:

9.) What is your highest level of school you have completed or the highest degree you have received? Please select one.

- Less than high school degree
- High school degree or equivalent (e.g., GED)
- Some college but no degree
- Associate Degree
- Bachelor's Degree
- Graduate Degree (Master;s, Ph.D., M.D., etc.)
- Prefer not to answer

Descriptions of previously community-identified Health Priority Areas:

Mental Health focuses on achieving and maintaining a health mental outlook. It includes services and support to guide how we think, act, and feel as we handle stress, relate to others, and make choices. This can include depression, anxiety, PTSD, self-harm, and suicide.

Healthy Environment focuses on the things in our water, air, and food that can make us sick. Topics include: Safe drinking water from personal wells or city taps, safe lakes and rivers for recreation, clean air to breathe, raw and prepared foods that are safe to eat.

Chronic Disease involves illnesses that last a long time, usually cannot be cured, and often results in disability. It includes health concerns such as arthritis, cancer, diabetes, high blood pressure, chronic obstructive pulmonary disease (COPD) and obesity.

Alcohol, Nicotine, and Drug Abuse: Alcohol abuse focuses on how much and how often alcohol is consumed. Topics include: Binge and/or excessive drinking, underage drinking, providing alcohol to minors, and operating a vehicle while intoxicated. Tobacco/nicotine use includes cigarettes, chewing tobacco, and e-cigarettes. Substance abuse includes the use of illegal substances, such as marijuana, heroin, methamphetamine, and the misuse of prescription drugs such as OxyContin, Ritalin, and Vicodin.

Safe and Quality Housing focuses on affordable housing that can protect us from extreme weather and provide safe environments for families and individuals to live, learn, grow, and form social bonds.

Please contact Kaitlin Ingle at kingle@co.dunn.wi.us with any further questions. Thank you!

APPENDIX B

HEALTH AREA RANKING
RESULTS COMPARED TO WI
& NATIONAL DATA

HEALTH AREA RANKINGS FROM CHNA 2022 SURVEY

Comparison to WI & National data results for 2022

HEALTH AREA	DUNN CO.	WISCONSIN	NATIONAL
ADULT OBESITY	39%	32%	26%
PHYSICAL INACTIVITY	21%	20%	19%
EXERCISE ACCESS	64%	85%	91%
EXCESSIVE DRINKING	29%	27%	15%
ALCOHOL IMPAIRED DRIVING DEATHS	53%	36%	11%
MENTAL HEALTH PROVIDERS	600:01	470:01	270:01
SEVERE HOUSING PROBLEMS	14%	14%	9%
PRIVATE WELLS ABOVE EPA NITRATE STANDARDS	14%	10%	9%
AIR POLLUTION - PARTICULATE MATTER	6.8%	7%	5.2%

APPENDIX C

CHNA ABBREVIATION DEFINITIONS

These are the definitions of the most common abbreviations used in our CHNA/CHIP report. You may come across abbreviations like this when reading other health and community related documents, so we provided these definitions to get you familiar!

ACS American Community Survey

AVR Analysis, Visualization & Reporting

BLS Bureau of Labor Statistics

BRFSS Behavioral Risk Factor Surveillance System

CDC Centers for Disease Control & Prevention

CHR County Health Rankings

DHS Wisconsin Department of Health Services

DPI Wisconsin Department of Public Instruction

EPA Environmental Protection Agency

FHS Wisconsin Family Health Survey

NCES National Center for Education Statistics

NCHHSTP National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention

NVSS National Vital Statistics System at the National Center for Health Statistics

OJA Office of Justice Assistance

USDA United States Department of Agriculture

YRBS Youth Risk Behavioral Survey

APPENDIX D

COMMUNITY RESOURCE INVENTORY

| MENTAL HEALTH

ARBOR PLACE

715-235-4537

Substance abuse & mental health disorder treatment

BEACON MENTAL HEALTH RESOURCES

715-308-5742

Mental Health and Substance Use services

DUNN COUNTY HUMAN SERVICES

715-832-1678

Advocates for the health, safety, & welfare

FAMILY THERAPY ASSOCIATES

715-246-4840

Provides counseling and therapy services

GIVING TREE COUNSELING & RES. CENTER

715-643-2445

Mental health therapy and resources.

HAPPY APPLE COUNSELING

happyappletherapy.com

Personalized counseling

HERE NOW TO HELP

715-231-4373

Counseling services

KAYRES COUNSELING

715-231-2010

MARRIAGE & FAMILY HEALTH SERVICES

715-832-0238

Assessments and therapeutic services

MARSHFIELD CLINIC

715-233-6400

MATCH

715-552-1365

Mental Health Asst. for Teens & Children

MAYO CLINIC HEALTH SYSTEM

715-233-7891

THE BRIDGE TO HOPE

715-235-9074

24/7 access to services to help begin the healing process of abuse

NW COUNSELING & GUIDANCE CLINIC

715-235-4245

UW-STOUT COUNSELING CENTER

715-232-2468

Counseling for UW-Stout students

VANTAGE POINT

715-832-5454

Mental Health Counseling

| PEER SUPPORT

ALANO CLUB

menomoniealano.org

Meeting place for 12 Step Programs

MONARCH HOUSE PEER RUN RESPITE

715-505-5641 | milkweedalliance.org

Voluntary, non-medical overnight program for people who are experiencing mental health and substance use related crises.

PEER SUPPORT HOT-LINE

warmline.org

Free, nationwide peer-support services that provides resources, referrals and support.

MENTAL HEALTH PEER SUPPORT GROUP

ptsdcentral1010@gmail.com

Meetings to discuss mental health & resources.

| SUBSTANCE ABUSE

ARBOR PLACE

715-235-4537

Drug & Alcohol Abuse help, Mental Health Treatment

ALCOHOLICS ANONYMOUS

1-800-471-9876

Anonymous and secure hot-line

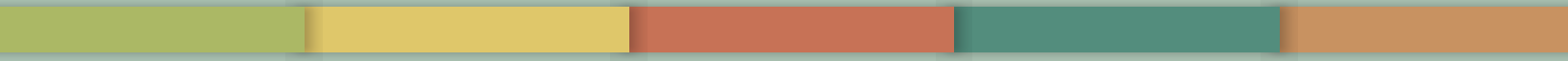
SOFT LANDING TRANSITION SERVICES

715-933-0103

Sober House

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Addressing the Needs of the Community

Identified Health Needs



After completing an extensive analysis of the Dunn County Community Health Assessment data and County Health Rankings, the top community health needs identified as Mayo Clinic Health System – Red Cedar priorities are:

1. Mental health
2. Substance abuse and alcohol misuse (alcohol, nicotine, and drugs)
3. Chronic disease prevention and obesity

The CHNA committee believed it was vital to address these priorities and that MCHS should be addressing them. Given the interrelated nature of some of the health topics and related interventions, it was agreed to combine obesity with chronic disease and substance abuse (nicotine and drugs) with alcohol misuse. The committee agreed that working on each of these three focus areas will allow for widespread impact on population health.

To effectively measure impact and based on our area of expertise and availability of resources, Mayo Clinic Health System has selected the top three health priorities that were identified as significant needs in Dunn County on which to focus our efforts. In addition, the interconnectedness of various health issues, as recognized by participants in the CHNA process, is expected to produce additional benefits in other health areas examined (including but not limited to housing and healthy environment.)

Identified Health Need

Mental Health

This focus area refers to the services and support needed to address how we think, act and feel as we cope with life. Mental health is essential for personal well-being, caring for family and interpersonal relationships and meaningful contributions to society. Mental health conditions may include, but are not limited to, depression, anxiety, and posttraumatic stress disorder.

Good mental health allows us to form positive relationships, use our abilities to reach our potential and deal with life's challenges. Mental illnesses are medical conditions that impair a person's thinking, mood, ability to relate to others and ability to cope with the daily demands of life.

Mental illnesses often are associated with physical health problems and risk factors, such as smoking, physical inactivity, obesity, and substance abuse: factors that can lead to chronic disease, injury, and disability.

In Dunn County:

- 82% of CHNA survey respondents feel mental health is a weakness for the community.
- The ratio of population to mental health providers in Dunn County (600:1) is higher than the state average (470:1)

Identified Health Need

Substance Use and Alcohol Misuse

Substance use is defined as the use of and negative effects from mood-altering substances (such as marijuana or heroin) or misuse of prescription drugs. Across the country and in Wisconsin there has been a surge in the use of prescription drugs for nonmedical purposes. The misuse of these substances is most prevalent among young adults. From 2018-2020 the count of opioid-related deaths in Wisconsin increased by 46.2%.

Alcohol misuse is defined as underage alcohol consumption, consumption during pregnancy, binge drinking (four or more drinks per occasion for women, five or more for men), and heavy drinking (one or more drinks per daily average for women, two or more for men).

In Dunn County:

- Eighty percent of residents or someone they know are negatively affected by alcohol abuse.
- Fifty-three percent of Dunn County driving deaths are alcohol impaired.

Identified Health Need

Chronic Disease Prevention & Management (with emphasis on obesity)

According to the CDC National Center for Chronic Disease and Health Promotion, chronic disease prevention and management typically focus on behavioral interventions such as healthy eating, increased physical activity and cessation of unhealthy practices such as tobacco and alcohol use. In many cases, obesity is a contributing factor for preventing and maintaining chronic diseases, especially heart disease and diabetes. Prevention is not always possible, so it's important that effective management is also part of the health care system.

Although chronic diseases usually become clinically apparent in adulthood, the exposures and risk factors that precede disease onset occur at every stage of life. Childhood and adolescence are critical times to deliver and reinforce health education messages.

Chronic diseases, such as heart disease, stroke, cancer, diabetes, asthma, and arthritis, are among the most common and costly of all health problems in the U.S. Currently, six in ten Americans live with at least one chronic disease. Maintaining a healthy weight is important for reducing the risk of developing chronic conditions that may have a major impact on quality of life. Healthy weight management promotes good mental health, healthy nutrition, physical activity, and a longer life.

In Dunn County:

- Sixty-eight percent of county residents say that chronic disease is a major or moderate weakness for the community
- The percentage of adult residents that are considered obese in Dunn County (39%) is higher than the state average (32%.)

Available Resources within Dunn County

Health care providers

MCHS in Red Cedar in Menomonie is the only hospital in Dunn County. However, Prevea Health and Marshfield Clinic also operate medical clinics, and Marshfield Clinic operates a federally qualified health center-dental clinic in Menomonie. In addition, there are three hospitals in neighboring Eau Claire County that provide secondary and tertiary level care (MCHS in Eau Claire, HSHS Sacred Heart Hospital, and Marshfield Medical Center – Eau Claire), including Level II trauma care (MCHS in Eau Claire). As a member of MCHS, Red Cedar has seamless access to the care offered in Eau Claire, as well as the world-renowned Mayo Clinic in Rochester, Minnesota. In addition, the residents of Dunn County have access to the following:

Healthcare providers (chronic disease prevention/management and obesity)

- Free Clinic of the Greater Menomonie Area, Menomonie
- Marshfield Clinic, Menomonie
- Prevea Menomonie Health Center

Mental health clinics

- Dunn County Human Services
- Beacon Mental Health Resource
- Arbor Place
- Family Therapy Associates
- Giving Tree Counseling and Res. Center
- Happy Apple Counseling
- Here Now to Help
- Kayres Counseling
- Marriage and Family Health Services
- Marshfield Clinic
- Match
- Mayo Clinic Health System
- The Bridge to Hope
- NW Counseling & Guidance Clinic
- UW-Stout Counseling Center
- Vantage Point

Substance Abuse and Alcohol Treatment

- Arbor Place, Menomonie
- Alcoholics Anonymous
- Soft Landing Transition Services

Evaluation of Prior CHNA and Implementation Strategy

Impact of 2019-2022 Implementation



The 2019 Community Health Needs Assessment final report for Mayo Clinic Health System - Red Cedar is posted on the Mayo Clinic Health System Community Engagement internet page for public review and comment. No written comments have been received.

Prioritized needs & objectives per the 2019 Implementation Plan:

Mental Health – Increase strong, healthy social connections among residents across all life stages to promote mental wellness.

Substance Abuse & Alcohol Misuse – Reduce substance abuse by providing education and advocacy around substance abuse in the community.

Chronic Disease & Obesity – Reduce chronic disease by promoting health and wellness lifestyle choices in the community.

COVID-19 emerged as the leading community health priority in 2020

In February 2020, the COVID-19 virus became a pandemic throughout the U.S. and within Dunn County. Mayo Clinic responded to this challenge in a multitude of ways to protect the health of its local and regional communities as well as contributing to the national and global response, including:

- Restructuring patient care services to ensure capacity for intensive care for community needs. This required significant interruptions to normal operations as non-emergency care services were deferred to increase COVID19 response capacity.

- Expanding virtual care capabilities to advance home care and treatment to safely improve access for community and rural patients.
- Rapid development and dissemination of public and consumer information about the COVID-19 virus to help the public (consumers, government, peer medical providers, etc). understand the risks and take actions to prevent and/or care for the infection.
- Development and dissemination of rapid COVID-19 testing resources to strengthen efforts of local public health and other health care organizations in serving community needs.
- Refocused research efforts to bring greater understanding, therapies, and potential vaccine solutions for the COVID-19 virus, including antibody testing capabilities, blood plasma therapies and effectiveness and safety of various pharmaceutical therapies.
- Sharing knowledge and collaborating broadly with other academic health centers and businesses to expand understanding and resources to address and contain the disease. Examples include using AI to model and forecast hotspots across the U.S., as well as developing tools to standardize contact tracing and exposure management. These systems were also shared with Public Health departments to inform changing health safety policies as the pandemic evolved locally.

These efforts, combined with the capacity challenges of local non-profits and other sectors delayed some of the 2020 community health improvement (implementation plan) strategies.

COVID-19 disclaimer: With the COVID-19 pandemic lingering as a crisis in 2021, education and communication about COVID-19 safety measures, including vaccination, often took priority over CHNA efforts. Many activities that supported CHNA priority areas were held virtually or cancelled to support community safety.

Here are highlights of the accomplishments of the community health implementation plan for each of the priority health focus areas in Dunn County.

Mental Health

The following efforts have been implemented to impact mental health and related health concerns:

Monetary Support:

- ADRC of Dunn County - \$2,000 (Programming)
- Big Brothers Big Sisters of Northwestern Wisconsin – \$1,000 (Program)
- Boys and Girls Club – \$5,500 (Operational)
- Bridge to Hope – \$1,000 (Quilt tour)
- Community Foundation of Dunn County - \$5,000 (Programming)
- Dunn County Chapter of Sleep in Heavenly Peace - \$2,500 (Programming)
- Mabel Tainter – \$5,000 (2020 General Support)
- Menomonie Public Library – \$3,275 (Yoga and Meditation Program, Music Over Menomin Jr)
- Menomonie Theater Guild – \$1,500 (Black Friday)

- School District of Menomonie – \$300 (Field and Track Day)
- Stepping Stones of Dunn County – \$500 (Garden Tour)
- United Way of Menomonie – \$1375 (Event cancelled – donation)
- UW Stout Discovery Center – \$3,000 (Early childcare education conference)

Grants:

- Center for Independent Living Western Wisconsin - \$15,000 (Volunteer Driver Program)
- Glenwood City Public Library - \$10,000 (Access to telehealth)
- Menomonie Middle School - \$5,000 (Mentor Partnership)
- Stepping Stones of Dunn County - \$10,000 (Shelter program)

Programming and Education:

- **Discover Gratitude** - Invited educators, social service agencies and community members to participate in this free, self-guided virtual program that helps improve mental well-being through daily journaling, with emphasis on gratitude for improved mental well-being.
- **Fall into Wellness virtual program** - Distributed materials for the Fall into Wellness virtual program to the general population, key organizations, and area schools. This program, delivered in a points-based, friendly month-long competition, helped highlight small, simple changes to manage stress, eat nutritionally balanced foods and get regular physical activity. Presentations are available to view on YouTube following the live webinars.
- **Community Contribution funding for mental well-being initiatives** – Facilitated grant invitations and review for those community organizations with initiatives supporting the Community Health Needs Assessed areas. Activity included grant review and approvals and follow-up with the organizations.
- **Blogs** - Provided subject matter on a variety of topics focusing on CHNA to community members through web access and newsletters.
- **Reach Out and Read** – Childhood literacy program. 1,000 people were impacted.

Community Involvement:

- Boys and Girls Club (Committee Member)
- Colfax School Board (Board Member)
- Community Foundation of Dunn County (Board Member and Committee Member)
- Dunn County Coalition for Mental Health Services (Committee Member)
- Indianhead Enterprises (Board Member)
- Menomonie Chamber of Commerce – Facilitation of Health and Human Service Day (Volunteer)
- United Way of Dunn County (Board Member)

Substance Use & Alcohol Misuse

The following efforts have been implemented to impact substance abuse & alcohol misuse and related health concerns:

Monetary Support:

- Boys and Girls Club – \$5,000 (Operational and programming costs)
- Menomonie Lions Club – \$500 (Checker Flag wellness sponsor)
- Menomonie Police Department - \$200 (National Night Out)

Grants:

- Chippewa Falls Area Unified School District - \$9,000 (Strengthening Families Program)
- Menomonie Police Department - \$20,000 (Project Hope working with youth)

Research:

- Study finds changes in substance abuse among young adults during pandemic; findings were reported in local media.

Community Involvement:

- Dunn County Partnership for Youth (Committee Member)
- Dunn County COVID Community Recovery Action Team (Committee Members)
- Health Dunn Right “Alcohol, Nicotine and Drugs Action Team” (Committee Member)

Chronic Disease & Obesity

The following efforts have been implemented to impact chronic disease & obesity and related health concerns:

Monetary Support:

- American Cancer Society – \$1,500 (Relay for Life)
- Beaver Creek Reserve – \$500 (Programming)
- Boyceville/Village of Boyceville - \$250 (Handwashing stations)
- Dunn County Fair - \$960 (Handwashing)
- Friends of the Red Cedar State Trail – \$250 (Business Meeting)
- Midwest Power Soccer Association – \$833.33 (Chippewa Valley Hooligans – wheelchair powered soccer for disabled youth)
- Menomonie Area Senior Center - \$2,000 (Programming)
- Menomonie Public Library - \$5,000 (Programming)
- Menomonie Lions Club - \$500 (Maintaining Game Park and Nature Trails in Wakanda Park)
- School District of Menomonie – \$200 (Menomonie in Action)
- Stepping Stones of Dunn County – \$4,500 (Empty Bowls, Step Up to Hunger, Garden Tour)
- St. Croix County Fair, Inc. - \$1,000 (Handwashing stations)
- Stout University Foundation - \$1,000 (Helping Hand Food Pantry)
- Town of Sand Creek - \$2,000 (Riverside Park Playground project)

Grants:

- Boyceville Middle School - \$1,000 (Boyceville Community Night – Screenagers Next Chapter)
- Elmwood Area Ambulance – \$27,000 (Zoll X-series Cardiac Monitor)

- Elmwood Elementary School - \$5,000 (Elementary Playground)
- Elk Mound School District - \$5,000 (Sensory Path and Chill Zone)
- Spring Valley Area Fire Department - \$6,691.62 (AED's)
- Stepping Stones Food Pantry - \$10,000 (Farmers Feed Program)
- Tiffany Creek Elementary - \$2,000 (Wellness Walk Improvements)

Programming and Education:

- **Advanced Strong Bodies Classes** – Class is held for middle aged to older adults to build up strength, endurance, balance, and mental health. (A total of fourteen classes were held with forty-two people in attendance).
- **Basic Strong Bodies** – This class is held for middle aged to older adults to build up strength, endurance, balance, and mental health (14 classes were held with forty-five people in attendance).
- **Breast Cancer Support Group** - Open to the community
- **Community communication** - COVID updates (18 emails sent)
- **Chronic disease webinars**- These are designed to educate the community about chronic disease prevention. The topics of the three webinars include: healthy eating strategies, chronic pain management and Yoga to relieve pain and stress. Presentations were available to view on YouTube following the live webinars.
- **Community Contribution funding for Chronic Disease Prevention** – Facilitated grant invitations and review for those community organizations with initiatives supporting the Community Health Needs Assessed areas. Activity included grant review and approvals and follow-up with the organizations.
- **H2O classes** – This class focused on balance, range of motion and coordination. (A total of sixteen classes were held with twenty-three people in attendance).
- **Mind Over Matter: Healthy Bowels, Healthy Bladder** – is a Wisconsin Institute for Healthy Aging program designed to help woman develop skills, learn exercises, and adopt strategies to prevent or improve incontinence symptoms. (A total of three classes were held with 13 people in attendance).
- **Music and Movement Preschoolers:** This is a program for toddlers and their parents/caregivers to explore music, sounds and movement. (A total of 8 classes were held with 199 people in attendance)
- **Myeloma Support Group** - Open to the community
- **Rock 'N' Roller Skating** – Youth and family roller skating event to promote physical activity. (The free event was held with 111 people in attendance).
- **Snowshoe and Winter Hike** – Recreation event was offered for participants of all ages to enjoy a free winter wonderland hike. Snowshoes were provided to participants in need. (An event was held with five hundred people in attendance).
- **Type 1 Diabetes Support Group** held at MCHS – Red Cedar. (A total of 1 hour with two people attending)

- **Yoga** – This class focused on meditation, balance, strength, range of motion and mental health - (A total of eight classes were held with 18 people in attendance).
- **Vaccinations** - Promoted COVID vaccination to community groups with education on symptoms, vaccine safety, availability, and community collaboration.

Community Involvement:

- American Heart Association (Teaching of PALS)
- Elmwood School District (Medical Director)
- Elmwood Schools Elementary, Middle, and High (Medical Director of Elmwood school district, Plum city district)
- Health Dunn Right (Committee Member)
- Menomonie Free Clinic (Board Member and Volunteers)
- Menomonie Senior Center (Board Member)
- Stepping Stones of Dunn County – MCHS – Menomonie is a key supporter of Stepping Stones as a board member and volunteer. This program helps with access to healthy, affordable food which contributes to obesity and chronic disease. Provides access to nutritious food for low-income residents.
- UW – Stout (Career Presentation to Health, Wellness and Fitness courses).
- Friends of Menomonie Recreation, Inc. - (Canoe/kayak launch project at Riverside Park)

Despite the actions taken since the prior CHNA to address mental health, substance use and alcohol misuse and chronic disease/obesity, the results of the reaffirmation survey in 2021 concluded these priorities continue to be health concerns in the community and will continue to be addressed by MCHS-Red Cedar.

Mayo Clinic Health System Individuals Involved in CHNA

Community Health Needs Assessment Committee:

Richard Helmers, MD, Regional Vice President, Mayo Clinic Health System, Northwest Wisconsin

Karolyn Bartlett, Manager, Operations

Brook Berg, Community Engagement Director

Tasha Bjork, Administration, Operations

Cory Carlson, RN, Behavioral Health Supervisor

Andrew Calvin, MD, Cardiology

Jason Craig, Administration, Regional Chair

Marquita Davis, Quality, Performance Improvement Advisor

Jen Drayton, RN, Nurse Administrator

Joni Gilles, RN, EMS Coordinator

Frances Jordahl, Social Work Supervisor

Jenny Jorgenson, Community Engagement Specialist

Carie Martin-Krajewski, Vice Chair, Administration

Sarah McCune, RN, Operations, Administration

Maria Seibel, Community Engagement Specialist

Tina Tharp, Community Engagement Specialist

Pam White, RN, Chief Nursing Officer