



Community Health Improvement Plan 2009-2013

www.healthypeoletaylorcounty.org

2009-2010 Report

The Centers for Disease Control and Prevention defines healthy communities as "A community that is continuously creating and improving those physical and social environments and expanding those community resources that enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential."

The plan is a result of the collaboration of community partners to create a tool for community organizations, local government, businesses, and citizens to take action to create a "Healthier Taylor County" for everyone who lives in our community.

The plan identifies priorities, goals, and strategies for identified areas to assist us with attaining a "healthy community" for Taylor County. The plan will have no impact on our community unless we take an interest in the plan, take action collectively, and commit to reach the goals addressed.

The three priorities identified for our community are:

1. ***Adequate and Appropriate Nutrition - Overweight, Obesity and Lack of Physical Activity***
2. ***Access to Primary and Preventive Health Care***
3. ***Alcohol and Other Substance Use and Addiction***

Adequate and Appropriate Nutrition - Overweight, Obesity and Lack of Physical Activity

The Wellness Coalition of Taylor County is the community group who has taken the initiative to address the goals and objectives for this priority. If you are interested in assisting with any of the following initiatives, please see our website for more information.

<http://healthypeoletaylorcounty.org/wc/wchome>

Worksites:

The Worksite Wellness Subcommittee has created and presented trainings for Taylor County businesses on how to implement an effective wellness program. This past year, the coalition received a grant from the Wisconsin Rural Hospital Flexibility Program to promote wellness at six area businesses. The six businesses were provided with an opportunity for employees to participate in a health risk assessment, biometrics, and individual wellness coaching. The committee will provide three educational sessions to these six businesses based on the topics which were most requested on the health risk assessment.

Resources for businesses to develop a worksite wellness plan is

<http://www.dhs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>

Nutrition:

The nutrition subcommittee provided an education seminar during the Medford Area Chamber of Commerce's Destination Medford 2010 - Women's Weekend Escape. James Pearce, registered dietician presented: "Last Hope for a Flat Tummy-How Eating More and Exercising Less Can Work for You."

This committee was instrumental working with the Village of Rib Lake to develop a Farmer's Market. The market will be open on Thursdays, from 2:00 - 6:00 pm, mid-August until October 31st. Persons interested in participating with this market may

contact the Village of Rib Lake for market rules and guidelines.

Several citizens from Medford were instrumental in the addition of a Farmer's Market on Tuesdays by the River Walk. The hours for the market are Tuesday are 2:00 - 6:00 pm. The Saturday morning Farmer's Market is still held at the fairgrounds.

The Healthy Choice Restaurants initiative was implemented in summer of 2010. There are several area businesses who agree to offer healthy choices at their restaurant. You can view those restaurants who offer this program on the Taylor County, Healthy People and Wellness Coalition websites.

<http://healthypeopletaylorcounty.org/wc/pdf/HealthyChoiceRestaurants090110.pdf>

Physical Activity

This year a booklet, Taylor County Opportunities for Physical Activity was printed. This booklet offers numerous opportunities, places and contacts to enjoy indoor and outdoor activities. The booklet is available on the Taylor County, Healthy People and Wellness Coalition websites as well as area businesses.

<http://healthypeopletaylorcounty.org/docs/PhysicalActivityOpportunitiesV3.pdf>

Access to Primary and Preventive Health Care

There is not a formal committee for this priority.

The goals for this priority are:

1. All Taylor County children will receive affordable dental care.

Taylor County had in the past, children who were on Badgercare who had difficulty receiving dental care. This year two dental clinics established their businesses in Taylor County who will accept Badgercare. Taylor County residents have numerous choices to obtain affordable dental care in our community.

2. All Taylor County women will have access to breast cancer screening services.

Taylor County is fortunate to have an American College of Radiology (ACR) accredited mammography facility located in our local hospital, Memorial Health Center, an Aspirus partner. This past year, the Aspirus Women's Health Mobile

Imaging Unit, a mobile mammography unit provided opportunities for women in the Gilman area. For women who do not have insurance for a well woman health screening for breast and cervical cancer should contact the health department to see if they qualify for the Wisconsin Well Woman program.

3. All Taylor County parents, grandparents, and caregivers will have their children properly positioned in car seats as documented by Certified Car Seat Inspectors.

All families have the opportunity to have their children properly positioned in car seats by Certified Car Seat Inspectors. Memorial Health Center provides every family who has a newborn delivered at their facility a car seat inspection prior to leaving the hospital. The Taylor County Health Department has two inspectors who can assist families by appointment. Aspirus Safety Clinic does have staff who can assist with car seat inspections and safety products for sale. There have been community clinics for car seats inspections such as the Back to School Health Fair held in August.

Alcohol and Other Substance Use and Addiction

Our goal for 2011 is to have a community committee formed to address this priority. The goals for this committee include:

1. Assure pharmacy patrons receive information about prescription drugs, including side effects, appropriate methods for disposal and subsequently eliminate the improper disposal of prescription drugs in Taylor County.

2. Eliminate the use of alcohol and other drugs by Taylor County youth.

3. Eliminate the use of illicit drugs by Taylor County residents.

4. Eliminate injuries and deaths to Taylor County residents from drinking and driving.

Anyone who is interested in assisting with any of these priority areas please contact the Taylor County Health Department at 715-748-1410.