TAKE-AWAYS

❖ More things influence health than most folks think.

❖ All policy is health policy.

❖ You don’t have to be a health professional to improve your community's health.
HOW HEALTHY IS WISCONSIN?
TOP CAUSES OF DEATH

Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services.
Figure 11. Total number of cancer deaths by sex, 2005-2015, Wisconsin

Figure 13. Total number of unintentional injury deaths by external cause of death and sex, 2005-2015

Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services.
TOP STATEWIDE HEALTH PRIORITIES: WISCONSIN HEALTH IMPROVEMENT PLANNING PROCESS

❖ Tobacco
❖ Nutrition and Physical Activity
❖ Alcohol Abuse
❖ Opioid Abuse
❖ Suicide
❖ Adverse Childhood Experiences (cross-cutting theme)
SMOKING AMONG WISCONSIN ADULTS AGES 18-64, BY DISABILITY STATUS, 2008-2011

Source: Wisconsin Department of Health Services, Behavioral Risk Factor Survey (BRFS); 2008-2011 landline-only dataset.
Neighborhood environment of children less than 18 years of age, by race/ethnicity, Wisconsin, 2011-2012

- Children living in neighborhoods with sidewalks, libraries, recreation centers, and parks: 55% (White), 63% (Black), 55% (Hispanic)
- Children living in neighborhoods their parents feel are usually or always safe: 94% (White), 61% (Black), 86% (Hispanic)

*Neighborhoods that include all four of these amenities. Data were not available for other races.
SUICIDE RISK DURING PAST 12 MONTHS AMONG WISCONSIN HIGH SCHOOL STUDENTS, BY SEXUAL MINORITY STATUS, 2007-2011

Considered suicide
- Sexual majority: 15%
- Sexual minority: 42%

Planned suicide
- Sexual majority: 11%
- Sexual minority: 33%

Attempted suicide
- Sexual majority: 7%
- Sexual minority: 28%

Injured in suicide attempt
- Sexual majority: 2%
- Sexual minority: 13%

Source: Wisconsin Department of Public Instruction, Youth Risk Behavior Survey (YRBS).
WHAT FACTORS LEAD TO HEALTH?

To improving how long and how well people live:
- Improve health behaviors
- Improve clinical care
**HEALTH BEHAVIORS**

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco Use</td>
<td>Tobacco use is the leading cause of preventable death in the United States. It affects not only those who choose to use tobacco, but also, people who live and work around tobacco.</td>
</tr>
<tr>
<td>Diet &amp; Exercise</td>
<td>The environments where we live, learn, work, and play affect access to healthy food and opportunities for physical activity which, along with genetic factors and personal choices, shape health and risk of overweight and obesity.</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Use</td>
<td>When consumed in excess, alcohol is harmful to the health and well-being of those that drink as well as their families, friends, and communities. Prescription drug misuse and illicit drug use also have substantial health, economic, and social consequences.</td>
</tr>
<tr>
<td>Sexual Activity</td>
<td>Unplanned pregnancies and sexually transmitted infections, often the result of risky sexual behavior, have lasting effects on health and well-being, especially for adolescents.</td>
</tr>
</tbody>
</table>
### CLINICAL CARE

<table>
<thead>
<tr>
<th>Access to Care</th>
<th>Quality of Care</th>
</tr>
</thead>
</table>

Access to affordable, quality health care is important to physical, social, and mental health. Health insurance helps individuals and families access needed primary care, specialists, and emergency care, but does not ensure access on its own—it is also necessary for providers to offer affordable care, be available to treat patients, and be in relatively close proximity to patients.

High quality health care is timely, safe, effective, and affordable—the right care for the right person at the right time. High quality care in inpatient and outpatient settings can help protect and improve health and reduce the likelihood of receiving unnecessary or inappropriate care.
WHAT FACTORS LEAD TO HEALTH?

To improve how long and how well people live:
- Improve health behaviors
- Improve clinical care
- Improve social and economic conditions
- Improve physical environment
<table>
<thead>
<tr>
<th>SOCIAL &amp; ECONOMIC FACTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Education</strong></td>
</tr>
<tr>
<td>Better educated individuals live longer, healthier lives than those with less education, and their children are more likely to thrive. This is true even when factors like income are taken into account.</td>
</tr>
<tr>
<td><strong>Employment</strong></td>
</tr>
<tr>
<td>Employment provides income and, often, benefits that can support healthy lifestyle choices. Unemployment and under employment limit these choices, and negatively affect quality of life and health overall. The economic condition of a community and an individual’s level of educational attainment both play important roles in shaping employment opportunities.</td>
</tr>
<tr>
<td><strong>Income</strong></td>
</tr>
<tr>
<td>Income provides economic resources that shape choices about housing, education, child care, food, medical care, and more. Wealth, the accumulation of savings and assets, helps cushion and protect us in times of economic distress. As income and wealth increase or decrease, so does health.</td>
</tr>
<tr>
<td><strong>Family &amp; Social Support</strong></td>
</tr>
<tr>
<td>People with greater social support, less isolation, and greater interpersonal trust live longer and healthier lives than those who are socially isolated. Neighborhoods richer in social capital provide residents with greater access to support and resources than those with less social capital.</td>
</tr>
<tr>
<td><strong>Community Safety</strong></td>
</tr>
<tr>
<td>Injuries through accidents or violence are the third leading cause of death in the U.S. and the leading cause for those between the ages of one and 44. Accidents and violence affect health and quality of life in the short and long-term, for those directly and indirectly affected.</td>
</tr>
<tr>
<td>Physical Environment</td>
</tr>
<tr>
<td>----------------------</td>
</tr>
<tr>
<td><strong>Air &amp; Water Quality</strong></td>
</tr>
<tr>
<td><strong>Housing &amp; Transit</strong></td>
</tr>
</tbody>
</table>
HEALTHY PEOPLE ← → HEALTHY COMMUNITIES
Physical Environment 10%

Health Behaviors 30%

Clinical Care 20%

Social & Economic Factors 40%
All Policy is Health Policy.
Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

—World Health Organization, 1948
Median age by county, Wisconsin, 2010

Median age
- 31.4 - 37.2
- 37.3 - 41.8
- 41.9 - 46.2
- 46.3 - 51.0

HEALTH CONCERNS AND RESPONSES WILL DIFFER:

AGE DISTRIBUTION FOR 3 GREEN TIER COMMUNITIES

Bayfield

Fitchburg

Port Washington

Total Population: 880 (Male: 346; Female: 334; 49.1%)
Population Pyramid created by GetFacts www.getfacts.wisc.edu

Total Population: 25,260 (Male: 13,042; Female: 12,218; 48.4%)
Population Pyramid created by GetFacts www.getfacts.wisc.edu

Total Population: 1,843 (Male: 814; Female: 829; 50.5%)
Population Pyramid created by GetFacts www.getfacts.wisc.edu
Impact In Local Communities
Good Policy Can Lead To Better Health Outcomes
SAFE AFFORDABLE HOUSING
Figure 10. *FoodShares Recipients in Ashland County: 2000-2013*

Sources: Wisconsin Department of Health Services FoodShare Data, Census Annual Population Estimate
SAFE SUSTAINABLE WATER

Water quality
(percent of population exposed over health-based limits)
TAKE-AWAYS

❖ More things influence health than most folks think.

❖ All policy is health policy.

❖ You don’t have to be a health professional to improve your community’s health.
Healthiest Wisconsin 2020, State Plan, Baseline Report, Health Disparities Report:  

University of Wisconsin Population Health Institute, publications:
- Opportunities to Make Wisconsin the Healthiest State
- Health of Wisconsin Report Card
- Wisconsin Health Trends
- What Works for Health
- What Works for Rural Health
- And more…


County Health Rankings & Roadmaps

Get Facts WI:
[http://www.getfacts.wisc.edu/](http://www.getfacts.wisc.edu/)