



Sara Lindberg

UW Population Health Institute smlindberg@wisc.edu

EVALUATING THE HEALTH OF WISCONSIN

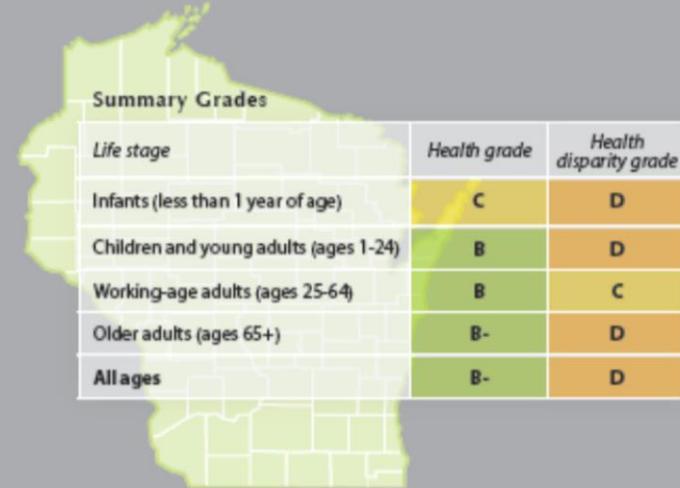
Presentation to GTLC
January 30, 2017

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?

HEALTH OF WISCONSIN

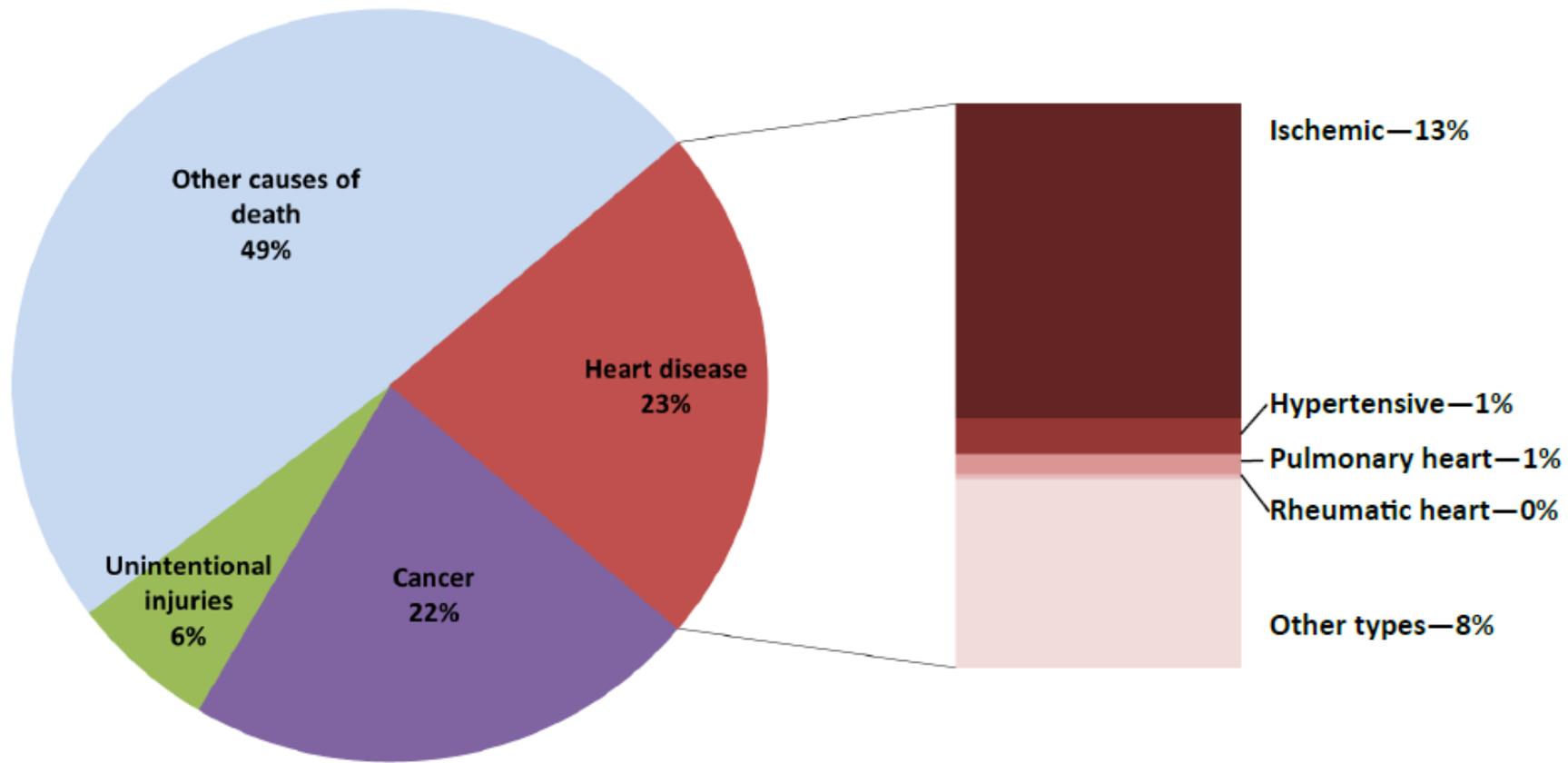


REPORT CARD 2016



University of Wisconsin
Population Health Institute
SCHOOL OF MEDICINE AND PUBLIC HEALTH

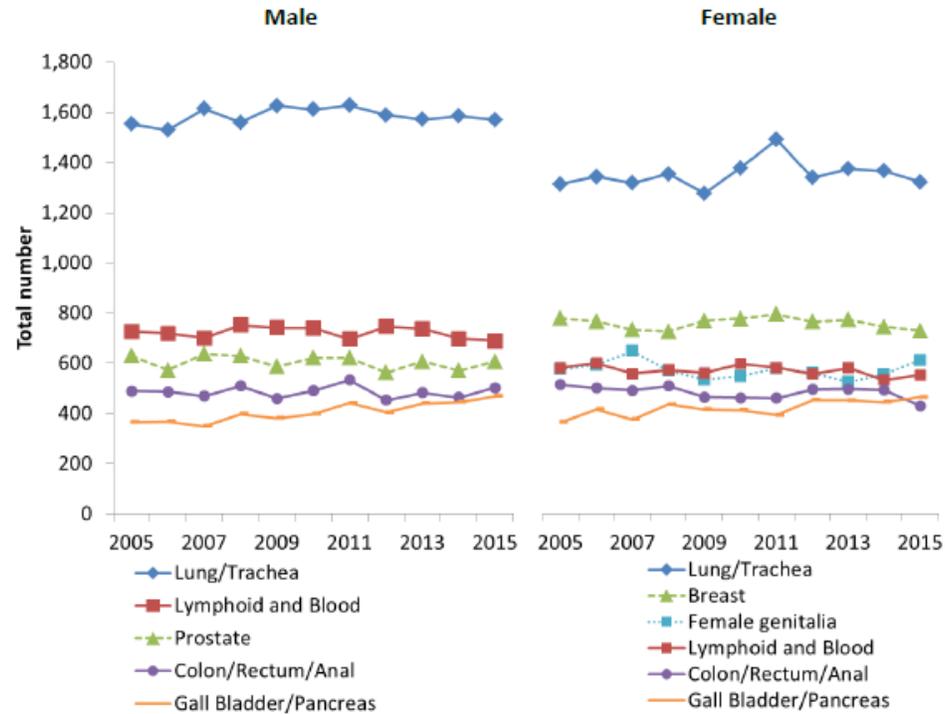
University of Wisconsin Population Health Institute
Department of Population Health Sciences



Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services.

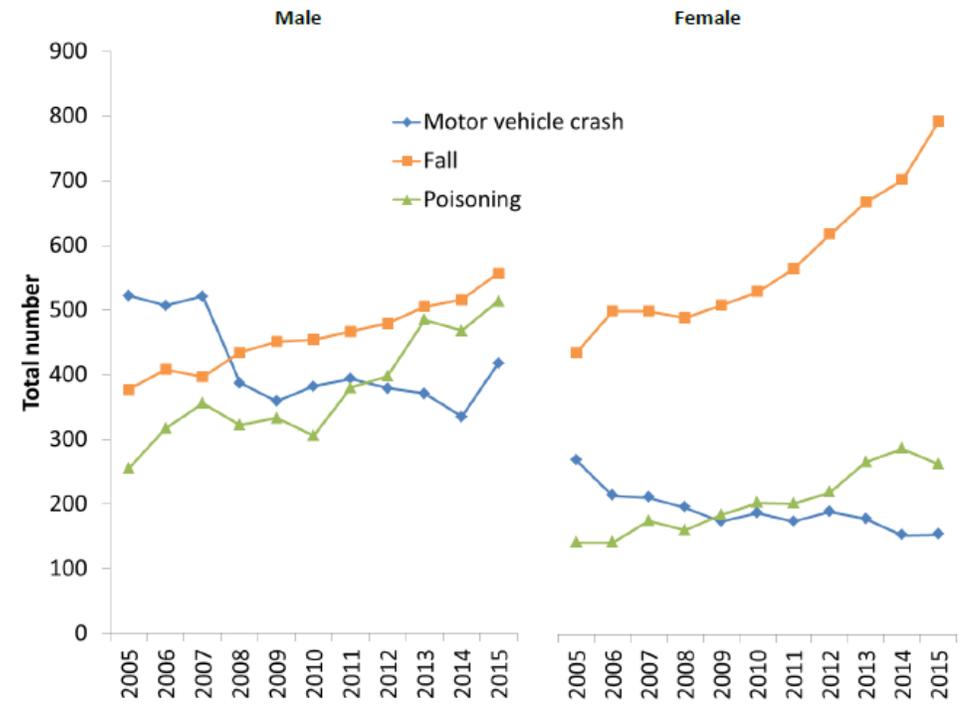
TOP CAUSES OF DEATH

Figure 11. Total number of cancer deaths by sex, 2005-2015, Wisconsin



Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services

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



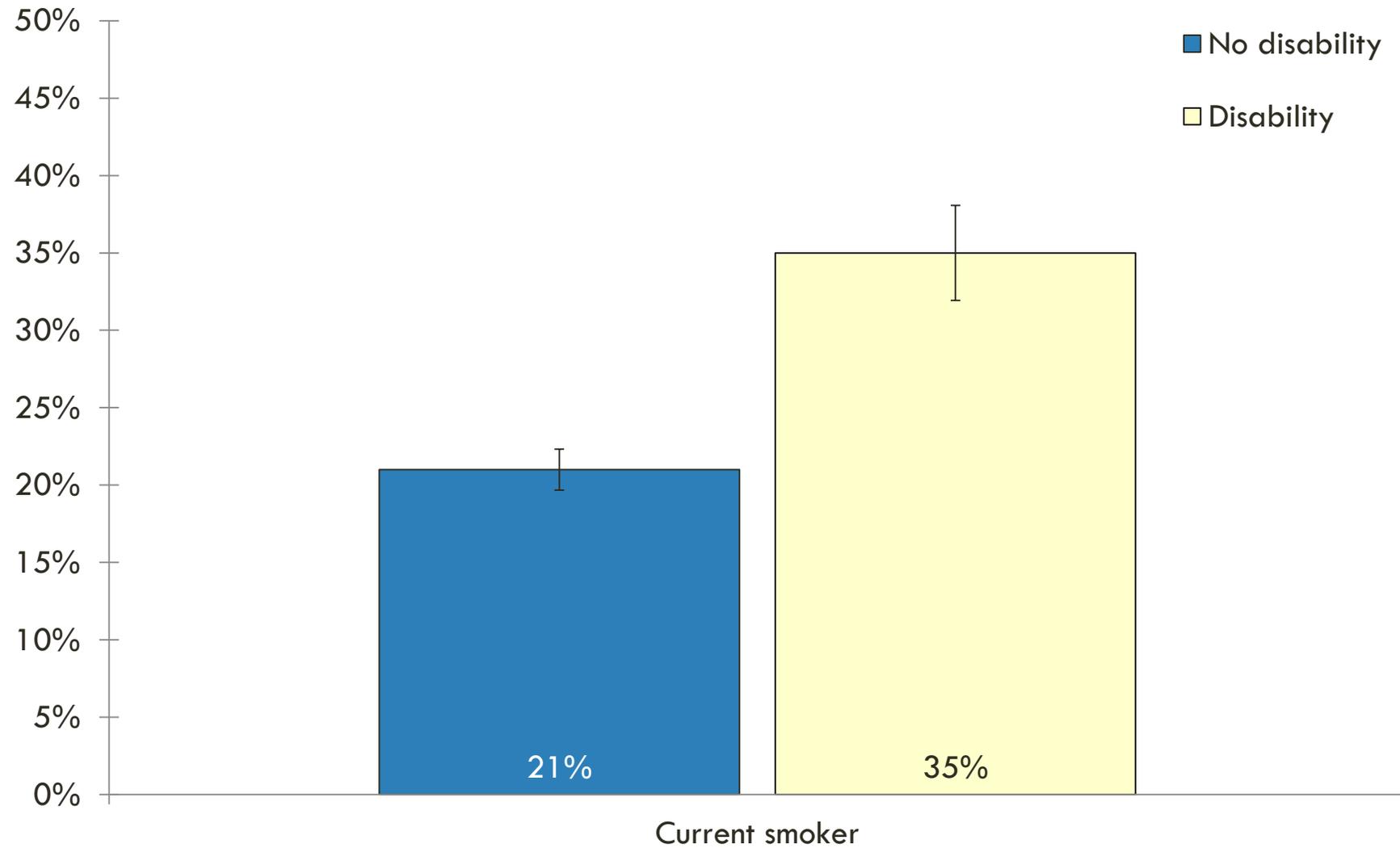
Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services.

TOP CAUSES OF DEATH — DRILLING DOWN

TOP STATEWIDE HEALTH PRIORITIES: WISCONSIN HEALTH IMPROVEMENT PLANNING PROCESS

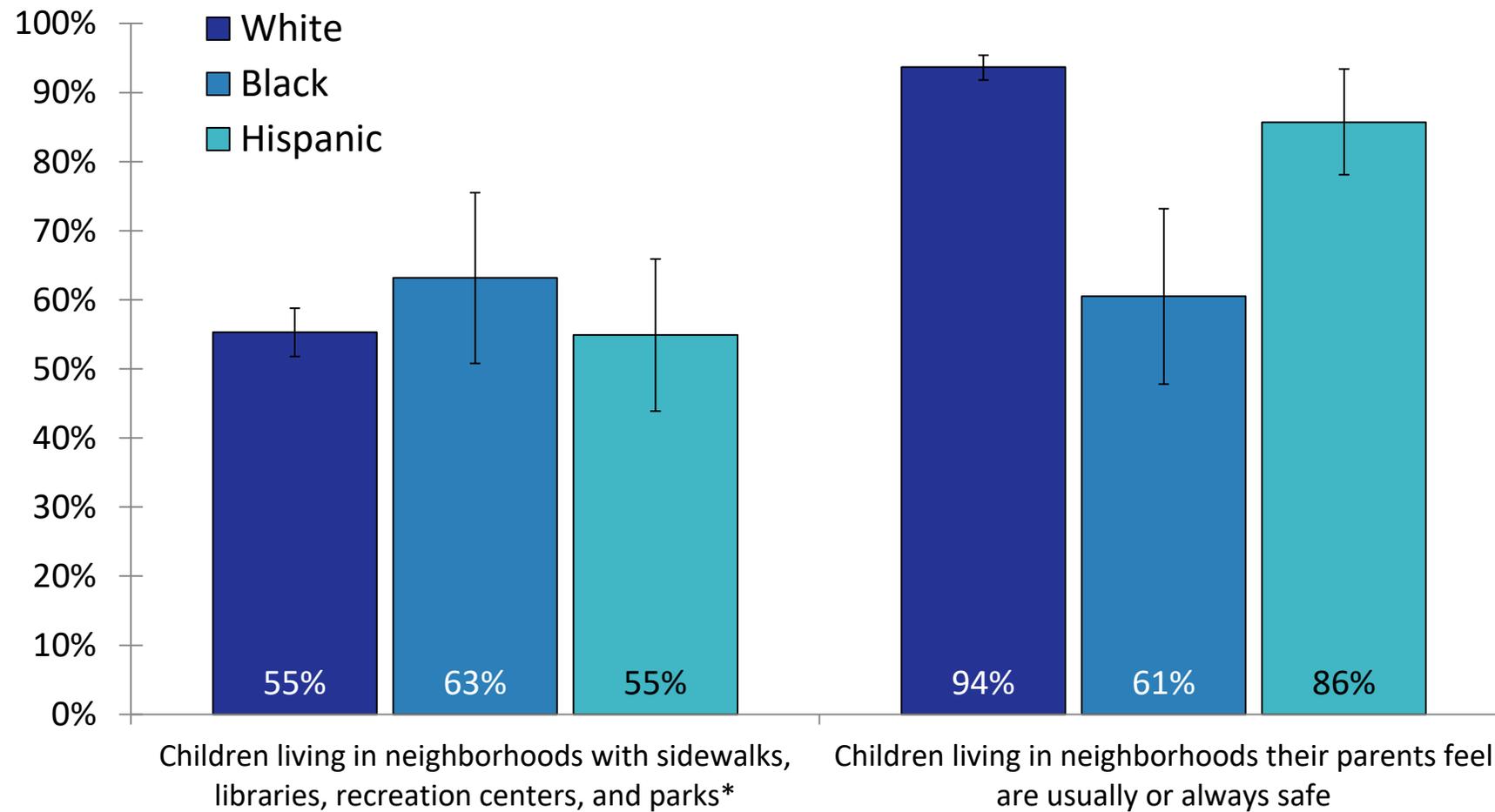
- ❖ **Tobacco**
- ❖ **Nutrition and Physical Activity**
- ❖ **Alcohol Abuse**
- ❖ **Opioid Abuse**
- ❖ **Suicide**
- ❖ **Adverse Childhood Experiences** (cross-cutting theme)

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.

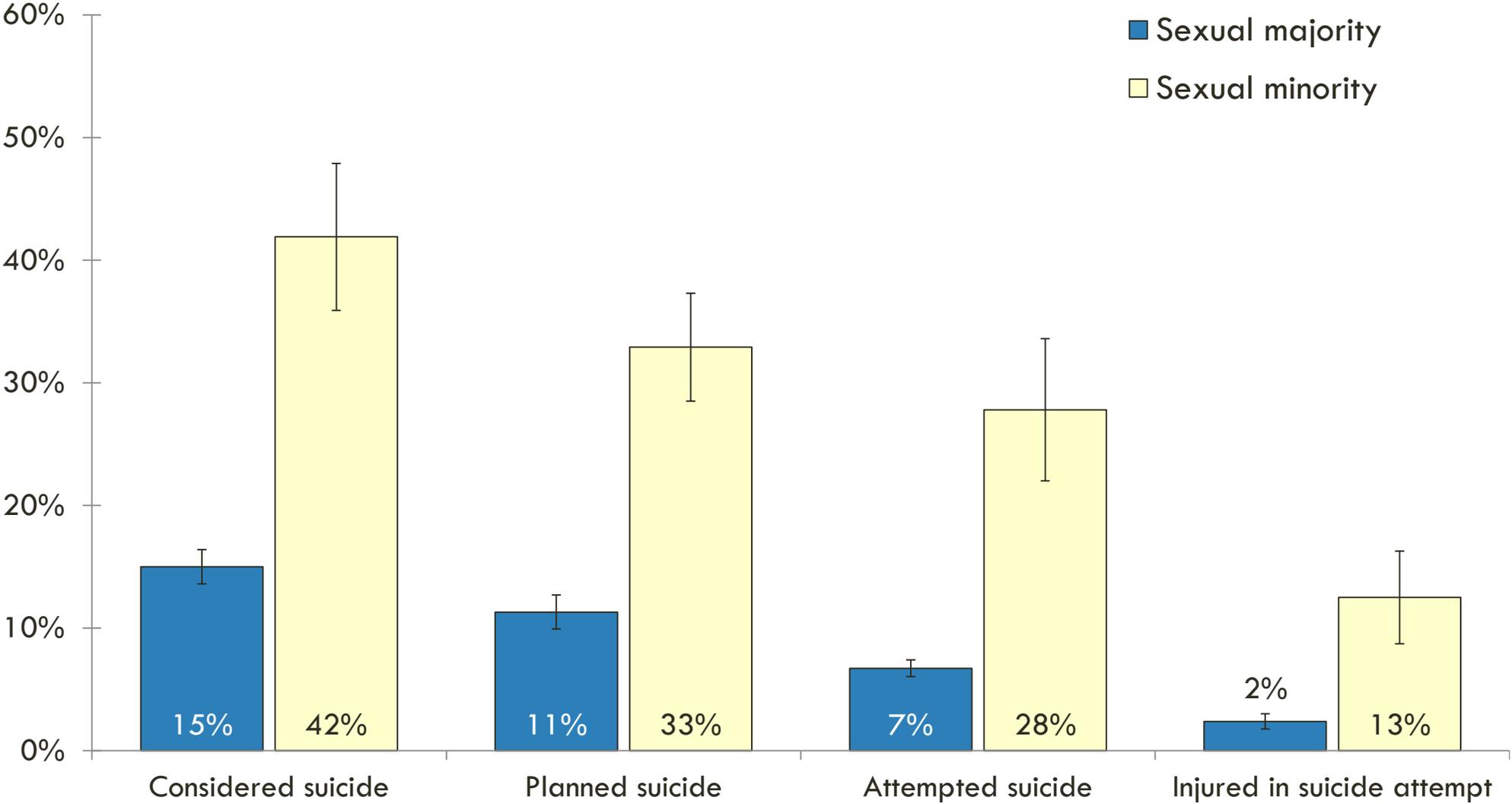
Neighborhood environment of children less than 18 years of age, by race/ethnicity, Wisconsin, 2011-2012



Source: 2011-2012 National Survey of Children's Health.

*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

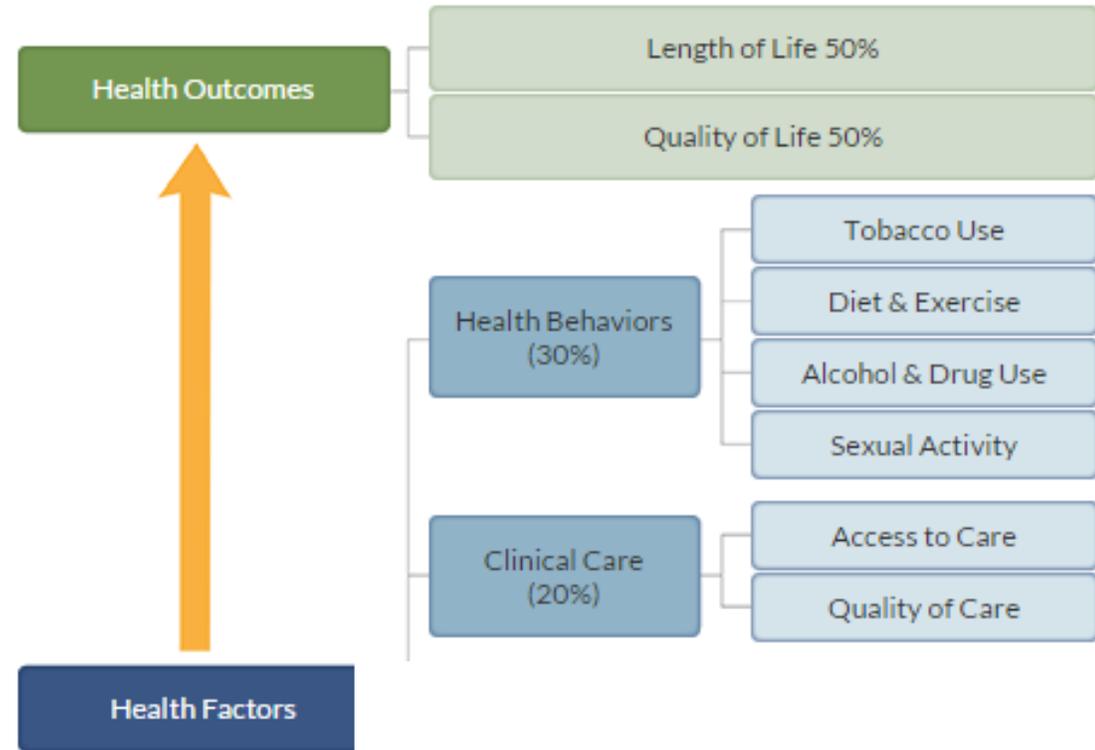


Source: Wisconsin Department of Public Instruction, Youth Risk Behavior Survey (YRBS).

WHAT FACTORS LEAD TO HEALTH?

To improving how long and how well people live:

- Improve health behaviors
- Improve clinical care
-



HEALTH BEHAVIORS

What influences health?

Tobacco Use



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.

Diet & Exercise



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.

Alcohol & Drug Use



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.

Sexual Activity



Unplanned pregnancies and sexually transmitted infections, often the result of risky sexual behavior, have lasting effects on health and well-being, especially for adolescents.

CLINICAL CARE

Access to Care



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.

Quality of Care

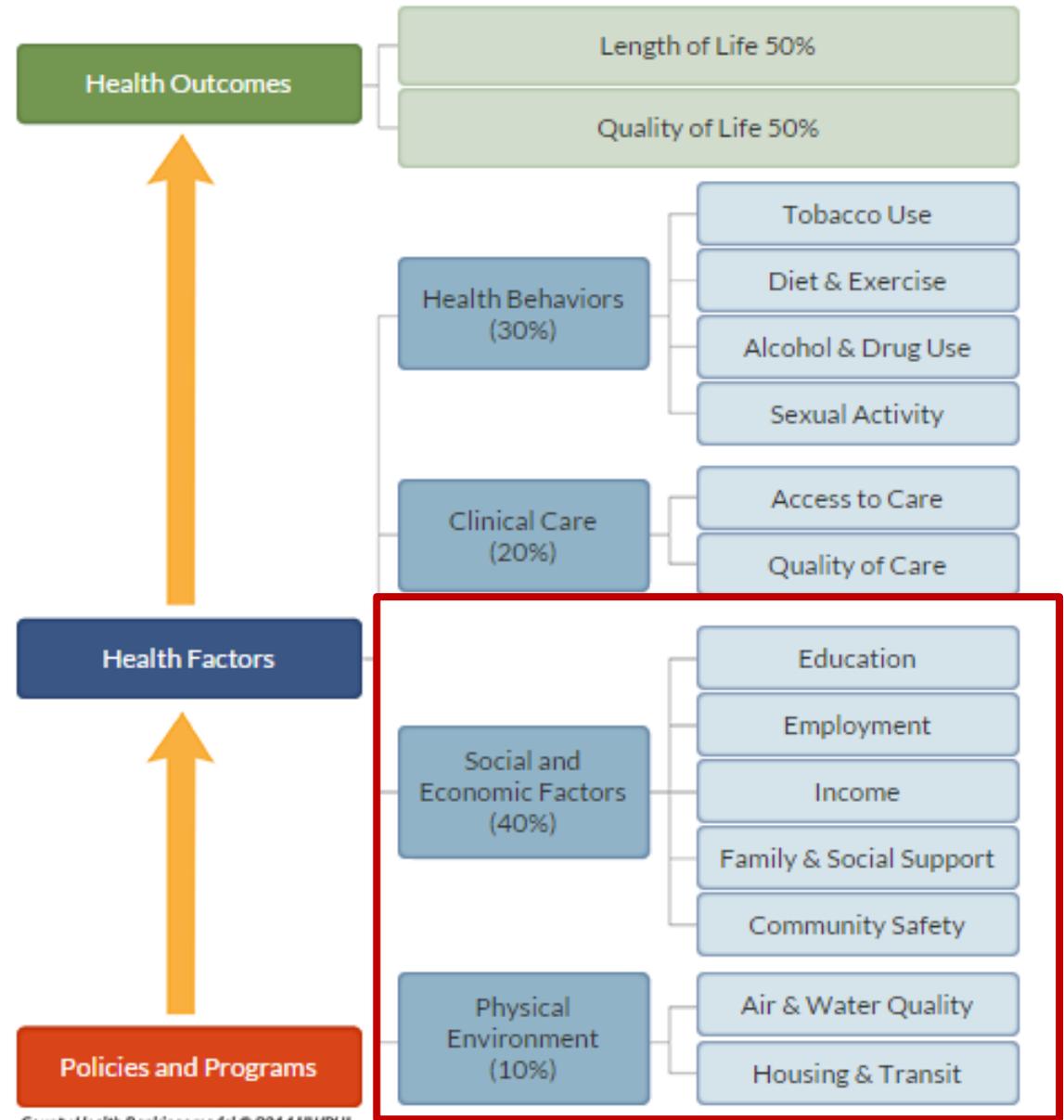


High quality health care is timely, safe, effective, and affordable—the right care for the right person at the right time. High quality care in inpatient and outpatient settings can help protect and improve health and reduce the likelihood of receiving unnecessary or inappropriate care.

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



County Health Rankings model © 2014 UWPHI

SOCIAL & ECONOMIC FACTORS

Education



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.

Employment



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.

Income



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.

Family & Social Support



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.

Community Safety



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.

PHYSICAL ENVIRONMENT

Air & Water Quality



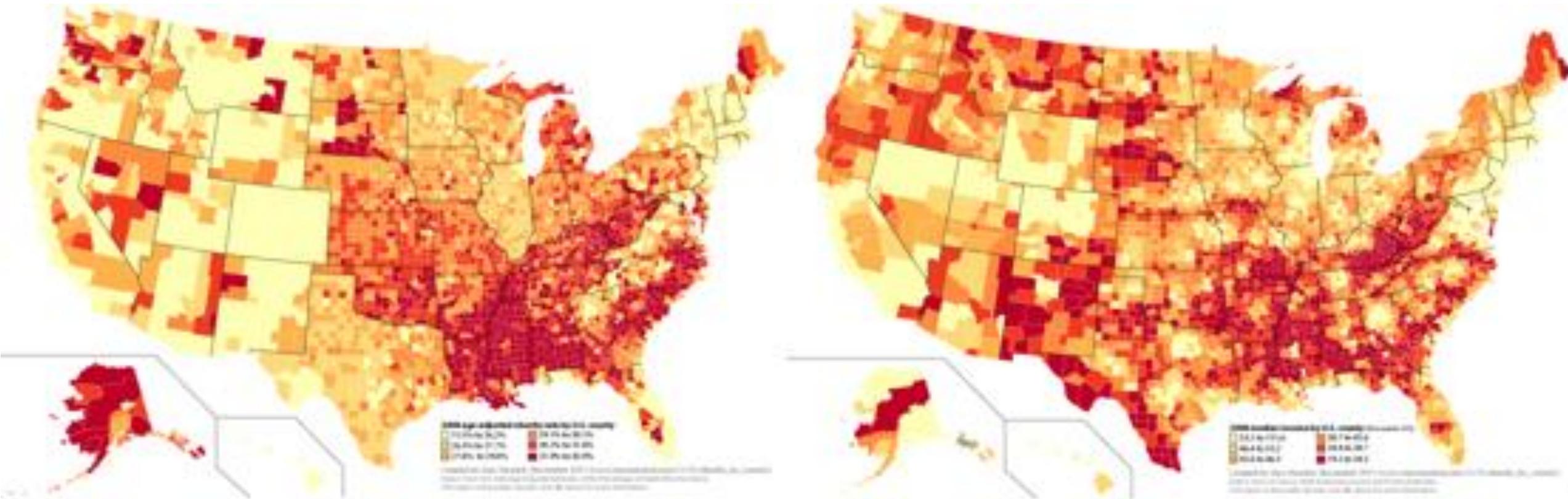
Clean air and safe water are prerequisites for health. Poor air or water quality can be particularly detrimental to vulnerable populations such as the very young, the elderly, and those with chronic health conditions.

Housing & Transit



The housing options and transit systems that shape our communities' built environment affect where we live and how we get from place to place. The choices we make about housing and transportation, and the opportunities underlying these choices, also affect our health.

HEALTHY PEOPLE \leftrightarrow HEALTHY COMMUNITIES



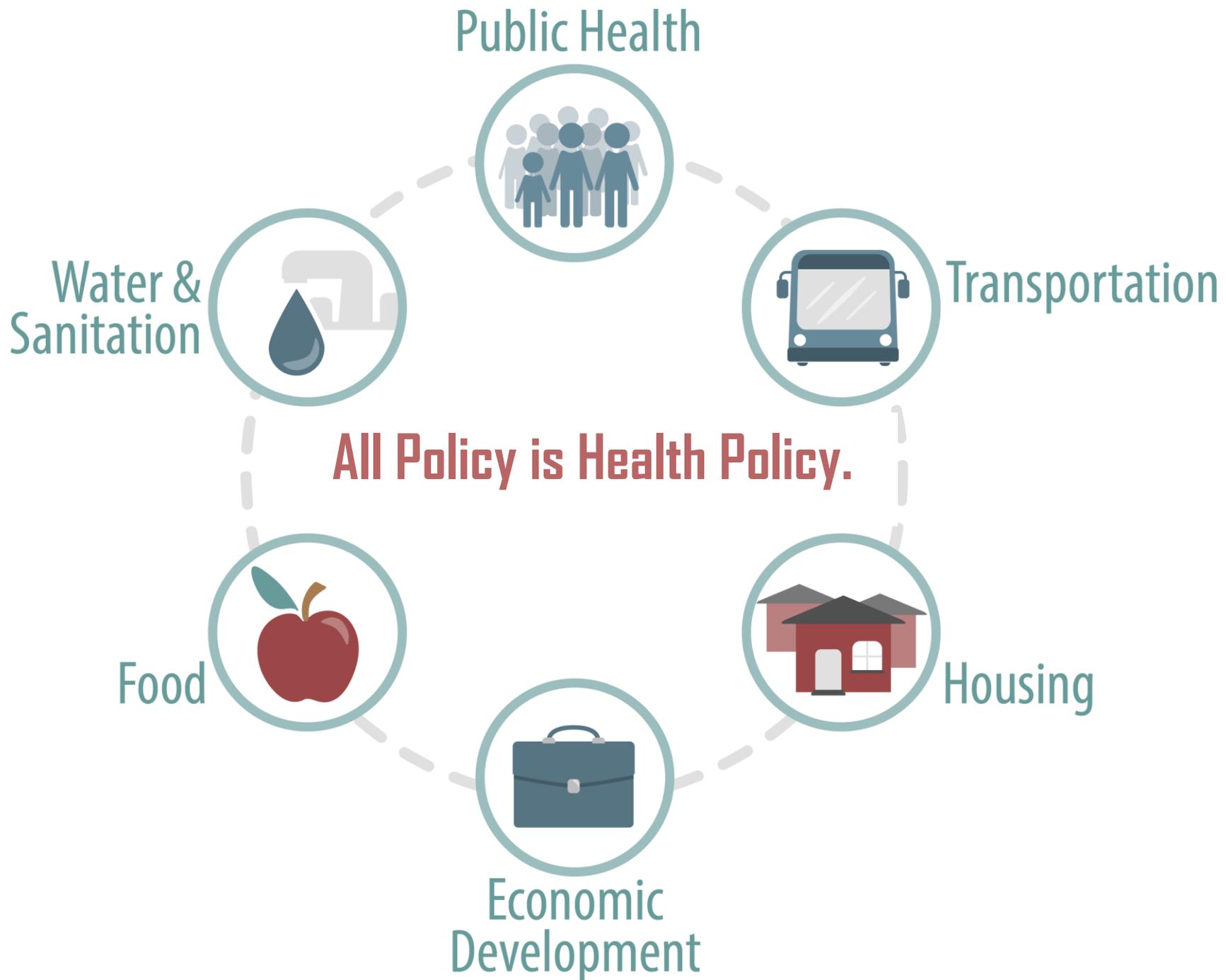
Physical Environment **10%**

Clinical Care **20%**

Health Behaviors **30%**

Social & Economic Factors
40%





Public Health



Transportation

Water & Sanitation



All Policy is Health Policy.



Housing

Food



Economic Development

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



Weston, WI



La Crosse, WI

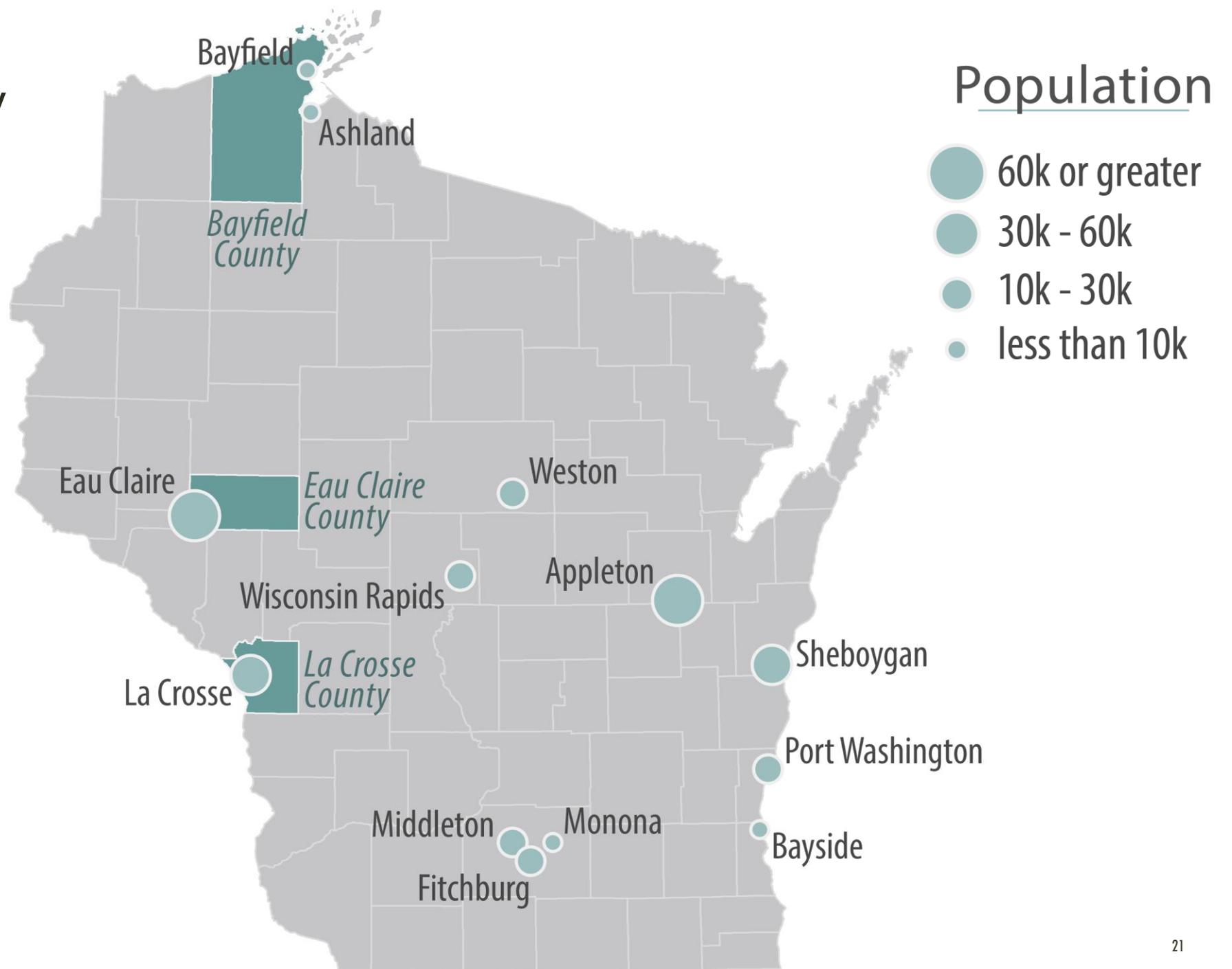


Ashland, WI



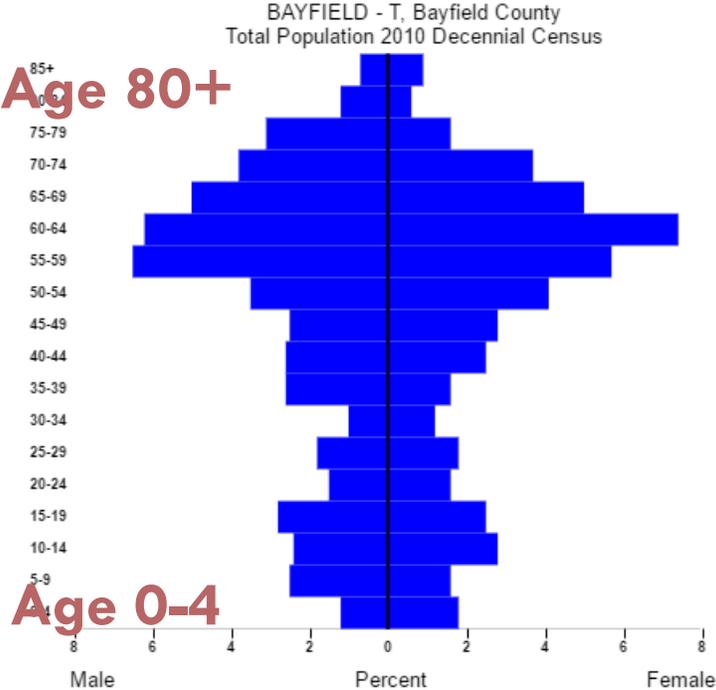
Sheboygan, WI

Green Tier Legacy Communities



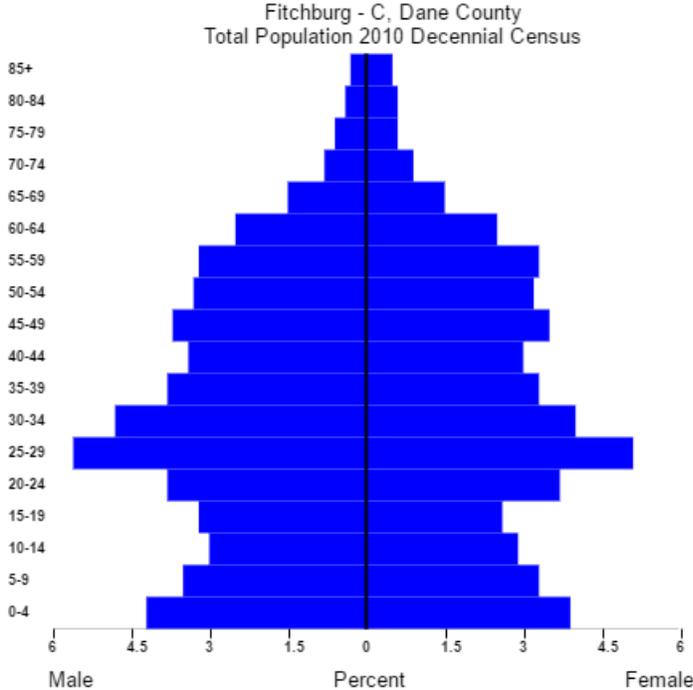
HEALTH CONCERNS AND RESPONSES WILL DIFFER: AGE DISTRIBUTION FOR 3 GREEN TIER COMMUNITIES

Bayfield



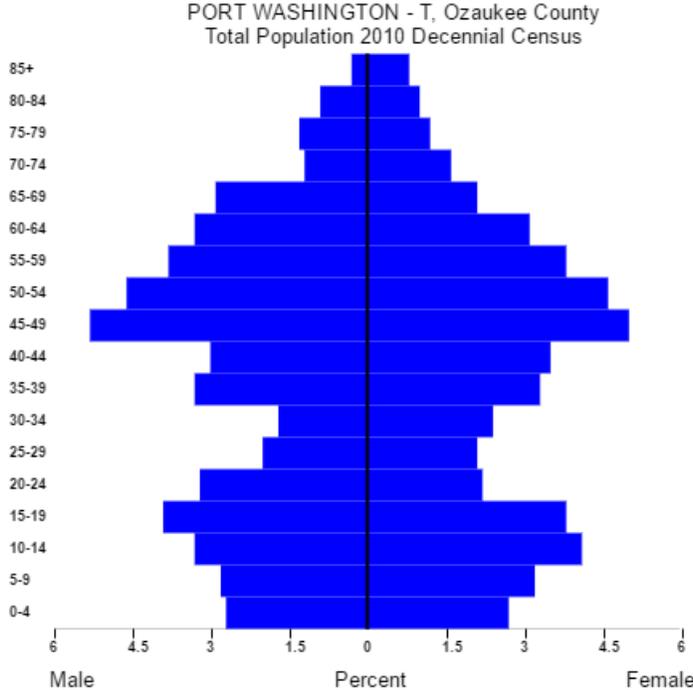
Total Population: 680 (Male: 346; 50.9%, Female: 334; 49.1%)
Population Pyramid created by GetFacts www.getfacts.wisc.edu

Fitchburg



Total Population: 25,260 (Male: 13,042; 51.6%, Female: 12,218; 48.4%)
Population Pyramid created by GetFacts www.getfacts.wisc.edu

Port Washington



Total Population: 1,643 (Male: 814; 49.5%, 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

THE ROLE OF Transportation IN PROMOTING PHYSICAL ACTIVITY



SIDEWALKS

People who live in neighborhoods with sidewalks on most streets are

47%

more likely to be active at least 30 minutes a day.

TRAFFIC CALMING

Medians, speedbumps and other traffic-calming efforts can reduce the number of automobile crashes with pedestrian injuries by up to

15%

PUBLIC TRANSPORTATION

Public transit users take

30%

more steps per day than people who rely on cars.

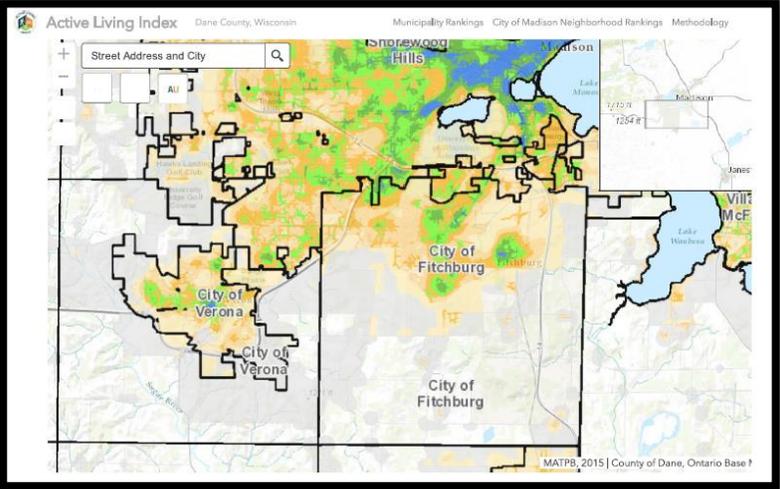
BIKE FACILITIES

In Portland, OR, bicycle commuters ride

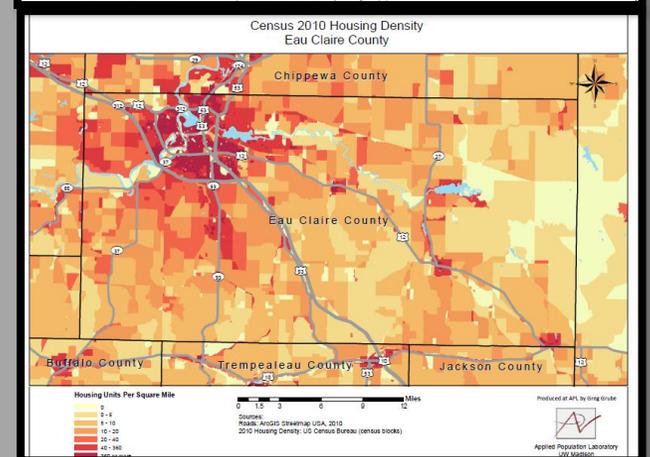
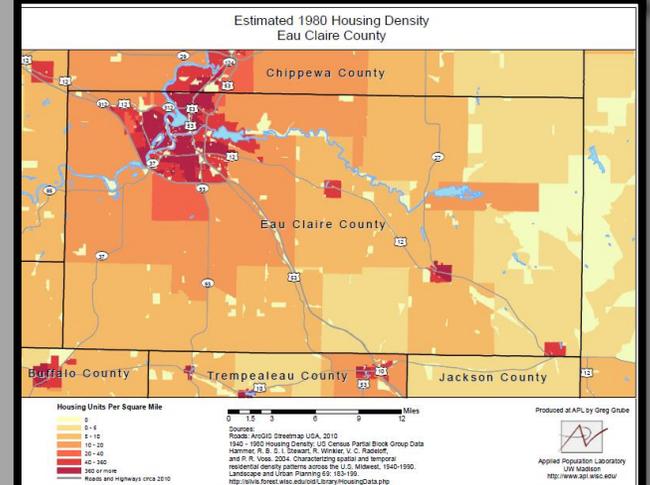
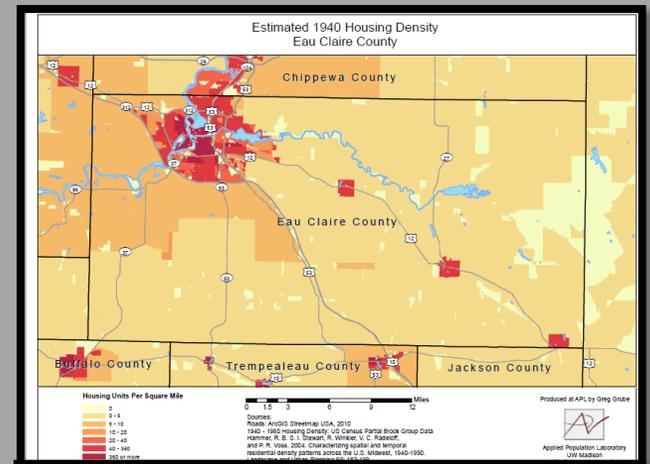
49% of their miles

on roads with bike facilities, even though these are only 8% of road miles.

ACTIVE TRANSPORTATION



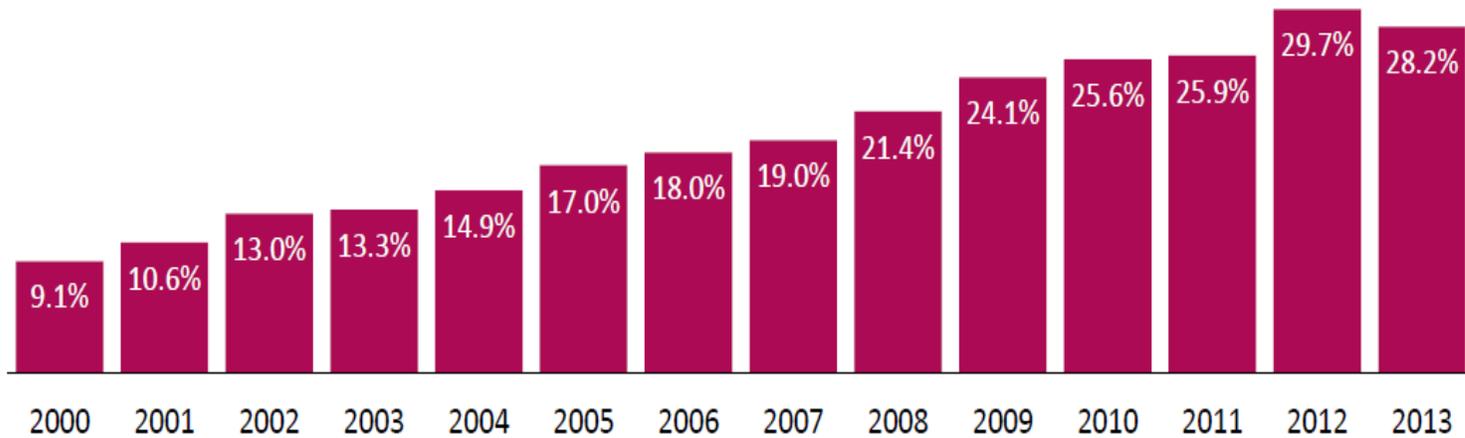
SAFE AFFORDABLE HOUSING



HEALTHY AFFORDABLE FOOD



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.



LINKS TO ADDITIONAL REPORTS AND RESOURCES

Healthiest Wisconsin 2020, State Plan, Baseline Report, Health Disparities Report:

<http://www.dhs.wisconsin.gov/hw2020/>

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...*

<http://uwphi.pophealth.wisc.edu/publications/index.htm>

County Health Rankings & Roadmaps

<http://www.countyhealthrankings.org/>

Get Facts WI:

<http://www.getfacts.wisc.edu/>