



Ascension Wisconsin Community Health Needs Assessment

2019-2022

Ascension St. Michael's Hospital

An assessment of Portage County

Ascension St. Michael's Hospital serves people in central Wisconsin. The community health needs assessment (CHNA) was conducted in 2018 and focused on the needs of individuals in Portage County. Based on this CHNA process, the hospital will focus on the following priority health needs in 2019-2022:

- Healthy Weight
- Mental Health
- Alcohol and Other Drugs

Who We Are

Ascension Wisconsin (ascension.org/wisconsin) operates 24 hospital campuses, more than 100 related healthcare facilities and employs more than 1,300 primary and specialty care clinicians from Racine to Eagle River. Serving Wisconsin since 1848, Ascension is a faith-based healthcare organization committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. As one of the leading non-profit and Catholic health systems in the U.S., Ascension operates 2,600 sites of care – including 151 hospitals and more than 50 senior living facilities – in 21 states and the District of Columbia.

Our Mission as a Catholic healthcare system: Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

Ascension is continuing the long and valued tradition of addressing the health of the people in our community, following in the footsteps of legacy Ministry Health Care. This flows directly from our Catholic Identity. In addition to the community health improvement efforts guided by our CHNA process, we contribute to other needs through our broader community benefit program.

Our Community

Although Ascension St. Michael's Hospital serves Portage County and surrounding areas, for the purposes of the CHNA, the hospital focused on the needs of Portage County. Our "community served" was defined as such because (a) most community health data is available at the county level; (b) most of our assessment partners define their service area at the county level; (c) most of our service area is in Portage County.

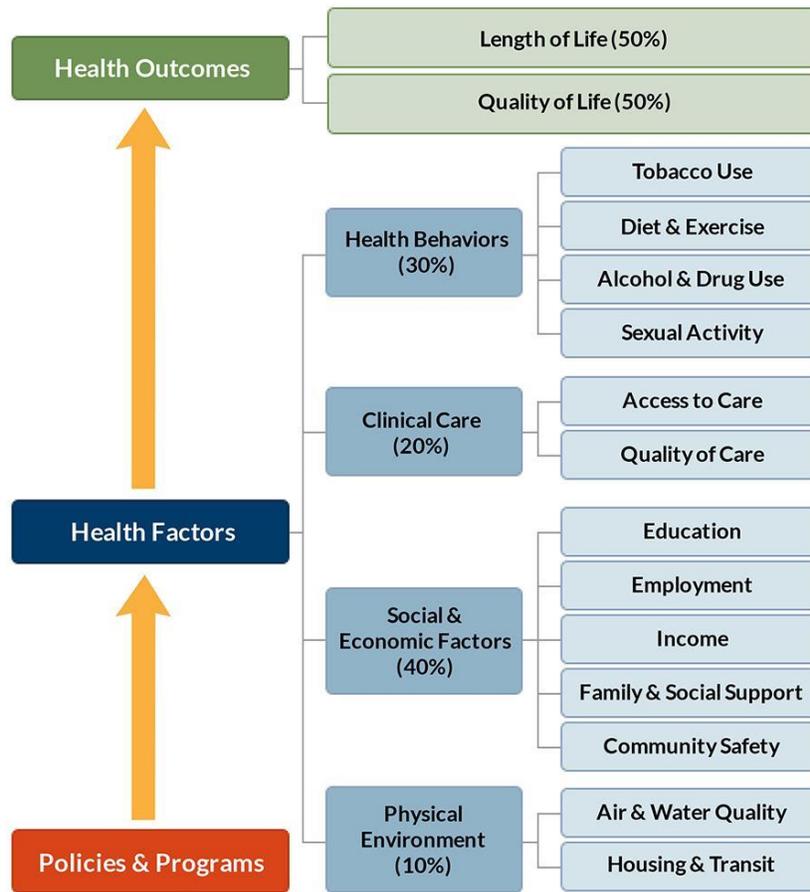
Demographic Profile of Portage County

	Portage County	Wisconsin
Population (2012-16)	70,551	5,754,798
Age 0-17	19.7%	22.6%
Age 65+	14.6%	15.2%
Families with Children	25%	29%
Race		
White	93.7%	86.2%
Black	0.7%	6.3%
Asian	2.6%	2.6%
Native American/ Alaska Native	0.6%	0.9%
Some Other Race	0.7%	1.8%
Multiple Races	1.7%	2.2%
Ethnicity		
Hispanic or Latino	3.0%	6.5%
Non-Hispanic	97%	93.5%
Individuals with a Disability	11.3%	11.8%

Source: U.S. Census Bureau, *American Community Survey, 2012-16.*

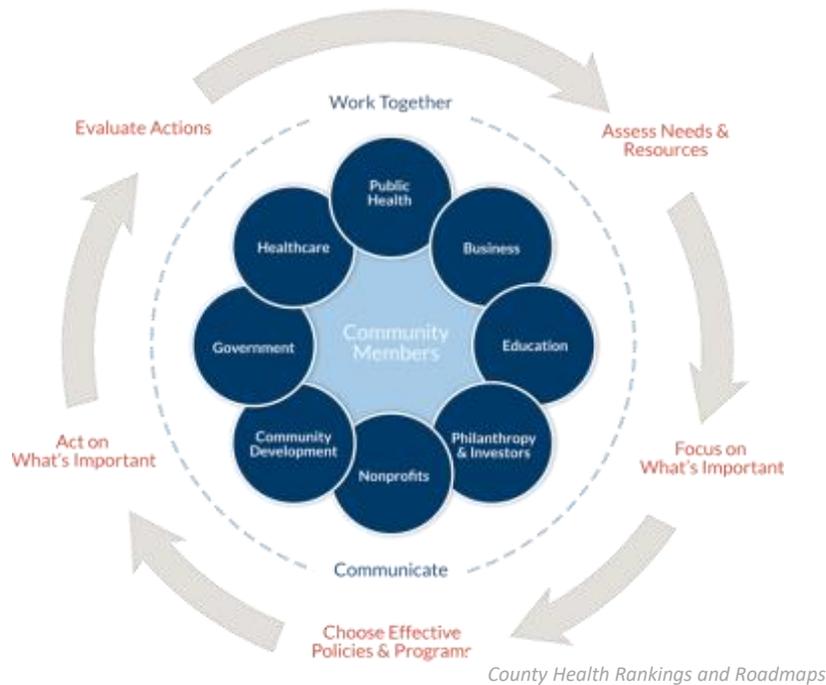
Our Community Health Improvement Approach

Ascension Wisconsin is committed to using national best practices in conducting the CHNA and implementing community health improvement strategies to assure that our work has a positive, measurable impact on the health of the people in the communities we serve. Our approach relies on the model developed by the County Health Rankings and Roadmaps and the Robert Wood Johnson Foundation, utilizing the determinants of health model as the model for community health improvement.



County Health Rankings model © 2014 UWPHI

In addition, we utilize the *Wisconsin Guidebook on Improving the Health of Local Communities*, developed with funding from the University of Wisconsin School of Medicine and Public Health from the Wisconsin Partnership Program. This guidebook builds on the County Health Rankings and Roadmaps' Action Center.



Based on these resources, our community health improvement strategy rests on the following principles to make our communities a healthy place to live, learn, work and play:

- Work collaboratively to effectively address health issues
- Pay attention to the forces that shape health outcomes, including social and economic determinants
- Focus efforts on populations with a disparate health burden to increase health equity
- Emphasize the powerful impact of policy and system-based approaches on change
- Use strategies with the best evidence of effectiveness
- Identify and track specific, measurable performance indicators

Framework and Data Sources

The assessment was conducted by the hospital in the summer and fall of 2018. With involvement of over 100 community stakeholders, community member input opportunities, data compilation and analysis, the Portage County Local Indicators for Excellence (LIFE) process and report provided a foundational framework for the hospital's assessment. Ascension St. Michael's was a partner in and sponsor of the LIFE process.

Data from multiple sources were reviewed:

- [LIFE Report](#) – The most recent LIFE Report was published in 2017. The report includes secondary data and primary data (community survey results) as well as recommended calls to action.
 - Framework: LIFE Report data is sorted into seven categories: Basic Needs and Supports; Community Engagement; Community Safety; Economic Environment; Education; Environment, Energy, and Transportation Health and Wellness. Demographics and survey results also are included.
 - Sources: The original data sources included, but were not limited to: Wisconsin Department of Public Instruction; Wisconsin Department of Children and Families; Wisconsin Department of Health Services and Portage County Health and Human Services.
- [Healthiest Wisconsin 2020 Baseline and Health Disparities Report](#) from the Wisconsin Department of Health Services.
 - Framework: The report includes data by Healthiest Wisconsin 2020 focus areas as well as by populations.
 - Sources: Data sources include, but are not limited to, the Department of Health Services (e.g., through the Wisconsin Interactive Statistics on Health database and the Family Health Survey), Department of Public Instruction (Youth Risk Behavior Survey), Centers for Disease Control and Prevention (Behavior Risk Factor Survey) and U.S. Census (American Community Survey).
- [County Health Rankings and Roadmaps](#) – This publicly-available web-based resource provides population health data by county as well as resources to help improve health.
 - Framework: County Health Rankings and Roadmaps uses a determinants of health model, including categories of health outcomes (morbidity and mortality) and health factors (clinical care, social and economic factors, health behaviors and the physical environment).
 - Sources: County Health Rankings and Roadmaps compiles data from multiple government sources, including (but not limited to) the Behavioral Risk Factor Surveillance System, the U.S. Census Bureau, Dartmouth Atlas of Health Care, ED Facts and the U.S. Department of Housing and Urban Development.
- Electronic medical record data.

Voice of the Community

Ascension St. Michael's is committed to addressing community health needs collaboratively with local partners. The hospital and its community partners used the following methods to listen to community members' thoughts on the strengths and challenges of being a healthy community. These methods provided us with additional perspectives on how to select and address top health issues facing our communities.

Input from Community Leaders and Community Members

Input was received from community stakeholders through the LIFE process. The LIFE process in Portage County is a multi-sector, collaborative community effort. The LIFE report is published every five years, with the most recent report published in 2017. The LIFE effort is led by a 15-member Steering Committee comprised of leaders from business, education, government, public safety, social services and health. Approximately 70 volunteer community leaders served on LIFE committees, compiling data and community perspectives to reflect the status of local issues. A list of Steering Committee members and a summary of committee membership are included in the Appendices.

Input was received from community members in multiple ways:

- Mailed survey: A survey was sent to 4,000 randomly selected Portage County residents, with 670 households responding.
- Site-available surveys: To reach individuals with low income or who are part of a minority community, the LIFE survey was available through multiple community organizations and programs. One hundred thirty-seven surveys out of approximately 1,000 were returned.
- Listening sessions: LIFE leadership held three key stakeholder listening sessions in the community, with 36 attendees participating.

Following the compilation of data and community perspectives, the LIFE Report Steering Committee reviewed the results and identified four calls to action: mental health, alcohol and other drugs, financial stability and affordable housing. The data, community survey results and calls to action were published in the [2017 LIFE Report](#) and disseminated in the community.

Input from Members of Medically Underserved, Low-income and Minority Populations and/or Organizations that Represent Those Populations

Ascension Wisconsin is fueled by a commitment to human dignity, the common good, justice and solidarity. We believe the CHNA process must be informed by direct input from persons who experience health disparities based on income and/or race and ethnicity. The LIFE community survey process included a focused outreach to individuals who may have low income, be medically underserved or be minorities. Those results were reported separately but in conjunction with the broader community survey results. Additionally, as part of the prioritization process to select the health priorities, strong consideration was given to how individuals who are more vulnerable are impacted by the health issues.

Input on the Previous CHNA

No written comments were received regarding the previous CHNA.

Priorities for Action

Prioritization Process and Criteria

The prioritization process included multiple steps:

- A core team – the Ascension St. Michael’s Community Health Improvement Lead, Ascension Wisconsin Director of Community Health Improvement and the Ascension Wisconsin Regional Manager for Community Health Improvement – reviewed the data, applied the prioritization criteria and made a preliminary recommendation.
- Ascension St. Michael’s leaders representing the hospital and clinics reviewed the data and preliminary recommendation. They identified their top three priorities.
- Ascension St. Michael’s Chief Administrative Officer and the Community Health Improvement Lead met to finalize the priorities given existing capacity, community momentum and alignment.

Prioritization criteria included:

- Scope of problem (e.g., severity, number of people impacted)
- Health disparities (e.g., by income and/or race and ethnicity)
- Feasibility (e.g., are there known interventions, can we have an impact)
- Momentum/commitment (e.g., political will, community readiness)
- Alignment with others (e.g., local health department priorities)

Priorities Selected

The following health issues were selected as the priorities:

- Healthy Weight
- Mental Health
- Alcohol and Other Drugs

Health Needs Not Selected for This Plan

Ascension Wisconsin understands the importance of all the health needs of the community and is committed to actively participating in improving the health of the people in the communities we serve. For the purposes of this CHNA, we have chosen to focus our efforts on the priorities listed above.

The following health issues were not selected for the reasons described below:

- Oral Health – This was a priority in the two previous CHNA cycles. Prior to and throughout that time, Ascension St. Michael’s and its community partners supported the Ascension Dental Center, which serves individuals who receive Medicaid. To expand services, the Dental Center became part of a federally qualified community health center in early 2019. With that transfer, Ascension St. Michael’s primary resource for addressing oral health was no longer in place.
- Financial Stability – This was identified as one of the four calls to action through the LIFE process. This issue was not selected by the hospital because it is not within the hospital’s area of expertise.

- Aging – Although ‘Impact of an Aging Population on our Community’ was identified in the LIFE report as an ‘Issue to Watch,’ it was not raised to the level of a call to action. The issue was raised in the Ascension St. Michael’s prioritization meeting, with the discussion concluding that many services for individuals who are aging are currently in place in the county.

Overview of Priorities

A description of each priority area, data highlights and relevant assets/resources are on the following pages.

Healthy Weight

Why it is Important

Regular physical activity in adults can lower the risk of early death; coronary heart disease; stroke; high blood pressure; type 2 diabetes; breast and colon cancer; falls and depression.¹

Physical activity in children and adolescents can improve bone health; improve cardio-respiratory and muscular fitness; decrease levels of body fat and reduce symptoms of depression.¹

A healthy diet reduces risk of several chronic diseases, some cancers, oral disease, malnutrition, anemia and others risk factors, diseases and illnesses.¹

At a healthy weight, one is less likely to develop chronic diseases and die at an earlier age.¹ Good nutrition in children is important to healthy growth and development and to maintaining appropriate weight.¹ When families have ready-access to sufficient and nutritious foods, they are food secure. Ten percent of Wisconsin households are food insecure.²

Disparities

- Individuals in Wisconsin with lower income are disproportionately affected by obesity and many related chronic illnesses.³
- Individuals in Wisconsin who are Hispanic are disproportionately affected by obesity and lower rates of physical activity.³

Community Challenges and Perceptions

LIFE survey respondents agreed or strongly agreed on the following:

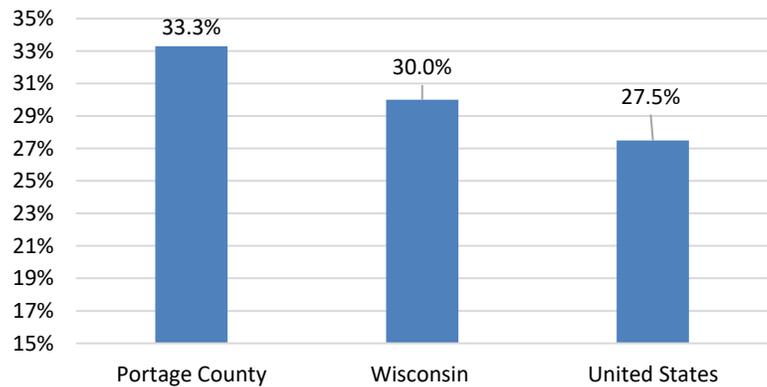
- Healthy lifestyles are common (28.9 percent)
- Obesity is a concern (72.1 percent)

Sources:

1. Healthy People 2020
2. Healthiest Wisconsin 2020
3. Healthiest Wisconsin 2020 Baseline and Health Disparities Report

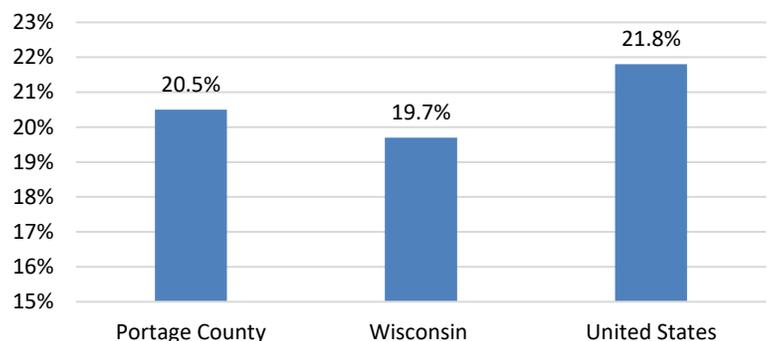
Data Highlights

Percent of Adults with a BMI > 30



Source: Centers for Disease Control and Prevention, as provided on Community Commons' CHNA.org. Year of data used: 2013.

Percent of Adults with No Leisure Time Physical Activity in the Last 30 Days



Source: Centers for Disease Control and Prevention, National Vital Statistics System, as provided on Community Commons' CHNA.org. Year of data used: 2013.

Data Highlights

- The percent of adults in Portage County who are obese (Body Mass Index of 30 or more) increased from 22 percent in 2004 to 34 percent in 2014. The 2014 level in Wisconsin was 31 percent.¹
- The age-adjusted heart disease death rate in Portage County was 134 per 100,000 population (2012-2016). The level for Wisconsin was 83 and the level for the U.S. was 168.²
- The percent of adults in Portage County with diabetes was 6.9 percent (2013). The level for Wisconsin was 8 percent and the level for the U.S. was 9.2 percent.³

¹ Centers for Disease Control and Prevention, National Diabetes Surveillance System, as provided on the County Health Rankings website.

² Centers for Disease Control and Prevention, National Vital Statistics System, as provided on Community Commons' CHNA.org.

³ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, as provided on Community Commons' CHNA.org.

Mental Health

Why it is Important

Approximately 20 percent of the population experiences a mental health problem during any given year.¹

Mental health issues are associated with increased rates of risk factors such as smoking, physical inactivity, obesity and substance abuse. As a result, these physical health problems can lead to chronic disease, injury and disability.²

Challenges for Those at Higher Risk

- Having a blood relative, such as a parent or sibling, with a mental illness
- Stressful life situations, such as financial problems, a loved one's death or a divorce
- An ongoing medical condition
- Traumatic experiences
- Use of alcohol/recreational drugs
- Being abused or neglected
- Having few friends or few healthy relationships³

Disparities

- In Wisconsin, some groups of people experience higher rates of frequent mental distress (14 or more days of poor mental health in the last 30 days), including individuals who are female, Black, Hispanic, or who have low income.⁴
- In Wisconsin, the suicide death rate for men is approximately 3.5 times the rate for women (2016).⁵

Community Challenges and Perceptions

LIFE survey respondents agreed or strongly agreed on the following mental health issues:

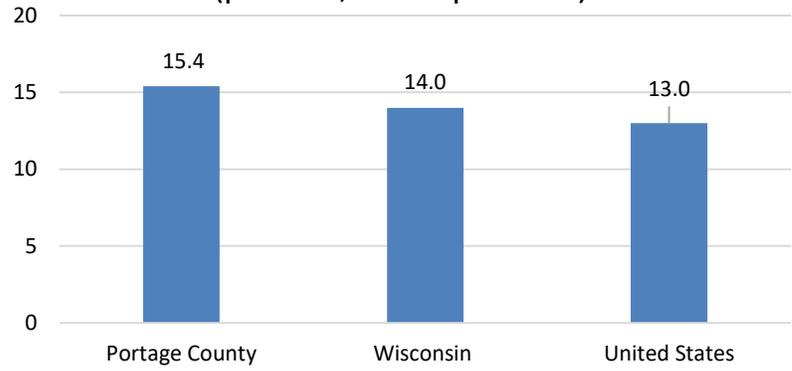
- Services are available (56 percent)
- Services are affordable (16.2 percent)

Sources:

1. National Institute for Mental Health
2. Healthiest Wisconsin 2020; Healthy People 2020
3. Centers for Disease Control and Prevention
4. Healthiest Wisconsin 2020 Baseline and Health Disparities Report
5. Wisconsin Interactive Statistics on Health, available on the Prevent Suicide Wisconsin website

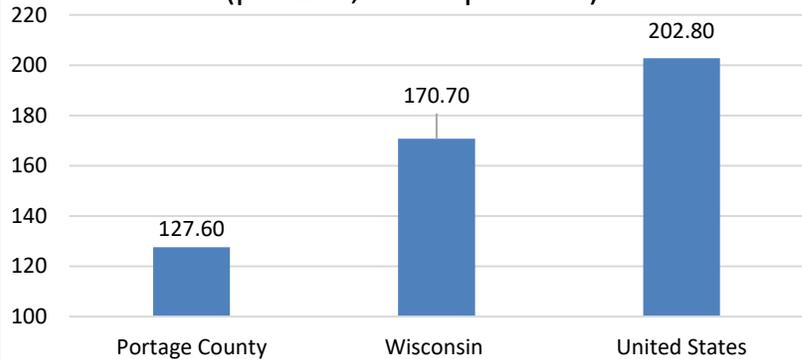
Data Highlights

Suicide, Age-Adjusted Rate
(per 100,000 Population)



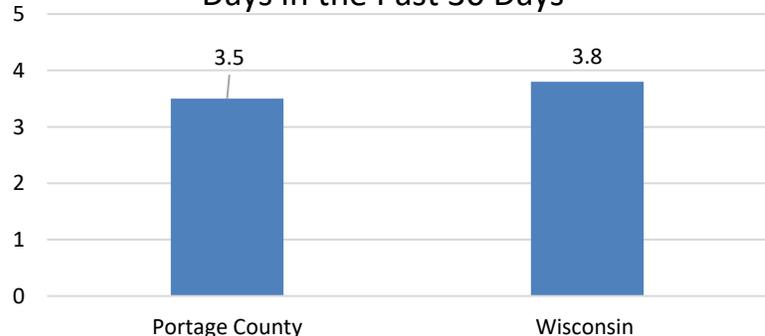
Source: Centers for Disease Control and Prevention, accessed on Community Commons (chna.org). Years of data used: 2012-16.

Mental Health Provider Rate
(per 100,000 Population)



Source: University of Wisconsin Population Health Institute, County Health Rankings, accessed on the Community Commons website (chna.org). Year of data used: 2018.

Average Number of Mentally Unhealthy Days in the Past 30 Days



Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, available on the County Health Rankings website. Year of data used: 2016.

Alcohol and Other Drug Use

Why it is Important

An estimated 22 million people per year in the U.S. have drug and alcohol problems. Ninety five percent of them are unaware of their problem.¹

Approximately 88,000 deaths annually in the U.S. are attributed to excessive drinking (2006-2010).²

Drug and alcohol use also can lead to costly physical, mental and public health problems such as teen pregnancy, HIV/AIDS and other STDs.¹

Challenges for Those at Higher Risk

A combination of genetic, environmental and developmental factors influences the risk for addiction. The more risk factors a person has, the greater the chance that taking drugs or drinking alcohol can lead to addiction.³

Disparities

- In Wisconsin, there are higher rates of smoking and secondhand smoke exposure for youth and individuals in lower socioeconomic groups (defined by income, education and type of occupation).⁴

Community Challenges and Perceptions

LIFE survey respondents agreed or strongly agreed on the following:

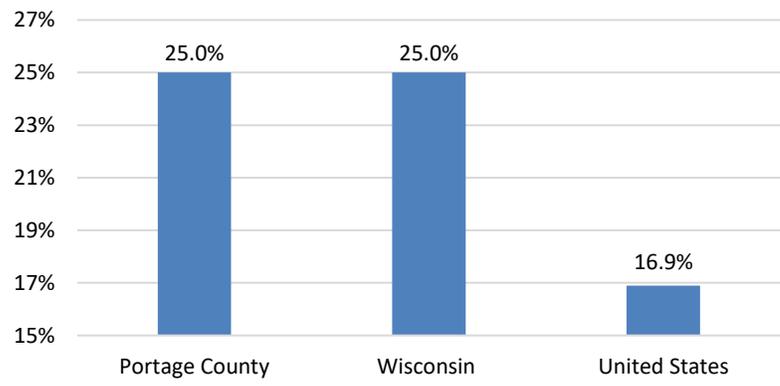
- Binge drinking is a problem (65.4%)
- Drinking and driving is a problem (70.9%)
- Alcohol is used responsibly (23.4%)
- Abuse and misuse of prescription drugs are a concern (68.1%)
- E-cigarettes / vaping are a concern (43.5%)

Sources:

1. Healthy People 2020
2. Centers for Disease Control and Prevention
3. National Institute on Drug Abuse
4. Healthiest Wisconsin 2020

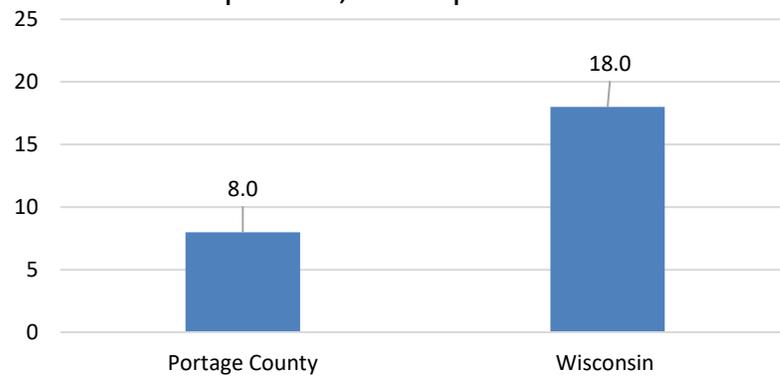
Data Highlights

Percent of Adults Who Drink Excessively



Source: Centers for Disease Control, Behavioral Risk Factor Surveillance System, accessed on the Community Commons website (chna.org). Years of data used: 2006-12.

Number of Drug Poisoning Deaths per 100,000 Population



Source: Centers for Disease Control and Prevention, WONDER Mortality Data, provided on the County Health Rankings website. Years of data used: 2015-2017.

Data Highlights

- The percent of adults in Portage County who smoke cigarettes is 15.2 percent (2006-12). The level for Wisconsin is 18.7 percent.¹
- The percent of driving deaths with alcohol involvement is 46 percent (2013-17). The level for Wisconsin is 36 percent.²
- The rate of opioid-related hospital visits per 100,000 population is 216 (2016). The rate for Wisconsin is 469.³

¹ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, as provided on the Community Commons website (chna.org).

² Fatality Analysis Reporting System, provided on the County Health Rankings website.

³ Wisconsin Interactive Statistics on Health, provided on the County Health Rankings website.

Community Resources

The following community organizations and coalitions will be involved in addressing the priority health issues:

- Mental Health: United Way of Portage County, CAP Services – a non-profit addressing poverty, Healthy People Portage County, Portage County Health and Human Services and Mental Health Awareness and Suicide Prevention Coalition of Portage County
- AODA: Healthy People Portage County, Portage County Health and Human Services, Stevens Point Police Department, Portage County AODA Prevention Coalition, Portage County Alliance for Youth and Portage County Drug Court
- Healthy Weight: Portage County Breastfeeding Coalition, Stevens Point Area YMCA, Healthy People Portage County and Portage County Health and Human Services

Results of the Previous CHNA Process

Our previous CHNA process was completed in June 2016. The priority health issues selected and addressed were:

- Obesity
- Oral Health

An evaluation of the impact of our efforts to date to address those issues can be found in the Appendices.

Next Steps

Having identified the priority health needs to be addressed, next steps include:

- Collaborating with community partners through local coalitions
- Developing a three-year implementation strategy
- Creating a more specific annual action plan during each year of the implementation strategy
- Integrating the health priorities and implementation strategy into organizational strategic planning and resource investments and allocations

Approval

This community health needs assessment (CHNA) report was adopted by the Board of Directors of Ascension St. Michael's Hospital, Inc., on April 30, 2019, and by the Ascension Wisconsin Board on May 16, 2019.

Public Comments/Feedback

We welcome feedback on this plan from community members. Please see our public website for the email address for submitting comments.

Appendices

Appendix 1: Progress Report on Results of Previous CHNA Process¹

Ascension Wisconsin is committed to making a positive, measurable impact on the health of the people in the communities we serve. To that end, we evaluate the strategies we implement to address the health needs of the community.

We use a logic model, an approach that is nationally recognized for program evaluation. Logic models provide methods for documenting the following:

- **Inputs:** Resources needed to implement the strategies
- **Outputs:** Actions taken, the number of programs/tactics implemented and the number of people reached
- **Outcomes:** Measures of the impact of the programs/strategies (such as changes in learning, actions or conditions)

To be specific about the outcomes for which we will be accountable, we set SMART metrics – metrics that are Specific, Measurable, Achievable, Realistic and Time-related.

Evaluation Schedule/Process

At the beginning of the three-year cycle:

- Establish SMART metrics for medium-term (three-year) indicators for each strategy
- Establish SMART metrics for long-term (beyond three years) indicators for each priority area

At the beginning of each fiscal year in the three-year cycle:

- Establish SMART metrics for short-term (fiscal year) indicators for each strategy
- Establish action steps and output indicators for each strategy

Quarterly each fiscal year:

- Report actions completed
- Report the status of each strategy/priority

At the end of each fiscal year:

- Report on results for short-term and output indicators
- Describe accomplishments and analyze results

At the end of the three-year cycle:

- Report on results for medium-term indicators for each strategy
- Describe and analyze results
- Incorporate results into next Community Health Needs Assessment

Health priorities identified in the preceding CHNA were:

- Obesity
- Oral Health

¹ The original CHNA report was posted in June 2019 with results for Year One and Year Two. This appendix was updated in early 2020 to also include results for Year Three.

Obesity

- Results for Year One:
 - The 2016-2017 YMCA 5210 program hosted 128 participants ages 6-13. The goal of 5210 participation is for kids to have five servings of fruits or vegetables per day and two hours or less of screen time. The program also advocates for one hour or more of physical activity with zero consumption of sugar-sweetened drinks. From the start of the year to the end of the year, participants' consumption of fruits and vegetables increased, physical activity increased, screen time remained about the same and consumption of zero sugar-sweetened beverages decreased slightly.
 - Triple Play is a Boys and Girls Club initiative that focuses on students' mental, physical and interpersonal health. In Portage County, the number of students participating in the Triple Play Program increased, primarily due to the opening of two new locations in 2016 and an increase in participation levels by members. More than 1,200 kids ages six to 18 were served by Triple Play in FY17, with 521 students participating more than 30 times. As of June 30, 2017, the number of children participating in Triple Play activities between 30-59 times increased by 40 percent from 185 (2016) to 260 (2017). (Goal was 5 percent.)
 - After staff at Ascension St. Michael's at Illinois Avenue were trained, 500 families received Fruit and Vegetable Prescription (FVRx) materials. Some families received up to \$100 in vouchers to use at the local Farmers' Market. An email evaluation was sent to families who provided an email address. The evaluation results showed increases in knowledge and consumption of fruits and vegetables, although the number of families who responded to the evaluation was low and therefore the ability to draw definitive conclusions was limited.
 - Baby Friendly Hospitals are recognized for their commitment to breastfeeding and supporting mother/infant bonding. Breastfeeding reduces the likelihood of obesity and other health risks over the lifetime. Ascension St. Michael's has engaged in a multi-year process to earn Baby Friendly Hospital designation. In FY17, Ascension St. Michael's implemented a quality improvement plan, completed a readiness interview and scheduled a site visit for Fall 2017, the final step in the Baby Friendly designation process.

- Results for Year Two:
 - In 2017-2018, the YMCA replaced the 5210 program with the Food and Fun program. Food and Fun was designed to increase physical activity and knowledge about healthy eating in school-age children. One hundred and eight children participated in a pre- and post-survey to measure these two objectives. The program was successful, with:
 - An increase in the percent of participants who reported doing one hour or more of physical activity every day, from 38 percent at the start of the program, to 48 percent at the end of the program.
 - An increase in the percent of participants who reported consuming five servings of fruits and vegetables per day, from 28 percent at the start of the program, to 42 percent at the end of the program.

- The Boys and Girls Club Triple Play program continued in FY18, serving more than 1,350 Club members. Club members participated in Triple Play an estimated 4,069 times (duplicate count of members). Triple Play sessions averaged 30-45 minutes of activity. All Club sites ran Triple Play three or more times per week, with 15-minute daily challenges conducted four to five days per week. Typical daily challenges included: dance parties, tag and relay games, dodgeball, basketball drills, wiffleball, yoga and other various pick-up sport games. By June 30, 2018, the number of children participating in activities 30-59 times increased by more than 10 percent.
- Ascension St. Michael's earned its Baby Friendly Hospital designation during the third quarter of 2018, fulfilling a multi-year effort. The hospital's commitment to breastfeeding and supporting mother/infant bonding resulted in the following metrics. Some successes were through the Portage County Breastfeeding Coalition, of which the hospital is a member.
 - One hundred percent of participants in the Prenatal Breastfeeding Class voluntarily chose breastfeeding upon hospital discharge. The original target goal was 90 percent.
 - Two area businesses achieved Baby Friendly status in FY18, including AIG and Skyward, fulfilling the target goal of two area businesses achieving this status by June 30, 2018.
 - As of Summer 2018, Home Town Child Care in Stevens Point completed its breastfeeding education and was waiting for the walk-through to finalize its designation. Little Sneakers Child Care completed its assessment and was close to earning designation. Children's Discovery Center completed its two-year reassessment in August 2018. Please refer to the Portage County Breastfeeding Coalition website for a complete list of child care centers offering breastfeeding education.
- The installation of two water bottle filling stations was completed in the third quarter at Ascension St. Michael's. Increased water consumption often means a decrease in less healthy beverage alternatives. By making water readily accessible, visitors and associates of the hospital are more easily able to opt for filling bottles at the water bottle filling stations instead of drinking sugary or caffeinated beverages. Feedback from associates has been largely positive and the machines reported 433 disposable plastic bottles saved, which equates to 433 unique fill-ups from two machines, over a period of 90 days.
- Results for Year Three:
 - In FY19, the YMCA Kids Fit after school program replaced the Food and Fun program (FY18). Both programs had similar goals: to increase the time spent in physical activity and awareness/education of healthier nutrition. In FY19, an average of 205 participants in the program engaged in 20 minutes or more of physical activity twice a week for two 12-week periods (Fall and Spring). This was 75 more participants than originally anticipated. Participants increased their endurance and their nutrition knowledge.
 - The Boys and Girls Club (BGC) Triple Play program focused on the whole child so they can overcome barriers and thrive in adulthood. Through fun and engaging activities, the program delivers health education and programming that promotes the importance of

- physical activity and proper nutrition. The hospital provided funding in FY17 and FY18 for Triple Play. In FY19, the BGC did not request funds, however, the program continued and results were shared with the hospital. In FY19, Triple Play served 1,395 unduplicated children. The average amount of time spent in physical activity was 30-45 minutes per session, which were offered 3 or more times per week. Eighty percent of participants were able to describe three wellness strategies designed to improve health and wellness.
- Breastfeeding remained a top priority for Ascension St. Michael's Hospital in FY19. The hospital received a Baby-Friendly designation in the 3rd quarter of 2018. With this commitment to breastfeeding and supporting mother/infant bonding, the hospital's Women and Infant Center continued in their efforts to provide mothers and families with information and support for successful breastfeeding. The hospital's breastfeeding initiation rate in Q4 2019 was 92 percent and the percentage of mothers exclusively breastfeeding at discharge was 82 percent. At the state level, Wisconsin's initiation rate is 82.2 percent putting Ascension St. Michael's rate higher than the state average. Additionally, 100 percent of the Women and Infants Center staff were trained on breastfeeding through the Baby Friendly curriculum and feel confident in addressing any breastfeeding issues that parents raise. Parents who deliver at Ascension St. Michael's report that staff provide them with consistent information about breastfeeding and staff help them to become successful at breastfeeding. Lastly, the hospital reapplied for Baby-Friendly designation in July of 2019 to further their commitment to this initiative.
 - Ascension St. Michael's Hospital installed water bottle filling stations on campus in FY18 as a way to promote water as an alternative to sugar-sweetened beverages. Two units were installed in the hospital at that time. In FY19, a third station was added to the hospital campus and a station was installed at the area YMCA. The total number of plastic bottles saved from waste as recorded on the machines is 11,915 at Ascension St. Michael's (FY18 and FY19) and 3,500 at the YMCA (FY19). This translates into approximately 15,415 total uses or visits to the filling stations as an alternative to other vending machine options.

Oral Health

- Results for Year One:
 - Early oral health information and/or supplies were disseminated to approximately 2,000 individuals in the community. The Ascension St. Michael's Birth Center also provided early oral health education and supplies to families with new babies. As of June 30, 2017, the Ascension St. Michael's Birth Center delivered early oral health education to 100 percent of families with a new baby. (Goal was 100 percent.)
 - To improve the oral health and overall health of pregnant women in our community, there was a concerted effort to strengthen the referral process from OB/GYN providers to the Ascension Dental Center. The number of pregnant women being referred to Ascension Dental Center from Ascension Medical Group Wisconsin increased by eight percent. Additionally, 11 oral health education sessions were held in the community.
 - There were four areas of success in children's oral health improvement:

- The fluoride clinics held in the Rosholt School District were a success, with 174 fluoride applications during the year.
- Thirty-five households in the Rosholt School District were tested for fluoride and those households with low fluoride received guidance on how to access fluoride supplements for their children.
- Eighty members of the Boys and Girls Club were seen by a dentist and had complete exams.
- Oral healthcare is becoming institutionalized at the Boys and Girls Club, with an on-site dental hygienist available for 15 hours per week.
- Ascension Dental Center continued to serve its Mission, providing a full dental experience to over 4,400 unduplicated patients during the fiscal year.
- Results for Year Two:
 - Early oral health education materials were presented to all new moms/families who delivered at Ascension St. Michael's from Fall 2017 through Spring 2018. The materials were offered in the form of a gift bag that included an infant toothbrush/paste, infant finger brush, adult toothbrush and pamphlets on how to care for a baby's teeth. Additionally, oral health education materials were incorporated at the New Moms Group at Ascension St. Michael's, pregnancy fairs, Cuts for Kids and hospital kindergarten tours.
 - The number of pregnant women referred by Ascension St. Michael's and Ascension Medical Group Wisconsin by June 30, 2018, was 111 women. This exceeded the 10 percent growth goal of 91 referrals.
 - The Ascension Dental Center served 4,916 patients at the clinic this year. The Center treated 342 new patients ages 0-18 and 187 returned for their recall with no decay (55 percent). When these patients returned, they did not need any additional work.
- Results for Year Three:
 - Ascension St. Michael's Hospital Women and Infant Center provided early oral healthcare education at each New Mom's Class. Fifty classes were held in FY19. Early oral health education information was also provided at three pregnancy expos. In FY19, 100 percent of families who delivered at Ascension St. Michael's Hospital received early oral health education materials.
 - Ascension St. Michael's Hospital addressed oral health care primarily through the Ministry Dental Center. The Ministry Dental Center served individuals with Medicaid and was financially and institutionally supported by the hospital starting in 2002. In January 2019, the Dental Center ownership was transferred to a federally qualified community health center. Although the Dental Center provided care to thousands of individuals throughout FY19, due to the transfer of ownership, impact data are not available.

Appendix 2: Community Leaders/Stakeholders

Listed below are the community stakeholders who provided input about the needs of the community.

LIFE Steering Committee

The LIFE Steering Committee included representatives from the following organizations:

- Ascension St. Michael's Hospital
- Alzheimer's Association, Greater Wisconsin Chapter
- Community Foundation of Central Wisconsin
- Aging and Disability Resource Center of Central Wisconsin
- Stevens Point Police Department
- Aspirus Wausau Hospital
- Portage County Business Council
- United Way of Portage County
- Portage County UW-Extension
- Mid-State Technical College
- Portage County Health and Human Services
- Community Action Program (CAP) Services
- Marshfield Clinic Health System
- Portage County Planning and Zoning

Additionally, approximately 70 dedicated volunteer community leaders participated on seven LIFE committees, researching and shaping the indicators that form the report. Committee members are listed in the LIFE Report and several of them represented medically underserved, minority and low-income individuals. The LIFE process, through its community survey, purposefully reached out to individuals who may be medically underserved, have low income or be in a minority community by making the surveys available at several non-profit agencies.

Appendix 3: Crosswalk Between This CHNA Report and 501(r) Requirements

Required Content from Section 501(r) Rules	Found in This Section
Definition of the community served and how it was determined	Our Community
Description of the process and methods used to conduct the assessment: <ul style="list-style-type: none"> - Data and other information used in the assessment - Methods of collecting and analyzing the data/information - Any parties collaborated with or contracted with 	Framework and Data Sources
Description of how the hospital solicited and accounted for input from persons who represent the broad interests of the community <ul style="list-style-type: none"> - Summary of the input - How it was provided - Over what period of time - Names of organizations providing input - Include at least one governmental public health department - Summary of nature and extent of their input - Description of populations being represented (medically underserved, low-income, minority) - Note any written input received on the prior CHNA 	Voice of the Community
Prioritized description of the significant health needs identified Description of the process and criteria used in prioritizing	Priorities for Action
Description of potential resources identified to address the needs	Overview of Priorities, Community Resources
Evaluation of the impact of the actions taken since completing the last CHNA to address the significant health needs in that CHNA	Appendix: Progress Report on Results of Previous CHNA Process

To learn more about Ascension Wisconsin, visit [ascension.org/wisconsin](https://www.ascension.org/wisconsin)



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