



CITY OF WAUWATOSA HEALTH DEPARTMENT
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<http://www.wauwatosa.net/health>



Board of Health Meeting Minutes Tuesday, May 19, 2015 8:00 - 9:15 a.m.

Present: Nancy Kreuser, Cheryl Davies, John Dunn, Chris Shaw, Lori Nielsen, Lisa Simonds

Excused: Leslie Martin, Bobby Pantuso

Recorder: Lisa Simonds

1. Call to Order – The meeting was called to order at 8:03 AM by Chairperson John Dunn.
2. Approval of agenda: Motion to approve the agenda with the addition of Nursing Supervisor and Public Health Nurse.
 - Motion: John Dunn
 - Second: Chris Shaw
 - Motion carried unanimously.
3. Approval of 2/17/15 Meeting Minutes: <http://www.wauwatosa.net/index.aspx?NID=199>
 - Motion: John Dunn
 - Second: Chris Shaw
 - Motion carried unanimously.
4. Comments from the public - none
5. Comments from the Board of Health - none
6. New Business: Wauwatosa Health Department Reports - none

Administration: Dr. Nancy Kreuser, Health Officer

*Personnel Updates:

- Registered Sanitarian – Mark Meske retired in February after 38 years of service. Meghan Spredemann started on 5/20 as our new sanitarian.
- Public Health Manager – Jim Beix moved to central WI. We advertised the position and have 17 applicants so far; checking qualifications. The ideal candidate should have an MPH, experience in Epi health, and some QI experience. Nancy will assume job duties during the interim.
- Nursing Supervisor - resignation
- Public health nurse –part time vacancy (returning to grad school)
- Financial updates:
 - 2016 Budget process started this month – submitted personnel changes.
 - Preparedness grant Ebola supplement – We have \$14K for Ebola, establishing policy and procedures and participating in regional exercises.
- Accreditation Update:
 - Domain evidence under review by national site team.
 - Site visit most likely scheduled in September/October of this year.
 - 97 measures; we responded and clarified 4 items which is very good.
- Board of Health: WHD Strategic Plan Update: Nancy provided a spreadsheet as a point of discussion regarding what other WI health departments do to promote public health advocacy and visibility. Discussion ensued. Most use video/YouTube; TV messages; West Allis uses Snapshot Reporting by numbers; annual reports; educational reports;

most use social media and advertising to promote messages. West Allis uses Next Door which promotes good traffic to neighborhoods and smaller venues; most municipalities have a newsletter and some LHD have additional letters; radio, newspaper spots, letters to the editor and press releases are used. All have websites; marketing plans are underway or completed by health departments. Discussion from Board of Health members included participating in existing bike fairs—helmets, fitting, repairs, helmet checking at skateboarding park; collaborate with WPD and WFD on preventive and emergency alerts; continue to work with neighborhood associations—check with NAC for ability to have neighborhood exclusive messaging on health and crime; West Allis Facebook went live in February and is very positive in promoting WAHD and WIC programming; continue to have a presence at community events—health department and board of health—share event information. WHD to also notify John Dunn about community events. Discussion to be continued.

Public Health Nursing: Lori Nielsen, Nursing Supervisor

- *Communicable disease investigation and control – City of Franklin Health department is working to help us improve communication and policy with Any Lab Test Now.
- 2014 WHD Annual Report presentation (draft) –Annual report is almost complete and will be available in June and posted on the web. Sections include introduction, health topics (what it is, comparison to state, nation, Healthy People 2020 goals and trended graphs); what WHD is doing (performance management-goals and tracking), appendix 1- statutes/rules/local ordinances; appendix 2 benchmarking with indicators; appendix 3- miscellaneous data by topic. Conceptually approved. Will email the final document to members and post to the website.
- Program updates – Ongoing, immunizing students and new enrollees.

Communicable Disease (CD) Update:

SENTINEL EVENTS

Adult Living Facility Influenza Outbreak #5104: On December 16, the WHD was notified of an influenza outbreak at an adult skilled nursing living facility. Onset of symptoms ranged from December 12, 2014 through February 2, 2015. Eight residents tested positive for influenza out of 13 suspect cases from 4 units; 4 additional residents were admitted with a flu diagnosis. The investigation was resolved on February 10.

Adult Living Facility Influenza Outbreak #5105: On December 19, the WHD was notified of an influenza outbreak at an adult multi-level living facility. Onset of symptoms at the skilled and assisted living units ranged from December 12, 2014 through January 27, 2015; 36 of 193 residents (18.7%) were ill with 16 testing positive for influenza. Over the Christmas holiday, the WHD staff coordinated with and the State for the facility to receive Tamiflu from the state's stockpile. The investigation was resolved on February 4. Onset of symptoms at the independent living units ranged from December 14, 2014 through January 11, 2015; 18 were ill with 4 hospitalizations including one death. This investigation was resolved on January 19. The facility's adult day care reported influenza-like illnesses among attendees who were subsequently sent home per facility's protocol. The number of ill was not tracked; however, 6 individuals on the line list were reported in the State electronic reporting system as hospitalized for influenza A. This investigation was resolved on January 13. On March 9, the WHD was notified of an influenza B outbreak starting on March 5. Eight of 55 residents (14.5%) were ill with 4 testing positive for influenza B including one hospitalization. The facility lifted quarantine on March 19. The investigation was solved on March 19.

Adult Living Facility Respiratory Outbreak #5108: On February 17, the WHD was notified of a respiratory outbreak at an adult multi-level living facility. Onset of symptoms at the skilled and assisted living units ranged from February 13 through March 6; 17 of 50 residents (34.0%) were ill. The causative agent was determined to be respiratory syncytial virus (RSV). Infection control measures were implemented. The investigation was resolved on March 11.

Adult Living Facility Enteric Outbreak #5109: On February 19, the WHD was notified of an enteric outbreak at an adult multi-level living facility beginning on February 16. 56 residents were ill spanning 14 units; complete census of units was unknown. 15 tests were positive for norovirus, 2 for *Clostridium difficile* (*C. diff*), and one for rotavirus. In addition, 28 employees were ill during this time period. The investigation was resolved on March 9.

School Pertussis Outbreak #5110: On April 14, the WHD declared a Pertussis outbreak at a school with 4 cases. Letters informing parents of the exposure were distributed throughout the entire school. After 2 incubation periods of no new cases, the investigation was resolved on May 18.

OTHER

Group facility meetings: The WHD continues to meet with a group facility to discuss adolescent immunizations and sanitation needs. WHD staff spent much time educating the facility's staff on immunization requirements and challenges. The facility organized 5 onsite immunization clinics by local pharmacies to provide catch-up immunizations to the residents. On January 14, 2015, a WHD PHN conducted the "Staying Healthy this Winter" presentation which included information on local health departments' requirements for communicable disease investigation and control, facilities' requirements to report outbreaks, measures to contain outbreaks, and interventions that individuals can do to stay healthy. A video from the television show "Mythbusters" demonstrating the effectiveness of covering your cough with your elbow was shown as part of the presentation. WHD staff met with facility administration to review short term and long term plans regarding health issues for their cares. WHD is awaiting a follow-up meeting.

Communicable Disease Toolkits: The WHD PHNs offered CD toolkits to all Wauwatosa public and private schools in the first quarter; the PHNs are now extending the offer to all of the Wauwatosa child cares. The toolkits consisted of a cover letter; hand hygiene poster; 'Cover Your Cough' poster; head lice fact sheet from the American Academy of Pediatrics (AAP); a norovirus clean up poster; and a wall-mounted, laminated listing of reportable diseases.

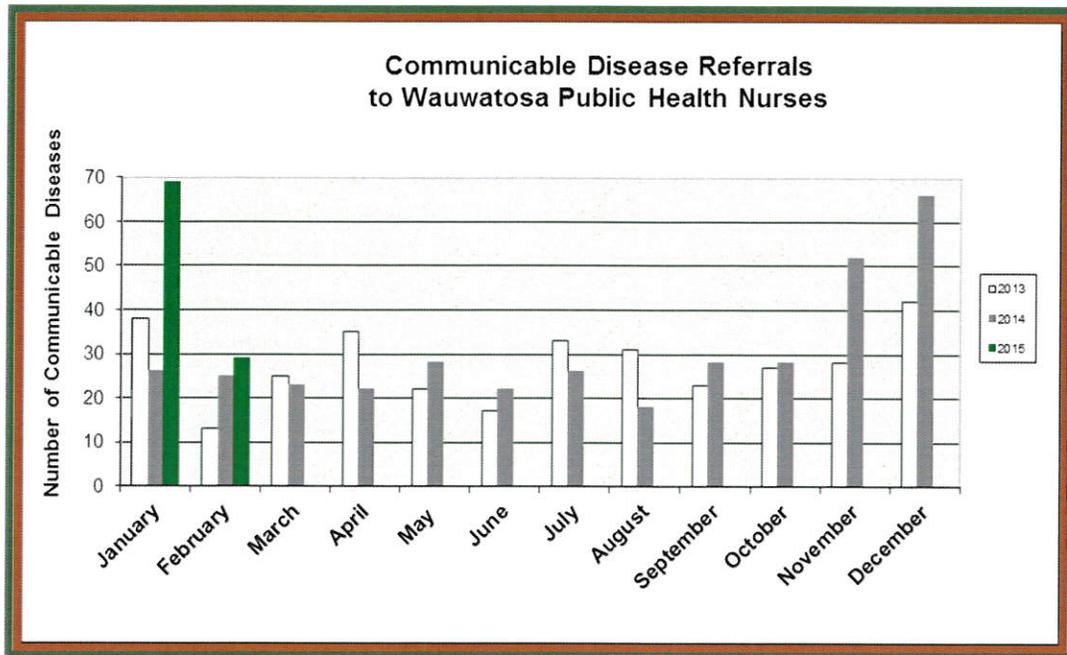
CD Information Outreach: On March 31, the WHD PHNs participated in the Wisconsin Lutheran College's Health Fair. Staff provided information on 'vaccine fact vs. myth', general CD information, hand washing, and what a local health department does. On May 6, a WHD PHNs participated in the Luther Manor Adult Living Services' Health Fair. Staff provided information on food safety, hand washing, and what a local health department does.

Immunization and CD Audits: In spring 2014, the WHD surveyed all of the Wauwatosa schools on who reviews students' immunizations, what training the reviewer receives, school's process to ensure compliance with the school immunization law, and satisfaction with the health department. The WHD PHNs will survey the Wauwatosa day cares for adherence to the student immunization law for child care facilities.

As part of its quality improvement initiatives, the CD QI committee will audit a sampling of Pertussis and Chlamydia cases from 2014 for adherence to *EpiNet Manual* protocols. A review of the WEDSS documentation will be added to the audit process this year. Discussion ensued regarding STDs and lack of follow up by some communities; underreported or lack of reporting by some free-standing labs.

On March 27, WHD staff met with a local pediatricians' practice group to review the results and strategies to improve their two-year-old patients' immunizations rates.

Trends: See graph below for trends.



Healthy Wauwatosa Programs and Initiatives Highlights:

Accreditation and Quality Improvement (QI) Process:

- PHAB accreditation: Discussed during the Health Officer's Report.
- YRBS: WHD in partnership with the school district and Tosa United administered the YRBS in February. Preliminary results are attached. The school district presented the preliminary results internally to their guidance staff on April 21. The next steps are to trend the data and discuss distributing the report and possible initiatives. Additional questions this year; e-cigarette use went up while tobacco use went down. Final summary will be available at the next BOH meeting.
- CHIP forum: On February 17, the "Healthy Wauwatosa Forum" on the Community Health Improvement Plan (CHIP) was conducted by the WHD as hosted by Mayor Ehley. The forum's purpose was for community partners to report their progress to date and discuss their future CHIP initiatives. A report on the forum is attached.
- The WHD is assisting the Senior Commission in conducting an updated Senior Assessment. This is a modified update of the 2002 Adding Life to Years and 2008 Adding Life to Years II senior surveys. UWM was contracted to conduct and analyze the survey. The report is slated to be completed in August.
- WHD began partnering with Citizens with Disabilities Commission by attending their monthly meetings.

Alcohol, Tobacco, and Other Substances:

- A tobacco compliance check was conducted on Saturday, May 2. 34 establishments were checked and one establishment sold tobacco products to an under-aged student. WHD secured grant monies to pay for the police overtime and student training for the compliance checks.
- Discussions are underway for the police department to conduct 2 alcohol compliance checks this year.
- WHD staff participated in the Community Health Improvement in Action (CHIA) Training: Your MAP to Changing Municipal Alcohol Policy on April 28.

- Legislation pending on e-cigarettes being exempted from WI Clean Air Law. Few counties or cities have ordinances, but those that do may be eliminated if the Kleefish legislation passes.

Injury & Violence Prevention:

- Home Safety Visits: PHNs continued offering and conducting home safety visits. More Wauwatosa families are requesting home visits this year.
- Excessive Heat Task Force: WHD staff will participate in the county-wide Excessive Heat Task Force on May 28 to finalize preparation plans.
- On April 25, the WHD PHNs participated in the Wauwatosa YMCA's Healthy Kids Day. Staff provided information on injury prevention, bike helmet safety, and what a local health department does.
- On May 6, the WHD PHNs participated in the McKinley School's and Eisenhower School's Bike to School Day. Staff provided bike helmet fitting and school crossing services at the respective schools.

Access to Care:

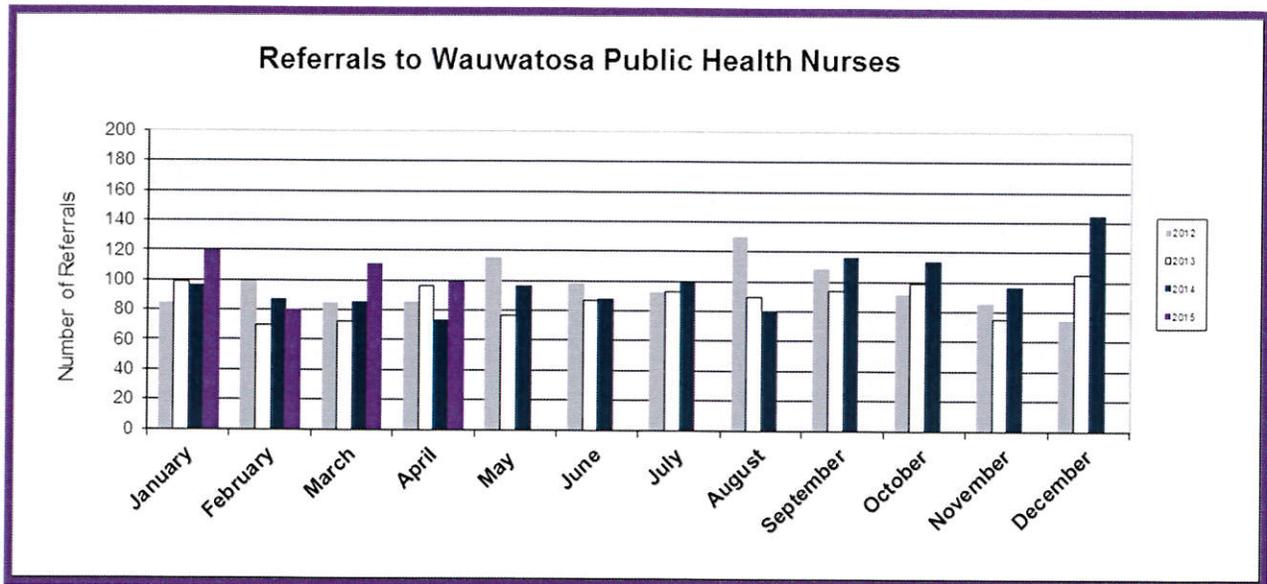
- The WHD continued its partnership with the Tosa Cares program out of Mt. Zion Church to provide access programs and I&R outreach to individuals and families. The WHD staff provided 10 flu shots to Tosa Cares participants at the January 17 food pick-up date and outreach services at the March 7 date.

Physical Activity and Nutrition:

- The WHD completed interviews for the retrospective 'Infant Feeding Survey'. This is a randomized phone survey of mothers who gave birth in 2012. WHD is in calculating and analyzing the data.

Other:

- Public Health Database: The Program Tracker database continues. Some program errors occurred after testing the "live" production. Plans are to have the errors fixed by the contracted IT services after the licensing issues are completed.
- Receiving a higher than 3-year average for referrals. See graph below for trends.



Environmental Health/Preparedness Division:

Environmental Health Division

State Agent Inspection Program

Inspections – Licensed establishments received at least one inspection as mandated by the State Agent Contract during the 2014/2015 license year which ends 6/30/2015.

WHD observed the 5/5/15 southeast regional Anthrax exercise with multiple communities to test closed points of dispensing. This was a preparedness grant objective.

The environmental health report deferred until the next Board of Health meeting.

7. Advocacy/Opportunities

- E-cigarettes – State bill proposed allowing e-cigarettes in public places. Hearing to be held this summer. No local ordinance to ban it.
- CD funding issues – monitoring legislation regarding CD funding. More discussion at the next meeting.
- DATCP/DHS merger coming up.
- Dr. John Dunn and the Board of Health thanked Lori for her many years of service.

8. Old Business - none

9. Announcements: Next meeting is August 18th at 8:00 am.

10. Motion to adjourn 9:15 am

- Motion: John Dunn
- Second: Chris Shaw
- Motion Carried unanimously

Recorder: lms



Healthy Wauwatosa Community Partner Meeting Summary February 17, 2015



Background

The City of Wauwatosa Mayor and Health Officer invited members of the community to meet to discuss the city's 'Healthy Wauwatosa Initiative'. The meeting objectives were:

1. Review community health objectives to be achieved by 2017 for the City of Wauwatosa.
2. Acknowledge community partners' contributions and progress towards achieving 2017 community health objectives.
3. Discuss plans, opportunities and barriers for future activities.
4. Provide networking opportunity for forum participants.

Participants heard a presentation summarizing selected Wauwatosa Community Health Assessment (CHA) data, the Community Health Improvement Plan (CHIP), and the CHIP's progress to date. After the presentation, the four facilitated group discussions covering each of the CHIP health priorities were conducted - alcohol, injury prevention, mental health, healthy eating and activity. For more details on the background and meeting process, please see Appendix A.

Discussion and Comments

Alcohol Themes

The participants focused the discussion on drinking and driving; however, binge drinking was not addressed in the discussions.

Working/can work

1. Conducting operating while intoxicated (OWI) checks
2. Promote designated drivers
3. Educating youth on consequences of drinking and driving

Modify:

1. Address alcohol usage among targeted populations – seniors and individuals with disabilities
2. Target enforcement efforts more on alcohol retail establishments and bartenders / servers
3. Eliminate linking Positive Behavior Intervention and Support (PBIS) with alcohol efforts

Injury Prevention Themes

Working/can work

1. Continue with the city's Bicycle Pedestrian (Bike/Ped) Plan and future committee structure
2. Conduct more bike helmet fitting events and social marketing
3. Conduct existing fall prevention programs

Modify

1. Develop strategies to address traffic awareness, especially around schools and railroad crossings
2. Address barriers to using bike helmets – coolness factor, parental modeling; implement promoting bike helmet usage at other opportunities (i.e.: parent meetings on sports and concussions, bike share program)
3. Coordinate/resource share fall prevention programming among community organizations
4. Identify programs to address bullying / harassment issues (i.e.: Children's Hospital's bullying program; initiate strategies addressing how children mimic adult/parental positive and negative behavior towards others)

Mental Health Themes

Working/can work

1. Promote currently available resources to address mental health – Crisis Mobile Team, Family Caregiver Support Network, Telephone Reassurance, Medical College of Wisconsin’s mental health educational series

Modify

1. Provide more training on effects of traumatic events on an individual’s mental health to service providers (police, fire, educators, health care providers, peer mentors) – Post Traumatic Stress Disorder (PTSD) among vets, Adverse Childhood Events (ACE), cumulative effects of “micro-trauma”, etc.
2. Promote/encourage more volunteerism to increase community connectivity and provide manpower for organizations to address mental health issues (i.e.: Neighborhood Association Council, Block Watch, etc.)
3. Address trauma-related stress in the mental health awareness campaign
4. Need to identify and promote valid and reliable online screening resources for mental health issues (attention deficit disorder, dementia, depression) of self or others, such as a child or parent
5. Bullying – in CHIP under ‘Injury Prevention’ and ‘Mental Health’ sections; addressed topic during injury prevention discussion

Healthy Eating and Nutrition Themes

Working/can work

1. More promotion of existing assets in the community – Tosa Farmers’ Market, 5K and bike races, Recreation Department and YMCA programming, activity partner through time banks, McKinley School’s Girls on the Run program, etc.,
2. Promote healthy eating through cooking demonstrations and recipes with healthy foods
3. Continue “buy local” initiatives (Wauwatosa School District Food Service programs, Tosa Farmers’ Market, Community Supported Agriculture - CSAs)

Modify

1. Promote food security-related initiatives more - partner with schools/businesses for food drives, advertise Supplemental Nutrition Assistance Program (SNAP)/Food Share payments accepted at Tosa Farmers’ Market
2. Address connection of physical activity to mental health and safety elements
3. Encourage more social marketing strategies to advertise healthy eating & activity initiatives (i.e.. cell phone apps, www.visitwauwatosa.org)

Evaluation

There were 41 meeting participants including 5 speakers and facilitators. Of the 36 participating community partners, 30 evaluations were returned (83.3% return rate). Every participant indicated that their organization should continue to convene to discuss community health issues; a majority indicated that they would represent their organizations at the meetings. The distribution of the meeting frequency responses are in the table below:

Meeting Frequency	Number (n=)	Percentage of Respondents
Bi-annually	15	50%
Annually	7	23.3%
Either	7	23.3%
Unchecked **	1	3.3%
No	0	0%

** Recommended another person from the organization

The comments on the evaluations generate the following themes:

1. Need more communication among Wauwatosa entities; this was a good start
2. Involve more businesses, including health care providers

Recommendations

1. Distribute Healthy Wauwatosa meeting summary to invitees
2. Reach out with meeting summary to other stakeholders to leverage participation
3. Convene in a large group annually
4. Consider convening in smaller groups by health priority to track, modify, and identify new CHIP initiatives as needed; survey invitees and other stakeholders with Survey Monkey regarding future participation in a small group
5. Strategize on how best to communicate initiatives, programs, and activities among community partners and within Wauwatosa

Appendix A

Background and Meeting Process

As part of the city's strategic plan, the *2013 Wauwatosa Community Health Improvement Plan (CHIP)* was adopted as the 'Healthy Wauwatosa Initiative'. Key community stakeholders were invited via E-vite® and email or regular mail to attend the meeting. The email invitation provided additional meeting details, encouraging participants to review the attached CHIP report and other online health data via www.wauwatosa.net/healthdata.

Upon arrival to the meeting, participants were greeted and given name tags and a folder containing the meeting agenda (Appendix B) and a handout of the PowerPoint presentation (Appendix C). The meeting room was arranged with five, 7-8 seat rectangle tables to encourage small group discussions; participants randomly chose their seating. The City of Wauwatosa Mayor Kathy Ehley provided the welcome and overview of city's strategic plans regarding health issues. The participants were asked to introduce themselves and their organization. The WHD Health Officer Dr. Nancy Kreuser provided a brief overview of the health departments' responsibilities, including periodically collecting data for a community health assessment (CHA) and developing a CHIP every five years. The WHD staff conducted the PowerPoint presentation summarizing selected Wauwatosa CHA data, the CHIP, and the CHIP's progress to date. After the presentation, the WHD staff facilitated four group discussion sessions covering each of the CHIP health priorities - alcohol, injury prevention, mental health, healthy eating and activity. Three copies of the CHIP were placed at each table as a reference for the participants. Each health priority session started with small group discussions at the individual tables; each table was asked to capture their discussions on a color-coded form (Appendix D). The discussions focused on two themes:

1. What is working or can work?
2. What do we need to modify?

After each small group discussions, a couple of tables reported on their discussions to the larger group which generated more discussion among the whole group. Detailed conversation points from the small and large group discussions are available in Appendix E. At the meeting's end, Mayor Ehley provided closing remarks and encouraged participants to network with one another following the formal discussions. Evaluation forms (Appendix F) were distributed and collected at the end. Evaluation comments are detailed in Appendix G, and the invited organizations are listed in Appendix H.

Appendix B – Agenda



City of Wauwatosa Healthy Wauwatosa Partner Meeting

February 17, 2015
1:30 pm to 3:30 pm



City of Wauwatosa
Health Department

Agenda

1. Welcome – Kathy Ehley, Mayor
2. Overview – Dr. Nancy Kreuser, Health Officer
3. Community Health Improvement Plan (CHIP)
 - Summary of objectives
 - Progress to date
 - Future plans
 - Barriers
4. Identify opportunities for the future
5. Moving Forward

Objectives

- Review community health objectives to be achieved by 2017 for the City of Wauwatosa.
- Acknowledge community partners' contributions and progress towards achieving 2017 community health objectives.
- Discuss plans, opportunities and barriers for future activities.
- Provide networking opportunity for forum participants.

Appendix C – Presentation Slides

City of Wauwatosa Healthy Wauwatosa Partner Meeting

February 17, 2015

CHA / CHIP Process

- Collect data – data sources, focus groups, online survey, stakeholder interviews
- Identify health priorities / goals / objectives
- Hold community forum – May 2012
- Identify strategies to achieve goals / objectives – secured commitment by stakeholders
- Implement and evaluate strategies
- Engage the community → SUCCESS
 - MAPP Model of Community Engagement

Demographics

- Value – schools, neighborhood connectivity
- Homogenous but increasing diversity- 89.5% Caucasian
- Higher socioeconomic status
 - ↑ median income, low poverty rate (5%)
 - ↑ educational level
- Age diversification
 - ↑ old elderly (75+ years) but ↓ young elderly (60-74 years)
 - ↓ young adults (18-24 years), average middle adult (25-49 years)
 - ↑ 0-4 years

How Healthy is Wauwatosa?

- 94% covered by insurance
- 87% obtain routine, preventive care
- ↓ risk factors for healthy birth outcomes - young/late maternal age, smoking, lack of health
- Current smoking and secondhand smoke exposure in homes/vehicles exceed Healthy People 2020 goals
- Reported illicit substance use among Wauwatosa teens is lower or similar to reported use by teens across Wisconsin
- 95% of residents felt safe in their community
- ↓ emergency room visits due to injuries

Health Priorities

- Alcohol Use
- Injury Prevention
- Mental Health
- Healthy Eating and Activity (nutrition and physical activity)

Other Priority Issues

- Tobacco Use
- Other Drug Use and Abuse
- Vaccine Preventable Communicable Diseases
- Non-Vaccine Preventable Communicable Diseases
- Environmental Health
- Preparedness
- Reproductive and Sexual Health
- Healthy Growth & Development Across the Lifespan

Alcohol

- Data
 - 22% adults currently binge drink
 - 15% youth currently binge drink
 - 25% youth recently rode in a vehicle when the driver had been drinking
 - 40% of the drivers were parents; 20% other relatives
- Goals / Objectives
 - ↓ % of Wauwatosans who binge drink
 - ↓ % who ride with someone who had been drinking

Alcohol - Progress

- Secured \$\$ for annual alcohol compliance checks (WHD)
- Conducting annual alcohol compliance checks (Police/Tosa United)
- Conducting enforcement activities with collaborative OWI Task Forces (Police)

Injury Prevention

- Data
 - Falls are # 1 for ambulances runs
 - Railroad and school crossing injuries
 - 45.0% students agreed that bullying/harassment is a problem in their school
 - Wauwatosans rank injuries # 3 concern
- Goals / Objectives
 - ↓ emergency room visits by Wauwatosans by 10%
 - Ø motor vehicle-related pedestrian injuries
 - ↓ % who feel violence is a problem at school
 - Ø deaths in children due to preventable, non-medical causes

Injury Prevention - Progress

- Monitoring data on ambulance responses, trauma data, and ER visits (Fire, WHD)
- ↑ Child Home Safety Program for families with young children (Safe Kids, WHD)
- Expanded Safe Walks to Schools programming (WSD)
- Focused on ↓ Rx/meds in community
 - Permanent med box (Police, Tosa United, WHD)
 - Med collection day (Police, Tosa United, WHD)
 - Drugs Facts Week, Mind Your Meds campaign (WSD, Tosa United)

Mental Health

- Data
 - ↑ % of adults diagnosed with a mental condition from 2% to 15% (2003 → 2012)
 - 8.2% of youth reported seriously considering suicide
 - Stigma associated with seeking professional help
- Goals / Objectives
 - % of adults and youth who feel sad, depressed or hopeless will be ≤ 4% and 18% respectively
 - Suicides rates ≤ 10 suicides per 100,000 population

Mental Health - Progress

- Monitoring suicide rates (Police, WHD)
- Monitoring depression/ isolation/ bullying/ other mental health indicators
 - YRBS (WSD, Tosa United, WHD)
 - Adults - Milwaukee Healthcare Partnership
- Collecting data on senior isolation (Senior Commission)
- QPR Suicide Prevention presentation (Rec Dept)
- Identified community mental health resources (WHD)

Healthy Eating and Activity

- Data
 - 31% adults and 5% of adolescents eat 3 or more servings of vegetables per day
 - Fewer engage in moderate-vigorous physical activity than state or national averages
 - ↑ % adults self-report being overweight or obese (46% - 55%)
- Goals / Objectives
 - ↑ daily fruits and vegetable intake
 - ↓ % self-report being overweight or obese
 - ↑ % engaged in the recommended amount of physical activity

Healthy Eating / Activity - Progress

- ↑ activity options in Tosa – “Built Environment”
 - Hoyt Pool (Friends of Hoyt Pool)
 - Skateboard Park (Tosa Skateboarders United)
 - City master plan for ped / bike paths (Bike Fed, Plan Dept, DPW)
- ↑ # involved in Safe Routes to School (WSD)
- Continue local food security programs (Tosa Food Pantry, Tosa Cares)
- Obtain produce at locally owned farms for school menu (WSD, Sodexo)
- Continue community Farmer’s Markets

Where do we go
from here?

Appendix D – Small Group Discussion Notes

Healthy Wauwatosa Community Partner Meeting

February 17, 2015

Priority:

To create a Healthy Wauwatosa, we need to all work together. Not one organization can do it all!

What can you/your organization do to help? Not just what can others or government do?

What is working or what can work?

- Continue status quo
- Do more of something
- Try something new

What do we need to modify?

- Barriers to staying on track
- Stop doing something
- Do something else

Appendix E – Discussion and Comments

Note: Bulleted items were transcribed as written from the small group discussion notes

Alcohol

Working / Can Work	Modify
<ul style="list-style-type: none"> • Increase taxis outside bars • Froedtert working with high school • 'Every 48 Hours' video is shown in school • Currently <u>WPD</u> is running: <ul style="list-style-type: none"> ○ Alcohol / cigarettes compliance checks 2x per year at stores, restaurants, stations ○ Enforcement activities continuing ○ Simulated accident scene participation with school district, etc. • Police department OWI & compliance checks > holidays • Police OWI – more designated drivers now, younger 22 – 28 <ul style="list-style-type: none"> ○ More taxis last 2 years • FMLH [Froedtert] – presenting alcohol injury scenarios to HS students – research or efficacy • Tosa Night Out • Education to businesses • Increasing elder alcoholism; increasing problem (how to reach them); winter months hard • Video that presents drunk driving consequences being shown in high schools “Every 48 Minutes” • We will be doing “Parents Who Host” campaign (school district & police dept) <ul style="list-style-type: none"> ○ Should connect with <u>neighborhood associations</u> – signs/info ○ Connect with PTA about adult drivers ○ Wauwatosa Youth Commission • Mt. Zion – adult recovery program connected with Tosa Cares 	<ul style="list-style-type: none"> • Concern – increasing alcoholism among seniors • Retail – target couple times per year; all types that serve alcohol • Taverns – more enforcement of bartenders, geared toward licensing; <u>not</u> underage drinking stings • Newer establishments (Landing, Camp Bar) may be younger but most in Tosa are older crowds and don't need to be checked for under-aged drinking • Festivals – licensing; ? 2 beer/purchase; <u>train</u> volunteers on serving alcohol • Educate public on binge drinking, drinking & driving, etc. Education to show people what it takes to become intoxicated 0.08 > (breathalyzer) • New – Wauwatosa Rec – partner with drive united on program and presentation of programming • Potential partnering with Tosa Rec/Tosa United & Hart Park to educate seniors of “warning signs” that children may be drinking excessive (grandchildren, etc.) • School District <u>PBIS</u> shouldn't be linked with/as alcohol efforts • Connecting alcohol and disabilities

Injury Prevention

Working / Can Work	Modify
<ul style="list-style-type: none"> • Tosa Skateboarders <u>helmet</u> wearing (Longfellow's Skate Club) • Flashing Beacon • Show video of hazards • Helmet fitting: train volunteers, Safe Kids, Bike to School Day, check fitting of existing helmets • Adoption of bike/ped planning • Creation of bike/ped committee '15; need to fill open seats 	<ul style="list-style-type: none"> • Barrier – coolness factor of helmets (use stickers to decorate) • Encourage more bike <u>helmets</u> for kids and <u>adults</u> – SRTS program, Habush Law • Rail crossing at 74th & State St. • Risk of rail crossing at Farmers' Market – need monitor • Encourage users of skateboard park to use helmets/protection

<ul style="list-style-type: none"> • Added bike lanes on North Avenue • Improved intersections Village/North • Safe Routes funding • RR crossing improvements, but need more • Home safety program for seniors (partnership w/WFD) • Falls # 1 mechanism if injury (per FMLH) • 1st say of fall is Fall Prevention Day! • Awareness, Strength Builders (FMLH provides and hires staff) course offered – check with FMLH • Check people with disabilities for fall issue; Independence First offers • Regional Trauma Advisory Council (RTAC) Regional Coordinator – Stepping On and Slip-Trips-Falls programs; can offer to churches, groups, etc. • Children’s Hospital has initiatives related to bullying; electronic education • 360 Walk through program • Rec Dept has Yoga/balance classes for seniors but need community to advertise programs • Fire Dept has car seat installations • Helmets used at Longfellow Middle School / Tosa Skateboarders United • Training more volunteers on helmet fitting at next Safe Routes meeting for the next Safe Routes event 	<ul style="list-style-type: none"> • Improve surfaces for bikes/peds • Keep sidewalks clear • More needs to be done about bullying- schools need to look at what they are doing that could be promoting bullying • Needed: Resource sharing (of programs) that can be shared with other organizations (WFD car seat installation information can be shared w/YMCA members, etc.). Could also be shared in NAC blasts • New: Hart Park could have balance classes (at other centers) and currently does Yoga • Initiatives not included: <ul style="list-style-type: none"> ○ WFD - Senior trips & falls prevention ○ WFD - Child car seat installation ○ Library worked program with iPad explaining injury prevention pulled • Something to note: Rules/education around skate park safety in regards to injury prevention • Barriers: different family members picking up students [not know drop-off/pick-up routes at schools] • Grant opportunity for safety program • Bullying – more adult education along with the continued education of our youth • Increase traffic/traffic awareness to the community (especially around schools) • Assault & violence • Elderly abuse – reporting better last 5 years – change hard to say • Children’s Hospital has initiated bullying & etc. • Fire Department does senior trip & fall prevention etc. • Teach what side to walk , ride on (no helmet law for bikers) Port Washington has • Electronic abuse, online etc. • Need to promote helmet use among kids AND parents • Increase traffic awareness at schools <ul style="list-style-type: none"> ○ Barrier – different family members dropping off and picking up and don’t know traffic route / patterns ○ Suggest – rotation of police at various school sites for enforcement • Need increased focus about railroad crossing at <ul style="list-style-type: none"> ○ 74th/75th Street and State Street; is a 2 year process ○ Farmer’s Market, especially for emergencies • Barrier is the “coolness” factor with wearing helmets <ul style="list-style-type: none"> ○ Use stickers to decorate ○ Show head injury videos ○ Promote that one is more likely to try new bike/skateboarding tricks when wearing a helmet • Need more bullying / harassment prevention / intervention training
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	<ul style="list-style-type: none"> • Curriculum teach respectful behavior with more victims / perpetrator education • Sports education on concussion – expand to address recreational sports / activities and with family time; promote use of helmets • “Packer Days” may encourage bullying – if wears Chicago Bears jersey, then may get ostracized • Need stronger / better communication to promote already existing programs • Connect bike helmets to the bike sharing program
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Mental Health

Working / Can Work	Modify
<ul style="list-style-type: none"> • “Judy’s Program” to feel connected • Get Neighborhood Association Council (NAC) on Young Professionals Club, Senior Liaisons, Welcome Packets – but need more volunteers at all levels <ul style="list-style-type: none"> ○ NAC has 28 associations; 15 are solid ○ NAC can communicate programs / initiatives more • NAC subcommittee on seniors needs more time/members/check in • Interfaith does telephone reassurance – first for safety, secondary as a connection to a person (to prevent isolation) • Advertise Family Caregiver Support Network (414-220-8600) • Cyber bullying – various levels of responses • YRBS – new data • Youth Commission – need effective communication; could utilize them in communication • Reduce stigma • Stress in community – poverty, schools • Crisis Mobile Team – address domestic situations without weapons • Returning vets are trauma patients – screened for Post Traumatic Stress Disorder (PTSD); 30% of trauma patients have PTSD <ul style="list-style-type: none"> ○ VA too works on this • Do more of peer mentoring of trauma survivors • Medical College of Wisconsin currently conducting a mental health educational series for the community – promote is more through schools and to college students 	<ul style="list-style-type: none"> • Central location for parents to be aware of technology (i.e.: 30 min email) • Utilize Youth Commission leaders • Use teen educators in schools • Bring back / strengthen Block Watch (tends to slide in low-crime times and locations); currently 600 Block captains of various involvement – had 750 captains at its height <ul style="list-style-type: none"> ○ Possibly “mingle” with NAC • National Alliance of Mental Health (NAMI) • Needed – resources for parents of children going through mental health issues, especially children 18+ (as parents can’t always get resources). Online resources would be great. Anonymity would be good. Help for families with loved one going through this. <ul style="list-style-type: none"> ○ Screening tools online ○ Info on ADHD ○ Info on the range of normal behavior among spouses, teens, children, etc. • Stigma - Need for privacy and allow people to screen / research anonymously • Make health department’s Nurse Line more visible • Police would like more training, especially on PTSD, etc. <ul style="list-style-type: none"> ○ New Berlin has reoccurring mental health training and support for police • “Mental Health Provider” – the de facto is sometimes only the school; staff can be cut due to funding • Micro traumas may be cumulative (Adverse Childhood Events or ACE) • More trauma-sensitive school training

	<ul style="list-style-type: none"> • NAC needs more volunteers, but what about areas in the city without a Neighborhood Association? • Involve more social groups in the process – Rotary, Kiwanis
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Healthy Eating and Activity

Working / Can Work	Modify
<ul style="list-style-type: none"> • Skateboarding – encourages hydration and stretching • Farmer’s Market to focus back to <u>farmer</u> • Bike / Ped Plan • 5K and other races • Bike Share Program funded • Bike/Ped Plan Adopted – Committee created • City Wellness program promotes healthy eating / exercise, etc. • Community Supported Agriculture (CSAs) becoming more popular • Tosa Farmers’ Market • Engaging with cooking demonstrations • Rec & YMCA programming for activity • Diabetes Prevention Program (at YMCA) • Vending is federally mandated now in schools • Walking and Bike plan in city is moving forward • Bike sharing (Bubbler Bike) • Partnership to buy local with the school food service • School lunches have more federal parameters • Services for time – having a person to walk or jog with, etc. (Milwaukee time bank) • Run and walks a lot in Tosa • Girls on the Run program – volunteer run <ul style="list-style-type: none"> ○ McKinley School for third graders and up – addresses self-esteem with the whole family enrolling; 5K run at end of program • Farmers Market <ul style="list-style-type: none"> ○ Accepted SNAP and Food Share payments last year with 80 transactions for \$1200; Outpost provided a \$500 match, looking for more sponsors ○ Recipes – what to buy seasonally ○ Connecting with farmers 	<ul style="list-style-type: none"> • Use of cell phone apps to Farmers’ Market and health eating • CSA – tie to recipes to more fully use box • Balance/educate the <u>activity</u> level of biking with <u>safety</u> on busy street • <u>Social</u> element of running ties physical activity to <u>mental</u> health • Skin cancer education • Not sure how to promote eating more veggies • Need culture change! • Challenge each other to eat healthier • Food security programs – continue partnering for food drives in school district, businesses, etc. • E-cigarettes – moving ahead in city council for restrictions • Biking / walking on Hwy 100 stops people • Bike racks needed • Healthy eating a constant challenge • Look at what other cities which have been successful have done (increasing activity, decreasing bad food, etc.) • Use social marketing to advertise various community programs

Appendix F – Evaluation Form



**City of Wauwatosa
Healthy Wauwatosa Partner Meeting**



City of Wauwatosa
Health Department

Follow-up and Evaluation

Name: _____

Organization: _____

Would you like to receive the follow-up report to this meeting?

Can we share your contact information with the other participants of this meeting for the purposes of discussing current or future partnerships/ideas to promote the health of Wauwatosa?

Would you be willing to come together as a large group to discuss progress made on goals and objectives?

Yes, biannually

Yes, annually

Yes, but I would like to designate another member of my organization as the contact person:

Name and contact information: _____

No

Do you have any additional comments that you did not have the opportunity to share in the meeting? These will be shared with the Mayor and Health Officer.

Thank you for your participation!

Appendix G – Evaluation Comments Related to CHIP Initiatives

Note: Bulleted items were transcribed as written from the evaluation forms

- Tosa Farmers Market offers weekly community booth for different community groups to share information on their organization and any programs that would help support CHIP. (Application will be posted online in March www.tosafarmersmarket.com)
- Really appreciate the Farmers Market being included as an asset in community healthy. Looking forward to promoting healthy food options. We do have a community booth every week, so if any of these partners in the room are interested in promoting their initiatives, we'd be happy to have them! Thanks.
- Database for different organizations in the community
- I may be able to offer activity level data, but it would only be based off our membership base. May not be relevant, but something I could look into. (West Suburban YMCA)
- I believe a lot of the topics can be presented at Learning Never Ends with the Wauwatosa Recreation Department. If someone is interested in presenting a topic, contact Mike Wick at Wauwatosa Recreation Department.
- Involve youth; Wauwatosa Youth Commission?
- It would be nice for this planning group to get more connected to our committee to deal with specific disability issues added to objectives.
- Not sure if you have \$\$ for outreach, but love to see your staff at Farmers Market, Village Green Street Fair, etc. This wasn't identified as a top problem, but you might want to look into skin cancer – huge problem & we are planting the seeds for an epidemic in a generation.
- Food for thought: Are we (the health dept – participants) taking away and usurping what parents should do and used to do, i.e.: teach their children all we have discussed today?
- Need more health care providers represented
- Also, can subgroups be considered to meet 2 to 3 times a year for the 4 specific areas? That way assistance can be offered and brainstorming can assist with programming.
- Note: Web links provided for Tosa United, WITS, and Wauwatosa Rec Departments are incorrect. Also add Safe Routes to School on the Wauwatosa web site. Visit wauwatosaschools.org.
- Need more of the business community involved
- Communication is the key – how do we all tap into each other for support & resources. Also for communicating who can help with specific questions or concerns.
- What to do if no one is working on what is stated in the CHIP?
- Involve local clinicians
- Connect community programs and Wauwatosa assets to www.visitwauwatosa.org

Appendix H – Organizations Invited

- Aurora Health Care
- Children's Hospital & Health System
- City of Wauwatosa Administration Office
- City of Wauwatosa Assessor's Office
- City of Wauwatosa Attorney's Office
- City of Wauwatosa Board of Health
- City of Wauwatosa Clerks' Office
- City of Wauwatosa Common Council
- City of Wauwatosa Department of Public Works
- City of Wauwatosa Finance Department
- City of Wauwatosa Fire Department
- City of Wauwatosa Health Department
- City of Wauwatosa Human Resources Department
- City of Wauwatosa Information Systems Department
- City of Wauwatosa Office of the Mayor
- City of Wauwatosa Planning Department/Economic Development
- City of Wauwatosa Police Department
- City of Wauwatosa Public Library
- City of Wauwatosa Senior Commission
- City of Wauwatosa Water Department
- City of Wauwatosa Youth Commission
- Committee for Citizens with Disabilities
- Friends of Hoyt Park & Pool
- Froedtert & Medical College of Wisconsin
- Hart Park Senior Center
- Interfaith Older Adult Programs
- Mayfair Mall
- Medical College of Wisconsin Injury Research Center
- Metcalfe's Market
- Milwaukee County Behavioral Health Division
- Outpost Natural Foods
- Safe Kids Southeast Wisconsin
- Safe Routes to Schools
- Sendiks
- St. Jude's the Apostle School
- Tosa Cares
- Tosa Community Food Pantry
- Tosa Farmer's Market
- Tosa Skateboarders United (TSU)
- Tosa United
- Wauwatosa Neighborhood Association (NAC)
- Wauwatosa Recreation Department
- Wauwatosa School District
- Wellness In Tosa School (WITS)
- West Allis WIC Program
- West Suburban YMCA
- Wisconsin Division of Health – Southeast Region (SERO)

