
2023-2027

WAUWATOSA COMMUNITY HEALTH IMPROVEMENT PLAN



Wauwatosa
HEALTH DEPARTMENT

What is a Community Health Improvement Plan? (CHIP)



A Community Health Improvement Plan (CHIP) is a long-term, systematic effort to address public health problems in a community. The CHIP is developed collaboratively and defines a vision for the community's health. The plan belongs to the entire community.

Why is Social Justice important in the CHIP?

“Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death.” (WHO, 2008)

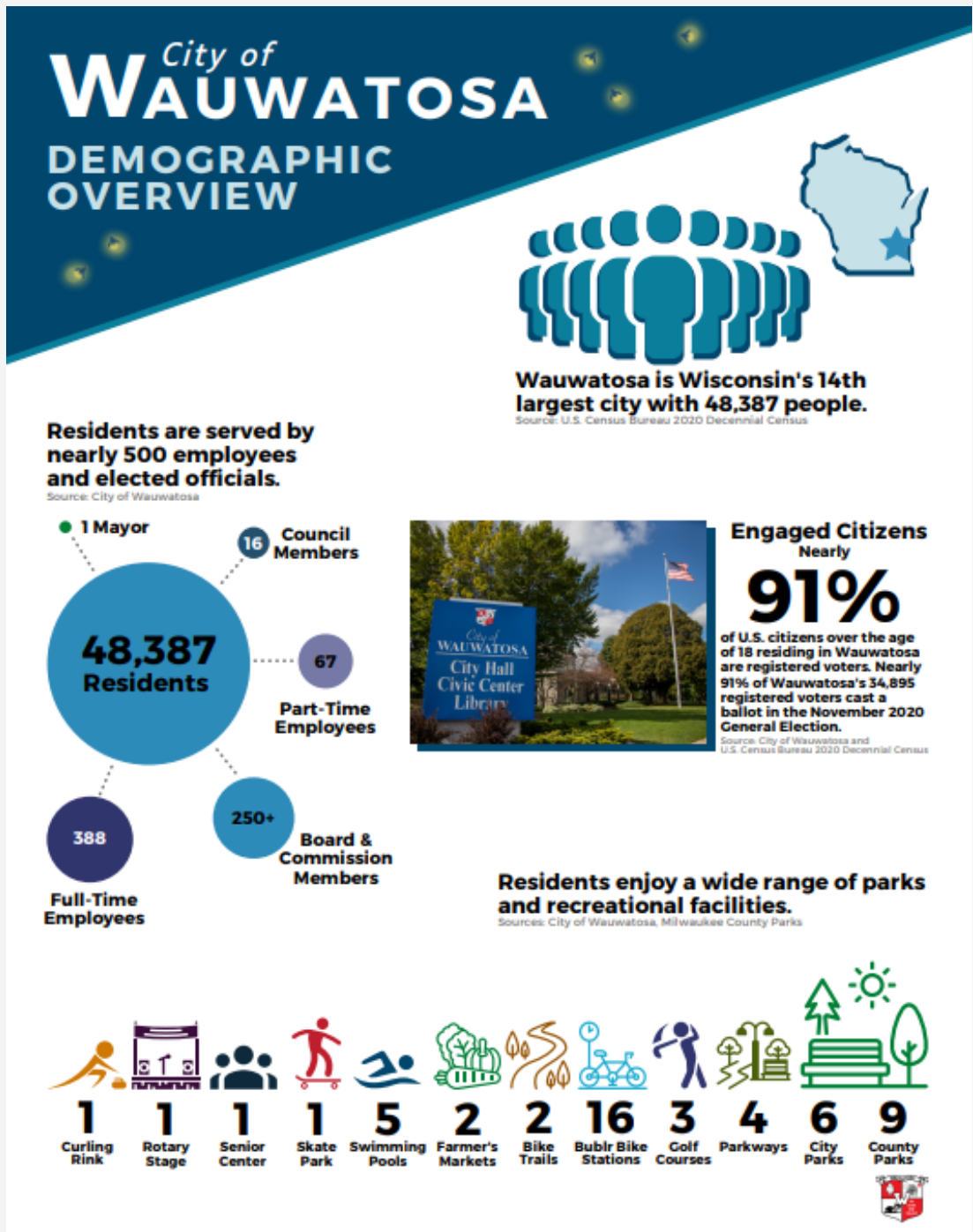
We know that health outcomes are largely determined by the environment in which people live. There are multiple factors that impact the options people have for where they live, including systemic factors such as racism and discrimination. In order to get to the root causes of poor health outcomes, it is essential to address these systemic factors.

Health Equity as a Means to Social Justice

Health Equity is the assurance of the condition of optimal health for all people. In order to advance health equity in our community, we must work towards changing the policies, systems, and environments that impede the attainment of optimal health. Our CHIP and its goals are centered around the advancement of Health Equity.

Wauwatosa Community Profile

In general, the Wauwatosa population is educated, healthy, and well-connected to community resources and services. While this may be the case for many, the city can only deem itself healthy when its most vulnerable have equitable access to health care, affordable and accessible housing, safe neighborhoods, education, and recreational opportunities.



CHIP Community Partners

Thank you to the many partners, community members, and staff for your participation, dedication, and support during the development of the Wauwatosa Community Health Improvement Plan (CHIP).

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CHIP Community Partners

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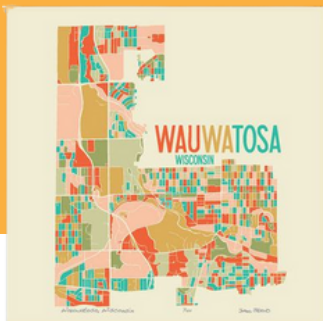
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Kosta Zervas, Wauwatosa Rec Department, Age-Friendly Tosa

COMMUNITY PARTICIPATION



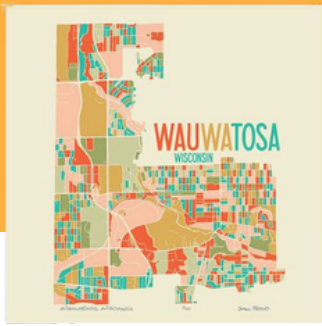
In October of 2022, the Wauwatosa Health Department invited community members and partner organizations to a "Healthy Wauwatosa" Community Partner meeting. The Community Health Assessment (CHA) was reviewed along with themes related to strengths and opportunities.

After a review of all available data, key areas of concern were identified.

- Housing
- Racial and Social Equity
- Mental Health
- Substance Use
- Injury and Violence
- Social Isolation/lack of Social Support
- Communication
- Services for older adults and people with disabilities
- Obesity
- Chronic Disease
- Transportation

Community partners who were in attendance for the meeting voted on their top three priority areas. A summary of the meeting and a follow-up priority survey were sent to partners who were unable to attend. Based on the responses received, we determined that Racial and Social equity will be woven into the areas of:

Housing
Mental Health/Social Connection
Substance Use



PRIORITY AREA: HOUSING

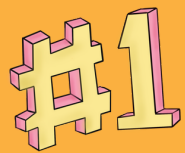
Challenges

- Households that can affordably own a home earn approximately 50% more than renter households.
- More households with higher incomes occupy housing that is affordable to lower income levels, leaving it unavailable to those with lower incomes.
- Low-income renter households live in housing that exceeds their price range.
- Housing stock is old and lacks accessibility features.
- Limited availability of undeveloped sites requires new housing to be delivered on redevelopment sites at a higher density.

Trends



Since 2020, home values have increased by 24% and rent by 20%



Affordability is the leading housing related concern of residents.



Nearly 70% of existing housing stock is over 60 years old.



Approximately 1 in 4 households are cost burdened - meaning they spend more than 30% of income on housing-related costs.



The population in Wauwatosa has been growing and is predicted to continue to grow. This growth is likely to require 1,500 to 2,200 new housing units by 2040.

PRIORITY AREA: HOUSING

Vision Statement: Wauwatosa will be a community with housing available for people of all ages, income levels, abilities, and backgrounds.

Goal 1

Work collaboratively to find solutions that build healthier and more accessible neighborhoods, and to draw attention to housing issues within the city.

Strategy

Timeline

1.1 Plan and host a housing summit in Wauwatosa with community stakeholders.

By December 31, 2025

1.2 Work together with new and existing partners to advance efforts, support efforts, and share information about expanding housing options in Wauwatosa which will result in more affordable housing.

By December 31, 2027

1.3 Create and share a list of comprehensive resources related to housing issues for all Wauwatosa residents.

By December 31, 2024

1.4 Provide educational opportunities to the community about how housing impacts our physical, mental, social, and community health.

Ongoing

PRIORITY AREA: HOUSING

Goal 2

Wauwatosa will serve more residents through its newly expanded Home Repair Program.

Strategy

Timeline

2.1 Work collaboratively to extend the reach of this recently expanded program. Work with community partners to identify opportunities to market the program more widely.

Starting April 2023 and ongoing

2.2 Work with Development Department to ensure community feedback is considered when creating new rules and/or regulations around the program.

As needed

2.3 Share other resources related to home repair with the community at-large.

Ongoing

PRIORITY AREA: HOUSING

Goal 3

To ensure the needs of older adults, people with disabilities, new residents, and any other resident who may need extra assistance are taken into consideration, Wauwatosa will enhance emergency preparedness and response efforts, and increase community awareness around emergency preparedness.

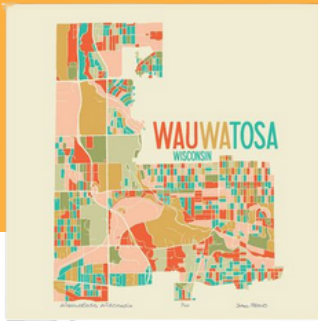
Strategy	Timeline
3.1 Integrate into current plans, ways to effectively reach and communicate with residents who have distinct needs in an emergency.	Ongoing
3.2 Encourage community members to sign up for the Wauwatosa RAVE alert system which provides residents and visitors with real-time communications about emergencies and other situations that impact life in Wauwatosa.	Starting May 2023 and ongoing
3.3 Collaborate with Milwaukee County Office of Emergency Management to provide presentations to the community on emergency preparedness.	Starting January 2024 and ongoing
3.4 Collaborate with Wauwatosa Police Department to revive the block watch program and utilize it as a mechanism to identify residents with specific needs in an emergency.	Starting January 2026 and ongoing

PRIORITY AREA: HOUSING

Goal 4

Wauwatosa will increase opportunities for yard work and snow shoveling assistance to residents who are unable to manage these tasks independently by either implementing or enhancing programs that assist with these tasks.

Strategy	Timeline
4.1 Research other communities to see if there are programming models that may be replicated locally.	By December 31, 2023
4.2 Work with Neighborhood Association Council (NAC) and other community organizations to seek out volunteers or those who will work for pay to provide yard work and snow shoveling assistance. Connect these groups to create a larger pool of available helpers.	By December 31, 2024
4.3: Work with organizations that provide volunteer assistance for yard work to help increase the volunteer pool, so that more assistance will be available locally.	Starting April 2023 and ongoing



PRIORITY AREA: MENTAL HEALTH AND SOCIAL CONNECTION

Mental Health: Challenges

- Mental Health includes our emotional, psychological, and social well-being. It affects a range of important things in our lives such as relationships, how we think and feel, and how we handle the stress that inevitably comes our way.
- The World Health Organization (WHO) reported that in the first year of the pandemic, global presence of anxiety and depression rose by 25%

Youth Mental Health

Wauwatosa High School Students completed the Youth Risk Behavior Survey in 2021. The results include:

- 55% reporting significant problems with anxiety**
- 32% reporting prolonged depression**

Wauwatosa Middle School Students also completed the Youth Risk Behavior Survey in 2021. The results include:

- 54% reporting significant problems with anxiety**
- 28% reporting prolonged depression**



Adult Mental Health

60% of Wauwatosa adult residents who were surveyed in 2021 indicated that Mental Health was the top health issue in the community.



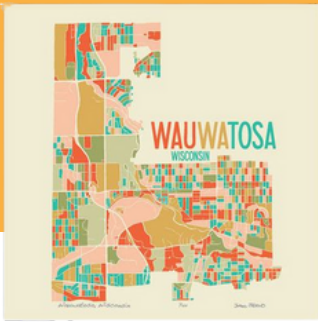
In the same survey, close to 10% reported not getting the mental health services or treatment they needed.

Social Connection as a Protective Factor

Research has found that better social connectedness was associated with lower risks of subsequently diagnosed depression and anxiety.

Reports of feeling lonely were associated with increased risks of depression and anxiety.





PRIORITY AREA: MENTAL HEALTH AND SOCIAL CONNECTION

Social Connection: Background

- Social isolation is an objective measure of the number of contacts that people have.
- Loneliness is a subjective feeling about the gap between a person's desired levels of social contact and their actual level of social contact.

Social Connection: Challenges

- Social isolation, loneliness, and lack of social connection pose serious public health risks that affect a significant portion of the adult and youth population.
- People who experience social isolation and loneliness are at increased risk to develop cardiovascular disease, depression, and dementia and are at a higher risk for falls.

Risk Factors



Youth under 18 and adults over 50 are at higher risk for social isolation and loneliness.



Living alone
Residential stability



Disability status, includes physical disabilities, cognitive impairment or limited mobility.



Transportation status - people without affordable, accessible transportation



Marginalized identity

Approximately 1 in 5 Wauwatosa adults who completed the AARP Age-Friendly survey reported feeling a lack of companionship.



Approximately 1 in 5 Wauwatosa high school students who completed the Youth Risk Behavior survey reported not having at least one adult besides their parent to turn to.



3 out of 10 Wauwatosa middle school students who completed the Youth Risk Behavior survey reported not feeling they belonged at school.

PRIORITY AREA: MENTAL HEALTH AND SOCIAL CONNECTION

Vision Statement: Wauwatosa will be a place that welcomes all and creates opportunities for inclusion and belonging for all.

Goal 1

Support the community in promoting and enhancing meaningful social relationships and work to increase social connectedness across the life course.

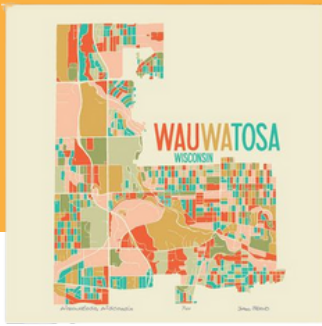
Strategy	Timeline
1.1 Work with all Wauwatosa schools and colleges to create intergenerational opportunities for social connection.	By June 2025 and ongoing
1.2: Work with community partners to create new promotion strategies for existing resources within the community.	By July 2023 and ongoing
1.3: Work collaboratively with the community to identify and offer programming and opportunities that will build connection among participants.	Ongoing
1.4: Work with community partners to create opportunities for dialogue among disparate groups.	By June 2026
1.5: Work with Wauwatosa Police Department and community partners to revive and enhance the Block Watch Program.	By January 2026 and ongoing

PRIORITY AREA: MENTAL HEALTH AND SOCIAL CONNECTION

Goal 2

Work to reach those who have limited social connection or who are deeply disconnected.

Strategy	Timeline
2.1 Support the building of infrastructure that allows for personal connection, such as "buddy benches".	By December 31, 2027
2.2 Reach out to Wauwatosa Home Delivered Meal (Meals on Wheels) recipients to share specific messaging and opportunities for further social engagement.	By January 1, 2024 and ongoing
2.3: Research and identify best practices for connecting with people who are deeply disconnected and who may be experiencing mental health challenges. Share findings with city staff who interact with residents who are disconnected.	By December 31, 2023
2.4: Work collaboratively with community partners to enhance the digital navigation classes offered to community members.	By June 30, 2025 and ongoing



PRIORITY AREA: SUBSTANCE USE

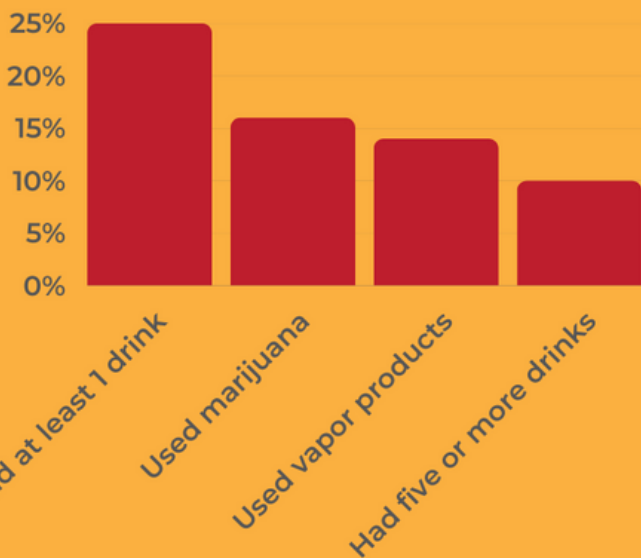
Challenges

- Overdoses have increased across Wauwatosa, Milwaukee County, and the country overall since the start of the pandemic.
- According to the CDC, as of June 2020, 13% of Americans report increasing or starting to use substances as a way to cope.
- Addiction is a disease and overcoming it requires many different forms of interventions and is not something that happens quickly.
- Stigma associated with substance use is a significant barrier to accessing help.

YOUTH DATA

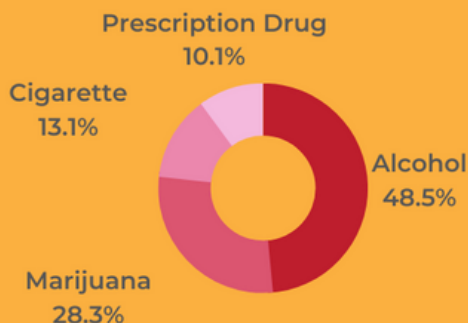
From 2021 Youth Risk Behavior Survey (YRBS)
High School Respondents

IN THE PAST 30 DAYS



USED AT
LEAST ONCE
IN LIFETIME

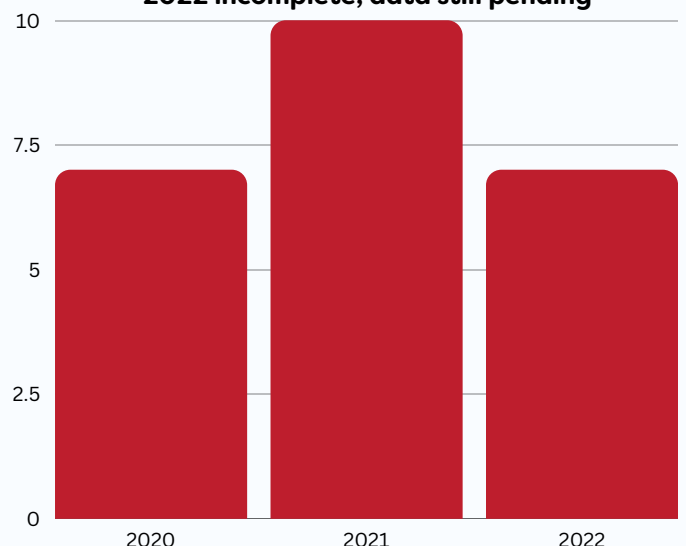
Wauwatosa high
school students'
self-reported
substance use.



Approximately 1 in 5 Wauwatosa **adults** surveyed in 2018 reported binge drinking within the past month. Binge drinking is defined as four or more drinks on one occasion for women, and five or more for men.

Fatal Overdose Data*

*2022 incomplete, data still pending



PRIORITY AREA: SUBSTANCE USE

Vision Statement: Wauwatosa will be a community in which alcohol is used responsibly and other drugs are not misused.

Goal 1 Reduce access to substances which may be addictive and/or abused.

Strategy	Timeline
1.1 Provide opportunities for people to dispose of prescription drugs they no longer need through drug take back events and provision of drug disposal kits and lock boxes.	Annual take back event and ongoing provision of kits and lock boxes.
1.2 Work collaboratively with Wauwatosa Police Department to conduct alcohol and tobacco compliance checks at retailers within the City of Wauwatosa.	Annually

Goal 2 Influence social norms, attitudes, and behaviors around substance use, leading to a decrease in stigma, and an increase in acceptance and use of harm reduction methods.

Strategy	Timeline
2.1 Provide community education to the public and within the schools in order to increase understanding of the scope of the issue.	Starting May 2023 and ongoing
2.2 Provide harm reduction kits containing Narcan and fentanyl test strips to internal and external partners.	Starting January 2023 and ongoing
2.3 Provide referrals to local resources as well as counseling and addiction treatment resources to community members.	Starting January 2023 and ongoing

PRIORITY AREA: SUBSTANCE USE

Goal 3

Reduce the number of substance use overdoses within the City by strengthening community collaboration around substance use prevention.

Strategy	Timeline
3.1 Work collaboratively to provide Teen Bedroom exhibit as an educational tool.	Two times per year
3.2 Share educational opportunities among community partners in order to further the reach of these events.	Ongoing
3.3 Work collaboratively with Wauwatosa Police and Fire to examine local data and trends more deeply to inform and evaluate our substance use programming.	By June 30, 2024
3.4 Work collaboratively with municipal court to explore diversion initiatives for non-violent juvenile court involved individuals.	By December 31, 2024