# Table of contents

## SECTION 1 - Executive Summary

3  Enterprise Overview  
4  Entity Overview  
5  Summary of Community Health Needs Assessment

## SECTION 2 - Our Community

7  Demographic Overview

## SECTION 3 - Assessing the Needs of the Community

8  Community Input  
9  Process and Methods

## SECTION 4 - Addressing the Needs of the Community

10  Identified Health Needs  
10  Prioritization Process and Criteria  
13  Available Resources within the Community to Address the Identified Needs

## SECTION 5 - Evaluation of Prior CHNA and Implementation

14  Evaluation of impact since previous CHNA

19  References  
20  Appendix A
Executive Summary

Enterprise Overview

MAYO CLINIC

Mayo Clinic is a not-for-profit organization with a mission to inspire hope and promote health through integrated clinical practice, education, and research. Mayo Clinic serves more than 1.4 million patients annually from every U.S. state and communities throughout the world, offering a full spectrum of care from health information, preventive, and primary care to the most complex medical care. Mayo Clinic has locations in Rochester, MN; Scottsdale and Phoenix, AZ; Jacksonville, FL; and many Mayo Clinic Health System sites in Minnesota and Wisconsin.

COMMITMENT TO COMMUNITY

Through its interdisciplinary expertise in medical practice, research and education, Mayo Clinic serves communities everywhere. Mayo Clinic reinvests its net operating income to advance breakthroughs in diagnoses, treatments and cures for all varieties and complexity of human disease and quickly translates this new knowledge to advance the practice of medicine. One example illuminating this is how Mayo Clinic responded to the COVID-19 pandemic, which intensified existing community health needs. Mayo Clinic's front-line and virtual reams cared for more than 160,000 patients with COVID-19 in 2021. Mayo staff tested more than 1.1 million people for COVID-19, administered more than 500,000 COVID-19 vaccinations, and provided more than 19,000 monoclonal antibody infusions. In addition to its extensive medical, public health and research response, Mayo Clinic also cared for broader aspects of community need, including assistance to local non-profits,
schools and government agencies, human service collaborative efforts and small local businesses to help stabilize and sustain the economies of its local communities.

**Entity Overview**

Mayo Clinic Health System (MCHS) was created to fulfill Mayo Clinic's commitment to bring quality health care to local communities. MCHS has a physical presence in 44 communities and consists of 53 clinics, 16 hospitals and other facilities that serve the health care needs of people in Iowa, Minnesota, and Wisconsin. The more than 900 community-based providers, paired with the resources and expertise of Mayo Clinic, enable patients in the region to receive the highest-quality physical and virtual health care close to home. MCHS is recognized as one of the most successful regional health care systems in the U.S.

MCHS was developed to bring a new kind of health care to communities. By putting together integrated teams of local doctors and medical experts, we have opened the door to information sharing in a way that allows us to keep our family, friends, and neighbors healthier than ever before.

The system also provides patients with access to cutting-edge research, technology, and resources. Our communities have the peace of mind that their neighbors are working together around the clock on their behalf.

Mayo Clinic Health System in Oakridge is an 18-bed critical-access hospital located in Osseo, Wisconsin. Since 1964, the hospital has been dedicated to promoting health and meeting the health care needs of its patients.

Osseo is part of the Northwest Wisconsin (NWWI) region of MCHS, which includes hospitals in Barron, Bloomer, Eau Claire, and Menomonie. MCHS in Osseo supports the community through inpatient and outpatient services, as well as health and wellness. Although MCHS - Oakridge serves patients from several communities in northwestern Wisconsin, the majority are from Trempealeau County. For the purposes of MCHS – Oakridge’s CHNA, the community is defined as Trempealeau County.

In 2021, MCHS in Osseo provided over $1.5 million in charity care and more than $1.2 million in bad debt. The hospital contributed more than $40,000 through philanthropic donations to support programs, including the American Cancer Society, Junior Achievement, Trempealeau County Aging and Disability Resource Center, Osseo-Fairchild School District, and healthcare college scholarships.

Health education is also communicated through numerous blog postings, newsletter articles and informal presentations. Through online tracking and other measures, it was estimated MCHS reached another 7,000 residents by providing health information on topics affecting immediate health issues and helpful tips on general wellness in 2021.
The MCHS Community Health Needs Assessment (CHNA) process advances and strengthens our commitment to community health and wellness activities by focusing on high-priority community needs and bringing additional ones to light.

**Summary of the Health Needs Assessment**

The primary input into the assessment and prioritization process was the COMPASS Now 2021 report for Trempealeau County. COMPASS Now is a joint effort of Great Rivers United Way, area health care organizations and county health departments to improve the quality of life for everyone in the community. Led by the COMPASS Now 2021 team, the Compass Now 2021 study is focused on communities within a six-county region including Buffalo, La Crosse, Monroe, Trempealeau, and Vernon counties in Wisconsin, and Houston County in Minnesota.

The purpose of the Compass Now 2021 report is to provide an updated assessment of community needs that can be used to inform community action strategies by stakeholders across the region. MCHS is an active partner in the COMPASS Now collaborative and harnesses findings of the COMPASS Now 2021 report to shape its own priorities. Additionally, the 2019 Community Health Needs Assessment final report for Mayo Clinic Health System - Oakridge has been posted on the Mayo Clinic Health System Community Engagement internet page for public review and comment. Written comments by were invited, however to date, no written comments have been received. For this report, the community is defined as Trempealeau County since this is where the majority of the hospital’s patients reside.
Our Community

GEOGRAPHIC LOCATION

Mayo Clinic Health System – Oakridge in Osseo is part of the Great Rivers region located in western Wisconsin and southeastern Minnesota. The region is made up of La Crosse, Monroe, Trempealeau, Vernon, and Houston counties. Mayo Clinic Health System – Oakridge in Osseo is in Trempealeau County, its primary service area.
DEMOGRAPHICS

Osseo has a population of 1,710; Trempealeau County has a population of 30,097 and is considered 90% rural. The racial make-up is predominately white, with the largest ancestry groups in the region being Polish, Norwegian, and German descent. According to the 2020 census, ethnically, the population was 12.9% Hispanic or Latino of any race. Additional demographic profile information can be found in exhibit 2.1 below.

The largest employers in Trempealeau County include manufacturing, skilled nursing care and health care facilities and the school district.

### Exhibit 2.1 2020 Demographic Profile of the Region

<table>
<thead>
<tr>
<th>Indicator</th>
<th>BU</th>
<th>HO</th>
<th>LC</th>
<th>MO</th>
<th>TR</th>
<th>VE</th>
<th>REGIONAL TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020 Total Population</td>
<td>13,534</td>
<td>19,527</td>
<td>120,515</td>
<td>46,889</td>
<td>30,097</td>
<td>31,029</td>
<td>261,591</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 0-17</td>
<td>19%</td>
<td>21%</td>
<td>21%</td>
<td>24%</td>
<td>22%</td>
<td>24%</td>
<td>22%</td>
</tr>
<tr>
<td>Age 18-29</td>
<td>12%</td>
<td>13%</td>
<td>21%</td>
<td>14%</td>
<td>13%</td>
<td>13%</td>
<td>17%</td>
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<tr>
<td>Age 30-44</td>
<td>16%</td>
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<td>18%</td>
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<td>17%</td>
</tr>
<tr>
<td>Age 45-64</td>
<td>29%</td>
<td>28%</td>
<td>24%</td>
<td>27%</td>
<td>28%</td>
<td>27%</td>
<td>26%</td>
</tr>
<tr>
<td>Age 65+</td>
<td>23%</td>
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<td>17%</td>
<td>18%</td>
<td>19%</td>
<td>21%</td>
<td>18%</td>
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<tr>
<td><strong>Sex or Gender</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female Population</td>
<td>49%</td>
<td>50%</td>
<td>49%</td>
<td>51%</td>
<td>51%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Male Population</td>
<td>51%</td>
<td>50%</td>
<td>49%</td>
<td>51%</td>
<td>51%</td>
<td>50%</td>
<td>50%</td>
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<tr>
<td><strong>Race</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian/Alaska Native Population</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Asian Population</td>
<td>1%</td>
<td>1%</td>
<td>5%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Black/African American Population</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Other Race Population</td>
<td>1%</td>
<td>0%</td>
<td>0%</td>
<td>2%</td>
<td>7%</td>
<td>1%</td>
<td>2%</td>
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<tr>
<td>Pacific Islander Population</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Population of Two or More Races</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>White Population</td>
<td>96%</td>
<td>97%</td>
<td>91%</td>
<td>91%</td>
<td>90%</td>
<td>97%</td>
<td>92%</td>
</tr>
<tr>
<td><strong>Ethnicity</strong> (individuals of Hispanic ethnicity are also counted in the race category)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic Population</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
<td>5%</td>
<td>10%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Household Income</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Household Income less than $15,000</td>
<td>8%</td>
<td>7%</td>
<td>8%</td>
<td>9%</td>
<td>8%</td>
<td>12%</td>
<td>9%</td>
</tr>
<tr>
<td>Household Income $15,000-$24,999</td>
<td>10%</td>
<td>8%</td>
<td>8%</td>
<td>8%</td>
<td>9%</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Household Income $25,000-$34,999</td>
<td>8%</td>
<td>8%</td>
<td>11%</td>
<td>8%</td>
<td>10%</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Household Income $35,000-$49,999</td>
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<td>15%</td>
<td>14%</td>
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<td>14%</td>
<td>14%</td>
<td>14%</td>
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<tr>
<td>Household Income $50,000-$74,999</td>
<td>23%</td>
<td>22%</td>
<td>18%</td>
<td>20%</td>
<td>20%</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>Household Income $75,000-$99,999</td>
<td>15%</td>
<td>13%</td>
<td>13%</td>
<td>17%</td>
<td>15%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Household Income $100,000-$149,999</td>
<td>14%</td>
<td>12%</td>
<td>17%</td>
<td>15%</td>
<td>15%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Household Income $150,000-$199,999</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Household Income $200,000 or greater</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Housing Type</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Owner occupied Housing Units</td>
<td>75%</td>
<td>80%</td>
<td>61%</td>
<td>70%</td>
<td>71%</td>
<td>77%</td>
<td>68%</td>
</tr>
<tr>
<td>Renters occupied Housing Units</td>
<td>25%</td>
<td>20%</td>
<td>39%</td>
<td>30%</td>
<td>29%</td>
<td>23%</td>
<td>32%</td>
</tr>
</tbody>
</table>

Source: CHS analysis of population estimates published by ESRI. See Appendix A for details.
Assessing the Needs of the Community

Community Input

Mayo Clinic Health System contributed to the COMPASS Now 2021 assessment process in Trempealeau County. This comprehensive process gathered input from a cross-section of the community, including direct input from community members. The assessment was aimed particularly at understanding the needs of the traditionally underserved in the community.

Process and Methods

The assessment process began with a thorough review of the COMPASS Now 2021 report. The COMPASS report is a review of community needs in the Great Rivers Region. The Compass Now Report presents the results of data collected through a community survey, focus groups, an extensive review of socio-economic indicators, and an inventory of community resources. The purpose of the report is to serve as a reference tool and foundation for action plans that solve problems long term.

The Compass Now study was conducted under the direction of Great Rivers United Way, with technical support from a contracted consultant (Community Health Solutions). The study is focused on communities within a six-county region including Buffalo, La Crosse, Monroe, Trempealeau, and Vernon counties in Wisconsin, and Houston County in Minnesota. The study was guided by a Compass Now Steering Committee comprised of stakeholders from public health, health care, and other community sectors. (See Appendix A for full listing)
The Steering Committee members provided guidance on the study scope and methods, including necessary adjustments made in response to COVID-19. The Steering Committee members also provided liaisons to engage community organizations in promoting participation in the convenience survey conducted for the study. The study methods included analysis of community indicators from various sources, and community insights provided by respondents to a random household survey and a supplemental convenience survey.

A random household survey (RHS) of community residents was conducted in July-September of 2020. The survey was mailed to 6,000 randomly selected households using a sampling strategy designed to produce a target number of at least 100 survey responses from each of the six counties. In addition, within each county the mail-out was designed to over-sample from census tracts with low income to help assure that lower-income community residents were represented. Of the 6000 households that received surveys, 713 were returned and their responses analyzed. Trempealeau County had a 21.7% response rate.

The majority of RHS respondents from Trempealeau County indicated they were moderately or very concerned about mental health, mental health stigma, alcohol use, obesity, prescription drug misuse, suicide, and illegal drug use.

A supplemental convenience survey (CS) was conducted in October-November 2020. The purpose of the CS was to generate additional survey responses from populations that may have been under-represented in the RHS, including but not limited to responses from medically underserved, low-income and minority populations. The CS was primarily conducted using mixed methods, and respondents could either complete their survey online or submit a paper copy of their survey response. Trempealeau County had 25 people respond through the CS. Exhibit 1.3 of Appendix A further details the profile of Community Survey Respondents.

The top four priority needs identified by CS participants were as follows:

1. Mental Health - Isolation, Stigma, Providers, Access to Care
2. Addiction and Lack of Treatment Options
3. Preventable Behaviors - inactivity, obesity
4. Safe, Affordable Housing

Research of the County Health Rankings provided additional data and information into the assessment process. Launched in 2010, the County Health Rankings program aimed to produce rankings for all 50 states. The rankings identify the multiple health factors that determine a county’s health status and indicate how health status includes environment, education, jobs, individual behaviors, access to services and health care quality. A snapshot of the 2020 Trempealeau County Health Rankings can be found [here.](#)
Addressing the Needs of the Community

Identified Health Needs

COMPASS Now 2021 assessment findings for Trempealeau County, including detailed comments from respondents of the CS (see Exhibit C.10 Appendix A) and quantitative data, as well as further conversations with community partners, were strong inputs into the MCHS prioritization process.

Priority focus areas for Trempealeau County were identified through review of the COMPASS Now 2021 report, County Health Rankings, and other quantitative and qualitative data. Data was presented to the NWWI Regional Board of Directors as part of determining the CHNA priorities for Trempealeau County. The board confirmed that by prioritizing health priority areas of mental health, substance abuse and alcohol misuse, and chronic disease and obesity, MCHS will align with and complement other COMPASS Now 2021 partners as they work together to have an impact on Trempealeau County’s top health needs.

After completing an extensive analysis of the COMPASS Now 2021 for Trempealeau County, County Health Rankings, and other quantitative and qualitative data inputs identified, the top community health needs identified as Mayo Clinic Health System – Oakridge in Osseo priorities are:

1. Mental health
2. Substance abuse and alcohol misuse
3. Chronic disease prevention and obesity
The CHNA committee believed it was vital to address these priorities and that MCHS should be addressing them. Given the interrelated nature of some of the health topics and related interventions, it was agreed to combine obesity with chronic disease and substance abuse with alcohol misuse. The committee agreed that working on each of these three focus areas will allow for widespread impact on population health.

To effectively measure impact and based on our area of expertise and availability of resources, Mayo Clinic Health System has selected the top three health priorities that were identified as significant needs in Trempealeau County to focus our efforts on – Mental Health (including mental health stigma and suicide prevention), Substance Abuse and Alcohol Misuse (including tobacco use, e-cigarettes & vaping and illegal drug use) and Chronic Disease and Obesity. Additionally, the interconnectedness of various health issues, as recognized by participants in the CHNA process, is expected to produce additional benefits in other health areas examined in the assessment.

**Identified Health Need**

**Mental Health**

This focus area refers to the services and support needed to address how we think, act, and feel as we cope with life. Mental health is essential for personal well-being, caring for family and interpersonal relationships, and meaningful contributions to society. Mental health conditions may include, but are not limited to, isolation, depression, anxiety, and posttraumatic stress disorder.

Good mental health allows us to form positive relationships, use our abilities to reach our potential and deal with life’s challenges. Mental illnesses are medical conditions that impair a person’s thinking, mood, ability to relate to others and ability to cope with the daily demands of life.

Mental illnesses often are associated with physical health problems and risk factors, such as smoking, physical inactivity, obesity, and substance abuse: factors that can lead to chronic disease, injury, and disability.

**In Trempealeau County:**

- 59% of adults that need mental health treatment are not receiving it.
- The percentage of youth needing treatment and not receiving it is 55%.
- The ratio of population to mental health providers is 1,980:1 in Trempealeau County, which is higher than the state rate of 440:1 and U.S. performance of 250:1.
- The rate of death by suicide is 20 per 100,000 people

**Identified Health Need**

**Substance Use and Alcohol Misuse**
Substance use is defined as the use of and negative effects from mood-altering substances (such as marijuana or heroin) or misuse of prescription drugs. Across the U.S. and in Wisconsin, there has been a surge in the use of prescription drugs for nonmedical purposes. The misuse of these substances is most prevalent among young adults. From 2021-2020 the count of opioid-related deaths in Wisconsin increased by 46.2%.

Alcohol misuse is defined as underage alcohol consumption, consumption during pregnancy, binge drinking (four or more drinks per occasion for women, five or more for men), and heaving drinking (one or more drinks per daily average for women, two or more for men).

In Trempealeau County:
- Sixty percent of survey respondents were moderately or very concerned about alcohol use.
- 72% of respondents were moderately or very concerned about illegal drug use in the county.
- Approximately 42% of all driving deaths in the county involve alcohol.

Identified Health Need

Chronic Disease Prevention & Management (with emphasis on obesity)

According to the CDC (Centers for Disease Control) National Center for Chronic Disease and Health Promotion, chronic disease prevention and management typically focus on behavioral interventions such as healthy eating, increased physical activity and cessation of unhealthy practices such as tobacco and alcohol use. In many cases, obesity is a contributing factor for preventing and maintaining chronic diseases, especially heart disease and diabetes. Prevention is not always possible, so it is important that effective management is also part of the health care system.

Although chronic diseases usually become clinically apparent in adulthood, the exposures and risk factors that precede disease onset occur at every stage of life. Childhood and adolescence are critical times to deliver and reinforce health education messages.

Chronic diseases, such as heart disease, stroke, cancer, diabetes, asthma, and arthritis, are among the most common and costly of all health problems in the U.S. Currently, six in ten Americans live with at least one chronic disease. Maintaining a healthy weight is important for reducing the risk of developing chronic conditions that may have a major impact on quality of life. Healthy weight management promotes good mental health, healthy nutrition, physical activity, and a longer life.

In Trempealeau County:
- Heart disease is the leading cause of death for residents in the county.
- 56% of respondents were moderately or very concerned about obesity.
Available Resources within the Community

The one other hospital in Trempealeau County is Tri-County Memorial in Whitehall. Three hospitals in neighboring Eau Claire County provide secondary- and tertiary-level care (MCHS in Eau Claire, Sacred Heart Hospital, and Marshfield Medical Center-Eau Claire), including Level II trauma care (MCHS in Eau Claire).

As a member of MCHS, MCHS in Osseo has seamless access to the care offered in Eau Claire, as well as the world-renowned Mayo Clinic in Rochester, Minnesota. Another hospital affiliated with MCHS and Gundersen Lutheran Hospital are located to the south in La Crosse.

The residents of Trempealeau County have access to the following resources:

**Healthcare (chronic disease prevention/management and obesity)**
- Trempealeau County Healthcare Center, Whitehall
- Trempealeau County Healthcare Center, Independence

**Mental health services**
- Trempealeau County Healthcare Center, Whitehall
- Trempealeau County Healthcare Center, Independence
- NAMI (National Alliance for Mental Illness) Trempealeau County, Whitehall
- Crisis & Human Services, Whitehall

**Drug-treatment facilities**
- West Central Wisconsin Behavioral Health, Independence
The 2019 Community Health Needs Assessment final report for Mayo Clinic Health System - Oakridge is posted on the Mayo Clinic Health System Community Engagement internet page for public review and comment. No written comments have been received.

Here are highlights of the accomplishments of the community health implementation plan for each of the priority health focus areas in Eau Claire County.

Prioritized needs & objectives per the 2019 Implementation Plan:

**Mental Health** – Increase strong, healthy social connections among residents across all life stages to promote mental wellness.

**Substance Abuse & Alcohol Misuse** – Reduce substance abuse by providing education and advocacy around substance abuse in the community.

**Chronic Disease & Obesity** – Reduce chronic disease by promoting health and wellness lifestyle choices in the community.

**COVID-19 emerged as the leading community health priority in 2020**
In February 2020, the COVID-19 virus became a pandemic throughout the U.S. and within Eau Claire County. Mayo Clinic responded to this challenge in a multitude of ways to protect the health of its local and regional communities as well as contributing to the national and global response, including:

- Restructuring patient care services to ensure capacity for intensive care for community needs. This required significant interruptions to normal operations as non-emergency care services were deferred to increase COVID-19 response capacity.
- Expanding virtual care capabilities to advance home care and treatment to safely improve access for community and rural patients.
- Rapid development and dissemination of public and consumer information about the COVID-19 virus to help the public (consumers, government, peer medical providers, etc.) understand the risks and take actions to prevent and/or care for the infection.
- Development and dissemination of rapid COVID-19 testing resources to strengthen efforts of local public health and other health care organizations in serving community needs.
- Refocused research efforts to bring greater understanding, therapies, and potential vaccine solutions for the COVID-19 virus, including antibody testing capabilities, blood plasma therapies and effectiveness and safety of various pharmaceutical therapies.
- Sharing knowledge and collaborating broadly with other academic health centers and businesses to expand understanding and resources to address and contain the disease. Examples include using AI (Artificial Intelligence) to model and forecast hotspots across the U.S., as well as developing tools to standardize contact tracing and exposure management. These systems were also shared with Public Health departments to inform changing health safety policies as the pandemic has evolved locally.

These efforts, combined with the capacity challenges of local non-profits and other sectors delayed some of the 2020 community health improvement (implementation plan) strategies.

**COVID-19 disclaimer:** With the COVID-19 pandemic lingering as a crisis in 2021, education and communication about COVID-19 safety measures, including vaccination, often took priority over CHNA efforts. Many activities that supported CHNA priority areas were held virtually or cancelled to support community safety considering COVID-19 positivity.

**Mental Health**

The following efforts have been implemented to impact mental health and related health concerns:

**Monetary support:**
- Mondovi Public Library – $150 (Summer reading program sponsor)

**Grants:**
- Osseo-Fairchild Elementary School - $30,000 (After school program, mental health programming)
- Western Dairyland EOC, Inc. - $10,000 (Homelessness Programming)
• Eleva Strum Elementary School - $4,500 (Healthy Minds and Bodies)
• Anthony Acres Charter School - $3,000 (Outdoor classroom and education program)

Programming and Education:
• **Fall into Wellness virtual program** - Distributed materials for the Fall into Wellness virtual program to the general population, key organizations, and area schools. This program, delivered in a points-based, friendly month-long competition, helped highlight small, simple changes to manage stress, eat nutritionally balanced foods and get regular physical activity. Presentations are available to view on YouTube following the live webinars.
• **Community Contribution funding for mental well-being initiatives** – Facilitated grant invitations and review for those community organizations with initiatives supporting the Community Health Needs Assessed areas. Activity included grant review and approvals and follow-up with the organizations.
• **Discover Gratitude** - Invited educators, social service agencies and community members to participate in this free, self-guided virtual program that helps improve mental well-being through daily journaling, with emphasis on gratitude for improved mental well-being.
• **Blogs** - Provided subject matter on a variety of topics focusing on CHNA to community members through web access and newsletters.

Community Involvement:
• Mondovi Public Library (ongoing partnership in their capital campaign project)

**Substance Use & Alcohol Misuse**

The following efforts have been implemented to impact substance abuse & alcohol misuse and related health concerns:

Monetary support:
• Gilmanton High School - $100 (Post Prom After Party)
• Big Brothers Big Sisters of Northwestern Wisconsin - $1,000 (Programming)
• Hope 4 U - $200 (Suicide Walk)
• Luke 3:11 Project - $1,000 (Winter clothing, blankets, toiletries for low income)
• The Heartbeat Center for Writing, Literacy and the Arts, Inc. - $1,000 (Music in the Park)
• Mondovi High School - $2,500 (M-CORE Programming for at risk youth)

Research:
• Conducted and published a study finding changes in substance abuse among young adults during pandemic; findings were reported in local media.

**Chronic Disease & Obesity**

The following efforts have been implemented to impact chronic disease & obesity and related health concerns:
Monetary support:
- ADRC (Aging and Disability Resource Center) of Trempealeau County - $2,000 (home meals, memory café and book club)
- American Cancer Society - $1,000 (Programming)
- Beaver Creek Reserve - $500 (Programming)

Grants:
- Comprehensive Advanced Life Support – $10,000 (Adult mannequin, maintenance, and crash cart in support of rural emergency medicine providers).
- Buffalo County Sheriff’s Department - $12,558 (AED for rural community support)

Programming and Education:
- **Strong Bodies – Basic Class** – This multiweek evidence-based strength training program is designed for middle-aged and older adults. Each class in the program includes progressive weight training, flexibility, and balance activities. Optional floor exercises are included. Benefits included improved mood, energy, and sleep. (14 classes were attended with 20 people in attendance).
- **Chronic disease webinars**- These were designed to educate the community about chronic disease prevention. The topics of the three webinars include: healthy eating strategies, chronic pain management and Yoga to relieve pain and stress. Presentations were available to view on YouTube following the live webinars.
- **Myeloma Support Group** - Open to the community (11 classes were held with an average of 6 people attending each session).
- **Breast Cancer Support Group** - Open to the community (6 classes were held with an average of 6 people attending each session).
- **Vaccinations** - Promote COVID vaccination to community groups with education on symptoms, vaccine safety, availability, and community collaboration.
- **Community communication** - COVID updates and other health related topics. (18 emails sent)

Community Involvement:
- Osseo Fairchild School District. Support 13 Athletic Programs with approximately 105 student athletes at significantly reduced fees, including Cross Country, Football, Golf, Girls Volleyball, Basketball, Wrestling, Track/Field, and Softball and Baseball.
- American Red Cross (Board members)
- American Cancer Society (Volunteer)
- American Heart Association
- Big Brother Big Sister (Volunteer)

Despite the actions taken since the prior CHNA to address mental health, substance use and alcohol misuse and chronic disease/obesity, the results of the CHNA concluded these priorities continue to be health concerns in the community and will continue to be addressed by MCHS- Oakridge.
Mayo Clinic Health System Individuals Involved in CHNA

Community Health Needs Assessment Committee:
Richard Helmers, MD, Regional Vice President, Mayo Clinic Health System, Northwest Wisconsin
Karolyn Bartlett, Manager, Operations
Brook Berg, Community Engagement Director
Tasha Bjork, Administration, Operations
Cory Carlson, RN, Behavioral Health Supervisor
Andrew Calvin, MD, Cardiology
Jason Craig, Administration, Regional Chair
Marquita Davis, Quality, Performance Improvement Advisor
Jen Drayton, RN, Nurse Administrator
Joni Gilles, RN, EMS Coordinator
Frances Jordahl, Social Work Supervisor
Jenny Jorgenson, Community Engagement Specialist
Carie Martin-Krajewski, Vice Chair, Administration
Sarah McCune, RN, Operations, Administration
Maria Seibel, Community Engagement Specialist
Tina Tharp, Community Engagement Specialist
Pam White, RN, Chief Nursing Officer
References

2021 Great Rivers United Way COMPASS Now

CDC National Center for Chronic Disease and Health Promotion (NCCDPHP)

County Health Rankings & Roadmaps

U.S. Census QuickFacts Trempealeau County, WI

Wisconsin Department of Health Services WISH Data Sources

Appendix A

Click on image to view full report
How is your community faring?

Trempealeau County