

Sheboygan County 2010 Priorities



A survey conducted in 2005 asked Sheboygan County residents what they believed were the top health problems in the community, based on the 11 Healthy People 2010 priorities. The four top priorities identified were:

1. **Overweight, Obesity, and Lack of Physical Activity**
2. **Alcohol and Other Drug Abuse**
3. **Tobacco Use and Second-hand Smoke Exposure**
4. **Unhealthy Food Choices**

These choices then became the basis of the three sub-committees that are currently active as a part of Healthy Sheboygan County 2010. Tobacco-Free Sheboygan County works separate, but in conjunction with HSC 2010.

Healthy Sheboygan County 2010 Steering Committee Members

Ed Bradley	St. Nicholas Hospital
William Bronson	The Center
Patty Damon	Sheboygan Co. Health and Human Services
Phil Duket	Family Resource Center
Laura Graney	Sheboygan Co. Div. of Public Health
Dale Hippensteel	Sheboygan Co. Health Officer
Joan Ketterman	Sheboygan Co. Div. of Community Programs
Mary Jo McBrearty	St. Nicholas Hospital
Bev Randall	Mental Health Association
Jill Niemczyk	NE WI Area Health Education Center



Sheboygan County Health and Human Services

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Sheboygan County Health and Human Services

Healthy Sheboygan County 2010:

Working to Improve the County's

Well-Being

Healthy People 2010 is a set of goals that are designed to focus on increasing quality and years of healthy life and eliminating health disparities.



Healthy Sheboygan County 2010 is a Coalition of community members that are working together to enhance the health and well-being of all people residing in Sheboygan County. Currently the group is focusing on three priority areas:

- Obesity, Inactivity and Nutrition
- Suicide Prevention and Mental Health and
- Alcohol, Tobacco, and Other Drug Abuse

Coalition for Kid's Activity and Nutrition

The mission of this coalition is to prevent obesity and improve the health of children, families and communities through education and promotion of better nutrition and increased physical activity.

This mission is accomplished through the following activities:

- A Speaker's Bureau which gives public presentations on nutrition and physical activity.
- Participation at local health fairs.
- "Veggin' Out" cooking demonstrations during the Farmer's Market season encouraging the consumption of 5-9 servings of vegetables and fruits per day.
- Assistance to schools in writing and implementing state-mandated wellness policies.
- Promotion and coordination of the National Family Health and Fitness Day in Sheboygan County.
- Promotion and coordination of National Employee Health and Fitness Day in Sheboygan County.
- Collaboration with Sheboygan County businesses to increase efforts to establish healthier worksites.
- Publications, brochures, and educational material development and dissemination into the community.



Mental Health

The mission of the HSC2010 Mental Health Committee is to raise awareness of factors that may lead to suicide and assist people in identifying resources to meet those needs in order to enhance the health of area residents. Recent activities of the group include:

- Educational programs which address mental health issues for students in middle school and high school.
- Educational programs on depression and suicide prevention for adult groups in the community.
- Coordinating National Depression Screening Day and National Anxiety Disorders Screening Day for college students and adult populations.
- Outreach activities at numerous health fairs and Farm Technology Days.
- Participating on the committee that directs the Sheboygan Area School District's TeenScreen project.
- Distributing suicide prevention tri-folds (in English, Spanish, and Hmong) which list the warning signs of suicide and provide contact information for local resources.
- Supporting legislative issues related to mental well-being.
- Creating awareness of mental health issues through involvement with the media.
- Compiling suicide statistics with the assistance of the county coroner.
- Distributing print materials related to depression, suicide prevention, and good mental health.
- Distributing trigger locks and gun safety information to reduce the rate of suicides involving weapons.

Alcohol and Other Drugs

HSC 2010 Alcohol and Other Drug Committee's goal is to create an environment that is supportive of an alcohol and drug-free lifestyle. The committee plans to do this by reducing substance use and abuse by both youth and adults and strengthening collaboration of prevention efforts within the community.

Working with school districts, parents, and the community at-large the committee has been using evidence-based programs that have been found to delay the onset of use and reduce the use and abuse of substances successfully in various settings.

HSC 2010 AODA supports and coordinates such efforts as:

- Parents Who Host Lose the Most Campaign
- Neighbors Against Drugs
- Parents Who Care parenting classes
- Training in science-based prevention curriculums
- Encouraging pharmacists to discuss prescription drug safety with all patients to deter prescription drug abuse
- The Drug Free Communities Support Program grant.

