

Modifiable risk factors that affect community health

- ▶ **Tobacco use and exposure to smoke** can lead to nicotine addiction, heart disease, stroke, cancers, low birth weight babies, lung and respiratory infections, and asthma
- ▶ **Obesity and lack of physical activity** can contribute to heart disease, diabetes, stroke, cancers, suicide, and depression
- ▶ **Alcohol and other substance abuse** or inappropriate use can lead to motor vehicle accidents, liver disease, stroke, cancers, self harm or harm to others
- ▶ **Intentional and non-intentional injuries** such as accidents, falls, burns, suicides, and crimes like domestic abuse can lead to loss of years of productive life
- ▶ **Mental health** disorders such as Alzheimer's disease, autism, depression, eating disorders, and schizophrenia can lead to loss of productive years
- ▶ **Access to health care**, or lack of, may lead to not finding cancers, heart diseases, diabetes or other illnesses early enough to be effectively treated.
- ▶ **Adequate and appropriate nutrition**, or not knowing what foods are healthy and not being able to get them, can lead to or contribute to illnesses like heart disease, stroke, diabetes, high blood pressure, low weight babies, and cancers
- ▶ **Communicable diseases** that exist, or are emerging and re-emerging can lead to time away from work or school and contribute to death particularly for the very young and old
- ▶ **Economic factors** such as poverty, unemployment and underemployed can have a cyclical negative relationship with health of individuals and groups
- ▶ **Environmental and occupational health hazards** such as chemicals in air, water or food can lead to childhood lead poisonings, and illnesses like asthma, cancers, and diarrhea as well as loss of productive time
- ▶ **High-risk sexual behavior** such as having multiple partners and not using protections may lead to sexually transmitted diseases like AIDS or HIV and lead to infertility, cancer of the cervix, harm to babies, and premature death
- ▶ **Social/spiritual family and cultural factors** such as the devaluing of specific groups like youth or minorities or lack of support systems may contribute to less than optimal levels of health

Vision:

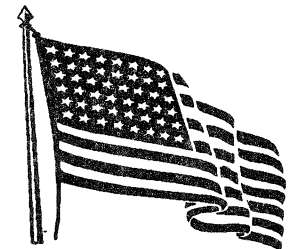
A healthy Washington County is a place where people...

- Reach their highest potential
- Have support for their physical, emotional, intellectual, spiritual, and cultural needs
- Work together to improve the physical and social environment for their benefit and future generations.

For more information please contact
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January 2002

Healthy Washington County Health Improvement Plan 2001-2006



The Mission of Healthy
Washington County...

is to enhance the health of the
community through public and
private partnerships

Healthy Washington County Health Plan Priorities

Tobacco usage and exposure to smoke

Objectives:

- ◆ Reduce cigarette smoking by adolescents
- ◆ Reduce cigarette smoking by adults
- ◆ Reduce the proportion of all people exposed to secondhand smoke

Community Resources:

- ◆ Health Department Tobacco Control Specialist and Washington County Tobacco Free Coalition Coordinator
262-335-4464
- ◆ Quit Line
1-877-270-STOP

Obesity and lack of physical activity

Objective:

- ◆ Improve health, fitness and quality of life through physical activity and weight control

Community Resources:

- ◆ Parks and Recreation Departments
- ◆ Schools and Churches
- ◆ YMCA and youth groups
- ◆ Employers
- ◆ Washington County Resource Center
1-877-306-3030 toll free

Inappropriate use and abuse of alcohol and other substances

Objectives:

- ◆ Reduce substance abuse to protect the health, safety and quality of life for all

Community Resources:

- ◆ Council on Alcohol and other Drug Abuse of Washington County
262-335-6888
- ◆ Comprehensive Community Services Agency (CCSA)
262-335-4478

Intentional and non-intentional injuries and violence

Objectives:

- ◆ Reduce injuries, disabilities and death due to unintentional injuries
- ◆ Reduce deaths caused by motor vehicle collisions
- ◆ Reduce homicides, suicides and injuries related to domestic violence and sexual assault

Community Resources:

- ◆ Washington County Injury Prevention Coalition Coordinator
262-335-4704
- ◆ Friends For Abused Families
262-334-7298

Mental health

Objectives:

- ◆ Increase knowledge of county residents on positive mental health lifestyles
- ◆ Increase number of individuals seeking treatment for mental health related issues

Community Resources:

- ◆ Mental Health Center of Washington County
262-335-4545
- ◆ Positive Image Peer Support Center
262-306-7541