

Welcome to Eau Claire Health Alliance

Dear Community Member,

This Annual Report highlights how the action teams of Eau Claire Health Alliance (formally known as Eau Claire Healthy Communities) are addressing complex health issues. These issues, as identified in the Community Health Assessment, are chronic disease, healthy relationships, mental health, and substance misuse.

One of the highlights of 2022 includes the merging of Eau Claire Healthy Communities with the Alliance for Substance Misuse Prevention. This merger brings more voices to the table to create the foundation of service to community. The new name and logo reflect the renewed vision of this group. Committed focus on enhancing an Eau Claire County that is a safe place to live, work, and thrive remains central to our coalition. We do this by partnering across the county to address chronic disease, healthy relationships, mental health, and substance misuse.

Other highlights of the report include creating our 2021-2024 Community Health Improvement Plan and moving forward strategies like social media challenges to get people out and moving, a chalking campaign to promote mental wellness, and more!

The work of Eau Claire Health Alliance is made possible by our community members, our partnerships, and shared community assets. We take pride in how engaged our amazing coalition members are and the passion they put forward in the work they do. Your passion and life experiences are the catalyst for the betterment of our County and our communities. With a new name and refreshed mission, we look forward to a resurgence of engagement and enthusiasm in our coalition, and we invite community partners and members to redouble efforts to transform the health of Eau Claire County.

What can you do to help create a Healthier Eau Claire County?
Attend a Coalition meeting! Join an Action Team! Get involved!

Learn more at www.echealthalliance.org. Find us on Facebook, Instagram, Twitter and Youtube.

Sincerely,



Lisa Wells & Bruce King
Eau Claire Health Alliance Coalition Co-Chairs



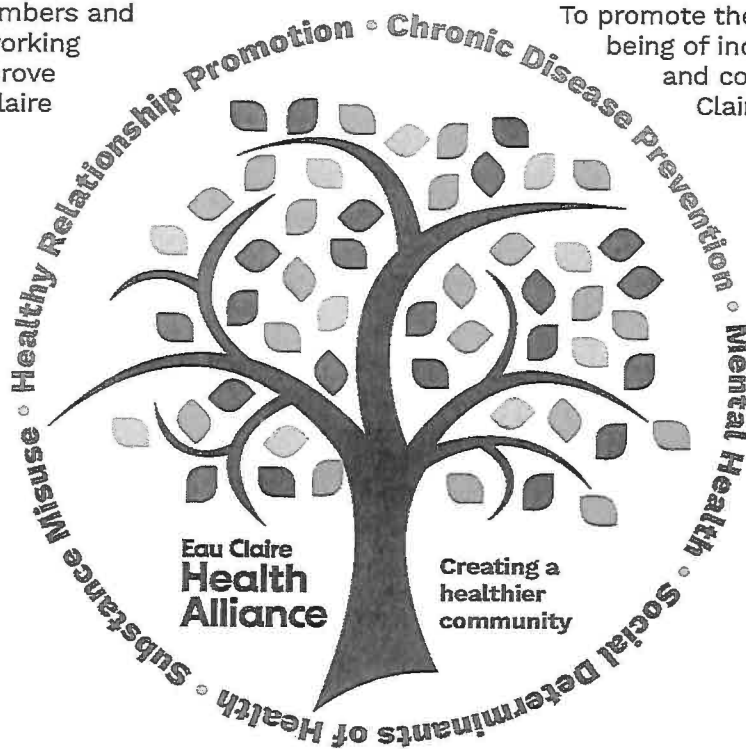
Eau Claire Health Alliance

ECHA Coalition:

Community members and organizations working together to improve health in Eau Claire County.

ECHA's Mission:

To promote the health and well-being of individuals, families, and communities of Eau Claire County through collaborative and focused action.



Action Teams: Teams that implement strategies to improve health.

Chronic Disease Prevention

Encourages active lifestyles at all life ages, increased consumption of healthy foods and beverages, and promotion of health screenings.

Healthy Relationship Promotion

Encourages community members across the lifespan to cultivate strong, healthy relationships that foster a safer and more inclusive community.

Mental Health

Strengthens social and emotional wellness for all community members.

Substance Misuse

Prevents and reduces substance misuse through education and advocacy.

The Eau Claire Health Alliance is the result of a merge of two long standing coalitions in Eau Claire County: Eau Claire Healthy Communities and the Alliance for Substance Misuse Prevention.

Eau Claire Health Alliance - Data Dashboard

MENTAL HEALTH ACTION TEAM			
Data indicator	Eau Claire County	Wisconsin	United States
Average number of mentally unhealthy days reported in the past 30 days <i>(County Health Rankings)</i>	4.0	4.0 ==	4.0 ==
Suicide deaths (rate per 100,000) <i>(CDC)</i>	18.8	14.4 X	14.08 X
Percentage of high school/middle school students in the past year feeling sad and/or hopeless almost every day for two weeks or more <i>(YRBS)</i>	26% HS 25% MS	28% ✓ -	36.7% ✓ -
Percentage of high school/ middle school students in the past year with significant problems feeling very anxious, nervous, tense, scared, or like "something bad was going to happen" <i>(YRBS)</i>	45% HS 47% MS	49% ✓ -	- -

SUBSTANCE MISUSE ACTION TEAM			
Data indicator	Eau Claire County	Wisconsin	United States
Percentage of adults (18+) engaging in binge or heavy drinking in the past 30 days <i>(County Health Rankings)</i>	25%	27% ✓	22% X
Percentage of motor vehicle deaths involving alcohol <i>(County Health Rankings)</i>	41%	36% X	29% X
Percentage of high school/middle school students who drank alcohol on at least one of the past 30 days <i>(YRBS)</i>	25% HS 8% MS	30% HS ✓ -	29.2% ✓ -
Percentage of high school/middle school students who believe that parents or peers disapprove of alcohol use (1-2 drinks/day) <i>(YRBS)</i>	HS: 90% parents, 66% peers MS: 96% parents, 87% peers	-	-
Rate of drug overdose deaths per 100,000 people <i>(WI DHS)</i>	Methamphetamine: 2.6 All opioids: 7.3	Methamphetamine: 1.6 X All opioids: 13.8 ✓	- -
Rate of emergency room visits for all opioid overdoses per 100,000 people <i>(WI DHS)</i>	53.1	51.9 X	-
Percentage of high school students who used methamphetamine one or more times <i>(YRBS)</i>	2%	2% ==	2% ==
Percentage of high school/middle school students who ever misused prescription pain medication <i>(YRBS)</i>	HS: 9% MS: 3%	11% ✓ -	14% ✓ -
Percentage of high school/middle school students who used marijuana in the past month <i>(YRBS)</i>	HS: 14% MS: 2%	20% ✓ -	22% ✓ -

Key: ✓ or X indicates whether Eau Claire County did better or worse compared to Wisconsin or the nation.

Chronic Disease Prevention Highlights

Co-Chairs:
Janessa VandenBerge
JoAnna Bernklau

- **Partnered with Chippewa & Dunn Counties with the second annual Chippewa Valley Summer Activity Passport Program**

From June-August, we received 122 photo submissions from community members having fun outside. The passport included a new activity, geocaching. The passport webpage had 880 views and 74 geocache page views. Over 170 people scanned the QR code. The code was on materials that were given at the Northern WI State Fair in Chippewa Falls, National Night Out in Altoona and Menomonie, Sounds like Summer Concert Series in Eau Claire and Menomonie, Y on the Fly Children's Event in Chippewa and more. Six prizes (two prizes per county) were given and included outdoor lawn games, exercise equipment, and more.



- **Promoted healthy nutrition at outreach events and on social media**

Partnered with the Mental Health Action Team to table at the Sounds like Summer Concert series in downtown Eau Claire in August. Hy-Vee donated healthy snacks and recipes which were offered at the event along with other resources provided by the Eau Claire City-County Health Department. The Action Team continued our partnership with UW-Extension to promote Harvest of the Month program in the community and encourage participation in a new event, The Great Lakes Apple Crunch on social media.

- **Promoted physical activity for older adults**

Tabled at the McDonough Park dedication event and provided information about physical activity and the summer activity passport. Prepared to launch a Winter Wellness Bingo Challenge in January 2023 to keep older adults active and well throughout the winter.



Healthy Relationship Promotion Highlights

Co-Chairs:
Emily Carlson
Kaila Rabideau

- **Provided Healthy Relationship programming for youth**

Over 131 youth participated in evidence-based programming such as Safe Dates, HIP Teens, and the 3 R's (Rights, Respect, and Responsibility) at schools and community organizations throughout Eau Claire County in 2022. These programs teach youth to recognize red flags in relationships, practice healthy relationship skills, and how to make healthy and safe decisions in relationships.



- **Shared about consent at outreach events**

Provided consent informational bookmarks at several events PRIDE in the Park, McKinley Family night, Downtown Trick or Treating, and more! Consent is an important component to having a healthy relationship, especially having a trusted adult they can talk to and can model these healthy behaviors."

- **Painted rocks for peace**

During the October meeting, members painted rocks to include in the Peace Garden at the Chippewa Falls Family Support Center. The Peace Garden honors those affected by violence and provides a space where anyone can come to have a moment of peace, honor those that were lost, and to honor those who are healing.

