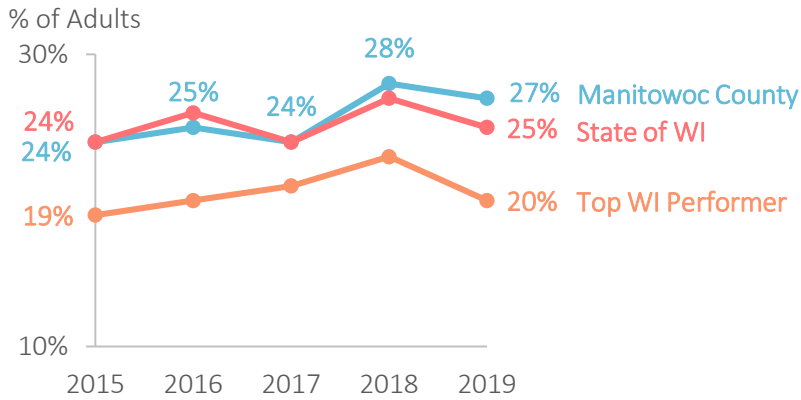


# Substance Use

## Alcohol Use

### Adult Excessive Drinking (2015-2019)

Adults that reported binge or heavy drinking



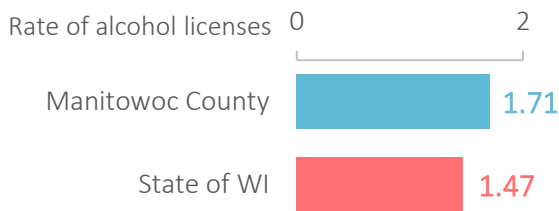
Source: County Health Rankings

Excessive drinking is used to report either binge or heavy drinking, which each differ between males and females:

- Binge**
  - Males**—4 or more drinks on an occasion
  - Females**—5 or more drinks on an occasion
- Heavy**
  - Males**—more than 61 drinks in the past month
  - Females**—more than 31 drinks in the past month

### Alcohol Outlet Density (2019-2020)

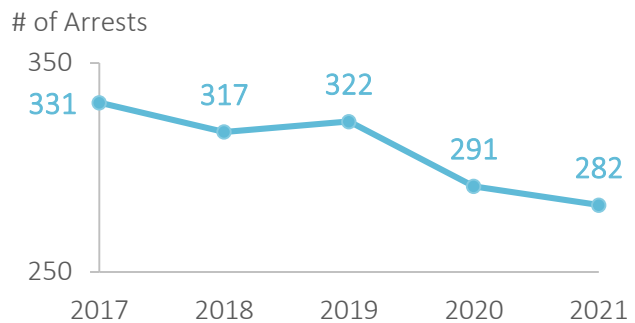
Rate of alcohol licenses per 500 people.



Source: Wisconsin Environmental Public Health Tracking Program

### Driving Under the Influence Arrests (2017-2021)

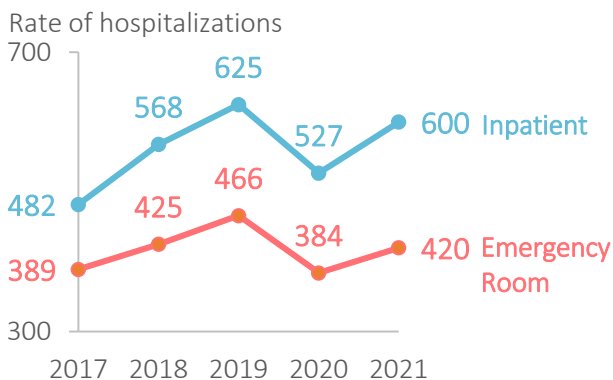
Number of arrests.



Source: Wisconsin Uniform Crime Reporting (UCR) Dashboard

### Chronic Alcohol Hospitalizations (2017-2021)

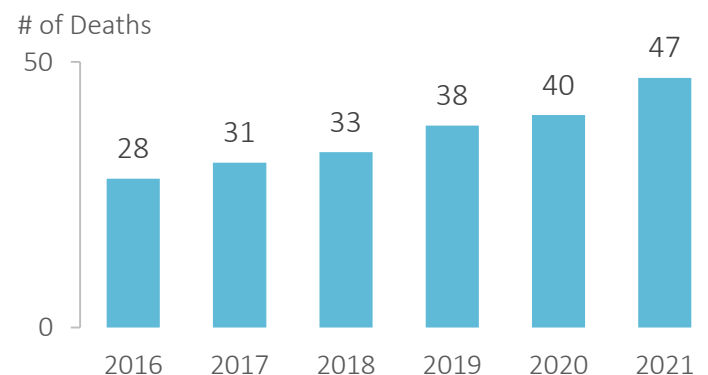
Rate of hospitalizations per 1,000 people.



Source: WI DHS, Alcohol Hospitalizations by County Dashboard

### Alcohol Attributable Deaths (2016-2021)

Rate of hospitalizations per 1,000 people.



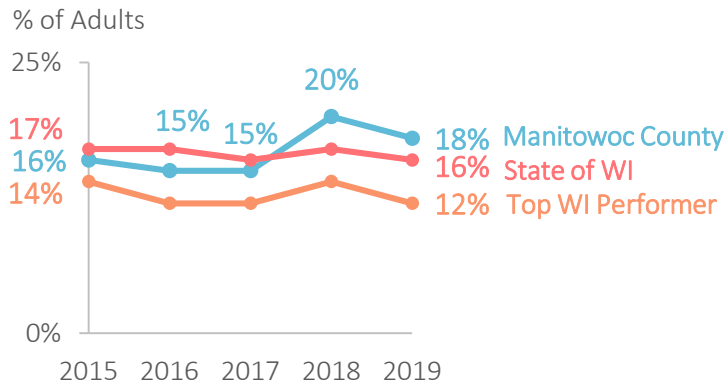
Source: WI DHS, Alcohol Deaths by County Dashboard

# Substance Use

## Tobacco Use

### Adult Smoking (2015-2019)

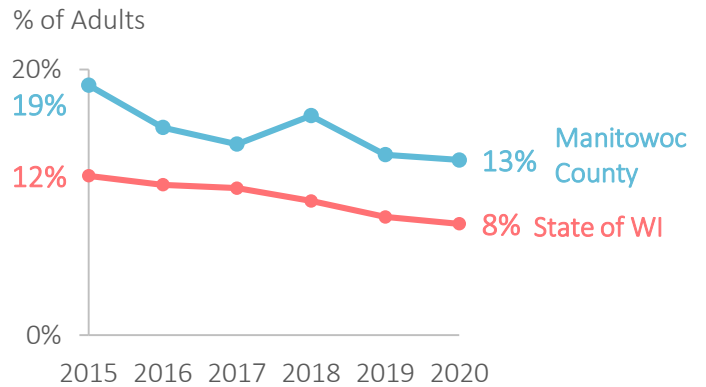
Adults who are current smokers.



Source: County Health Rankings

### Tobacco Use During Pregnancy (2015-2020)

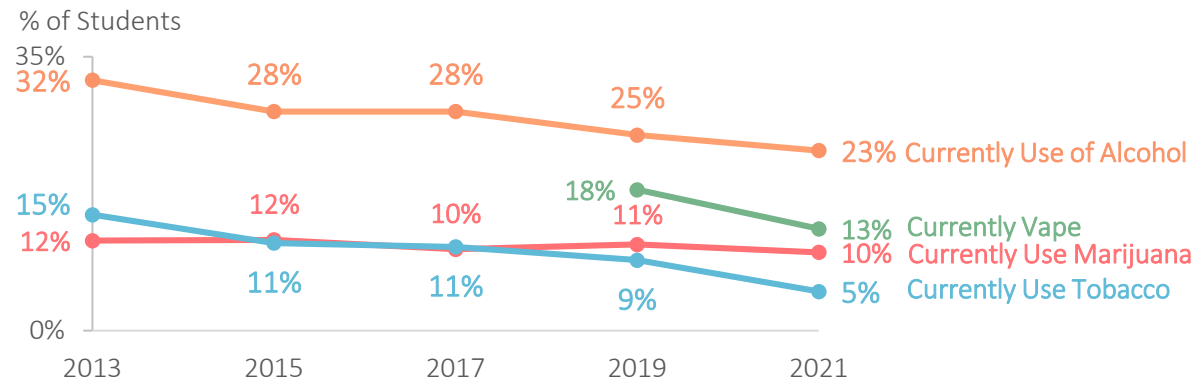
Women who used tobacco during pregnancy.



Source: WI DHS

### Student Substance Use (2013-2019)

High school students that engaged in alcohol or substance use in the past 30 days.



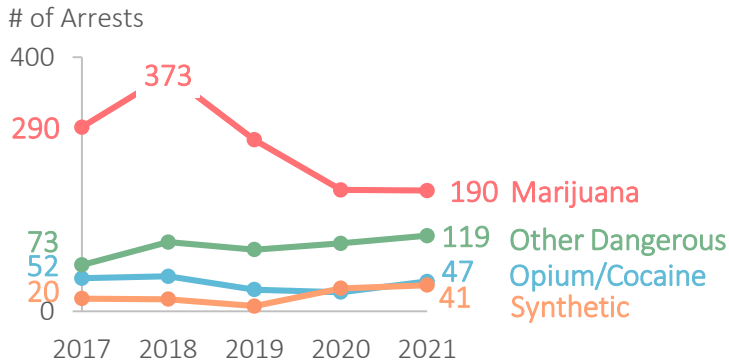
Source: Youth Risk Behavior Survey (YRBS)

# Substance Use

## Drug Crime

### Drug Possession Arrests (2017-2021)

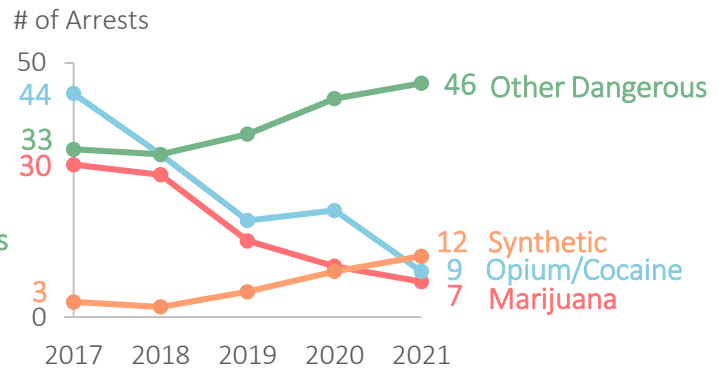
Number of drug possession arrests.



Source: WI Uniform Crime Reporting (UCR) Dashboard

### Drug Sale Arrests (2017-2021)

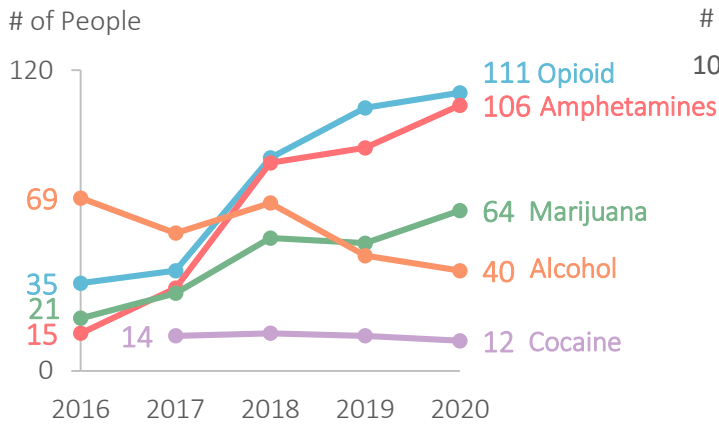
Number of drug sale arrests.



Source: WI Uniform Crime Reporting (UCR) Dashboard

### County Substance Use Services (2016-2020)

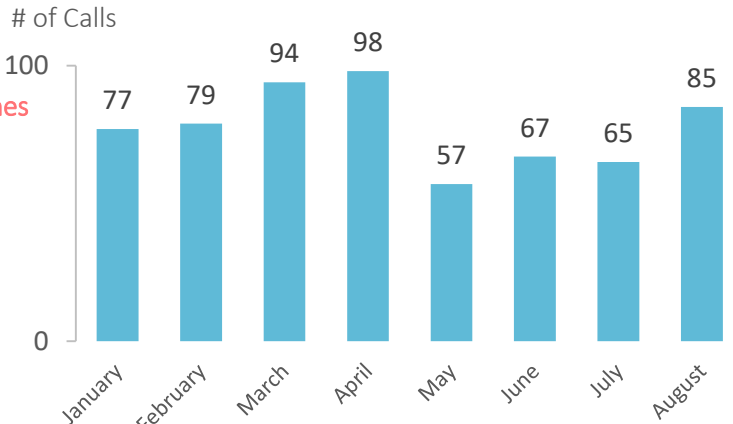
People who utilized substance use services from county behavioral health agencies.



Source: WI DHS, County Services – Substance Use

### Crisis Support Line (2022)

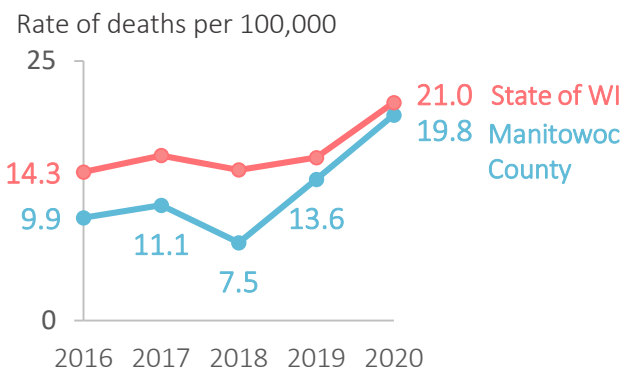
Substance use disorder calls made to the Manitowoc County Human Services Crisis Support, (920) 683-4230, in 2022.



Source: Manitowoc County Human Services Department

### Opioid Mortality Rate (2016-2020)

Rate of opioid-related deaths per 100,000.



Source: WI DHS WISH

### Drug Overdose Deaths (2017-2021)

Attributable intent of drug overdose deaths.

	Assault	Self-Inflicted	Unintentional	Undetermined
2016	0%	0%	100%	0%
2017	0%	0%	77%	23%
2018	8%	8%	69%	15%
2019	0%	18%	73%	9%
2020	0%	20%	70%	10%

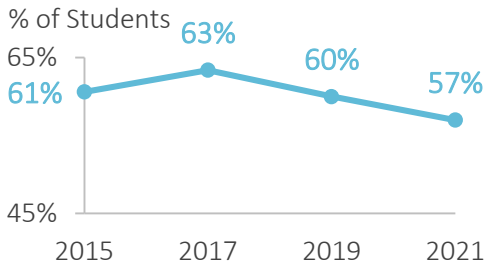
Source: WI DHS WISH

# Substance Use – Other Risk/Protective Factors

## Support

### Sense of Belonging (2015-2021)

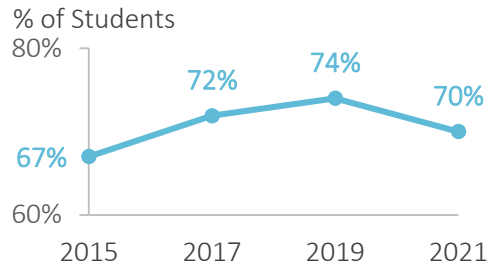
High school students that agree or strongly agree that they belong in school.



Source: Youth Risk Behavior Survey (YRBS)

### Have a Teacher to Confide In (2015-2021)

High school students who have at least one teacher or other adult at school to confide in.

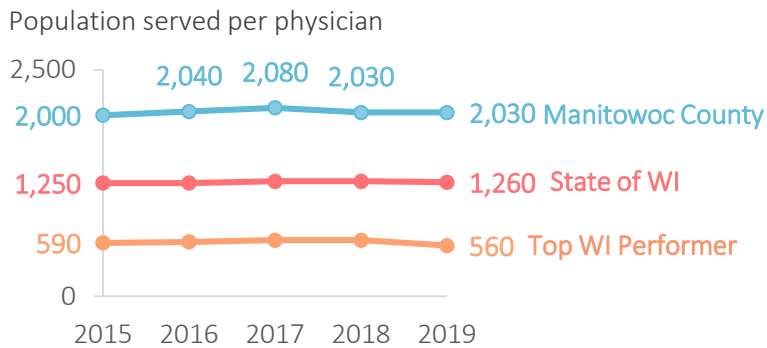


Source: Youth Risk Behavior Survey (YRBS)

## Health Care Access

### Primary Care Physician Ratio (2015-2019)

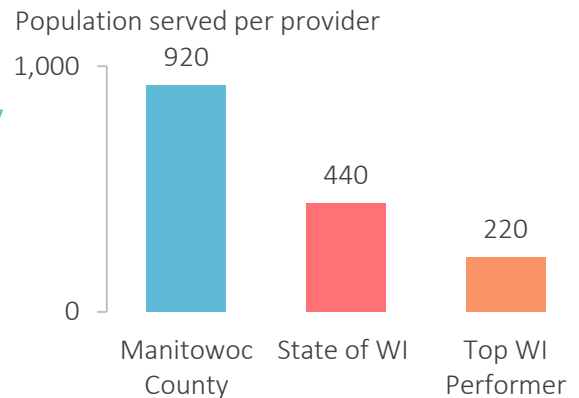
Ratio of population to primary care physicians (M.D./D.O.)



Source: County Health Rankings

### Mental Health Provider Ratio (2021)

Ratio of population to mental health providers.

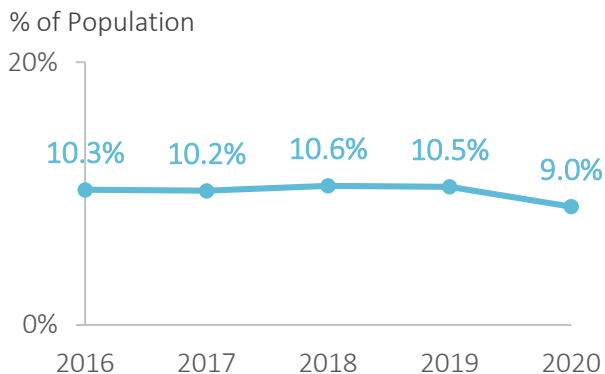


Source: County Health Rankings

## Poverty

### Population below FPL (2016-2020)

Population below the Federal Poverty Level (FPL).

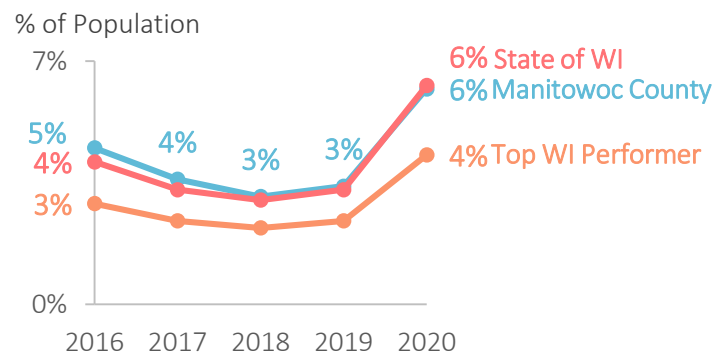


Source: US Census Bureau

## Unemployment

### Unemployment Rate (2016-2020)

Population (age 16 and older) unemployed, but seeking work.



Source: County Health Rankings

## **Substance Use** - *Accumulation of opinions from community stakeholders and phone and online survey respondents regarding top health concerns in Manitowoc County.*

### Top Health Conditions/Behaviors (2022)

**40%** Of **phone survey** respondents selected Alcohol and Substance Use as a top health concern.  
*Out of 400* (ranked 1<sup>st</sup> overall for this survey).

**72%** Of **online survey** respondents selected Alcohol and Substance Use as a top health concern.  
*Out of 958* (ranked 1<sup>st</sup> overall for this survey)

**23 Stakeholders** ranked Alcohol and Substance Use as one of the top two health concern. 9 stakeholders chose Alcohol and Substance Use as the top health concern  
*Out of 32* (ranked 2<sup>nd</sup> overall for this source).

### Online Survey Comments (2022)

*Selection of comments from the 2022 Manitowoc County Online Survey regarding substance use in Manitowoc County. (7 of 191 comments)*

- Drugs, both use of and trafficking of is a big issue I believe. I know the metro drug unit works hard on this issue, but I'd like to see more of the "see something, say something" type of public education.
- Affordable and available drug abuse rehab and counseling.
- Affordable and safe housing is a big challenge in our community which can lead to and exacerbate other issues like mental health and substance use. Those issues spiral into one another and require a great many more resources to alleviate.
- Alcohol and substance abuse is a major issue. I feel there is not a lot of activities here, winter time being the worst. If there were more ways to socialize, outside of a tavern, in the winter I think the citizens of Manitowoc County would greatly benefit.
- I believe that access to care (particularly mental health/substance abuse services) is too difficult in this community.
- More activity - our entertainment revolves heavily around alcohol many people are "at risk" drinkers and don't even realize the connection between drinking and health issues for example hypertension
- Substance abuse and alcoholism leads to many of the other issues we are concerned about.

### Key Stakeholder Interviews (2022)

*Selection of comments from the 2022 Manitowoc County Stakeholder Interviews regarding substance use in Manitowoc County.*

Key stakeholders suggested the community need more focus on education, awareness, and prevention so that 1) root causes can be addressed before substance use and alcohol use emerge, 2) families, employers, teachers know what signs or behaviors could indicate someone has a problem before it gets worse, and 3) more people know how to help or are aware of resources when people have issues with alcohol and substance use.

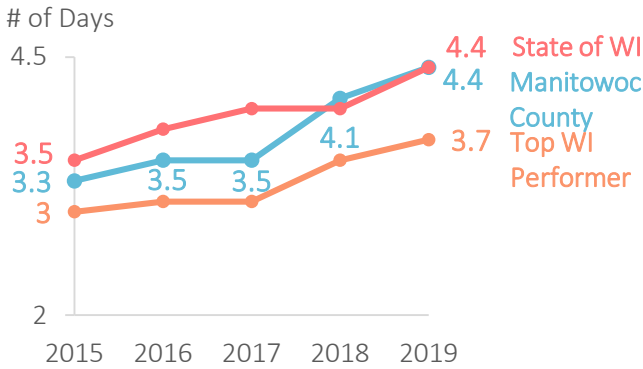
Many key stakeholders drew connections between alcohol and substance use and underlying stressors in people's lives such as lack of employment, low income, lack of safe housing, lack of childcare, lack of access to social supports, lack of reliable transportation, and past experiences with trauma/Adverse Childhood Experiences. Lack of family support and social connection and general lack of social support and stability were also named as social determinants of health that can lead to substance use.

# Mental Health

## Mental Health Reports

### Poor Mental Health Days (2015-2019)

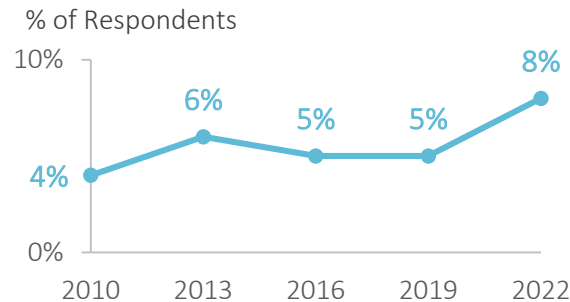
Average number of mentally unhealthy days reported in the past 30 days for adults (age-adjusted).



Source: County Health Rankings

### Feeling Sad, Blue, or Depressed (2010-2022)

Adult respondents who reported "Always/Nearly Always Felt Sad, Blue, or Depressed in the Past Month".



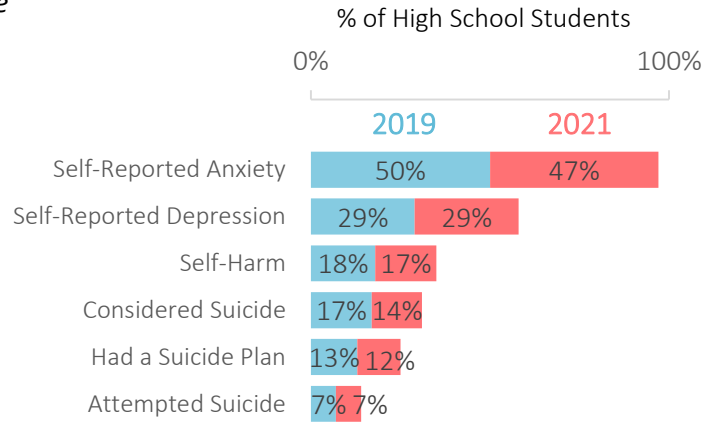
Source: 2022 Manitowoc County Phone Survey

### Family Mental Health (2021)

**38%** High school students reported ever having lived with someone with a mental illness (depressed, mentally ill, or suicidal).

Source: Youth Risk Behavior Survey (YRBS)

### Mental Health Conditions of Students (2019, 2021)



Source: Youth Risk Behavior Survey (YRBS)

### Child Mental Health (2022)

Respondents that reported their child was diagnosed with one or more of the following mental health conditions: anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, depression.

**26%** Of respondents reported child's mental health diagnosis

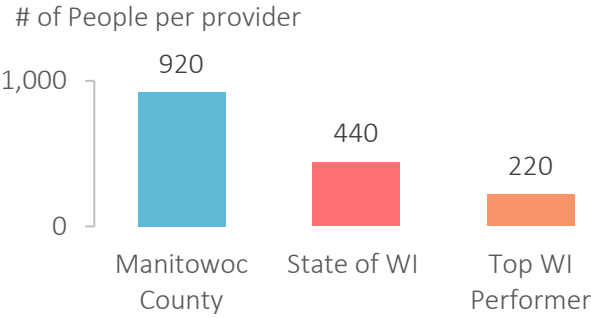
Source: 2022 Manitowoc County Phone Survey

# Mental Health

## Service Access

### Mental Health Provider Ratio (2021)

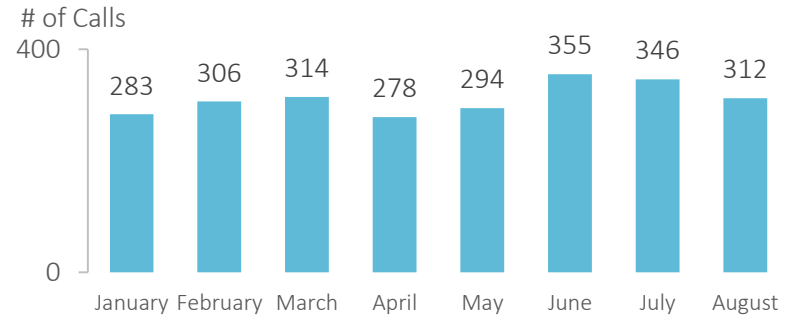
Population served per mental health provider.



Source: County Health Rankings

### Mental Health Crisis Line (2022)

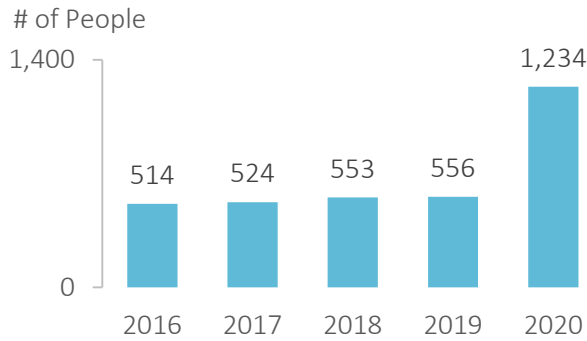
Mental health-related calls made to the Manitowoc County Human Services Crisis Line, (920) 683-4230, in 2022.



Source: Manitowoc County Human Services Department

### County Mental Health Services (2016-2020)

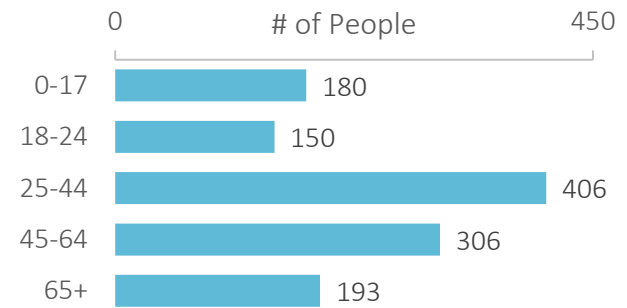
People who utilized mental health services from county behavioral health agencies.



Source: WI DHS, County Services – Mental Health

### County Mental Health Services (2020)

Age breakdown of people who utilized mental health services from county behavioral health agencies in 2020.

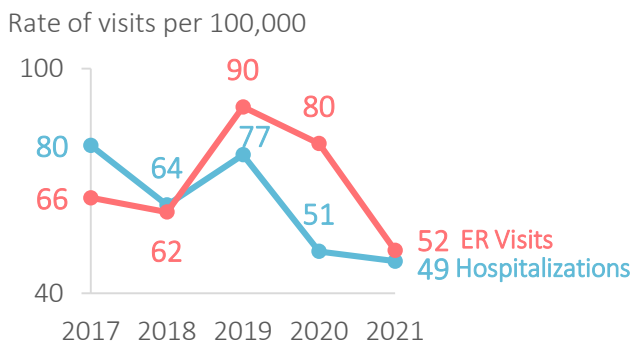


Source: WI DHS, County Services – Mental Health

## Injuries

### Self-Inflicted Injuries (2015-2021)

Rate of self-inflicted injury hospitalizations and emergency room visits per 100,000 (age-adjusted).

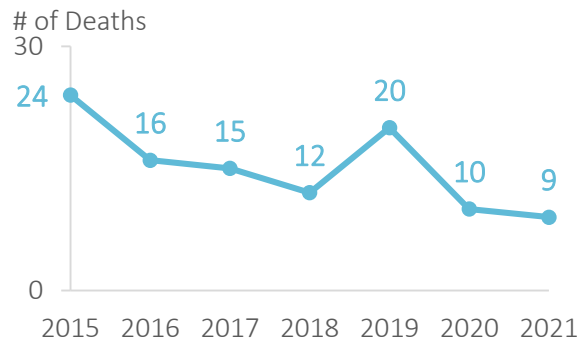


Source: WI DHS

## Deaths

### Suicide Deaths (2015-2021)

Number of suicide deaths per year.



\*11 suicide deaths in 2022 as of 9/22/22

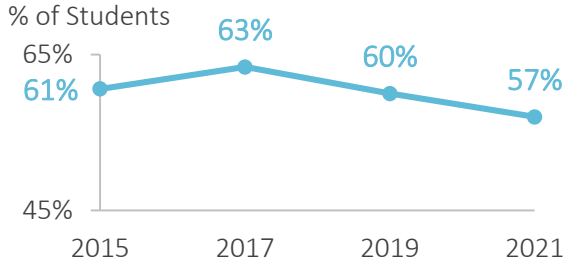
Source: WI Vital Records

# Mental Health – Other Risk/Protective Factors

## Support

### Sense of Belonging (2015-2021)

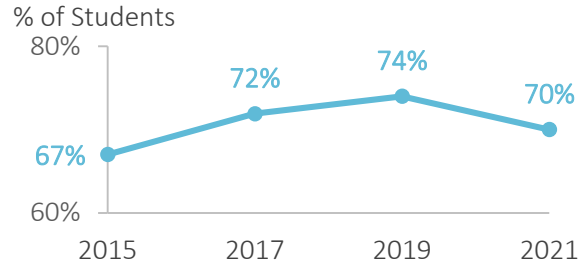
High school students that agree or strongly agree that they belong in school.



Source: Youth Risk Behavior Survey (YRBS)

### Have a Teacher to Confide In (2015-2021)

High school students who have at least one teacher or other adult at school to confide in.

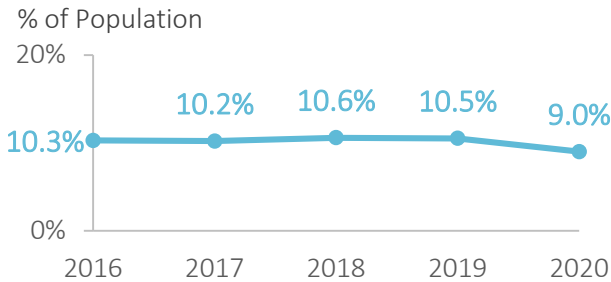


Source: Youth Risk Behavior Survey (YRBS)

## Poverty

### Population below FPL (2016-2020)

Population below the Federal Poverty Level (FPL).

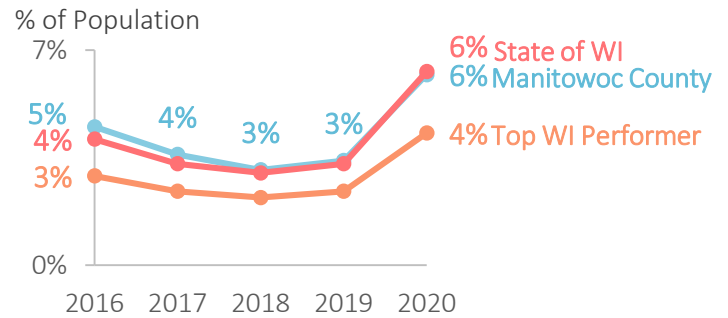


Source: US Census Bureau

## Unemployment

### Unemployment Rate (2016-2020)

Population (age 16 and older) unemployed, but seeking work.

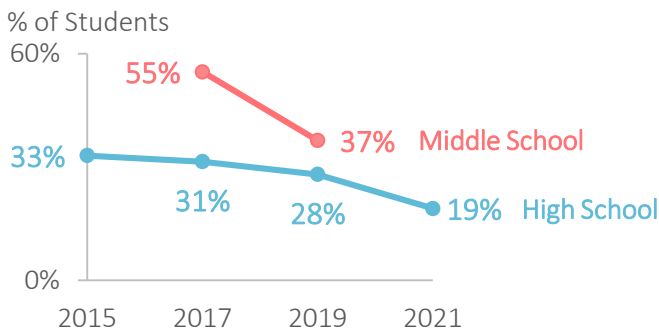


Source: County Health Rankings

## Bullying

### Bullying on School Property (2015-2021)

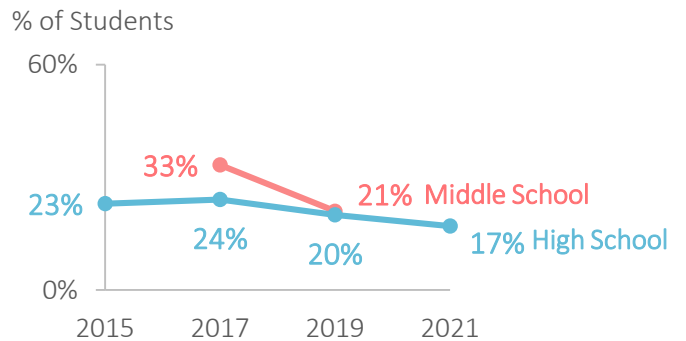
Students that experienced bullying on school property.



Source: Youth Risk Behavior Survey (YRBS)

### Online Bullying (2015-2021)

Students that experienced online bullying (email, chat rooms, instant messaging, websites or texting).



Source: Youth Risk Behavior Survey (YRBS)



## **Mental Health** - *Accumulation of opinions from community stakeholders and phone and online survey respondents regarding top health concerns in Manitowoc County.*

### Top Health Conditions/Behaviors (2022)

**26%** Of phone survey respondents selected Mental Health as a top health concern  
*Out of 400* (ranked 2<sup>nd</sup> overall for this survey).

**55%** Of online survey respondents selected Mental Health as a top health concern  
*Out of 958* (ranked 2<sup>nd</sup> overall for this survey).

**27** Stakeholders ranked Mental Health as one of the top two health concern. 17 stakeholders  
*Out of 32* chose Mental Health as the top health concern (ranked 1<sup>st</sup> overall for this source).

### Online Survey Comments (2022)

*Selection of comments from the 2022 Manitowoc County Online Survey regarding mental health in Manitowoc County. (12 of 191 total comments)*

- Affordable mental health.
- As a teacher we are seeing more and more mental health problems in our schools. Funding and resources are going to be needed more than ever to address the mental issues our students have.
- Mental health needs must be met to decrease abuse and crime.
- I believe that access to care (particularly mental health/substance abuse services) is too difficult in this community.
- There is a serious lack of mental health care resources.
- We also do not have a nearby inpatient mental health clinic. Lack of mental health care, the stigma associated with not understanding mental illness, and access to services due to high costs leads to self-medicating and drug/alcohol overuse.
- Our county's number one health and community problem are the effects of hard drugs.
- Manitowoc County severely needs mental health resources; psychiatrists, hospital beds, counseling.
- Mental health is the biggest concern facing everyone, not just Manitowoc County.
- Mental health services for children and elderly are seriously lacking in our community. It can take months to be seen.
- We need well educated and experienced mental health professionals
- Working in a school I see families struggle to find mental health services in our area. Waiting lists are long, insurance can be a problem for some families, and even transportation from a rural area can be a challenge.

### Key Stakeholder Interviews (2022)

*Selection of comments from the 2022 Manitowoc County Stakeholder Interviews regarding Mental Health, Mental Conditions, and Suicide in Manitowoc County.*

The most commonly identified needs are financial support, staff support, and increased access to mental health resources.

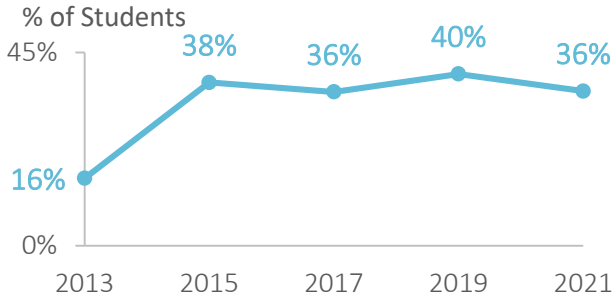
Key stakeholders identified that having any unmet social needs (social determinants of health) can impact stress levels and increase feelings of hopelessness, contribute to stress, increased anxiety, depression, and suicide. Lacking things like stable housing, income, employment, transportation, childcare, food, and social support can make it difficult to focus on behaviors or activities that support mental health because there are too many other things to work on or worry about.

# Physical Activity, Nutrition & Obesity

## Nutrition

### Vegetable Consumption (2013-2021)

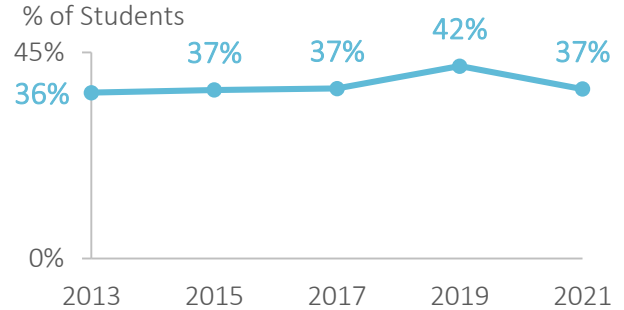
High school students that ate vegetables everyday (past 7 days).



Source: Youth Risk Behavior Survey (YRBS)

### Fruit Consumption (2013-2021)

High school students that ate fruit everyday (past 7 days).

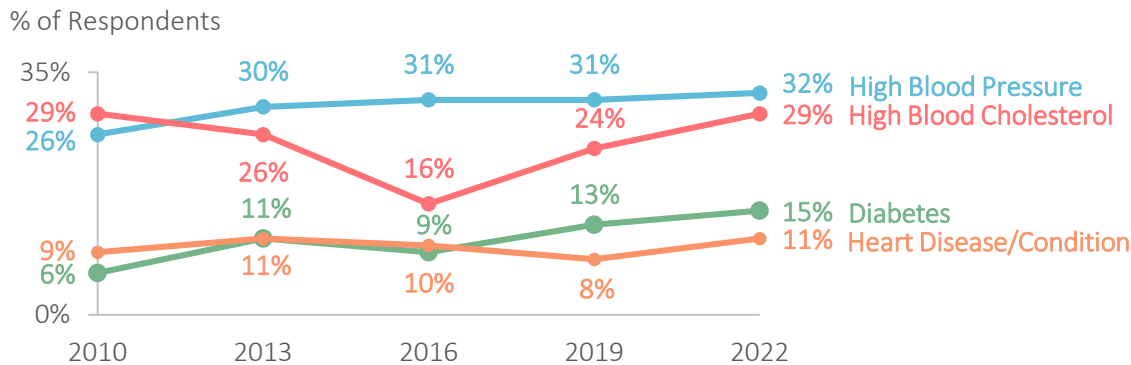


Source: Youth Risk Behavior Survey (YRBS)

## Health Conditions

### Health Conditions (2010-2022)

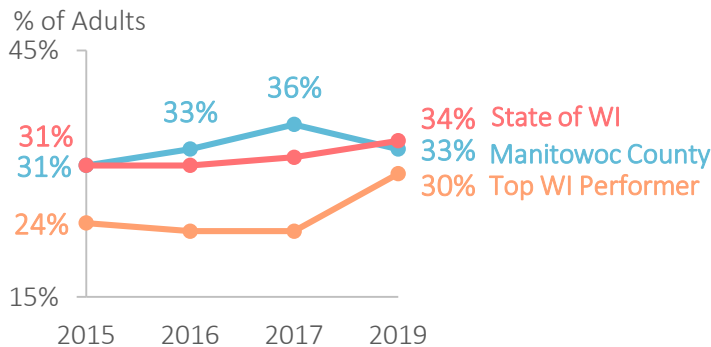
Respondents that reported the following health conditions in the past 3 years.



Source: 2022 Manitowoc County Phone Survey

### Adult Obesity (2015-2019)

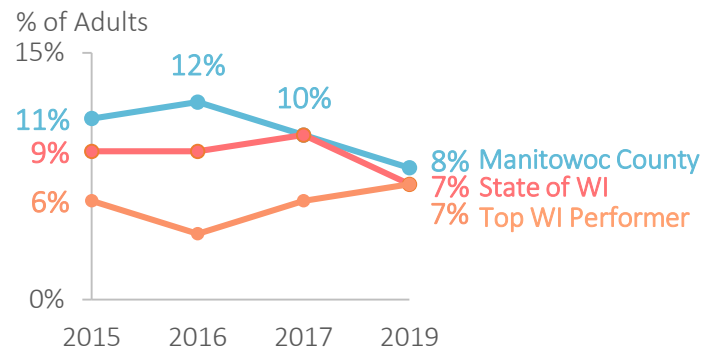
Adult population that reports a body mass index (BMI) greater than or equal to 30kg/m<sup>2</sup>.



Source: County Health Rankings

### Diabetes Prevalence (2015-2019)

Adult population (age 20 or older) with diagnosed diabetes.



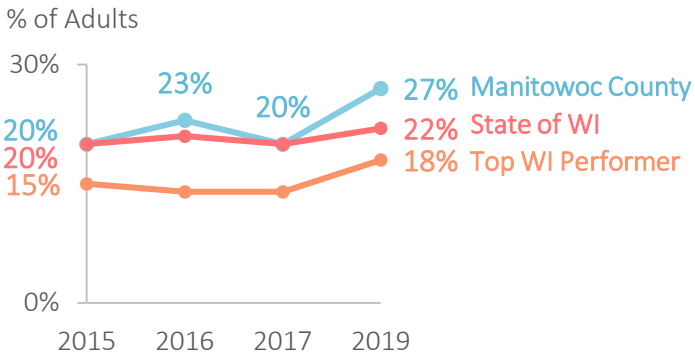
Source: County Health Rankings

# Physical Activity, Nutrition & Obesity

## Physical Activity

### Physical Inactivity (2015-2019)

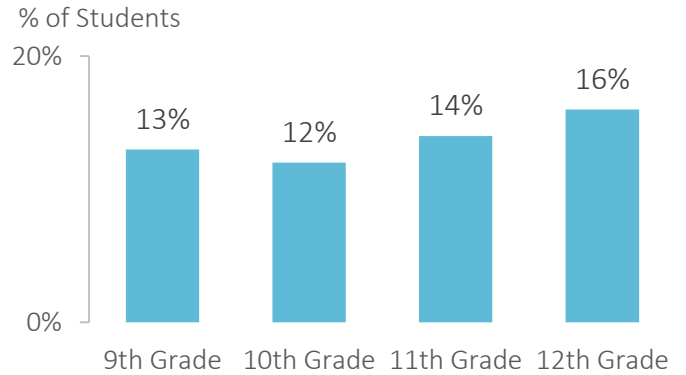
Adults (age 20 and over) who reported no leisure-time physical activity.



Source: County Health Rankings

### No Exercise in High School Students (2021)

High school students who exercised zero days in the past week.

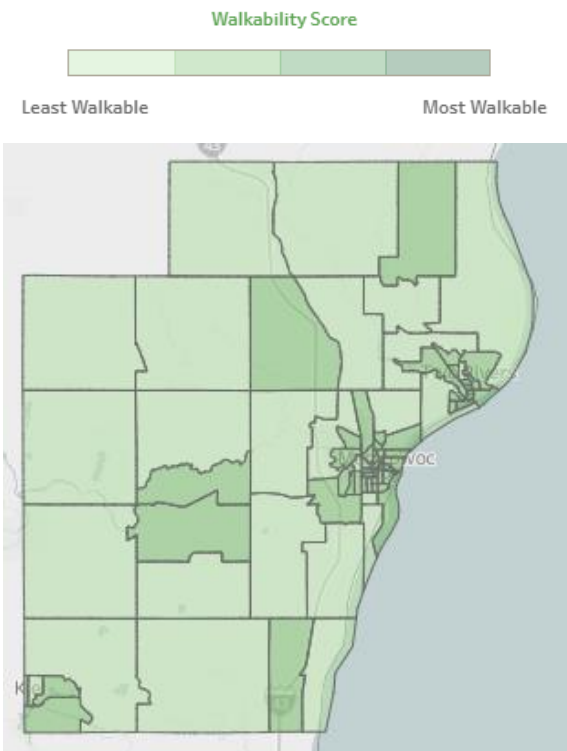


Source: Youth Risk Behavior Survey

## Access to Outdoor Recreation

### Walkability (2021)

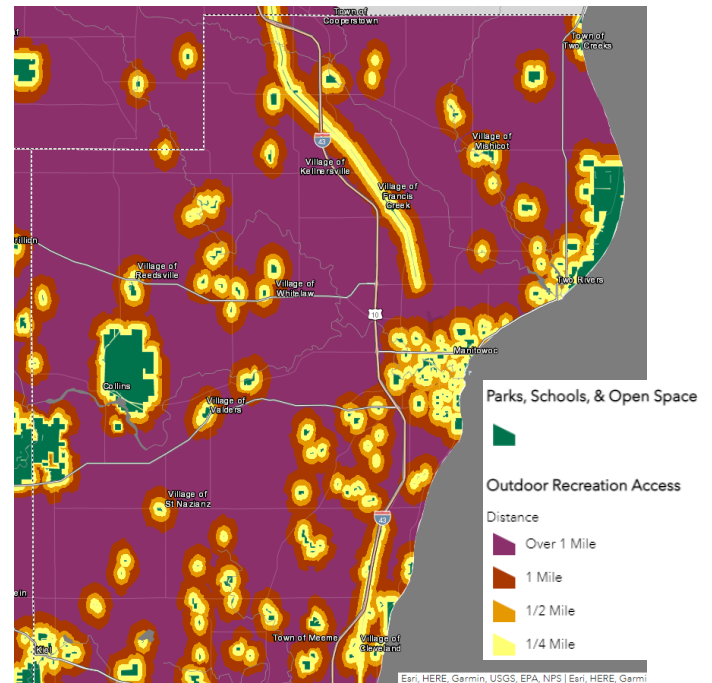
Features of the built environment that make walking as a form of transportation more likely.



Source: Wisconsin Health Atlas

### Outdoor Opportunity (2016-2018)

Indicates the walking distance to public parks, schools, and open spaces. Walking distance was measured along roads (excluding freeways), trails, and paths from the boundary of the park.



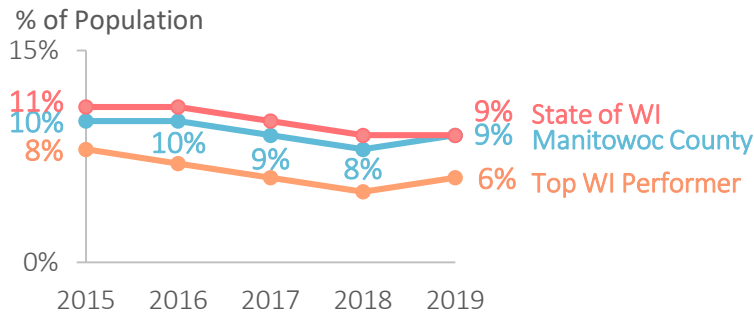
Source: Wisconsin Health Atlas

# Physical Activity, Nutrition & Obesity

## Access to Food

### Food Insecurity - Adults (2013-2019)

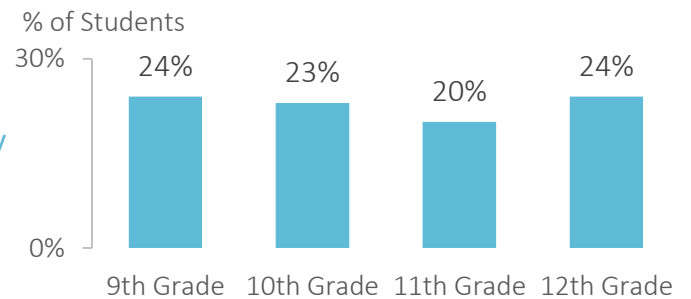
Population who did not have access to a reliable source of food during the past year.



Source: County Health Rankings

### Food Insecurity - High School Students (2021)

High school students who experienced hunger due to lack of food at home (past 30 days).

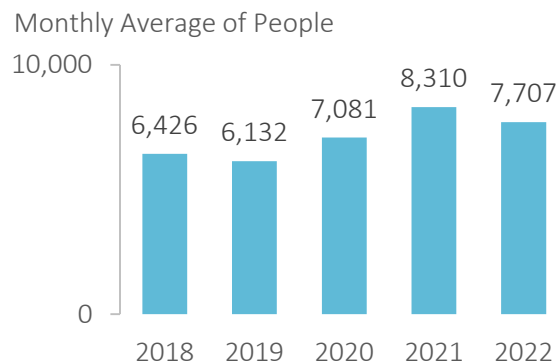


Source: Youth Risk Behavior Survey (YRBS)

\*As of September 1, 2022, the Emergency Food Assistance Program changed income guidelines from 300% above FPL or less to 200% above FPL or less, reducing eligibility.

### FoodShare Recipients (2018-2022)

Unduplicated eligible people in an open FoodShare case.

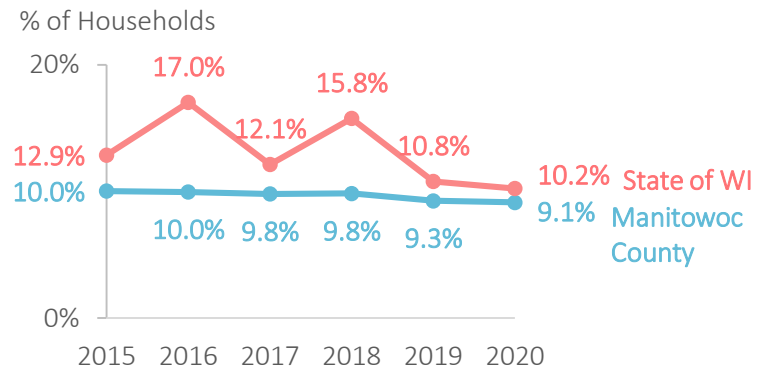


\*ytd 2022

Source: WI DHS

### Households that Receive SNAP (2015-2020)

Households that received Supplemental Nutrition Assistance Program (SNAP).



Source: County Health Rankings

### Community Resource Support (2022)

Of the 93 respondents that sought community resource support, **44%** sought food assistance/pantry/Salvation Army/ St. Vincent De Paul/etc.

Source: 2022 Manitowoc County Online Survey

## **Physical Activity, Nutrition & Obesity** - Accumulation of opinions from community stakeholders and phone and online survey respondents regarding top health concerns in Manitowoc County.

### Top Health Conditions/Behaviors (2022)

**17%** *Of phone survey respondents selected Physical Activity, Nutrition, and Obesity as a top health concern (ranked 3<sup>rd</sup> overall for this survey).*  
Out of 400

**20%** *Of online survey respondents selected Physical Activity, Nutrition, and Obesity as a top health concern (ranked 3<sup>rd</sup> overall for this survey).*  
Out of 958

**5** *Stakeholders ranked Physical Activity, Nutrition, and Obesity as one of the top two health concern. 2 stakeholders chose Physical Activity, Nutrition, and Obesity as the top health concern (ranked 3<sup>rd</sup> overall for this source).*  
Out of 32

### Online Survey Comments (2022)

*Selection of comments from the 2022 Manitowoc County Online Survey regarding Physical Activity, Nutrition, and Obesity in Manitowoc County. (9 of 191 total comments)*

- Address obesity
- Nutrition is another huge factor and is part of environment
- Awareness of what services are available in our community. Educational tools (brochures, social media, organizations) of what is available and how to reach these resources.
- More organized physical activities to battle diseases and obesity. Get people out moving and doing things.
- We need opportunities/incentives for fitness.
- Offer more opportunities for the sedentary people to get outside and do activities.
- People need more help with their chronic conditions and obesity
- The food card program needs to be revamped
- Promote better nutritional issues

### Key Stakeholder Interviews (2022)

*Selection of comments from the 2022 Manitowoc County Stakeholder Interviews regarding Physical Activity, Nutrition, and Obesity in Manitowoc County.*

The most common recommendations were education and messaging around these topics. greater understanding of nutrition, building in measurements and benchmarks, tying nutrition into math and other subjects' curricula, funding for more people and better products to prepare fresh food, a Hmong Community Center, and faith-based nutrition and physical activity education were named as the needs they have to address these issues within their organizations.

The social determinants of health related to nutrition, physical activity, and obesity that were named by key stakeholders are education access and quality, and family support.