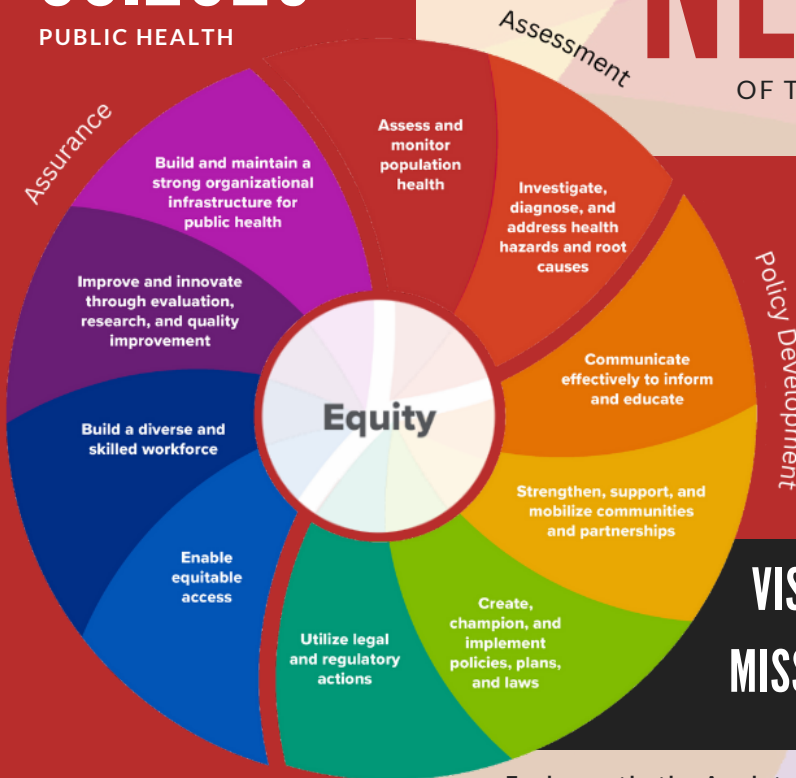


08.2023

PUBLIC HEALTH

NEWSLETTER

OF THE APPLETON PUBLIC HEALTH DEPARTMENT



IN THIS ISSUE:

Assess and monitor population health

Community Partner:
AARP & Age Friendly Appleton

Meet Nat

VISION: Health for all, together.

MISSION: Facilitate equitable community wellbeing through education, health promotion, and response to public health needs.

10 ESSENTIAL PUBLIC HEALTH SERVICES

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve equity, the Essential Public Health Services actively promote policies, systems, and overall community conditions that enable optimal health for all and seek to remove systemic and structural barriers that have resulted in health inequities. Such barriers include poverty, racism, gender discrimination, ableism, and other forms of oppression. Everyone should have a fair and just opportunity to achieve optimal health and well-being.

Each month, the Appleton Health Department Newsletter will feature stories about how we are achieving each of the 10 Essential Public Health Services. This month, we will focus on Essential Public Health Service #1: Assess and monitor population health status, factors that influence health, and community needs and assets.

WHAT WE ARE DOING

The Appleton Health Department assesses and monitors population health status, factors that influence health, and community needs and assets through a process called a Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). The two interconnected processes are used to assess community health needs and develop strategies to improve the health and well-being of a specific population or community.

The Health Department's Community Health Assessment (CHA) is a systematic examination of the health status, health behaviors, health resources, and social determinants of health within Appleton. This process involves gathering data from a variety of sources, such as health surveys, vital statistics, community focus groups, and existing health reports. The CHA assessment helps identify health issues and disparities affecting the community, as well as strengths and assets that can be built upon. The ultimate goal is to understand the health needs and priorities of the Appleton residents to guide the development of targeted interventions and programs.

Once the Community Health Assessment is completed and key health issues are identified, a Community Health Improvement Plan (CHIP) is developed. We will focus on the Appleton Health Department's CHIP in an upcoming issue of our newsletter.

Recent CHA activities conducted by the Appleton Health Department include the Homelessness Summit, Point-in-Time Count, and Age-Friendly Survey. By engaging the community in these processes, public health officials can ensure that their efforts are tailored to the unique needs of the population they serve and foster sustainable, long-term health improvements.

COMMUNITY PARTNERS



AARP & AGE FRIENDLY APPLETON

AARP (formerly known as the American Association of Retired Persons) is a nonprofit organization that focuses on empowering and advocating for older adults. In 2022, AARP designated Appleton as an "Age Friendly Community" because we have made a commitment to creating an inclusive and supportive environment for residents of all ages, particularly older adults. Following this designation the Age-Friendly Appleton Initiative began.

The Age Friendly Appleton Initiative aims to create a community that is supportive and inclusive of older adults by identifying their needs and preferences and integrating them into the city's planning and policies. AARP in partnership with the Appleton Health Department developed the Age Friendly Appleton Survey to learn more about and prioritize the needs and preferences of older adults in their planning and decision-making processes, with the goal of promoting healthy aging and improving the quality of life for all residents.

The survey opened in early June and is anticipated to close in late August. Survey topics include accessible housing, transportation, health care, social engagement, and other factors that contribute to aging well. Promotion and distribution of the survey has been both online and in community gathering spaces and events. By prioritizing the needs of older adults, age-friendly communities are not only helping their older residents to thrive, but also building a stronger and more vibrant community for everyone.



The Age Friendly Appleton Survey is available online in English, and available in printed/pdf format in English, Hmong, and Spanish.



RESOURCES

[CDC-10 Essential Public Health Services -Full](#)

[Age Friendly Appleton Survey](#)

[AARP](#)

MEET NAT



Natalie Anderson (she/her), focused her NEW AHEC summer internship with the Appleton Health Department on the promotion and distribution of the Appleton Age Friendly Survey. She met with community partners to share resources and strategies, improve community engagement, and to expand access of the Age Friendly Survey to more Appleton residents.

Natalie is a pre-med student at Lawrence University heading into her Junior year. She is studying Chemistry and Biochemistry while minoring in French and competing with the cross-country and track team. Natalie enjoys seeing the impact that research in Chemistry and Biochemistry has in real world applications.

Natalie's interest in health extends beyond the lecture hall and lab. She completed an Environmentalism internship last summer and when she is not studying or working you may find her camping, hiking, backpacking, gardening, and long-distance running.

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