

Background & Alignment

PRIORITY AREA: Alcohol Abuse

BACKGROUND ON STRATEGY #1

Source: http://c.ymcdn.com/sites/www.walhdab.org/resource/resmgr/Custom_Site/Alcohol_Related_Objectives_w.pdf

Evidence Base: Research shows that there are four basic factors (The Four A's) of alcohol policy that change the alcohol environment and alcohol culture: Availability, Affordability, Attractiveness, and Acceptability.

Policy Change (Y/N): Y

Source: <https://www.healthypeople.gov/2020/tools-resources/evidence-based-resource/enhanced-enforcement-laws-prohibiting-sale-alcohol>

Evidence Base: Enhanced enforcement of laws prohibiting sale of alcohol to minors is recommended on the basis of sufficient evidence of effectiveness in limiting underage alcohol purchases. Further research will be required to assess the degree to which these changes in retailer behavior affect underage drinking. Enhanced enforcement programs initiate or increase the frequency of retailer compliance checks for laws against the sale of alcohol to minors in a community. Retailer compliance checks, or "sting operations," are conducted by or coordinated with local law enforcement or alcohol beverage control agencies, and violators receive legal or administrative sanctions. Enhanced enforcement programs are often conducted as part of multicomponent, community-based efforts to reduce underage drinking. Many also include strategies to increase perceived risk of detection by publicizing the increased enforcement activities and cautioning proprietors against selling alcohol to minors. These messages can be delivered either by using mass media or by sending letters to all local alcohol retailers.

Policy Change (Y/N):

BACKGROUND ON STRATEGY #2

Source: <https://www.healthypeople.gov/2020/tools-resources/evidence-based-resource/effectiveness-of-multicomponent-programs-with-community>

Evidence Base: The use of multicomponent interventions with community mobilization is recommended on the basis of strong evidence of their effectiveness in reducing alcohol-impaired driving. Multicomponent interventions to reduce alcohol-impaired driving can include any or all of a number of components, such as sobriety checkpoints, training in responsible beverage service, education and awareness-raising efforts, and limiting access to alcohol.

Policy Change (Y/N): Y

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

| Strategy # | Healthiest Wisconsin 2020 | Healthy People 2020 | National Prevention Strategy |
|------------|---|---|--|
| 1 | By 2020, reduce unhealthy and risky alcohol and other drug use by changing attitudes, knowledge, and policies, and by supporting services for prevention, screening, intervention, treatment, and recovery. | Increase the proportion of adolescents never using substances. | Create environments that empower young people not to drink or use other drugs. |
| | | Increase the proportion of adolescents who disapprove of substance abuse. | |
| | | Increase the proportion of adolescents who perceive great risk associated with substance abuse. | |

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| 2 | By 2020, reduce unhealthy and risky alcohol and other drug use by changing attitudes, knowledge, and policies, and by supporting services for prevention, screening, intervention, treatment, and recovery. | Increase the proportion of persons who are referred for follow-up care for alcohol problems, drug problems after diagnosis, or treatment for one of these conditions in a hospital emergency room. | Identify alcohol and other drug abuse disorders early and provide brief intervention, referral, and treatment. |
| | | Increase the number of Level I and Level II trauma centers and primary care settings that implement evidence-based alcohol Screening and Brief Intervention (ABI). | |

PRIORITY AREA: Mental Health

BACKGROUND ON STRATEGY #1

Source: <http://whatworksforhealth.wisc.edu/factor.php?id=6>

Evidence Base: [Research has shown that people with greater social support, less isolation, and greater interpersonal trust live longer and healthier lives. This is exhibited through lower levels of anxiety and depression and reduced tendencies towards stress-related behaviors such as overeating and smoking. Family and social support, or social connectedness, can also reduce the likelihood of other conditions and diseases.](#)

Policy Change (Y/N): N

BACKGROUND ON STRATEGY #2

Source: <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health>

Mental health is essential to a person’s well-being, healthy family and interpersonal relationships, and the ability to live a full and productive life. People, including children and adolescents, with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug abuse, violent or self-destructive behavior, and suicide—the 11th leading cause of death in the United States for all age groups and the second leading cause of death among people age 25 to 34

Evidence Base:

Policy Change (Y/N): N

Source: The US Preventative Services Task Force, USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. Also, the USPSTF recommends screening for MDD in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up

Evidence Base: Yes

Policy Change (Y/N):

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

| Strategy # | Healthiest Wisconsin 2020 | Healthy People 2020 | National Prevention Strategy |
|------------|---------------------------|---------------------|------------------------------|
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| 1 | A direct means to improving the health of people with mental health disorders is to reduce the prevalence of risk factors such as smoking and obesity that lead to chronic disease and premature death. | MHMD-1 Reduce the suicide rate | Provide individuals and families with the support necessary to maintain positive mental well-being. Facilitate social connectedness and community engagement across the lifespan |
| 2 | <p>The 2000 U.S. Surgeon General's Report on Mental Health concluded that a high proportion of young people with a diagnosable mental disorder do not receive any mental health services at all.</p> <p>Reducing the relatively high rates of suicide and mental health disorders in population groups identified by characteristics such as race/ethnicity, sexual orientation, and age will increase health equity and quality of life.</p> | <p>MHMD-4.1 Reduce the proportion of adolescents aged 12 to 17 years who experience major depressive episodes (MDEs)</p> <p>MHMD-5 Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral</p> <p>MHMD-6 Increase the proportion of children with mental health problems who receive treatment</p> | <p>Promote positive early childhood development, including positive parenting and violence-free homes.</p> <p>Promote early identification of mental health needs and access to quality services.</p> |

PRIORITY AREA: Obesity/Overweight

BACKGROUND ON STRATEGY #1

Source: <http://www.cdc.gov/obesity/> and <http://whatworksforhealth.wisc.edu/factor.php?id=12>

Evidence Base: According to the 2008 Physical Activity Guidelines for Americans, strong evidence exists that children and adolescents benefit from physical activity through improved cardiorespiratory and muscular fitness, bone health, cardiovascular and metabolic health biomarkers, and favorable body composition. In addition, moderate evidence exists that physical activity reduces symptoms of depression

Policy Change (Y/N): Y

BACKGROUND ON STRATEGY #2

Source: <http://www.cdc.gov/obesity/resources/strategies-guidelines.html>

Evidence Base: Eating a diet high in fruits and vegetables is associated with a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers. Research also has found that replacing foods of high energy density (high calories per weight of food) with foods of lower energy density, such as fruits and vegetables, can be an important part of a weight-management strategy.

Policy Change (Y/N): Y

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

| Strategy | Healthiest Wisconsin 2020 | Healthy People 2020 | National Prevention Strategy |
|----------|---|---|---|
| 1 | Physical Activity Objective 1, By 2020, increase physical activity for all through changes in facilities, community design, and policies. | PA-3 Increase the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity | Promote and strengthen school and early learning policies and programs that increase physical activity. |
| 2 | Nutrition and Food Objective 1, By 2020, people in Wisconsin will eat more nutritious foods and drink more nutritious beverages through increased access to fruits and vegetables, decreased access to sugar sweetened beverages and other less nutritious foods, and supported, sustained breastfeeding. | NWS-2.1 Increase the proportion of schools that do not sell or offer calorically sweetened beverages to students NWS-14 Increase the contribution of fruits to the diets of the population aged 2 years and older NWS-15 Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older | Increase access to healthy and affordable foods in communities Help people recognize and make healthy food and beverage choices. |