

2023 COMMUNITY HEALTH ASSESSMENT



FOREST COUNTY
POTAWATOMI
HEALTH &
WELLNESS CENTER
COMMUNITY
HEALTH



cmh.fcpotawatomi.com



BLUE STONE
STRATEGY PARTNERS

APPROVED BY THE HEALTH ADVISORY BOARD: MAY 21, 2024



TABLE OF CONTENTS

Executive Summary	3	Sexual Health	34
Community Health Welcome	3	Sexual Orientation	34
Introduction	4	Birth Control	34
History and Community Description	5	Youth Sexual Health and Experiences	34
Tribal Enrollment Statistics	5	Communicable Disease	35
Forest County Population Statistics.....	6	COVID-19 and Its Impacts	35
Wisconsin Healthy Community Rankings	6	Sexually Transmitted Infections	36
Community Health Assessment Process	7	Violence	37
Community Health Assessment:		Sexual Harassment and Sexual Violence	37
Adult and Youth Surveys	8	Racism, Peer Pressure, and	
Overview	8	Bullying in Youth	38
Demographic Information - Adult Survey	8	Alcohol and Substance Use	39
Demographic Information - Youth Survey	11	Substance Use	40
Health Status	13	Difference in Alcohol and Substance Use.....	40
Health Concerns of the Community.....	13	Addiction Risk	41
History of Health Conditions	14	AODA Disparities	41
Leading Causes of Death in Forest County ..	15	Youth Alcohol and Substance Use	42
Healthcare Utilization and Access	16	Commercial Tobacco Use and Exposure	43
Current Health Care Utilization and Access..	16	Safety and Risky Behaviors	44
Routine Screenings and Exams.....	17	Motor Vehicles.....	44
Met and Unmet Health Service Needs		Other Safety.....	46
in Community.....	18	Youth Community Behaviors.....	46
Barriers to Healthcare Access.....	20	Resilience in Youth	47
Determinants of Health and Health Equity ...	22	Culture and Spirituality	48
Mental Health	23	Household Emergency Preparedness	50
Use of Mental Health Resources.....	25	Homelessness Risk	50
Youth Mental Health	25	Education	51
Obesity	26	Strengths of the Community	52
Weight Status.....	26	Strengths	52
Youth Body Image and Controlling Weight....	27	Identification of Health Priorities	53
Nutrition	28	Next Steps.....	53
Fruit and Vegetable Consumption	28	Partners and Acknowledgements	54
Physical Activity	30	Reference	55
Recreation	31		
Sleep, Social Media Use - Youth	33		



BOZHO

The Forest County Potawatomi Community Health Department is committed to improving the overall health and well-being of the Forest County Potawatomi Community. Conducting regular community health assessments is a key element in achieving this goal. From July through November 2023, we conducted adult and youth assessment surveys, key informant interviews, and held focus groups to identify major health needs and concerns within the FCP Community.

This report includes Forest County Potawatomi specific data and information on demographics, health factors, and lifestyle behaviors that impact individual health and quality of life.

The information gathered in this assessment will be used to make informed decisions and identify priorities that will help guide our Community Health Improvement Plan for the next five years.

We know that our efforts will not be successful without the involvement and voice of the community. We will continue to engage the community to assist us in developing accepted and effective programs that will help reduce and eliminate poor health outcomes. We invite you to review this report and join us in improving the health of your community.

Sincerely,

Jacee Shepard, BSN, RN

Community Health Manager/

Public Health Officer FCP Community Health Department

Any questions or comments, please call the Community Health Department at 715-478-4355.

INTRODUCTION

Conducting regular community health assessments is a best practice for public health. The primary goal of a community health assessment is to identify key health issues and priorities within a community. This can then inform the development of strategies and interventions to improve the health and well-being of that community. The 2023 Forest County Potawatomi Community Health Assessment (CHA) is the third of its kind conducted by the Forest County Potawatomi Community Health Department (FCPCHD). The first CHA concluded in 2013 and the second in 2018.

FCP contracted with Blue Stone Strategy Partners (“Blue Stone”) to implement a CHA process that engaged Tribal Leadership, stakeholders, and community members. The process was designed to meet public health accreditation standards. In 2019, FCPCHD achieved National Public Health Accreditation and was the third Tribal Nation in the country to do so. To date, only six Tribal Nations in the country have achieved this status.

Data research, key informant interviews, focus groups, adult and youth surveys, and stakeholder meetings were the methods utilized over 6 months (June 2023 - December 2023) to develop the 2023 FCP CHA.



HISTORY AND COMMUNITY DESCRIPTION

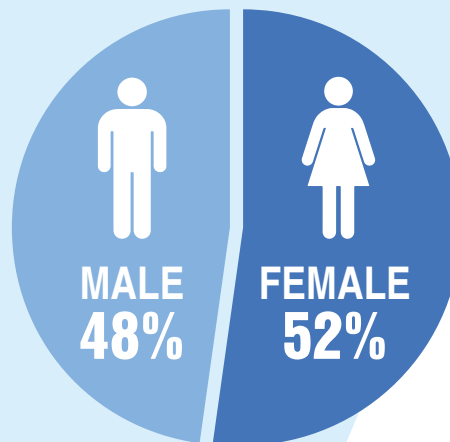
Prior to European contact, the Bodwéwadmí (Keepers of the Fire) were one of three groups of the Three Fires Confederacy who split from the Neshnabek (translated as “Original People”). After contact with the Europeans and the effects of Colonialism, the Bodwéwadmí (“Potawatomi”) were forced to cede their millions of acres of land between Wisconsin and Ohio to the United States Government and move west. Any future acquisition of land by the Potawatomi was purchased. Not until 1988 were the Forest County Potawatomi lands given “reservation status”. The Potawatomi were known to have supported themselves traditionally through hunting, fishing, gathering, and raising crops (corn, beans, and squash). Currently, the Forest County Potawatomi Reservation land totals 19,000 acres of forests, clear lakes, and streams in northeastern Wisconsin. The FCP Tribal Reservation forms a checkerboard pattern throughout Forest County, which includes three communities: Stone Lake, Blackwell, and Carter. The Tribe is now the largest employer in the county.



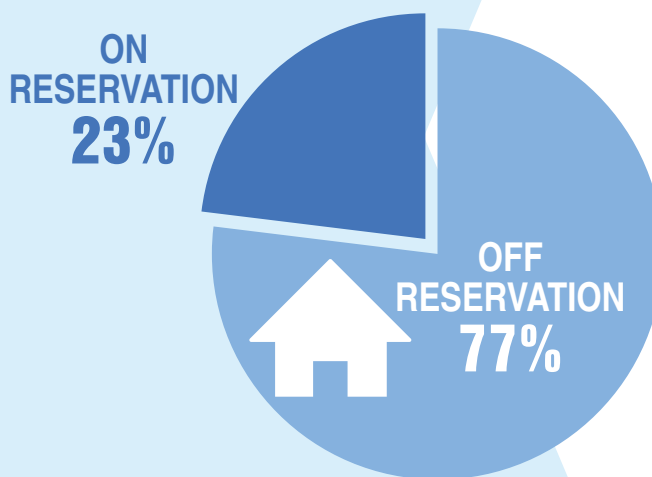
TRIBAL ENROLLMENT STATISTICS

According to the FCP Enrollment department, there are 1,756 enrolled tribal members as of November 2023. Of these enrolled tribal members, a little more than half are female and almost 30% are under 17 years of age.

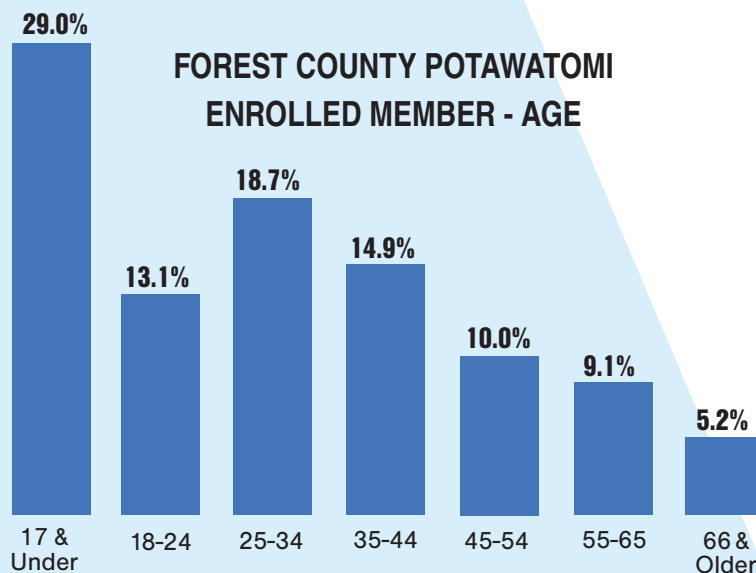
FOREST COUNTY POTAWATOMI ENROLLED MEMBERS - GENDER



FOREST COUNTY POTAWATOMI ENROLLED MEMBER - RESIDENCE

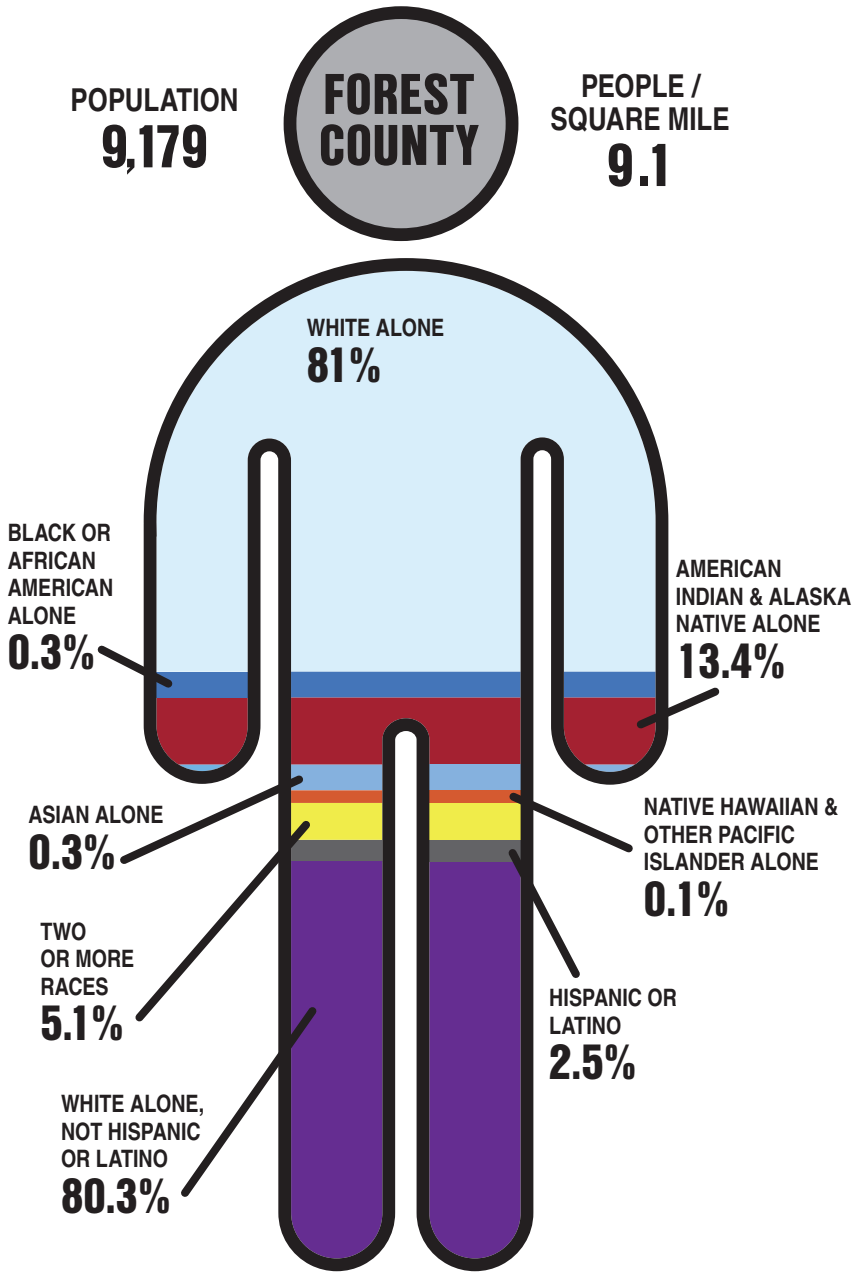


FOREST COUNTY POTAWATOMI ENROLLED MEMBER - AGE



FOREST COUNTY POPULATION STATISTICS

Population statistics are from the 2020 Decennial Census data and reveal that American Indian/Alaska Native (AI/AN) alone or in combination represent 16.3% of the total population size of Forest County. As another Tribal Nation is located in the County, FCP enrolled members make up about 8% of the total population.



Source: United States Census Bureau (2022)

WISCONSIN COUNTY HEALTH RANKINGS

According to the Wisconsin County Health Rankings for 2023, Forest County is ranked 71st out of 72 counties for health outcomes and health factors. This score dropped 9 rankings since the 2018 categorization, when Forest County was 62nd out of 72. (University of Wisconsin Population Health Institute, 2023).



“COMMUNITY HEALTH HAS TO BE MORE THAN THE HEALTH & WELLNESS CENTER. WE ALL ARE A PART OF THE COMMUNITY AND RESPONSIBLE FOR BUILDING THAT UP. WE ALL NEED TO PULL IN THE SAME DIRECTION.”

– KEY INFORMANT PARTICIPANT



COMMUNITY HEALTH ASSESSMENT PROCESS

FCPCHD collaborated with Blue Stone Strategies to conduct the Community Health Assessment following their process (*Figure 1*). This process uses a variety of methods to ensure the broadest representation of all population groups, including those that are typically marginalized, disproportionately affected by health conditions, or “hard-to-reach” populations. The framework emphasizes stakeholder and community engagement and a combination of collecting quantitative and qualitative primary data as well as secondary data.

Figure 1



The FCPCHD CHA process included:

- Eleven Key Informant (KI) Interviews were conducted with leaders from four of the Tribe’s divisions: Health, Family Services, Land/Natural Resources, and Education as well as a Health Advisory Board member, and the Executive Leadership of the Tribe.
- Development and distribution of adult and youth surveys.
- The FCP CHA Adult Survey was completed via web-based and paper-based surveys throughout July – October 2023. A total of 243 respondents 18 years and older participated in the survey.
- The FCP CHA Youth Survey was completed via web-based and paper surveys in October 2023. The FCP Community Health Department team partnered with the local school districts (Crandon, Laona, and Wabeno) and the FCP Education Division to administer the survey to FCP tribal members and descendants. Parents received an opt-out letter if they did not want their child to participate. A total of 82 youth ages 11- 17 participated, however not all questions were answered. The purpose of the Youth CHA was to assess current strengths and needs of FCP youth.
- Two Stakeholder Meetings: the first to kick-off the adult and youth surveys, the second the review the data from the surveys with key partners within FCP.
- Focus groups were planned with three subgroups that had low response rates in the surveys: elders, youth, and Alcohol and Other Drug Abuse (AODA)/recovery community.

**Additional data is available on Key Informant interviews, Stakeholder meetings, and focus groups from the Community Health Department.*

COMMUNITY HEALTH ASSESSMENT: ADULT AND YOUTH SURVEYS

DEMOGRAPHIC INFORMATION - ADULT SURVEY

Demographic information from the CHA Survey indicated that about half of respondents were ages 25-54 years old. An additional 20% were aged 55+ years old, meaning that the findings are representative of a large age range of the Tribe's population.

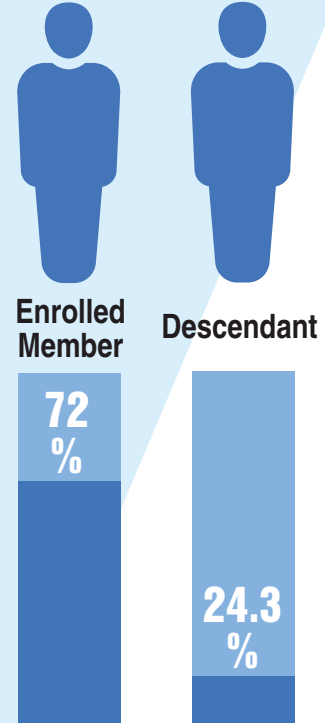
More respondents identify as female (52%) than male (43%), LGBTQ2+ (2%)¹ Indigiqueer (1%). See the Sexual Health section for information regarding sexual orientation and health.

Less than 25% of Tribal members or descendants have a college degree or higher, emphasizing the importance of Tribal higher education initiatives and resources. This is further reflected in the employment status of the group; about 50% indicate having full-time employment but others do not, with responses indicating a variety of reasons, such as being a student or being disabled. About half (54%) of the community have worked at their current job for fewer than 3 years. Most community members reported being married and living with 2-4 people in their homes.

Seventeen percent (17%) of adult respondents report speaking mostly Potawatomi at home. Among those who speak Potawatomi, 61.2% speak it less than 25% of the time, 21.1% between 25-50% of the time, 14.5% between 50-75% of the time, and 3.3% between 75-100% of the time. Other languages spoken at home were Ojibwe and Oneida (2%). For youth, 24% speak Potawatomi often or always, 45% speak sometimes, and 31% never or rarely speak Potawatomi.

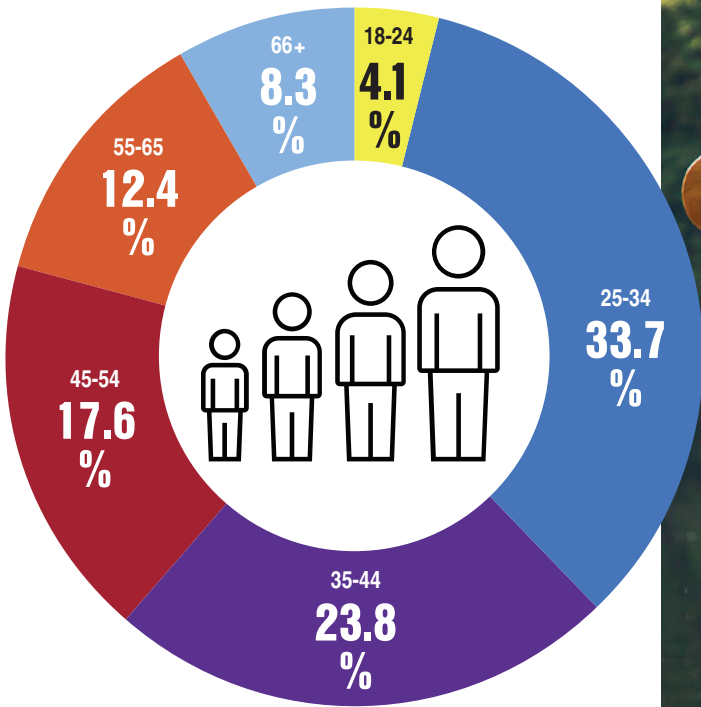
¹Lesbian, gay, bisexual, transgender, queer, two-spirited, and others

2023 FCP CHA ADULT SURVEY - RESPONDENT ENROLLED MEMBER OR DESCENDANT

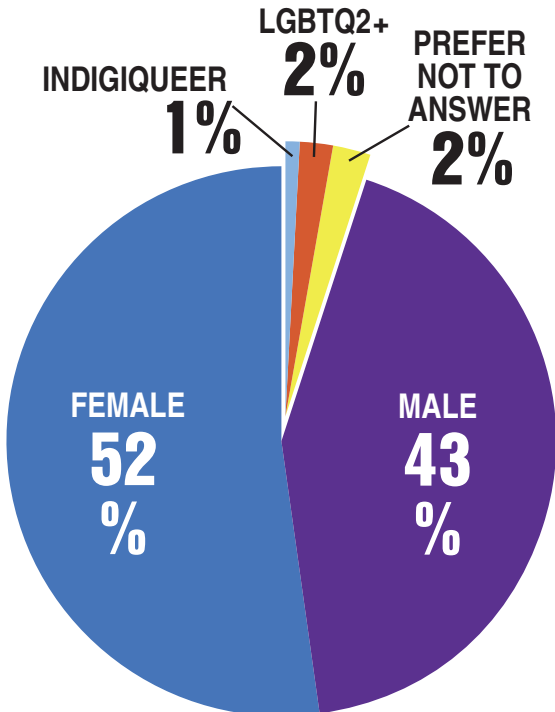




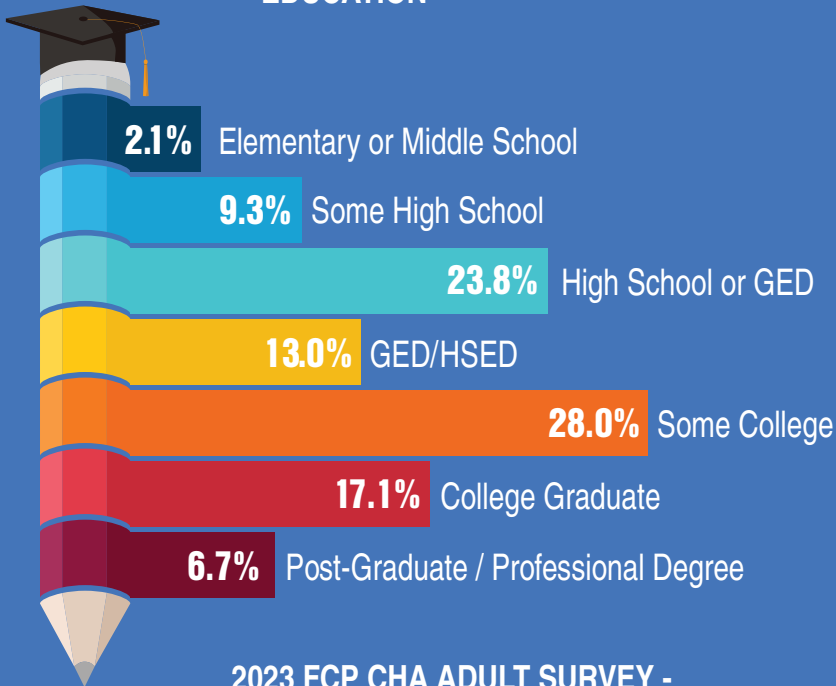
2023 FCP CHA ADULT SURVEY - RESPONDENT AGE RANGE



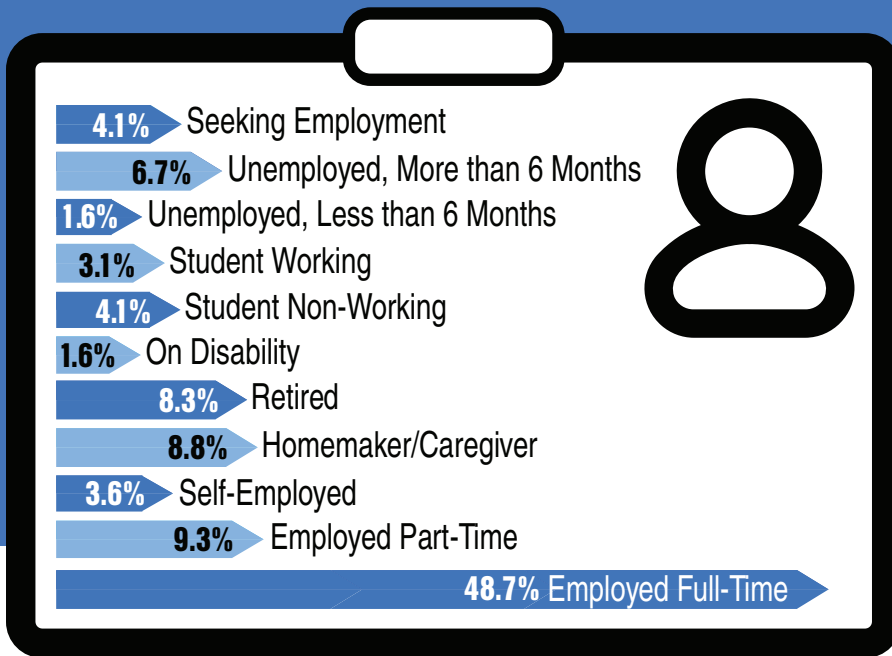
2023 FCP CHA ADULT SURVEY - RESPONDENT GENDER



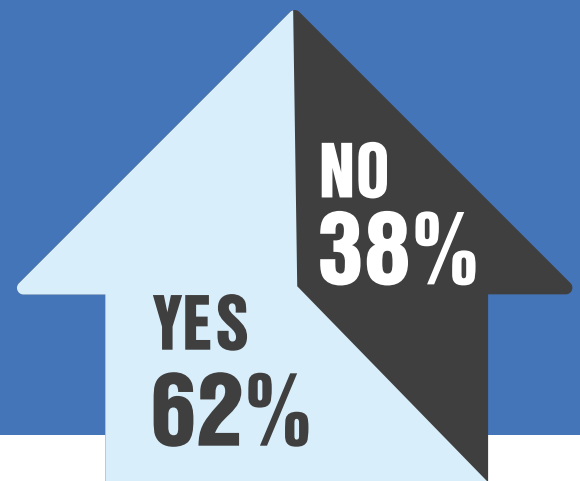
2023 FCP CHA ADULT SURVEY - RESPONDENT HIGHEST LEVEL OF EDUCATION



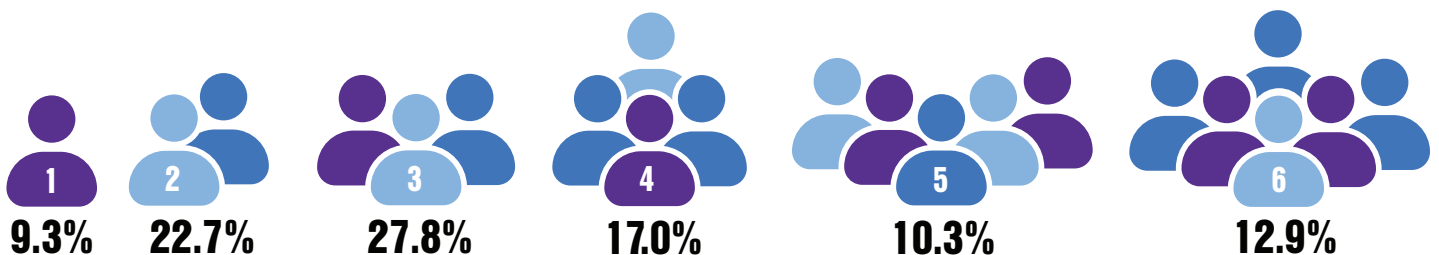
2023 FCP CHA ADULT SURVEY - RESPONDENT CURRENT EMPLOYMENT STATUS



2023 FCP CHA ADULT SURVEY - RESPONDENT CHILDREN UNDER 18 IN HOME



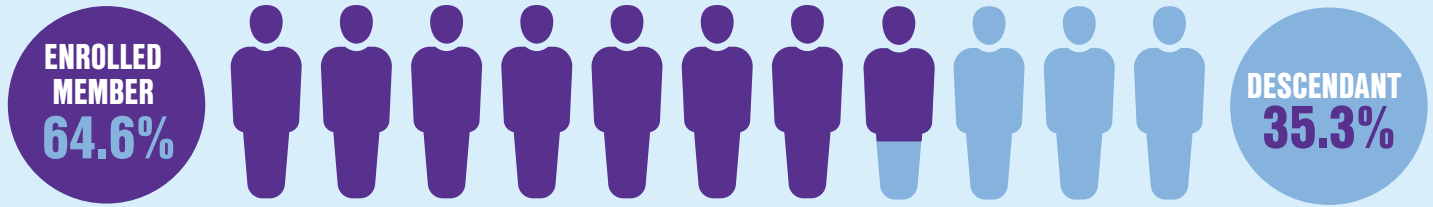
2023 FCP CHA ADULT SURVEY - RESPONDENT NUMBER OF PEOPLE LIVING IN HOUSEHOLD



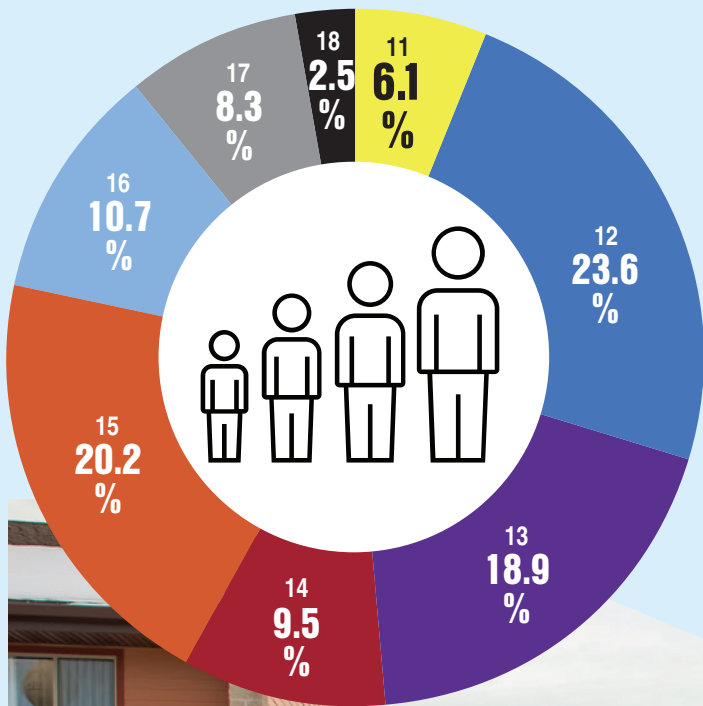
DEMOGRAPHIC INFORMATION - YOUTH SURVEY

Demographic information from Youth CHA findings are representative of a large age range of youth ages 11-18. A total of 62% are enrolled Members of the Tribe while 34% are descendants of Tribal Members. There was equal representation of both male (49%) and female (49%), and 2% identified as members of LGBTQ+. Most (84.1%) had completed the 7th-9th grade or higher.

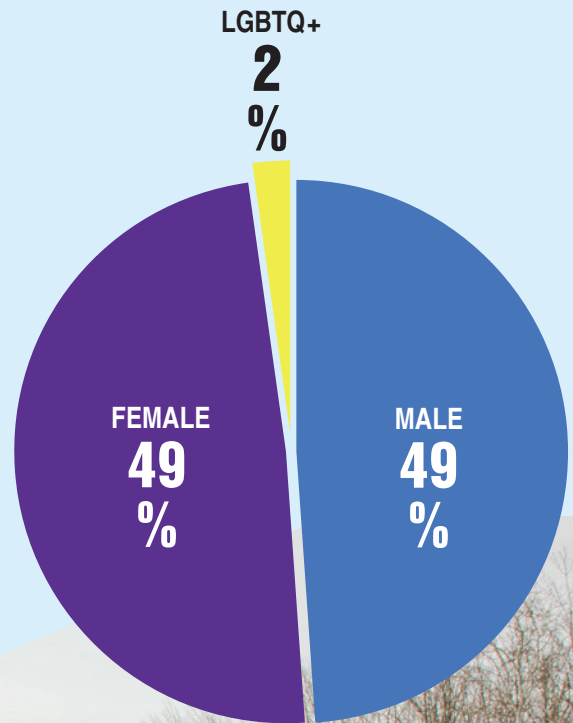
2023 FCP CHA YOUTH SURVEY - ENROLLED TRIBAL MEMBER OR DESCENDANT



2023 FCP CHA YOUTH SURVEY - RESPONDENT AGE



2023 FCP CHA YOUTH SURVEY - RESPONDENT GENDER





2023 FCP CHA YOUTH SURVEY -
RESPONDENT SCHOOL DISTRICT



CRANDON **41**

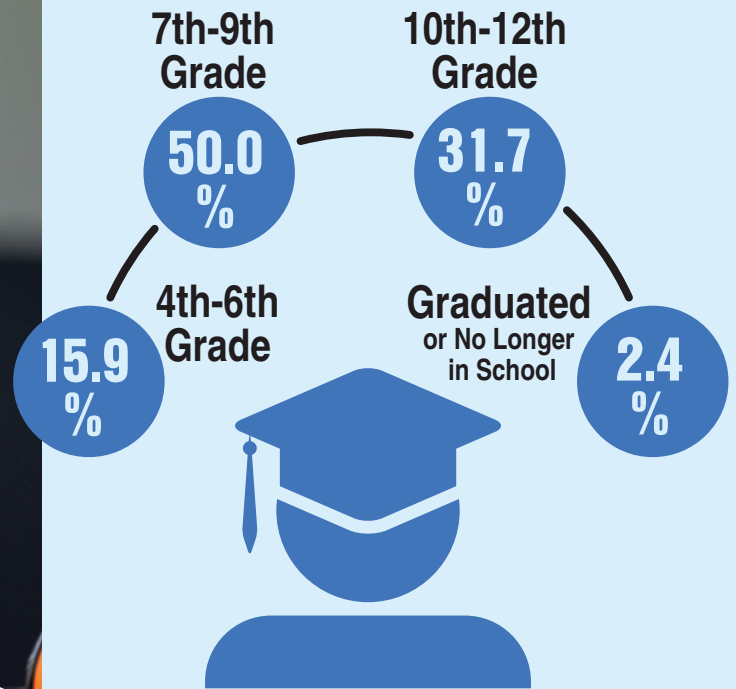
LAONA **13**

WABENO **28**

NOT ATTENDING
SCHOOL **0**



2023 FCP CHA YOUTH SURVEY -
GRADE LEVELS THAT COMPLETED SURVEY





HEALTH STATUS

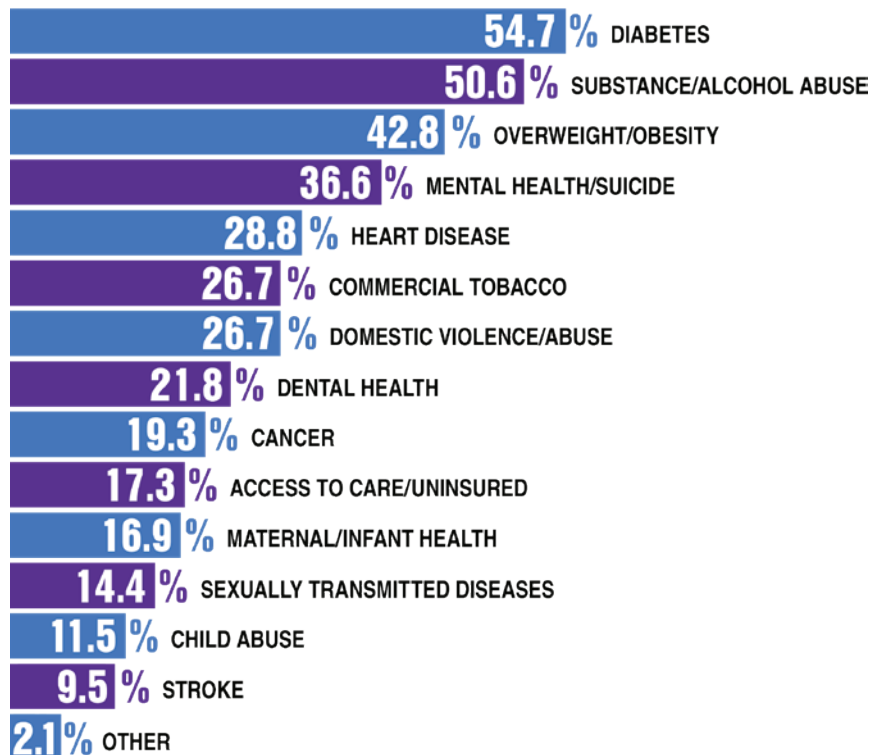
This section is focused on the health information collected regarding the community's health challenges and needs as well as secondary data from the Health & Wellness Center's Electronic Health Record, Athena, diagnoses, and leading causes of death. The gathered information was meant to support prioritization and resource allocation that will improve health and support the Tribal community's health needs.

HEALTH CONCERNS OF THE COMMUNITY

Asking the community what they feel are the most important healthcare concerns paints a picture of the community's readiness to address those issues. Data is another tool to identify concerning health issues. The Community may not identify the same health issues that are indicated through data, which shows the need for further education and awareness raising efforts.



2023 FCP CHA ADULT SURVEY - RESPONDENT HEALTH CARE CONCERNS FOR COMMUNITY

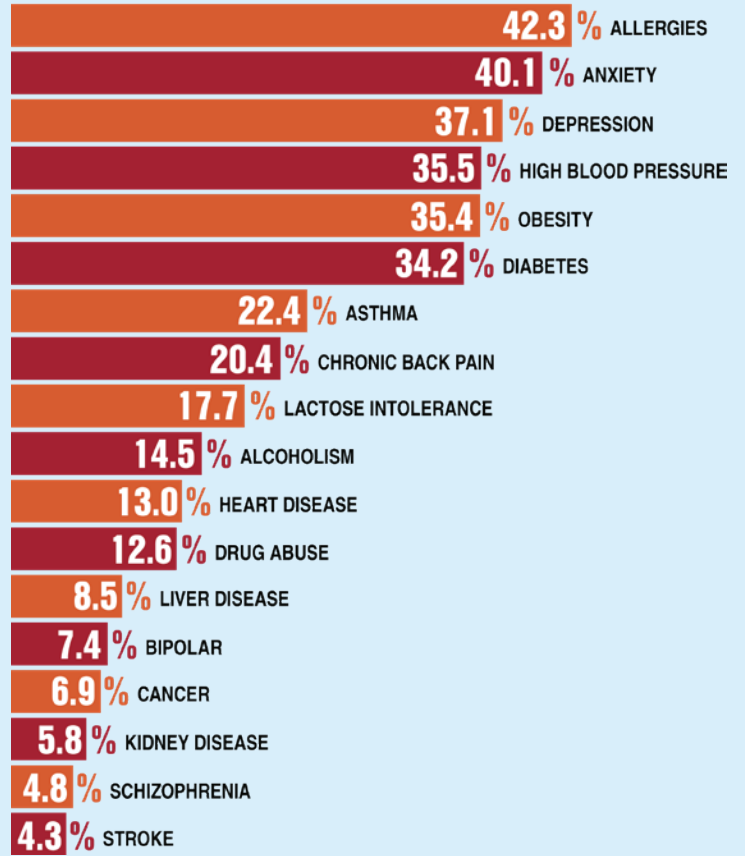


Note: Other concerns were Cirrhosis of the liver and addiction.

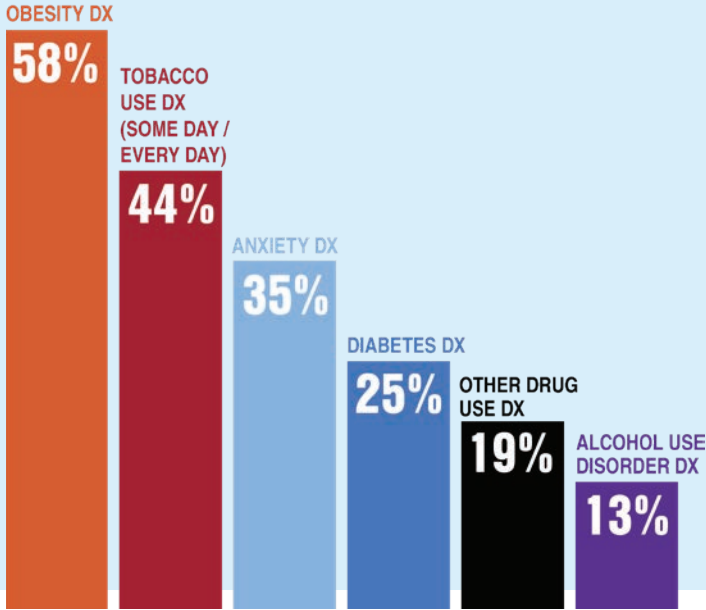
HISTORY OF HEALTH CONDITIONS

Community members reported if they were ever diagnosed with one of 18 health conditions. The most frequent diagnoses that individuals had “ever been diagnosed with” were allergies, anxiety, depression, high blood pressure, obesity, and diabetes. Not all Tribal members and descendants access their care from the HWC and the table below shows the percentage of adult respondents with specific diagnoses who do use the HWC.

2023 FCP CHA ADULT SURVEY - RESPONDENT EVER DIAGNOSED WITH HEALTH CONDITION(S)



PERCENTAGE OF FCP HWC TRIBAL MEMBER ADULT USERS DIAGNOSES DX



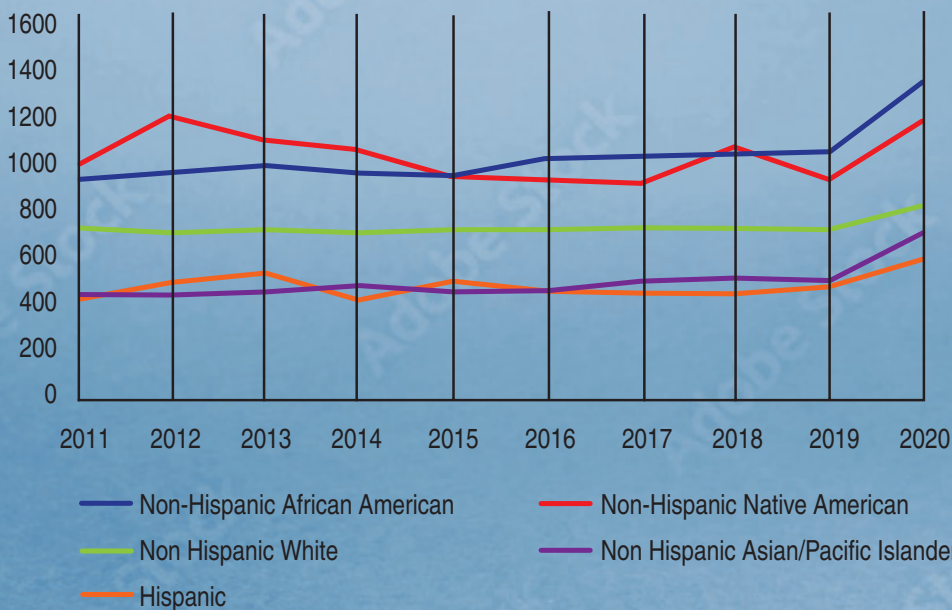
LEADING CAUSES OF DEATH IN FOREST COUNTY



According to the Centers for Disease Control and Prevention (2020), the top three leading causes of death for all individuals in Forest County from 1999-2020 were comparable to that of American Indian/Alaskan Natives (AI/AN), however it is noteworthy that accidents (unintentional injuries) were more frequent causes of death than would typically be reported in other areas of the state or nation, particularly by AI/AN. Also, chronic liver disease and cirrhosis ranked 5th for AI/AN, yet the 10th leading cause of death for all populations in the state. As is often the case among state (and national) death records, AI/AN deaths appear to be under-reported, thereby potentially underreporting rates of death per 100,000 per cause of death.

FOREST COUNTY Leading Cause of Death, 1999-2020	ALL POPULATION		AI/AN	
	Rank	Deaths	Rank	Deaths
Heart Disease	1	667	2	39
Malignant neoplasms (tumors)	2	596	3	37
Accidents (unintentional injuries)	3	176	1	49
Chronic lower respiratory disease	4	151	—	—
Cerebrovascular diseases	5	123	—	—
Alzheimer disease	6	73	—	—
Diabetes mellitus	7	71	4	17
Influenza and pneumonia	8	58	—	—
Nephritis (kidney infection)	9	44	—	—
Chronic liver disease and cirrhosis	10	41	5	15
Intentional self-harm (suicide)	11	31	—	—
COVID-19	12	21	—	—

AGE-ADJUSTED MORTALITY RATES BY RACE-ETHNICITY



Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services





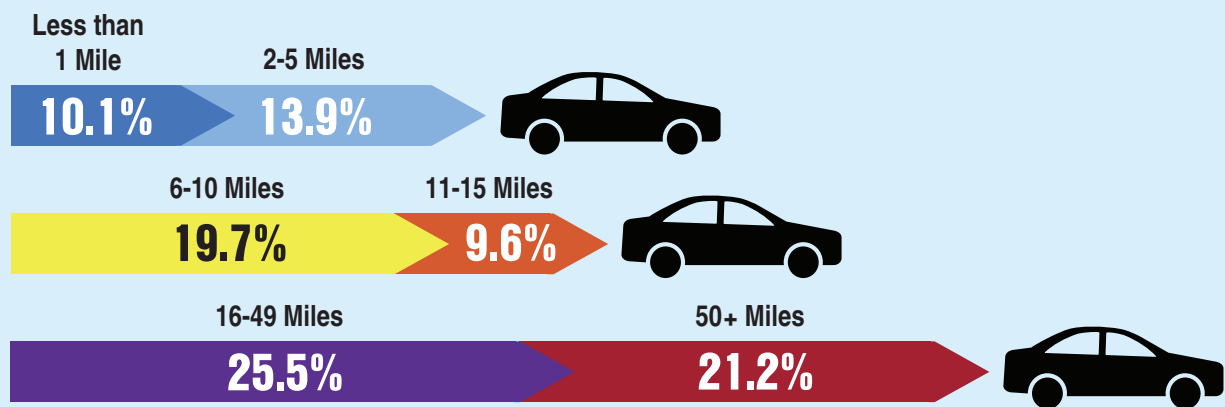
HEALTHCARE UTILIZATION AND ACCESS

CURRENT HEALTH CARE UTILIZATION AND ACCESS

About 65% of survey respondents said they designate the Forest County Potawatomi Health and Wellness Center (HWC) as their Primary Care Provider. However, almost half of the remainder said they do not have another facility designated as their Primary Care Provider. This may highlight the need for increased education on the benefit of having a primary care provider as well as increased engagement in preventative care for those with co-morbid health conditions. Having a Primary Care Provider helps to prevent frequent

utilization of urgent care and emergency room facilities. For those who do receive Primary Care at another facility, providers were reported to be: Aspirus (33.7%), Marshfield Clinic (14.4%), Another IHS/Tribal/Urban Indian Clinic (9.5%), or Other (11.5%). Over 50% of community member respondents (53.3%) live within 15 miles of the FCP HWC. It should be noted that the HWC is adjacent to many of the Tribe's other services, such as the Community Center, Tribal Administration, and Family Services.

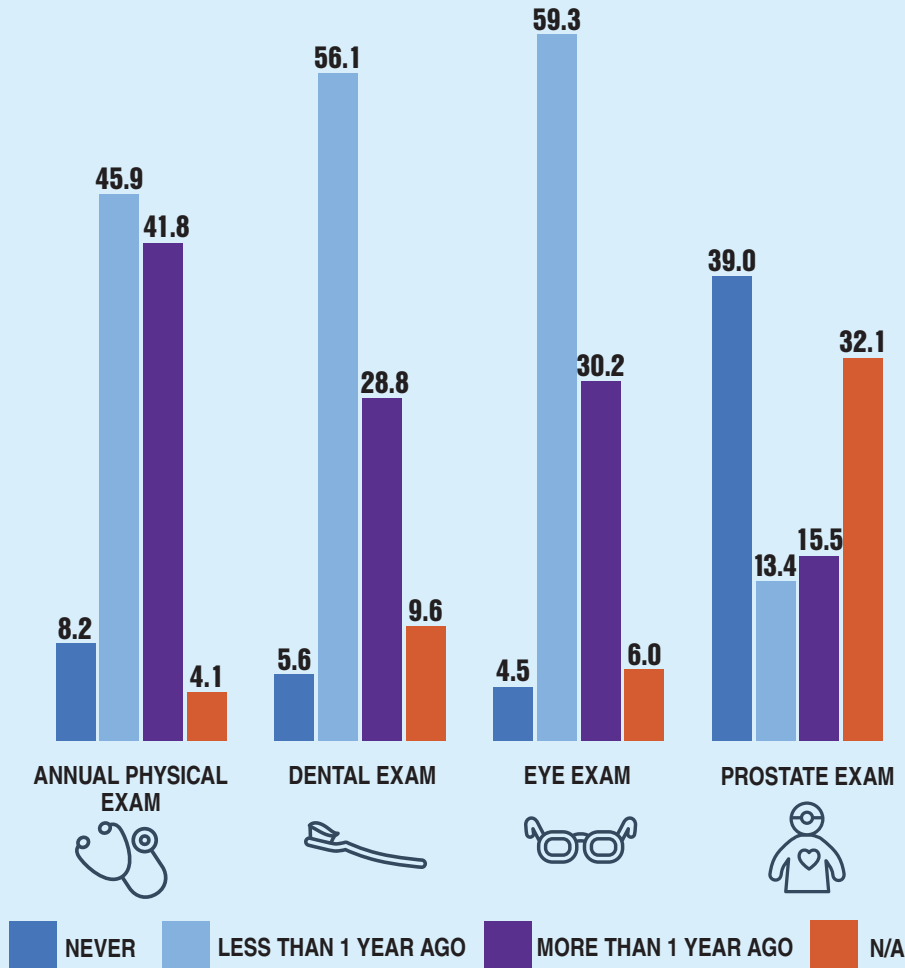
2023 FCP CHA ADULT SURVEY - RESPONDENT DISTANCE FROM FOREST COUNTY POTAWATOMI HEALTH AND WELLNESS CENTER



ROUTINE SCREENINGS AND EXAMS

Routine screenings and exams are preventative care that can assist in reducing hospitalizations or complications from chronic and infectious health conditions. Screenings are also an important public health tool to understand how prevalent certain health conditions are in the community. About half of community members reported having a physical, dental, and eye exam within the past year. Screening data by category, chronic conditions, women’s health, and other screenings, are presented in the charts below.

ROUTINE EXAMS
GRAPH DEPICTED IN PERCENTAGE



Data from CHA respondents (2023)



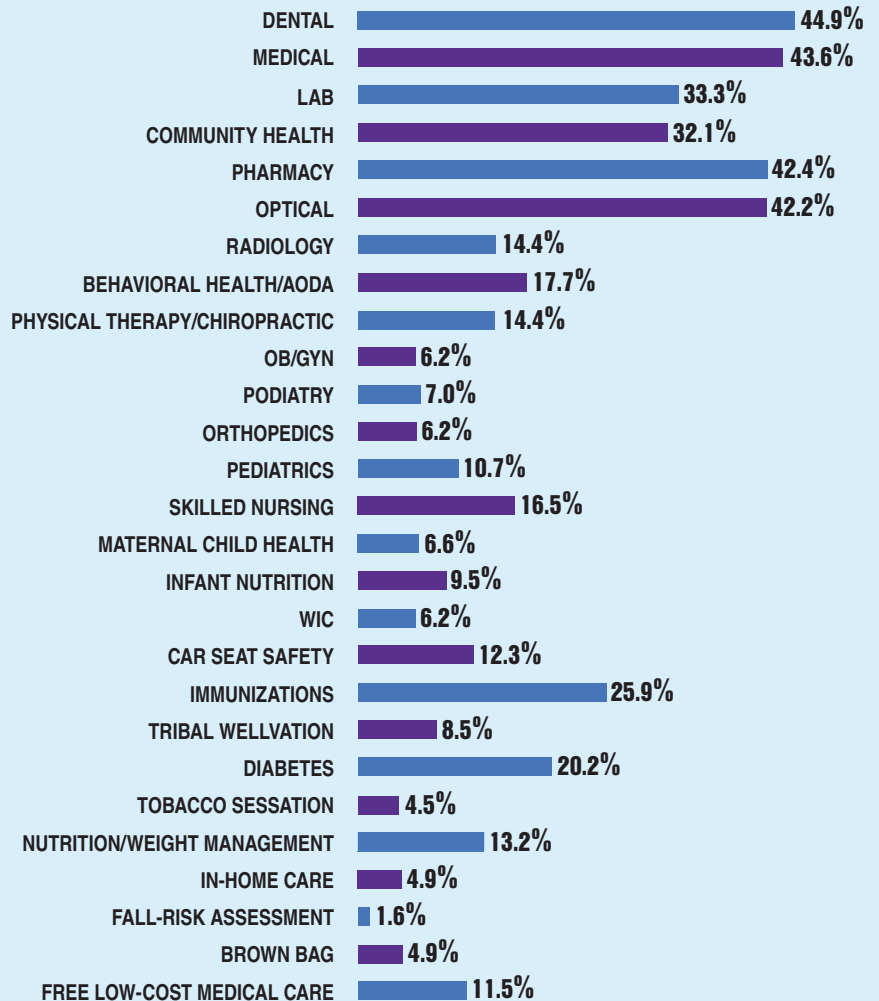


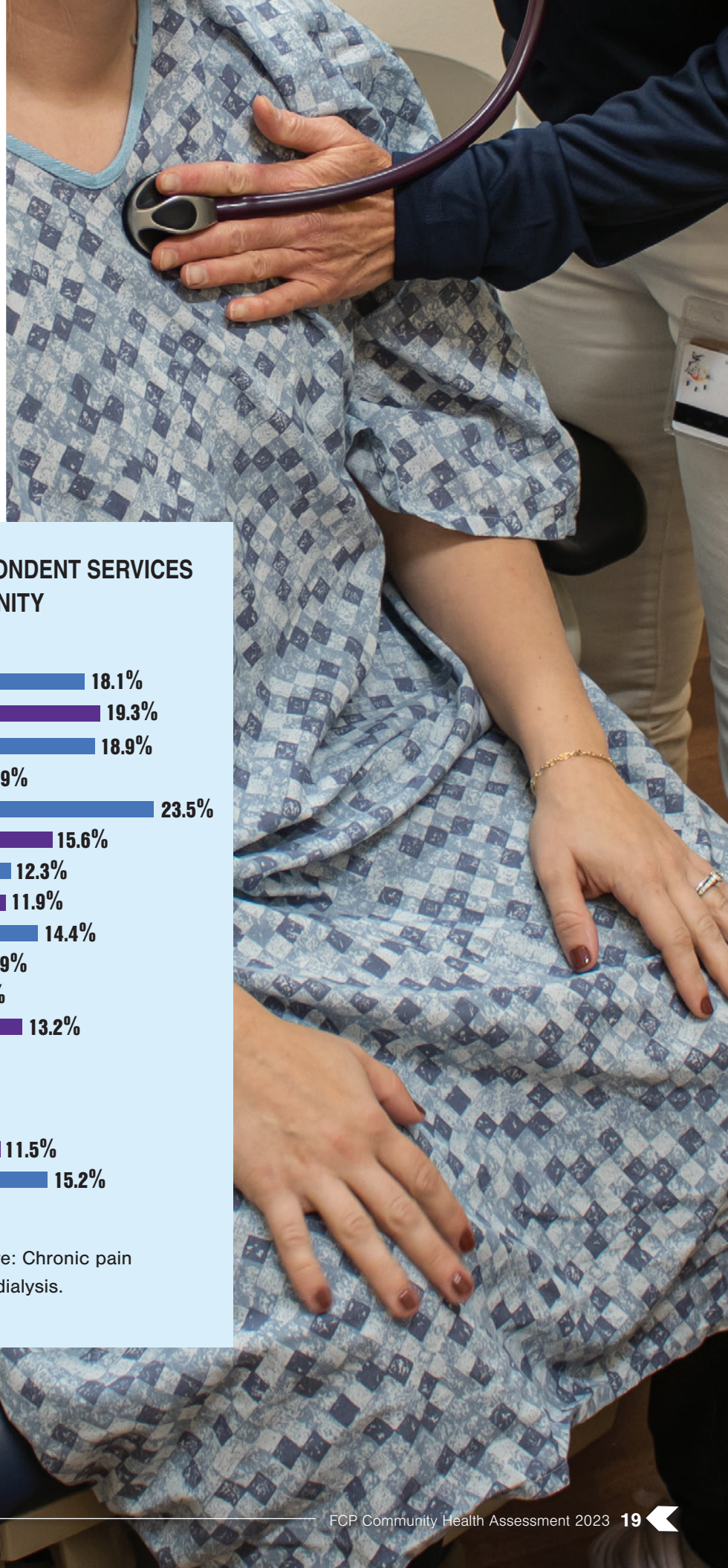
MET AND UNMET HEALTH SERVICE NEEDS IN COMMUNITY

The next section of the survey provided the opportunity for community members to indicate if there are services available in the community to meet their needs, which services they receive at Forest County Potawatomi Health and Wellness Center, and areas of unmet service needs. Over three-fourths (78%) of community members reported that there were enough services available to meet needs in the community, while 22% reported a need for additional or enhanced services.

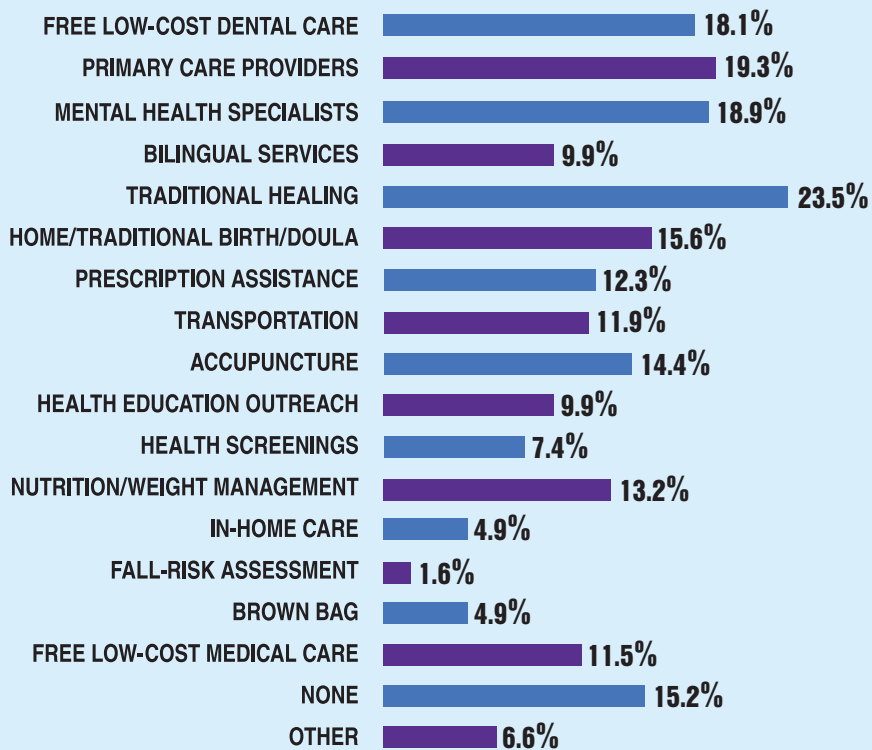
Top health services utilized at the Forest County Potawatomi Health and Wellness Center were medical, dental, optical, pharmacy, lab, community health, and immunizations. Traditional healing, primary care, and mental health specialist services were identified as currently missing from the community.

2023 FCP CHA ADULT SURVEY - RESPONDENT SERVICES USED AT FCP HEALTH & WELLNESS CENTER





2023 FCP CHA ADULT SURVEY - RESPONDENT SERVICES MISSING FROM COMMUNITY



Note: Other services were: Chronic pain services, massage, and dialysis.

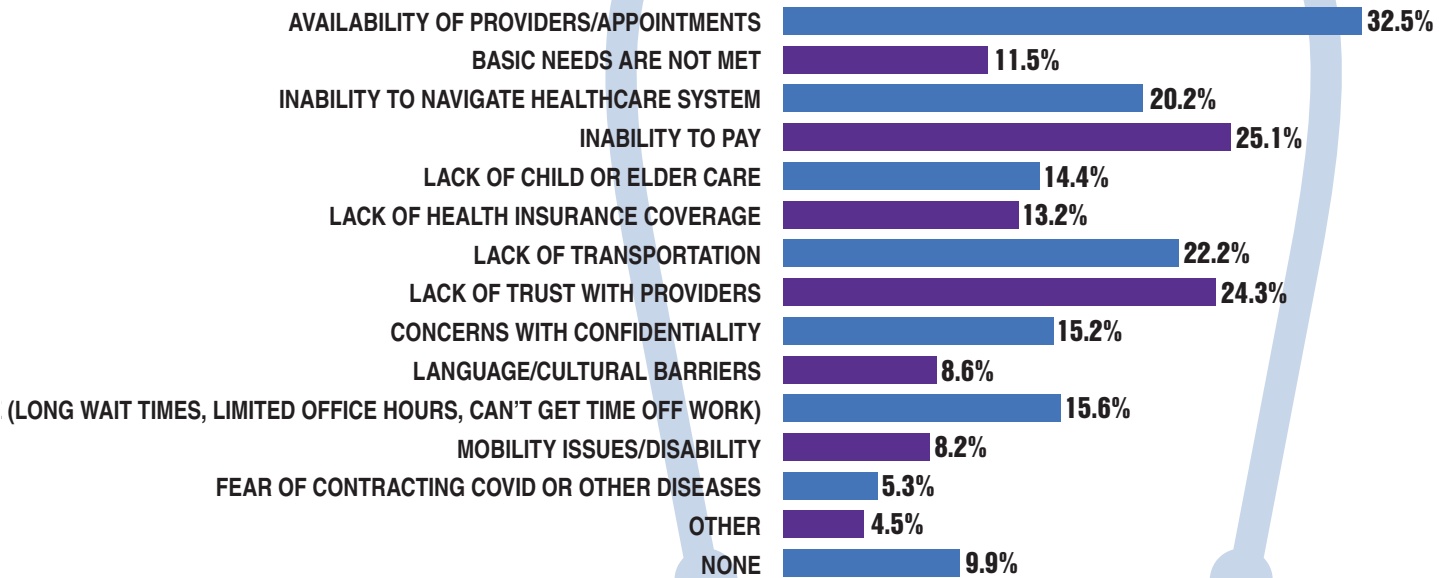


BARRIERS TO HEALTHCARE ACCESS

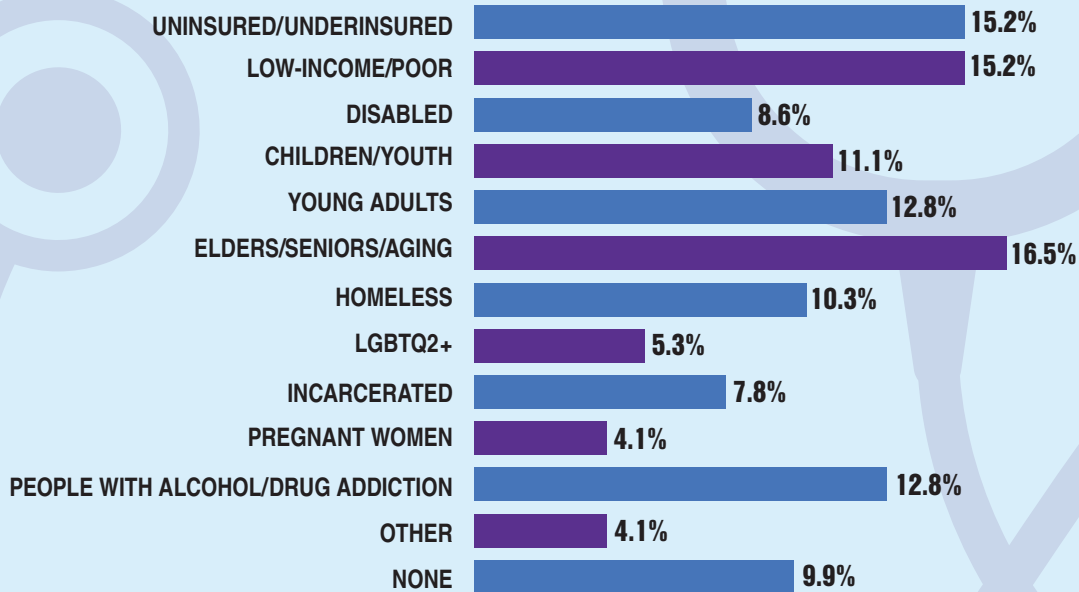
Barriers to community members not getting the healthcare they need were assessed. This is an important area to assess for understanding access to care challenges. Identified barriers provide immediate areas for program enhancement and quality improvements. Top barriers to healthcare access were: difficulty in getting an appointment, prohibitive cost of the doctor, lack of transportation, and lack of trust in providers. Write-in responses also yielded informative areas for improvement, with “practices being outdated,” “needing better leadership that recognized tribal needs,” providers not “respecting wishes to decline services,” and “no-shows by other patients” cited as barriers to care. Others reported being unsure of barriers due to not living in the community.

While cost (inability to pay) was indicated as a main barrier, it is important to note that all FCP tribal members are eligible for coverage under the Tribe’s health insurance plan, PCares (PCS). There are currently 1276 tribal members (18 and older) and 954 dependents (under the age of 19) covered under PCS, which is practically the entire tribal member population. Additionally, any non-tribal children ages 19-26 can be covered under the Non-Tribal Dependent Health Plan, upon request of the tribal member. Descendants, however, are not eligible for the Tribe’s health insurance and may account for the 25% of respondents who indicated an inability to pay and the 13.2% of respondents who indicated lack of insurance coverage as barriers to healthcare.

2023 FCP CHA ADULT SURVEY - RESPONDENT CHALLENGES IN ACCESSING HEALTHCARE



2023 FCP CHA ADULT SURVEY - WHICH POPULATIONS ARE NOT ADEQUATELY SERVED



Note: "Other" populations include individuals with autism and brain injury, dialysis patients, people with mental health issues, people living off reservation.





DETERMINANTS OF HEALTH AND HEALTH EQUITY

Social Determinants of Health (SDOH) is a term used to describe factors outside of medical practice that influence individual and community health (Office of Disease Prevention and Health Promotion, 2020). SDOH can include experiences and the environment where people are born, live, grow, and work. SDOH can be factors related to economic circumstances, educational attainment, discrimination and racism, access to healthcare, and the natural and built environment. There has been a recent development in formulating Indigenous Social Determinants of Health (ISDOH) led by the public health institute, Seven Directions (*Seven Directions, 2023*). However, as of this writing, a published framework has not been released. The ISDOH accounts for the history and unique experiences and environments of Native Americans, such as indigenous knowledge, Tribal sovereignty and governance, language and identity, and land and kinship. Both the ISDOH and SDOH can help explain why the Forest County Potawatomi may experience more complicated health outcomes and are at higher risk for other health challenges.

Similarly, attention to health equity has been gaining momentum across the country. For Native communities, what is emerging is the need to define health equity from an Indigenous lens rather than a Western mindset. In its most basic sense, health equity refers to all people having the same opportunities to attain the highest level of health. However, as described by Abigail Echo-Hawk, Director of the Urban Indian Health Institute and a leading voice in the movement, “Health equity recognizes that not all people have the same opportunity to achieve optimal health outcomes, and this access is deeply influenced by the institutional and structural barriers that were built and are sustained by colonization” (2019). It is accepted that the path to health equity should be grounded in culture and traditional knowledge systems.

In practice, improving the underlying social determinants, grounded in culture, will have a positive effect on the attainment of health equity for Native people. Readers of this report are encouraged to apply an ISDOH and Indigenous health equity lens to interpreting the information and data in this report.





MENTAL HEALTH

Several mental health topics were assessed during the CHA process. Per the FCP Adult CHA survey responses, mental health/suicide was one of the top four health concerns for the community. (*Table Health Concerns for Community, pg. 17*)

Depression is a common mood disorder marked by feelings of sadness that won't go away and loss of interest for long periods. Twenty-two percent (22%) of the U.S. population have symptoms of depression compared to 6.5% in 2019 (*CDC, 2023*).

Depression and anxiety are often experienced together; anxiety disorders are the most common mental health problem in the U.S., with about 27% of the population experiencing symptoms (*U.S. Census Bureau, Pulse Survey, 2020-2023*).

MOST COMMON BEHAVIORAL DIAGNOSIS HWC FCP USERS (ATHENA DATA, 2023)

#1	Alcohol dependence, uncomplicated
#1	Anxiety disorder, unspecified (tied for #1)
#2	Opioid dependence, uncomplicated
#3	Major depressive disorder, recurrent, moderate
#4	Depression, unspecified

FOR FCP ADULTS, **42%** REPORT EVER EXPERIENCING DEPRESSION COMPARED TO **29%** SELF-REPORTING DEPRESSION IN THE 2018 FCP CHA.

FOR FCP ADULTS IN 2023, **40.1%** REPORTED THAT THEY HAD EVER BEEN DIAGNOSED WITH ANXIETY (CHA ADULT SURVEY). IN THE 2018 CHA SURVEY, **25%** OF RESPONDENTS INDICATED NEEDING SUPPORT FOR ANXIETY.

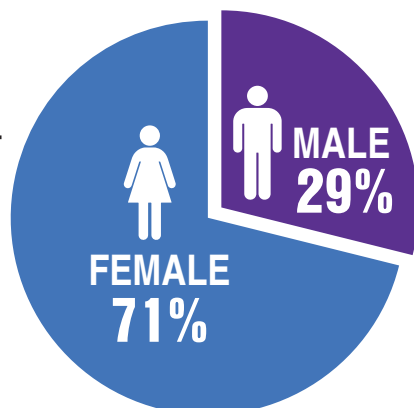
IN 2021, **59%** OF FOREST COUNTY HIGH SCHOOL STUDENTS IDENTIFYING AS AI/AN REPORT PROBLEMS WITH ANXIETY, COMPARED TO **47%** FOR WHITE, **72%** FOR HISPANIC, AND **52%** FOR MULTIPLE RACES (FOREST COUNTY YOUTH COUNT REPORT, 2023).

FOR FCP HWC USERS, FEMALES ARE MORE LIKELY THAN MALES TO HAVE AN ANXIETY DIAGNOSIS. THIS IS SIMILAR TO NATIONAL TRENDS.

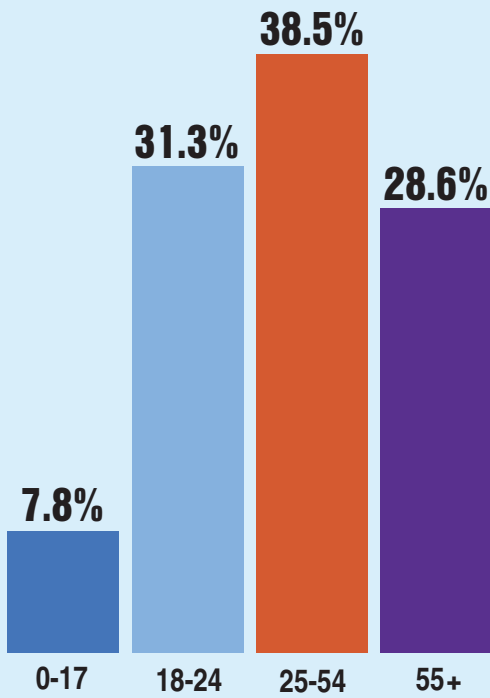
YOUTH AGREED THAT ANXIETY WAS AN ISSUE FOR THEIR AGE GROUP, THE CAUSES BEING RELATED TO PERFORMANCE, EITHER RELATED TO SCHOOLWORK OR BEING IN FRONT OF A CROWD (CHA YOUTH FOCUS GROUP, 2023).

2023 FCP HWC ADULT USERS – ANXIETY BY GENDER

Source: Athena, June 2022-October 2023

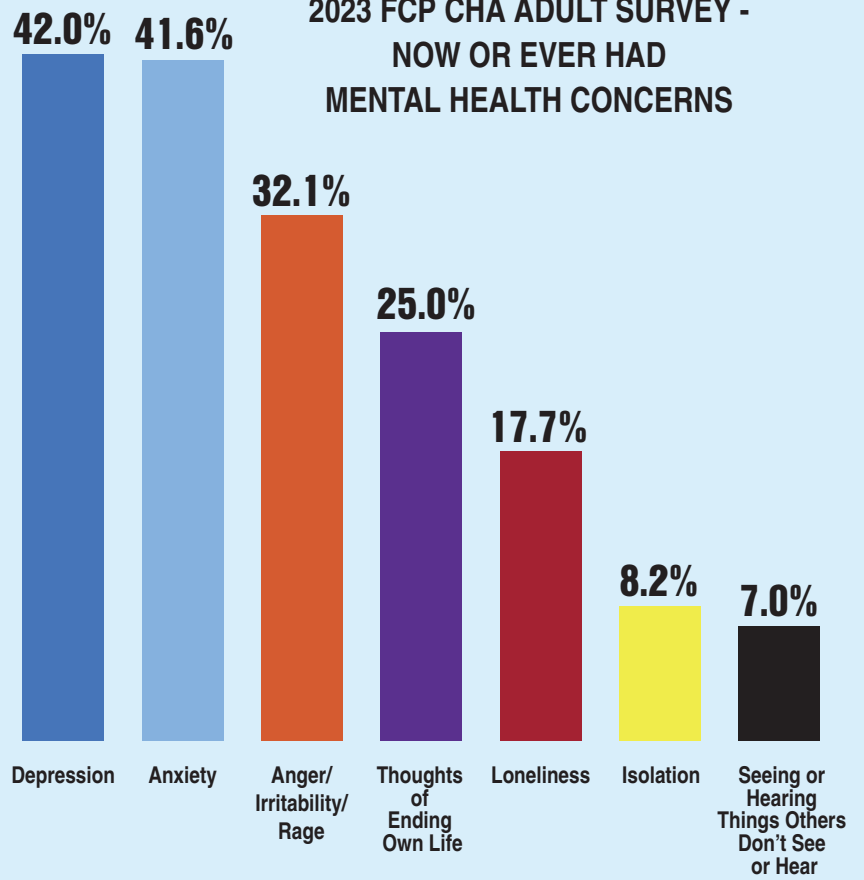


2023 FCP HWC USERS – ANXIETY BY AGE

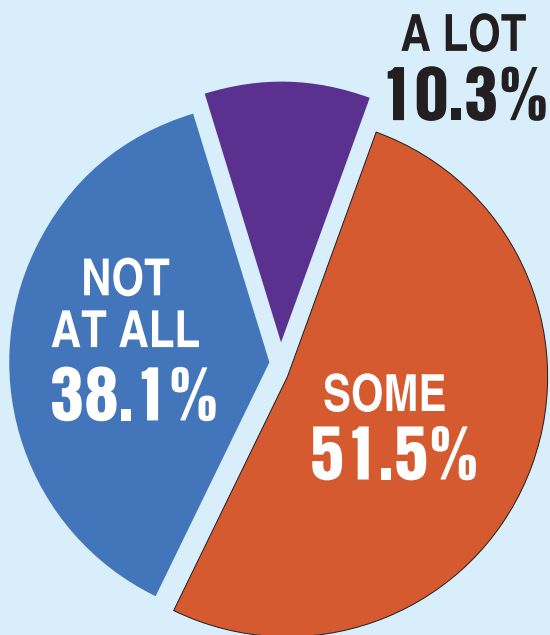


Source: Athena, June 2022-October 2023

2023 FCP CHA ADULT SURVEY - NOW OR EVER HAD MENTAL HEALTH CONCERNS



2023 FCP CHA ADULT SURVEY - CONCERNED ABOUT OWN MENTAL HEALTH



USE OF MENTAL HEALTH RESOURCES

For those who experienced any of the mental health concerns on the previous page, the majority said they went to Forest County Potawatomi Health & Wellness Center for support (29.3%), some sought care with Aspirus (19.8%), Marshfield (4.8%), other IHS/Tribal/Urban Clinic (7.8%), or another health care provider or counselor (12%). Unfortunately, 26.3% did not or are not receiving help. About one-third of youth (35.1%) report receiving counseling or treatment for mental health concerns. However, 18.9% cited Mental Health Specialists as a service missing from the community so the ability to obtain help is limited by what services are available.

YOUTH MENTAL HEALTH

Research highlights the importance of mental health and well-being. However, mental health concerns frequently develop during adolescence and early adulthood. Compared to adult respondents, youth reported more often feelings of depression and anxiety. More than half had thoughts of depression or anxiety sometimes, often, or most of the time/always. Almost 80% experienced anger/irritability/rage which was more than double that for adults. Almost one-quarter reported thoughts of ending their own life which was similar to adults.

2023 FCP CHA YOUTH SURVEY - YOUTH FREQUENCY OF MENTAL HEALTH CONCERNS

Mental Health Concern	Never	Sometimes	Often	Most Of The Time/Always
Feel depressed	47.4%	29.5%	17.9%	5.1%
Feel anxious	24.4%	23.6%	17.9%	14.1%
Feel angry, irritable, rage	20.5%	44.9%	20.5%	14.1%
Feel like want to take own life	73.3%	14.5%	3.9%	5.3%

WRITE-IN RESPONSES WERE PROVIDED ABOUT HOW YOUTH TAKE CARE OF THEIR OWN MENTAL HEALTH SHOWN BELOW:

- Bike Rides
- Breathe
- Cook
- Draw
- Eat
- Exercise/Work Out/Sports
- Games
- Journal
- Netflix
- Nothing
- Play Or Listen To Music
- Sleep
- Spend Time Alone
- Spend Time With Friends, Family, Romantic Partner
- Therapy/Counseling
- Video Games
- Walk

OBESITY

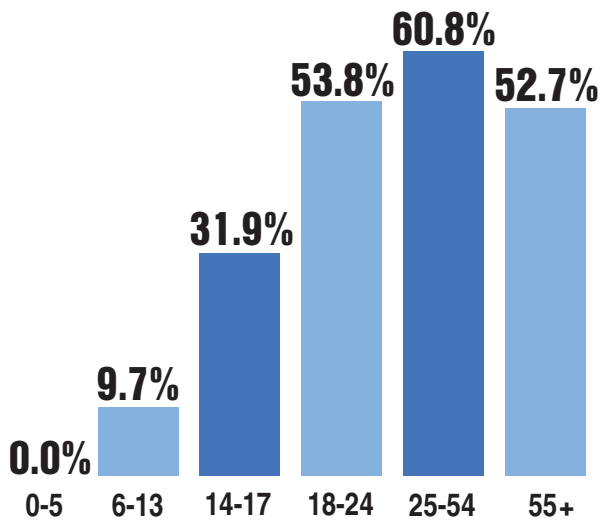
Americans have been steadily gaining weight for decades, with obesity becoming an epidemic by 1980. Obesity is a significant risk factor for developing Type 2 diabetes. American Indians/Alaskan Natives continue to have high obesity rates and the highest prevalence of Type 2 diabetes in the country despite encouraging downward trends in diabetes in recent years. Being overweight and/or obese also contributes to high blood pressure, heart disease, some cancers, and is linked to depression.

WEIGHT STATUS

The percentage of FCP adult tribal members with obesity is much higher than Wisconsin's or the U.S. percentage. While not a direct comparison, FCP youth tribal members have double the rates of obesity when compared to Wisconsin or the U.S. averages. Looking back to the 2018 FCP CHA, there has been a 26% increase in obesity for HWC Adult Users, from 44% in 2018 to 57.5% in 2023. (source: Athena)



2023 FCP HWC USERS – OBESITY BY AGE



Total: 38.3% of all FCP TM who use HWC
Source: Athena, June 2022 - October 2023

WEIGHT STATUS IN FCP ADULTS AND YOUTH COMPARED TO WI AND US

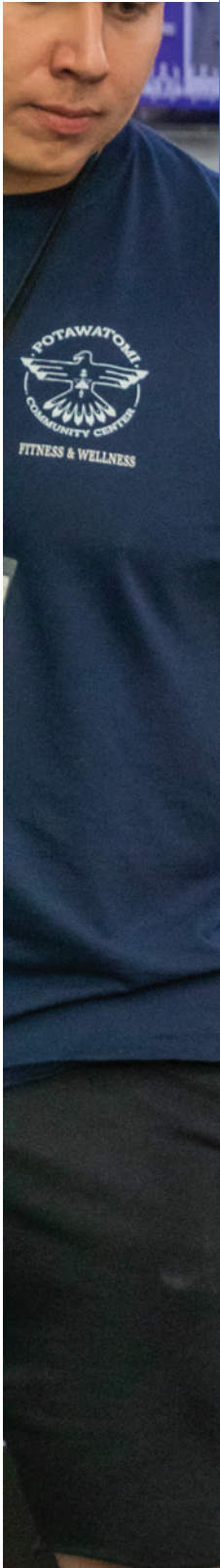
Weight Status Data – Adults (18 and over)	WI	U.S.	FCP HWC Users, Current	FCP HWC Users, 2018 CHA
Percent of adults who have obesity (BMI ≥30)	32.3%	31.9%	57.5%	44%
Weight Status Data – Youth	WI	U.S.	FCP HWC Users Ages 14-17	
Percent of students grades 9-12 who have obesity (BMI ≥ 95th percentile)	14.5%	15.5%	31.8%	

Sources: Wisconsin Department of Health Services, CDC (Centers for Disease Control and Prevention): Behavioral Risk Factor Surveillance System 2020, Athena

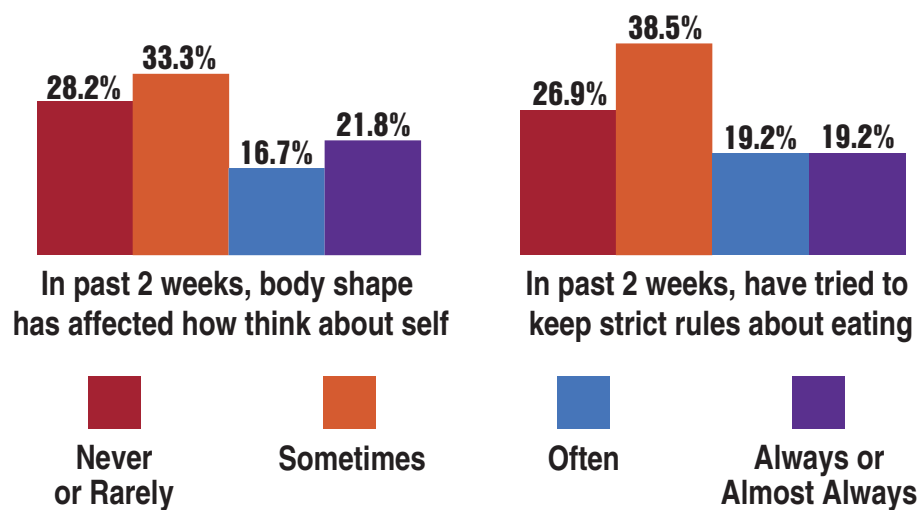
YOUTH BODY IMAGE AND CONTROLLING WEIGHT

Research indicates that youth perception of being overweight is associated with higher anxiety and significant depressive symptoms (*Hammami et al., 2022*)

21.8% of youth report body image affecting how they think about themselves as a person “always or almost always”. About 75% of youth report sometimes, often, or always trying to control their eating over the past week to control their shape or weight. For example, imposing calorie limits, set amounts of food, or rules about what they eat.



2023 FCP CHA YOUTH SURVEY - BODY IMAGE AND CONTROLLING WEIGHT



NUTRITION

FRUIT AND VEGETABLE CONSUMPTION

The FCP CHA surveys asked about servings of fruit and vegetables eaten per day as well as barriers to eating fruit and vegetables. While 42% of adult community members eat 4 or more servings of fruits and vegetables per day, the majority (58%) consume fewer than 3 servings per day. There was no change in the percentage of those who consume less than 3 servings per day from the 2018 CHA, despite the reporting of fewer barriers due to availability and cost.

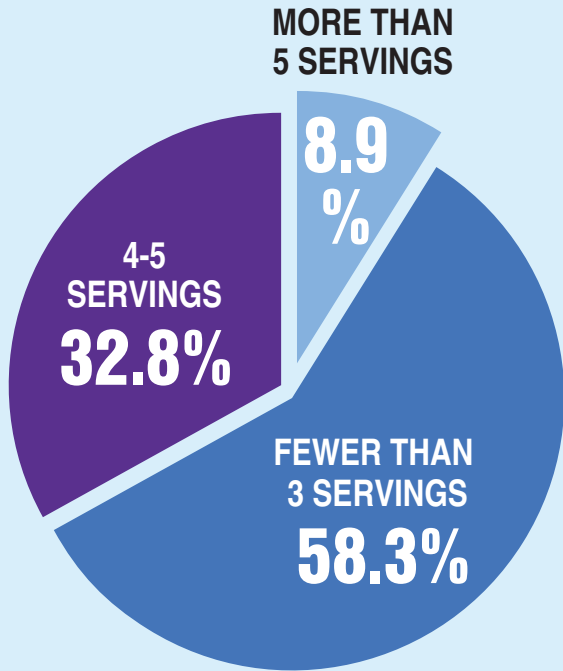
While 25.5% of youth report eating fruits or vegetables nearly every day over the past two weeks, 74.5% consumed them less frequently. About 50% of youth reported drinking sugary beverages more than half the days or nearly every day of the week over the past two weeks. These numbers are similar to the 2018 FCP CHA where it was reported that 77% of youth eat less than 3 servings of fruit per day and 96% eat less than 3 servings of vegetables per day.

The most frequent reason provided by adults for not eating fruits and vegetables was lack of availability, although most individuals reported traveling fewer than 10 miles to purchase fruits and vegetables. However, availability was also cited as the most common reason for not eating more than 3 servings of fruit and vegetables daily in 2018, but at a higher percentage, 37% in 2018 compared to 30.5% in 2023, indicating an *increase in availability*. One significant change in the local food environment has been the expansion of the Bodwéwadmí Ktëgan, the Tribe's farm, in the past 5 years. Since the farm started in 2017, bison, beef, pork and poultry, and aquaponics have been added to the farm's offerings. Additionally, a maple sugar operation, a storefront, a compost facility, and a commercial kitchen have been added. The farm currently supplies food for the Tribal Elder food box program, provides food to Tribal programs, the FCP Community Center, the farm's storefront, Crandon school, and a few local restaurants (*Dave Cronauer, personal communication, 2023*).

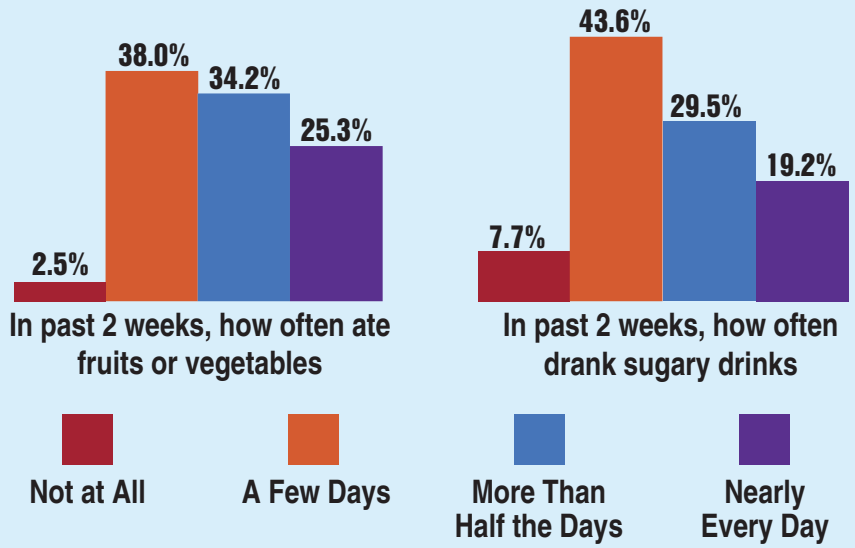
Cost as a barrier was also not as prevalent in 2023 compared to 2018, 18.9% compared to 24%, respectively. However, time was more of a factor for respondents in 2023 (25.5%) compared to 2018 (19%).

2023 CHA DATA INDICATES THAT FRUIT AND VEGETABLES ARE MORE AVAILABLE AND THERE ARE LESS BARRIERS DUE TO COST THAN IN 2018, INDICATING AN ENVIRONMENTAL CHANGE IN THE FOOD ENVIRONMENT.

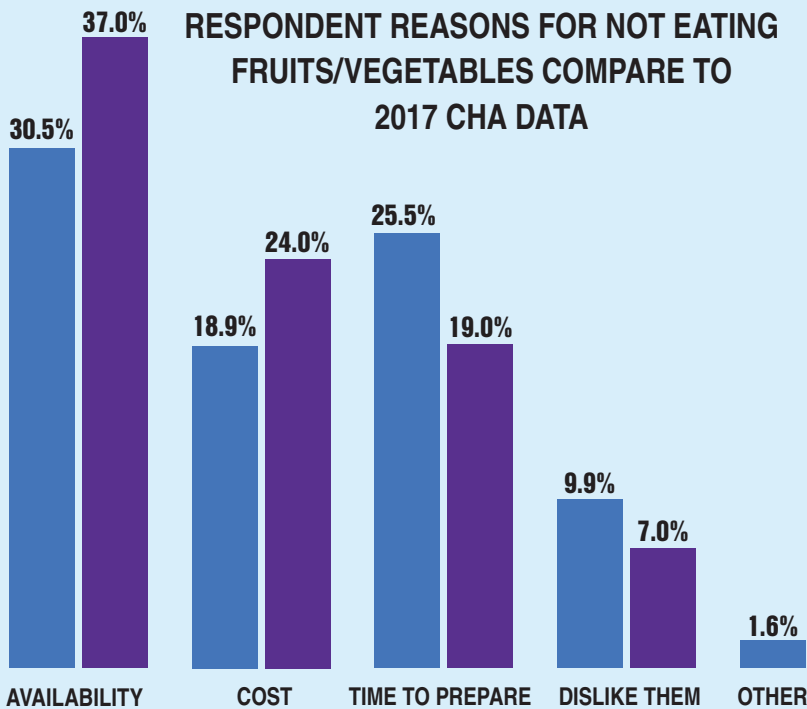
2023 FCP CHA ADULT SURVEY -
RESPONDENT FRUIT/
VEGETABLE SERVINGS EATEN PER DAY



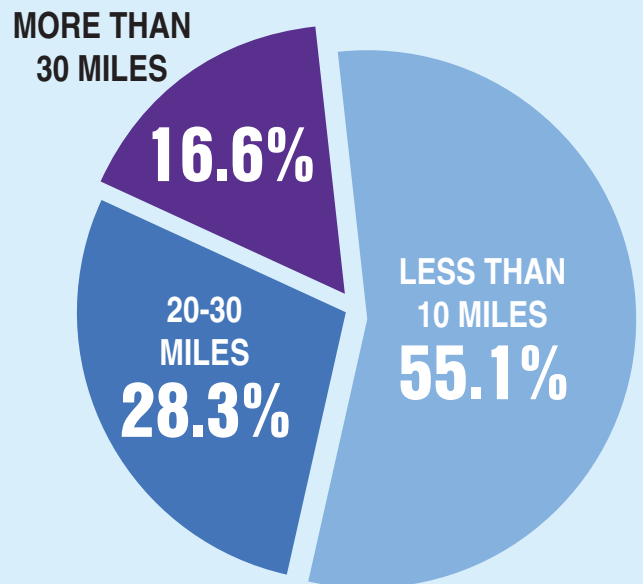
2023 FCP CHA YOUTH SURVEY -
NUTRITION AND SUGARY BEVERAGE HABITS



2023 FCP CHA ADULT SURVEY -
RESPONDENT REASONS FOR NOT EATING
FRUITS/VEGETABLES COMPARE TO
2017 CHA DATA



2023 FCP CHA ADULT SURVEY -
RESPONDENT HOW FAR TRAVEL
TO PURCHASE FRESH FRUITS/
VEGETABLES FOR SELF OR FAMILY



PHYSICAL ACTIVITY

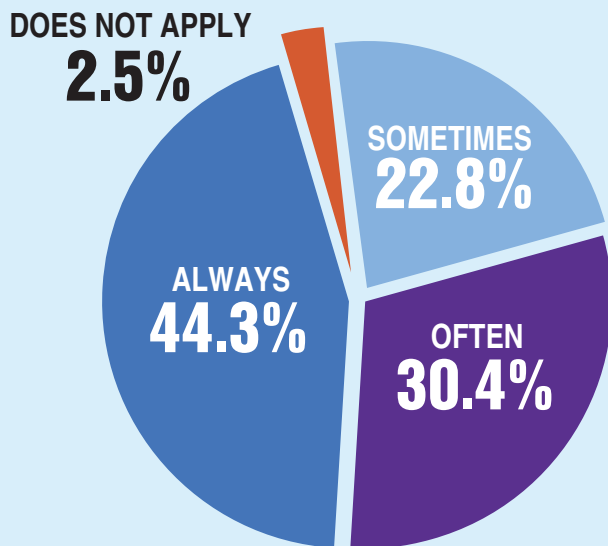
The benefits of physical activity in adults are numerous, including the prevention of cancers, heart disease, diabetes, obesity, anxiety, depression, dementia, falls, and improved sleep. Youth benefit from physical activity through improved bone health, weight status, muscular fitness, cognition, and reduced risk of depression.

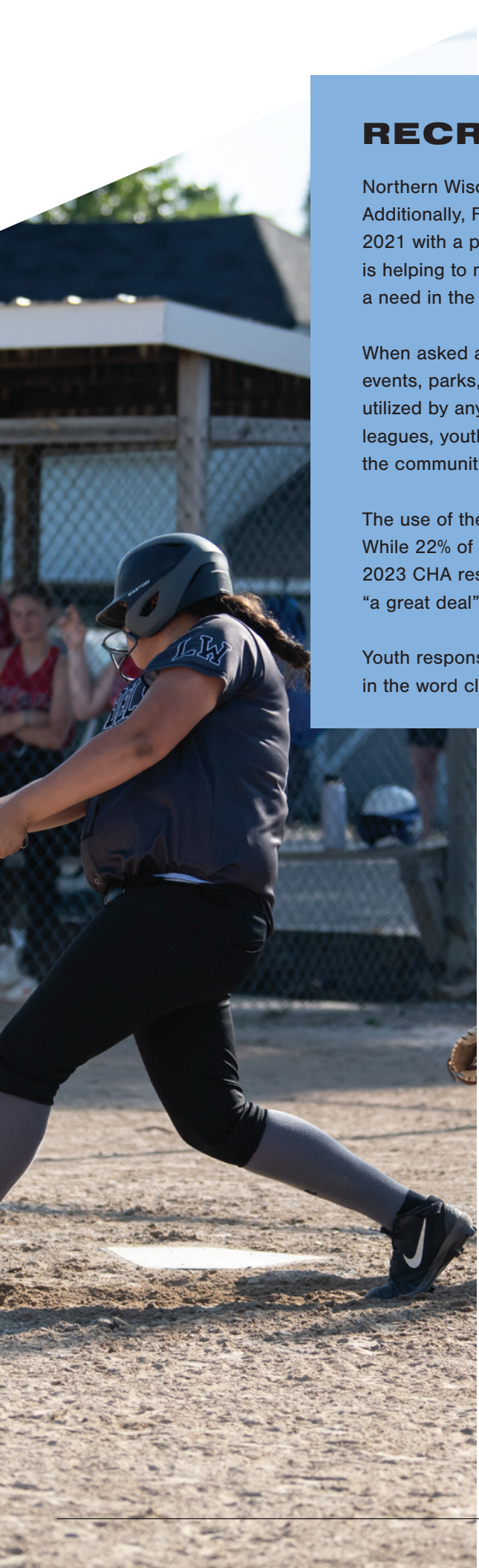
Thirty percent (30%) of FCP Adult Survey respondents exercise the recommended 30 minutes 5 or more times per week, and 34.4% strength train the recommended 2 or more times per week.

FCP CHA Youth Survey results reflect an active youth population, with 75% reporting they are physically active for at least one hour per day. A total of 50% of youth say they go to the FCP Community Center often or always.

Physical Activity Data – Adults (18 and over)	2023 FCP CHA Adult Survey Respondents	WI	U.S.
Percent of adults who meet aerobic activity guidelines (achieve at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity)	30%	55.2%	51.5%
Percent of adults who meet aerobic and muscle strengthening (two or more days per week) physical activity guidelines	34.4%	24.7%	23.0%

2023 FCP CHA YOUTH SURVEY - PHYSICALLY ACTIVE FOR 1 HOUR EACH DAY





RECREATION

Northern Wisconsin has an abundance of natural areas conducive to outdoor recreation. Additionally, FCP recently opened a new state-of-the-art Community Center in September 2021 with a plethora of indoor recreational opportunities. The Community Center, in part, is helping to meet the need for year-round activities and consistent events, as indicated as a need in the 2018 FCP CHA focus groups.

When asked about recreation resources in the 2023 FCP CHA Adult Survey, community events, parks, lakes/beaches, and the FCP Community Center were most frequently utilized by anyone in the household. The least utilized recreational activities were 4-H, adult leagues, youth prevention activities, and elder meals/activities, with approximately half of the community reporting household members “never” use these resources.

The use of the FCP walking trails appears to have greatly increased in the past five years. While 22% of 2018 CHA respondents indicated that they use the FCP walking trails, 82% of 2023 CHA respondents indicated they use the FCP walking trails “sometimes”, “often”, or “a great deal”.

Youth responses to the open-ended question, “What is your favorite activity?,” are depicted in the word cloud below.

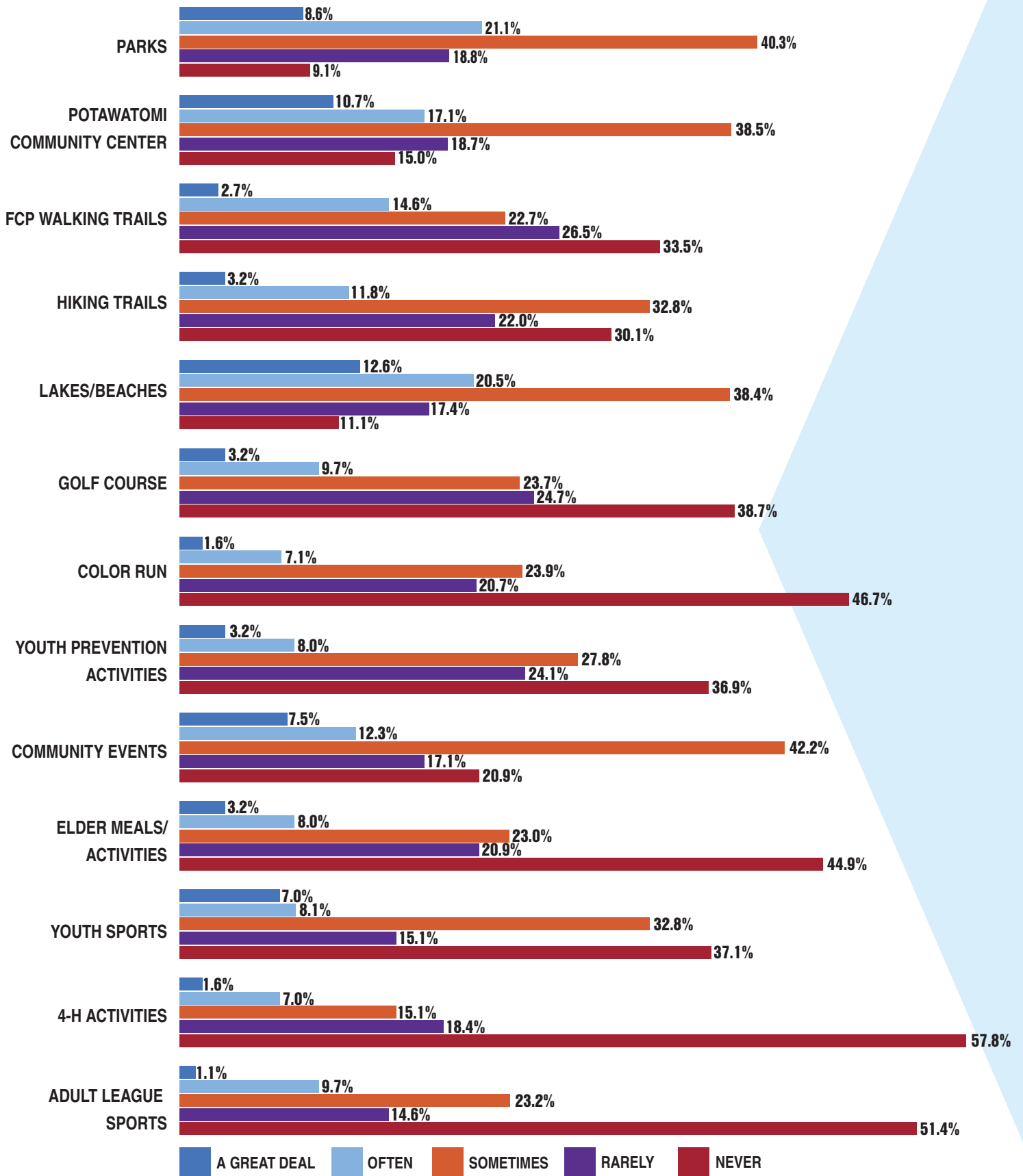
2023 FCP CHA YOUTH SURVEY - FAVORITE ACTIVITY NOTE:



Note: Word cloud shows
3 or more responses



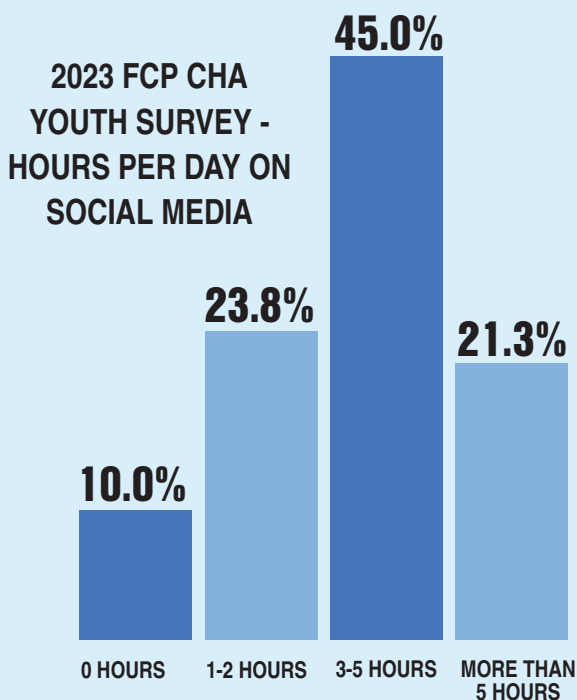
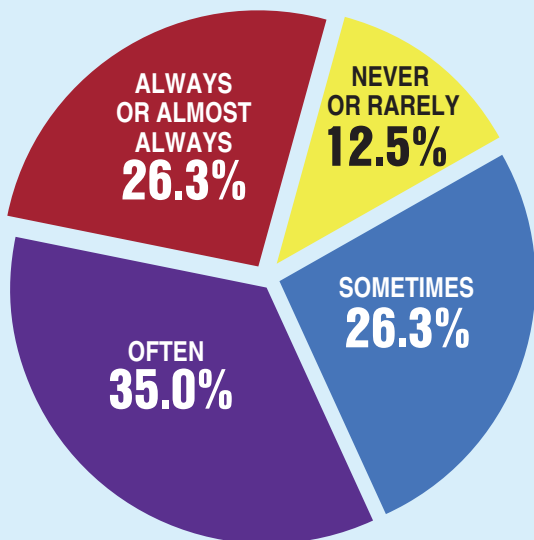
2023 FCP CHA ADULT SURVEY - RESPONDENT RECREATIONAL ACTIVITIES



SLEEP, SOCIAL MEDIA USE - YOUTH

Sleep or lack of sleep is related to several health issues such as obesity, mental health, including depression and anxiety, and risk-taking behaviors (Bruce, Lunt, and McDonagh, 2017). Findings from the CHA Youth Survey indicate that most youth often or always get 8 hours of sleep most nights. It is noteworthy that 12.5% never or rarely get this much sleep. Two-thirds of youth (66.3%) use social media more than 3 hours per day, which may be impacting sleep patterns.

2023 FCP CHA YOUTH SURVEY - SLEEPING HABITS



SEXUAL HEALTH

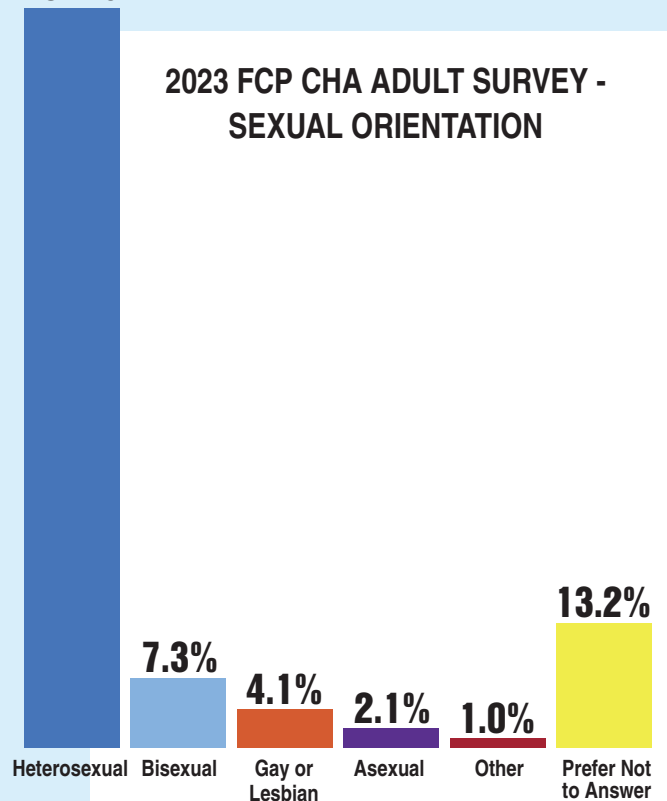
The World Health Organization defines sexual health as “...a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction, or infirmity” (WHO, 2024). Sexual health includes positive relationships, safe sexual experiences, and the respect and protection for all persons.

SEXUAL ORIENTATION

The majority of adult respondents report their sexual orientation as heterosexual (78.2%) whereas 14.5% report being bi-sexual, gay or lesbian, asexual, or other. According to the CDC, sexual orientation has been associated with multiple health threats and members of the LGBTQ2+ community are at increased risk for a number of health threats when compared to their heterosexual peers.

78.2%

2023 FCP CHA ADULT SURVEY - SEXUAL ORIENTATION



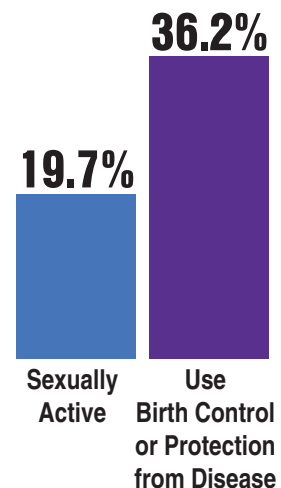
BIRTH CONTROL

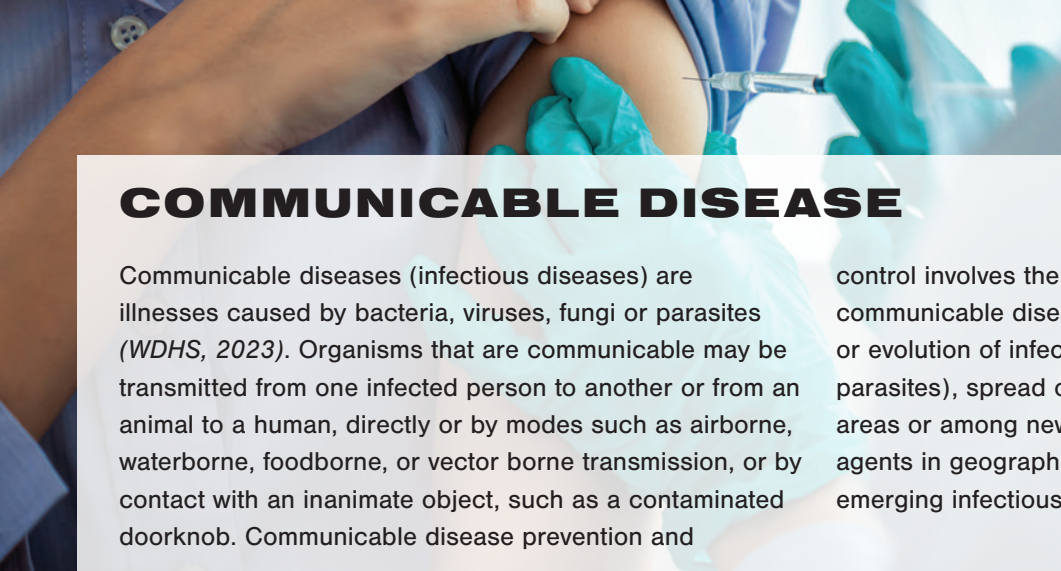
The most frequent methods of birth control utilized by sexually active adult community members were reported to be condoms (24.5%), birth control pills (11.5%), and withdrawal method (8.6%). About 9% of respondents indicated they use other methods, but write-in responses indicated many are sexually active but no longer of reproductive age, so birth control methods are not applicable to them.

YOUTH SEXUAL HEALTH AND EXPERIENCES

Of youth who participated in the Youth CHA, about 20% are sexually active, and of that group, only one-third (36.2%) use birth control or protection from disease. Write-in responses about what types of birth control or protection are used were: birth control pills, condoms, Nexplanon, patch, shot, and/or pull-out method.

2023 FCP CHA YOUTH SURVEY - YOUTH SEXUAL HEALTH AND EXPERIENCES





COMMUNICABLE DISEASE

Communicable diseases (infectious diseases) are illnesses caused by bacteria, viruses, fungi or parasites (WDHS, 2023). Organisms that are communicable may be transmitted from one infected person to another or from an animal to a human, directly or by modes such as airborne, waterborne, foodborne, or vector borne transmission, or by contact with an inanimate object, such as a contaminated doorknob. Communicable disease prevention and

control involves the surveillance for and protection from communicable diseases that may result from changes in or evolution of infectious agents (bacteria, viruses, fungi or parasites), spread of infectious agents to new geographic areas or among new populations, persistence of infectious agents in geographic areas and populations, newly emerging infectious agents, or acts of bioterrorism.

COVID-19 AND ITS IMPACTS

Communicable disease prevention and control is the cornerstone of public health. The roles and responsibilities of the FCP Community Health Department were significantly shifted towards responding to the global novel Coronavirus (COVID-19) pandemic. (January 2020 - May 2023).

- In Wisconsin, as of September 16, 2023, the state's death rate from COVID-19 averaged 232.1 per 100,000, ranking 42 out of 50 states. (CDC 2024).
- A total of 17,174 people have died from COVID-19 in Wisconsin since January 2020 (CDC, 2024).
- As of July 12, 2023, a total of 56 people have died from COVID-19 in Forest County from the pandemic (WDHS, 2023).

The pandemic disproportionately affected Native American people, with AI/AN dying more than any other racial or ethnic group. Forest County Potawatomi reports that a total of 7 Tribal members have died from COVID-19 since the beginning of the pandemic, meaning 12.5% of the COVID-19 deaths in Forest County were FCP tribal members, yet FCP makes up about 8% of the Forest County population.

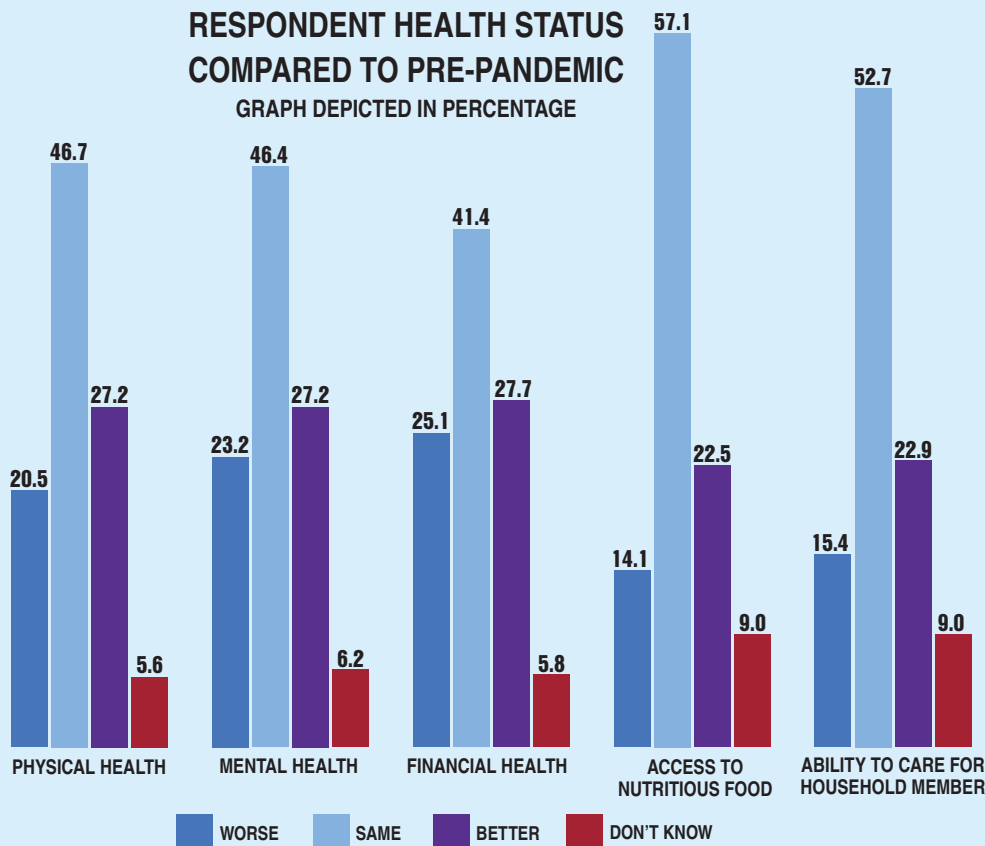
Community members answered five questions about the impacts of the COVID-19 pandemic. A total of 18.6% of individuals reported having COVID-19 symptoms longer than 4 weeks. When asked if various elements of their health were better, the same, or worse compared to pre-pandemic (before March 2020), approximately 75% of community

members said their health was the same or better; however, between 15-25% said their health was worse, particularly financially.

FCP's main enterprise, gaming which includes two casinos, both closed for three months and had limited business hours thereafter. This impacted Tribal revenue and per capita payments to members.

While the reasons for worse health (outside of the virus itself) cannot be attributed to the pandemic with this data, the pandemic was a major disruption to all aspects of individual, family, and community life. Its long and wide-ranging effects may not be known for years.

2023 FCP CHA ADULT SURVEY - RESPONDENT HEALTH STATUS COMPARED TO PRE-PANDEMIC
GRAPH DEPICTED IN PERCENTAGE



SEXUALLY TRANSMITTED INFECTIONS

Sexually transmitted infections (STIs) are among the most frequently reported medical conditions in the United States. Across the United States, STI cases have seen a steady and steep incline over the past 4 years. Sexually transmitted infections (STIs) are a public health crisis with Native Americans suffering a high burden of disease. In 2017, the chlamydia rate among natives was 3.7 times the rate of whites and rates of gonorrhea and syphilis were 4.5 and 2.1 times that of whites. (Chambers et al., 2020).



Disease Name	Number of Incidents	
	2012-2018	2019-2023
Chlamydia	13	30
Gonorrhea	2	9
Hepatitis C, chronic	11	17
Lyme's Disease	1	4
Measles	1	0
Pertussis (Whooping Cough)	13	2
Streptococcal Group A	2	1
Streptococcal Group B	1	2
Novel Coronavirus, Covid-19	-	526

Source: Wisconsin Electronic Disease Surveillance System, Forest County Potawatomi Jurisdiction





VIOLENCE

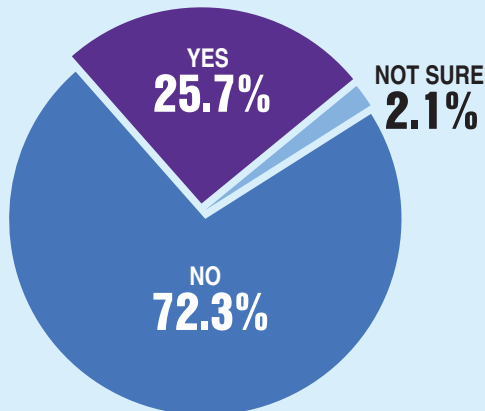
SEXUAL HARASSMENT AND SEXUAL VIOLENCE

According to the FCP CHA adult survey respondents, a total of 25% of adults have reported being sexually harassed in their lifetime, and 29% have been sexually assaulted. Thirteen percent of youth report having ever been forced to do something sexual (e.g. intercourse, comments, or nude photos).

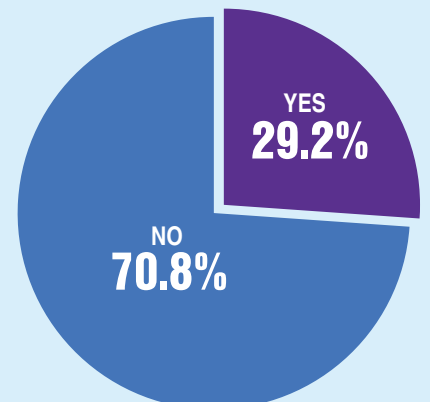
According to Forest County Youth Count Report (2023), “American Indian or Alaska Native students were more likely than students from nearly all other groups to have ever been forced to have sex, with nearly 2 in 10 having this experience.”

Of the group that reports being assaulted, about 60% of adults and 75% of youth did not tell anyone the assault had occurred. Confiding in someone about sexual assault is an important step in healing from this type of trauma. Not reporting sexual assault contributes to an underestimation of the issue and allows perpetrators to continue committing this type of crime.

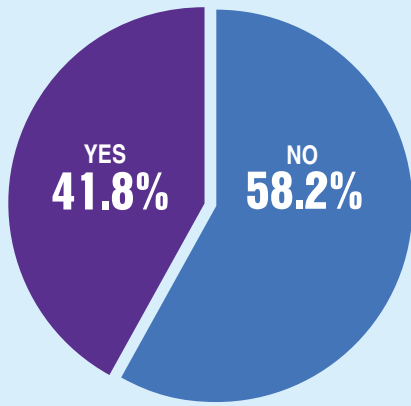
2023 FCP CHA ADULT SURVEY - RESPONDENT EVER BEEN SEXUALLY HARASSED



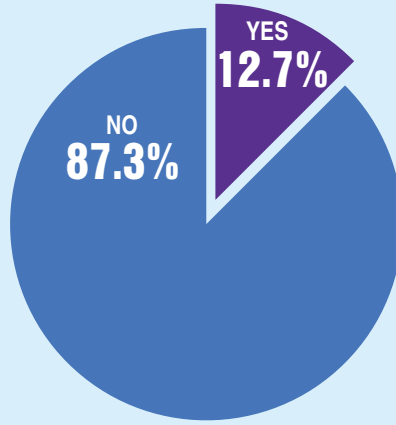
2023 FCP CHA ADULT SURVEY - RESPONDENT EVER BEEN SEXUALLY ASSAULTED



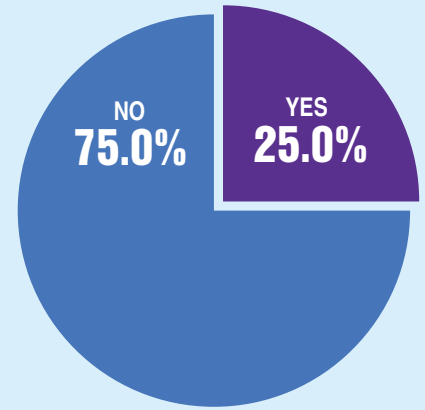
**2023 FCP CHA ADULT SURVEY -
RESPONDENT TOLD SOMEONE
IF SEXUALLY ASSAULTED**



**2023 FCP CHA YOUTH SURVEY -
BEEN FORCED TO DO
SOMETHING SEXUAL**



**2023 FCP CHA YOUTH SURVEY -
TOLD SOMEONE
IF SEXUALLY FORCED**



**RACISM, PEER PRESSURE, AND
BULLYING IN YOUTH**

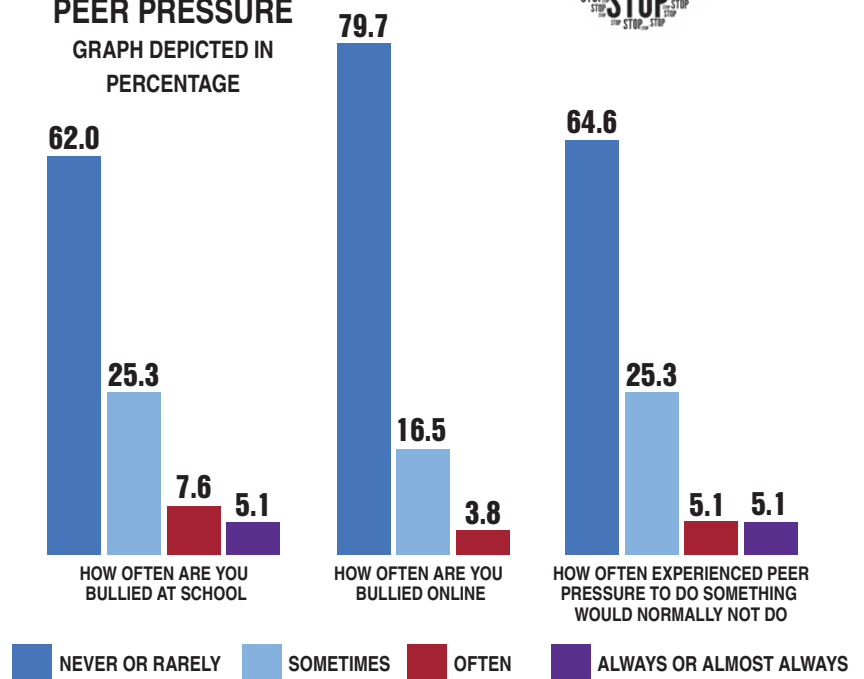
While 63.3% of youth reported being treated differently for being Native American, 46.4% said they were treated differently in a positive way, which reflects a cultural strength and connection to cultural identity among young people in the community. Youth reported peer pressure more frequently at school than online and was related to being pressured to do something the youth would not normally do.

While the majority of youth are not bullied, 38% do report being bullied at school sometimes, often, or always and 20% report being bullied online sometimes or often. In comparison, the Forest County Youth Count Report shows that 19% of Forest County High School students and 29% of Forest County middle school students report being bullied at school. Kids who are bullied can experience negative physical, social, emotional, academic, and mental health issues such as depression, anxiety, health complaints, as well as lower academic achievement. Mental health issues may persist into adulthood.

Among those who experienced bullying, 58.2% said this was by other students, 21.6% by teachers, and 20% by other individuals (sibling, another peer).



**2023 FCP CHA
YOUTH SURVEY -
BULLYING AND
PEER PRESSURE
GRAPH DEPICTED IN
PERCENTAGE**





ALCOHOL AND SUBSTANCE USE

Note that “drugs” and “substances” are used interchangeably in this report.

Why is alcohol a community health issue?

Alcohol use is connected to a variety of health, social, economic, and criminal justice problems. According to the World Health Organization (2022), the harmful use of alcohol is a factor in more than 200 disease and injury conditions. Alcohol is a known risk factor for liver disease, several types of cancer, stroke, cardiovascular disease, suicide, and depression, to name a few. Communities with high rates of alcohol use are at risk for higher rates of motor vehicle accidents, injuries, child abuse, and domestic violence.

Why is substance use a community health problem?

The use of “drugs,” either illicit “substances” or the use of prescription drugs not as prescribed, mirrors many of the same physical, social, economic, and criminal justice problems as alcohol use. Additionally, alcohol and drugs are often used together which can increase the effects of each. Poisonings from alcohol, drugs, or a combination are considered “unintentional injuries” which is the leading cause of death for AI/AN in Forest County.

Well-established substance use disorder risk factors include poverty, trauma exposure, and post-traumatic stress disorder, and are significantly higher in AI/AN communities (Whitesell, Beals, Big Crow, Mitchell, & Novins, 2012 as cited in Skewes and Blume, 2019).

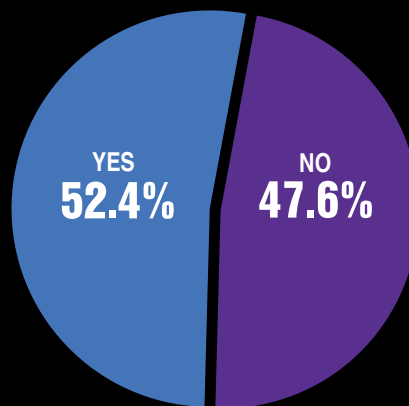
Substance/alcohol abuse was one of the top health concerns reported in the CHA, second only to diabetes.

ALCOHOL AND SUBSTANCE USE STATUS

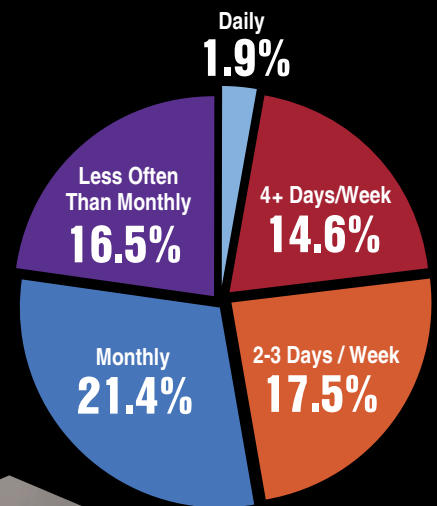
More than half of the adult CHA survey respondents are current alcohol drinkers. Of that group, 17.5% drink 2-3 days per week and 16.5% drink 4 or more days per week. The overall percentage is higher compared to the 2018 CHA, where only 37% reported using alcohol. It was noted in the December 6, 2023 stakeholder meeting by AODA professionals that they observed people moving from using other drugs to using alcohol more during the COVID-19 pandemic, which may explain the difference.

When compared to state and national data, FCP CHA adult respondents drink less than the national average, 52% compared to 55% nationally and 62% for the state of Wisconsin. Wisconsin ranks third in the country for the percent of adults who currently drink alcohol (SAMSHA, *Interactive NSDUH State Estimates, 2023*).

2023 FCP CHA ADULT SURVEY - CURRENT ALCOHOL DRINKER



2023 FCP CHA ADULT SURVEY - FREQUENCY OF ALCOHOL USE





SUBSTANCE USE

Of the FCP adult CHA survey respondents, almost 30% have used substances to get high in the past year. Of that group, the majority use 2 or more times per week: fifty percent (50%) use 4 or more days per week, and 25% use 2-3 days per week. According to the HWC EHR data (Athena), 19% of FCP HWC Adults had a diagnosis related to abuse or dependence on other drugs whereas in 2018, it was 12%, perhaps indicating a rise in drug use or that more people are accessing the HWC for drug use issues.

DIFFERENCES IN ALCOHOL AND SUBSTANCE USE

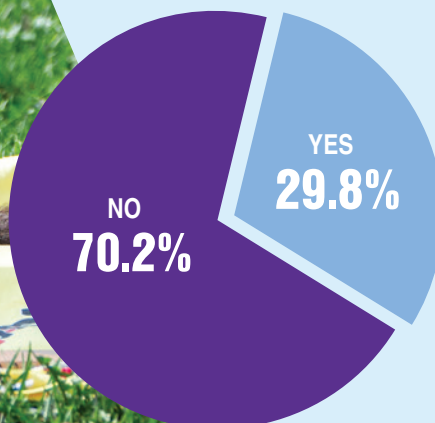
- HWC electronic health record data (Athena) suggests that more men are diagnosed with an alcohol disorder and more women are diagnosed with other drug use disorder.
- The average age for those with a drug use diagnosis is slightly younger than those with an alcohol disorder.

2023 FCP HWC ADULT USERS – ALCOHOL AND DRUG DIAGNOSES

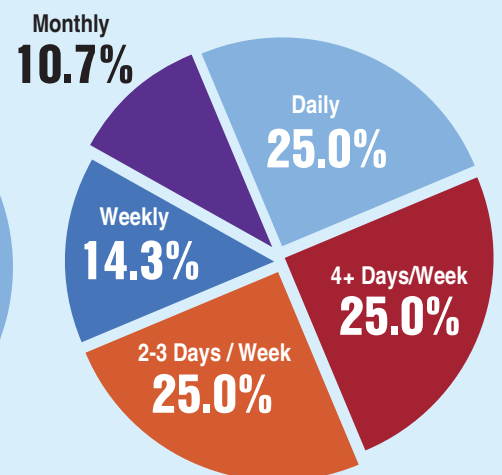
FCP HWC Adult Tribal Member Users		Alcohol Dx	Other Drug Dx
Total (%)		12.8%	18.8%
Female		46.6%	64.7%
Male		53.4%	35.2%
Age Range		33-71	18-66
Average Age		39.5	36.7

Source: Athena, June 2022 - October 2023

2023 FCP CHA ADULT SURVEY - FREQUENCY OF SUBSTANCE USE TO GET HIGH IN PAST YEAR



2023 FCP CHA ADULT SURVEY - USE OF SUBSTANCES TO GET HIGH

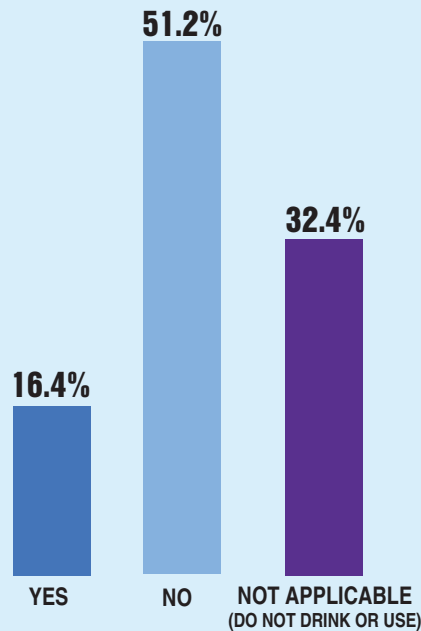


ADDICTION RISK

One way to determine if individuals are addicted or may be at risk of becoming addicted is to ask if they feel they drink alcohol or use substances too much. About 17% of adult CHA respondents who use substances reported as such. While not a direct comparison, 21% of tribal members who participated in the 2018 FCP CHA Survey self-reported that they have an “alcohol problem”.

In the CHA focus groups, the AODA group described the biggest threat to sobriety and drug-free living was themselves, but this was in the context of the community, **“If we’re not healthy ourselves, we’re not good for anybody else,”** and the context of spirituality, **“If I’m not fulfilling my duties to the Creator and the spirits, they’re going to cause conflict in my life.”** Drug dealers, trauma, and grief were also agreed upon as threats.

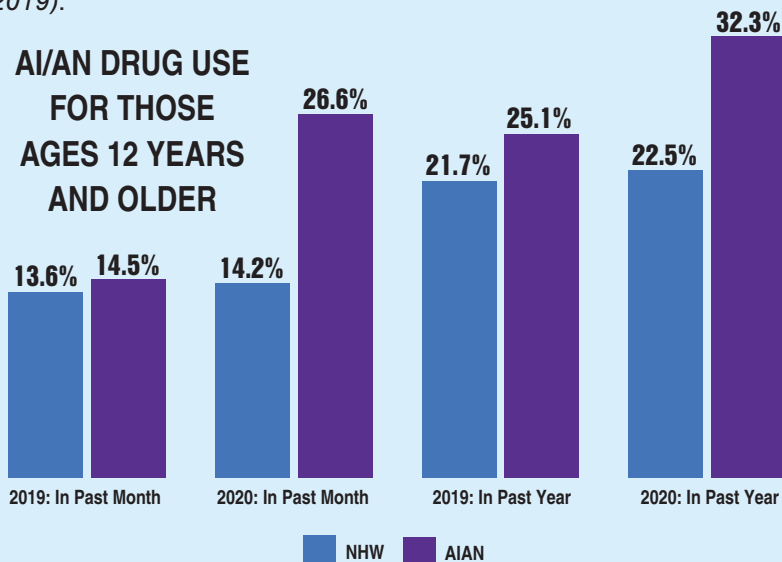
2023 FCP CHA ADULT SURVEY -
FEEL DRINK OR USE
SUBSTANCES TOO MUCH



AODA DISPARITIES

- From 2014-22, Forest County alcohol-related deaths were 86.7 per 100,000 population, compared to the State of Wisconsin where they are 51.0 per 100,000 population (*WDHS, 2022*)
- The National Survey on Drug Use and Health offers perspectives on AI/AN drug use for those ages 12 years and older. Although illicit drug use for non-Hispanic Whites and AI/AN were comparable in 2019, there was a much higher percentage of AI/AN ages 12 and older who reported illicit drug use in 2020 compared to non-Hispanic Whites (*SAMSHA, 2019*).

AI/AN DRUG USE
FOR THOSE
AGES 12 YEARS
AND OLDER



Source: National Survey on Drug Use and Health





YOUTH ALCOHOL AND SUBSTANCE USE

FCP Youth (ages 11-17) were asked about substance use behaviors over the past 30 days, access to illegal drugs, and knowledge about Narcan®. Results showed the following:

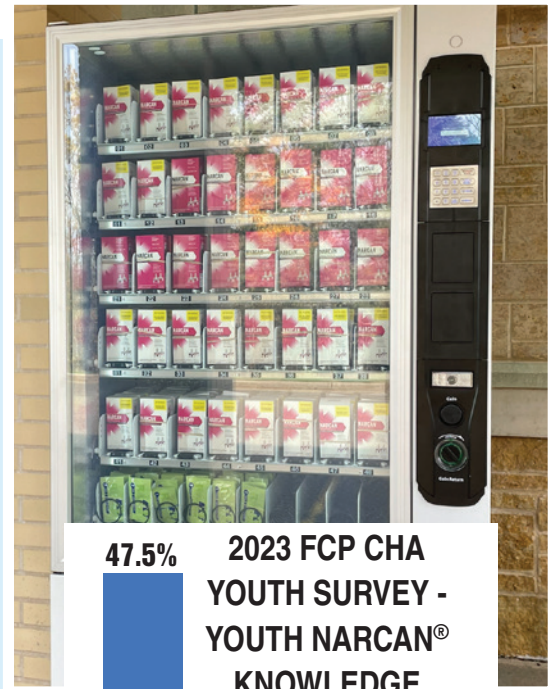
- Most youth did not use substances, including tobacco, alcohol, or illegal drugs.
- There is a small percentage of youth (1.3%) that reportedly use marijuana, methamphetamine, or inhalants nearly every day.
- Obtaining illegal drugs was easy for 5% of youth.

- Nearly Half of youth (47.5%) know what Narcan® is, but only 28.7% know how to get or use it.

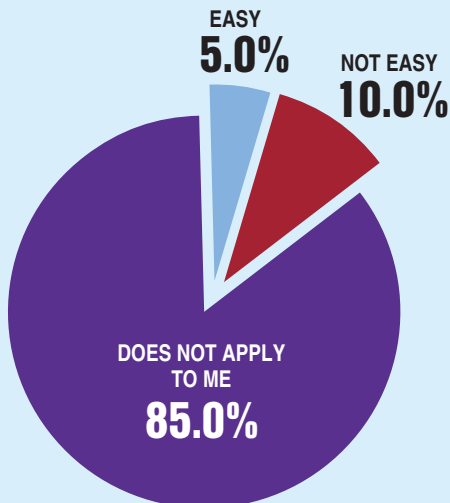
*While this data portrays a positive trend in youth substance use, statistics from other reports, including Forest County Youth Risk Behavior Data and state data, do show conflicting information. Our department also actively participates in various county-wide coalitions where Forest County school districts report vaping, in particular, as being a serious health concern with students.

2023 FCP CHA YOUTH SURVEY - YOUTH SUBSTANCE USE OVER PAST 30 DAYS

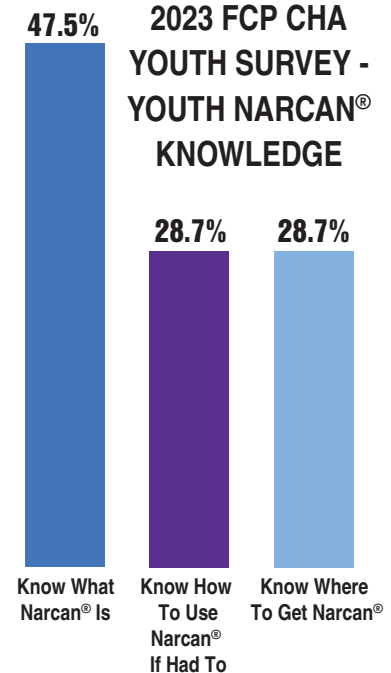
Substance Name	Not At All	A Few Days	More Than Half the Days	Nearly Every Day
Cigarettes	96.2%	2.5%	1.3%	—
Chewing Tobacco, Snuff, Dip	100%	—	—	—
Vape	95.5%	2.5%	—	—
Alcohol	98.7%	1.3%	—	—
Marijuana	97.5%	1.3%	—	1.3%
Meth	98.7%	—	—	1.3%
Heroin/Fentanyl	100%	—	—	—
Tranq (Xylazine)	100%	—	—	—
Inhalants	97.5%	1.3%	—	1.3%
Other Illegal Drugs	100%			



2023 FCP CHA YOUTH SURVEY - YOUTH EASE OF OBTAINING ILLEGAL DRUGS



2023 FCP CHA YOUTH SURVEY - YOUTH NARCAN® KNOWLEDGE



COMMERCIAL TOBACCO USE AND EXPOSURE

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. AI/ANs continue to have the highest prevalence of cigarette smoking and the only demographic for which tobacco use prevalence did not decline from 2011-2020 (CDC, 2020).

Tobacco use was reported by many FCP CHA respondents, with 33.7% of the adults reporting smoking cigarettes and 11.5% vaping. Comparatively, 11.5% of U.S. adults smoked cigarettes in 2021. In Wisconsin, cigarette use among adults is 16.4% (CDC, 2023).

About 18.1% of CHA respondents report using traditional tobacco which is much less than 2018 CHA data where 88% report using traditional tobacco. This discrepancy was discussed during the December 6, 2023 stakeholder meeting and it was noted that only through educational efforts in the past few years, have people become more aware that commercial tobacco use (inhaling) is not traditional tobacco use. The 2018 data may reflect this misunderstanding.

For those who smoke commercial tobacco and want to quit, responses were varied about what individuals would try. Some were interested in quitting “cold turkey” (15.6%) while others would try relaxation (13.2%), patches (11.5%), and oral medication (10.3%), among other options.

A noteworthy finding from the needs assessment was that about 65% of community members report being exposed to secondhand smoke in one location where they spend time (car, home, work). There was some improvement from the 2018 CHA in those being exposed to secondhand smoke at home.

For exposure in the home or personal vehicles, health education campaigns related to the hazards of secondhand smoke may lead to an increase in lung cancer screenings among those with high exposure rates.

In 2021, 15.9% of Wisconsin high school youth reported currently using any tobacco product, including e-cigarettes. Among Wisconsin high school youth, 4.5% reported currently smoking cigarettes. (CDC, 2023)

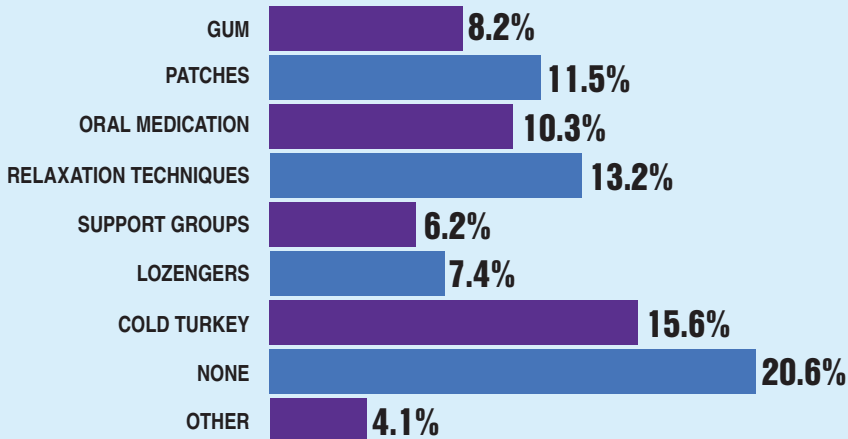
33.7% OF FCP ADULT CHA RESPONDENTS REPORT SMOKING CIGARETTES, WHICH IS ALMOST THREE TIMES THE ESTIMATED PERCENTAGE OF U.S. ADULTS WHO SMOKE.

ACCORDING TO ATHENA, 44% OF ADULT TRIBAL MEMBERS SMOKE SOME DAYS OR EVERY DAY. THERE HAS BEEN ALMOST NO CHANGE SINCE 2018 (43% FCP TRIBAL MEMBERS, ATHENA).

2023 FCP CHA SURVEYS - WAYS USE TOBACCO

Ways Use Tobacco	Adult Survey Respondents (%)	Youth Survey Respondents (%)
Smoke cigarettes	33.70%	3.8%
Traditional use	18.10%	-
Vape	11.50%	2.5%
Other	7.00%	-
Use e-cigarettes	6.20%	-
Smoke cigars	4.10%	-
Use smokeless tobacco (chew, snuff, pouches)	2.90%	-
Smoke non-traditional pipe	2.90%	-

2023 FCP CHA ADULT SURVEY - WHAT WOULD TRY IF INTERESTED IN QUITTING COMMERCIAL TOBACCO



2023 FCP CHA ADULT SURVEY - EXPOSED TO SECONDHAND SMOKE

Exposed to Secondhand Smoke	2023 FCP CHA Adult Respondents	2018 FCP CHA Adult Respondents
No	34.20%	*
Yes – at home	20.60%	25%
Yes – in public	18.10%	*
Yes – in vehicle	10.70%	*
Yes – at work	9.10%	10%
Don't know	0%	*

* Data not available



SAFETY AND RISKY BEHAVIORS

Unintentional injuries are one of the most preventable forms of disease and death, and many of these occur by engaging in risky behaviors in motor vehicles or other settings. Policies (e.g. seatbelt laws) along with education and prevention campaigns have significant success rates in reducing negative health outcomes.

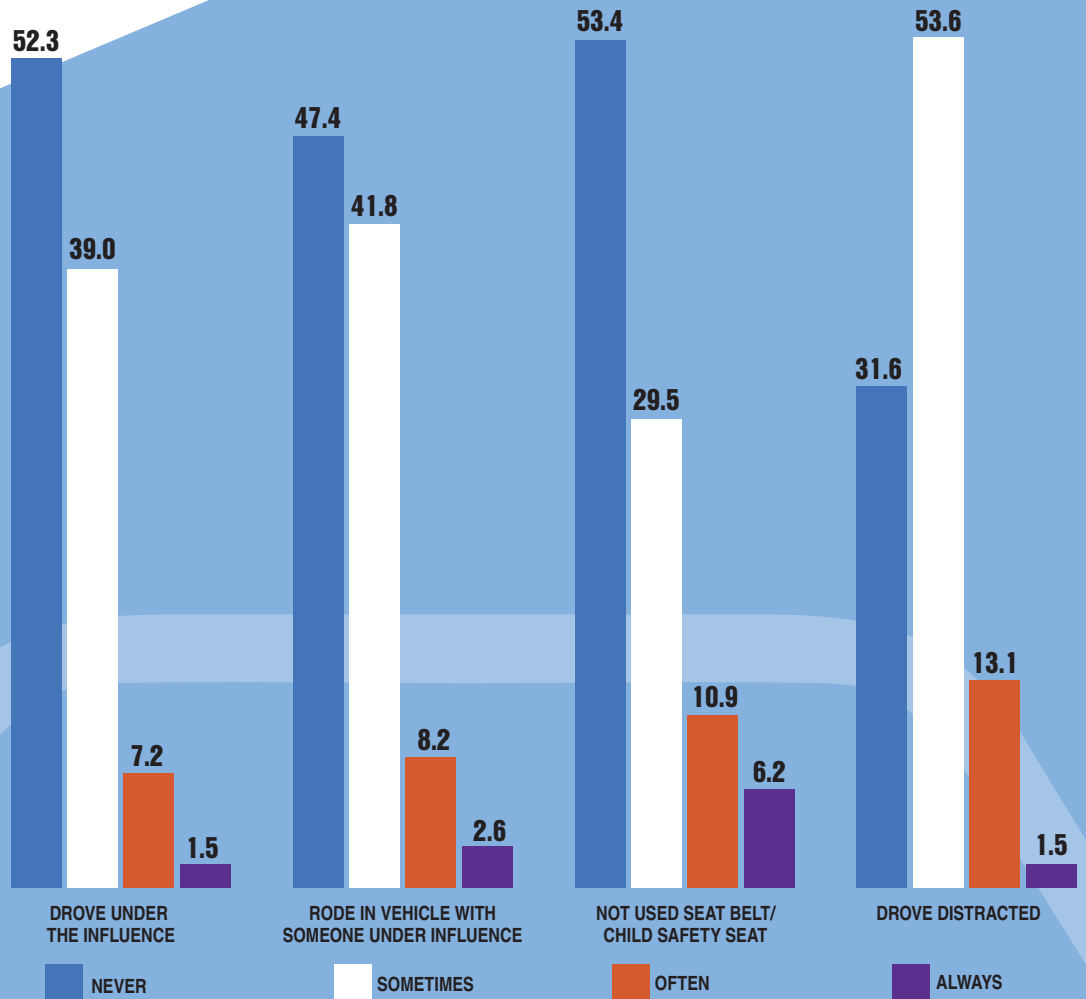
MOTOR VEHICLES

Within this section of the adult survey, approximately half of the adult respondents reported they have “sometimes,” “often,” or “always” driven under the influence (47.7%), rode in a vehicle with someone under the influence (52.6%), or not used a seat belt or child safety seat for their children (46.6%).

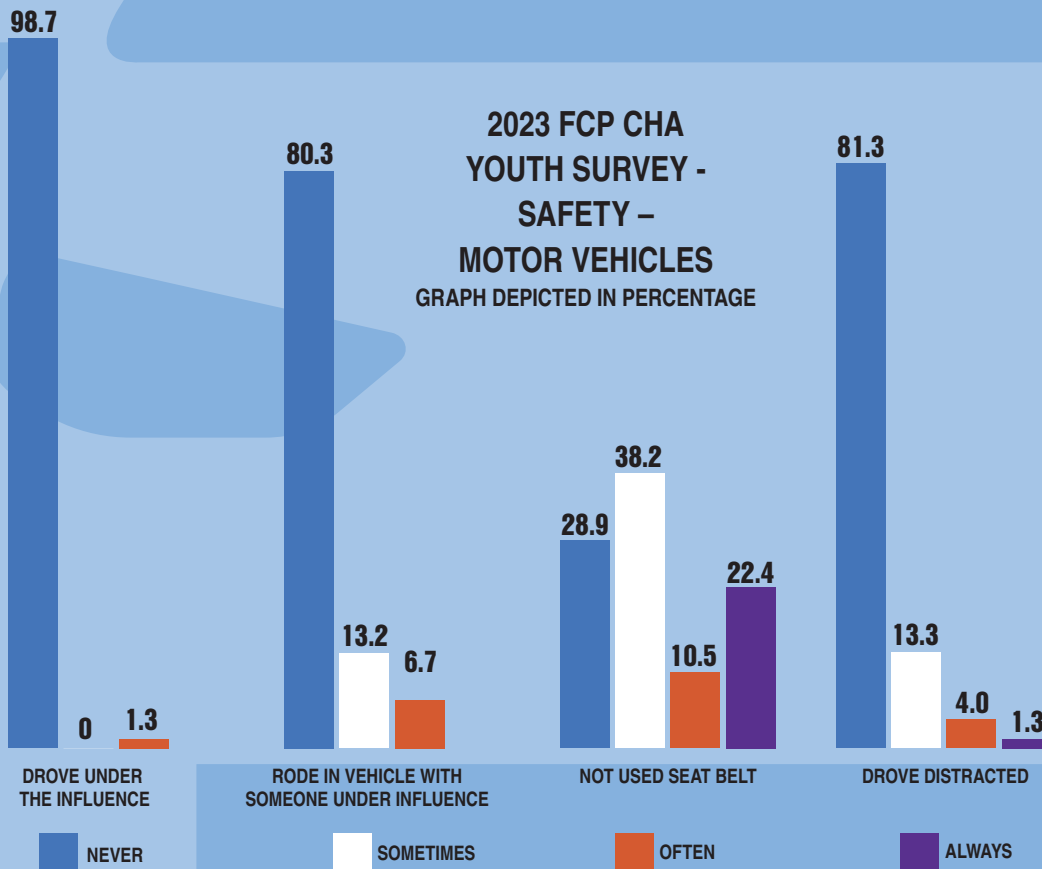
About two-thirds (68.4%) have driven distracted. Some youth reported they have driven under the influence (1.3%), rode in a vehicle with someone under the influence (19.8%), or not used a seat belt (71.1%). Less than 20% report driving distracted, but that may be due to the age range of the survey, with the majority of survey-takers being 15 years old or younger.



**2023 FCP CHA
ADULT SURVEY -
RESPONDENT SAFETY –
MOTOR VEHICLES**
GRAPH DEPICTED IN PERCENTAGE



**2023 FCP CHA
YOUTH SURVEY -
SAFETY –
MOTOR VEHICLES**
GRAPH DEPICTED IN PERCENTAGE

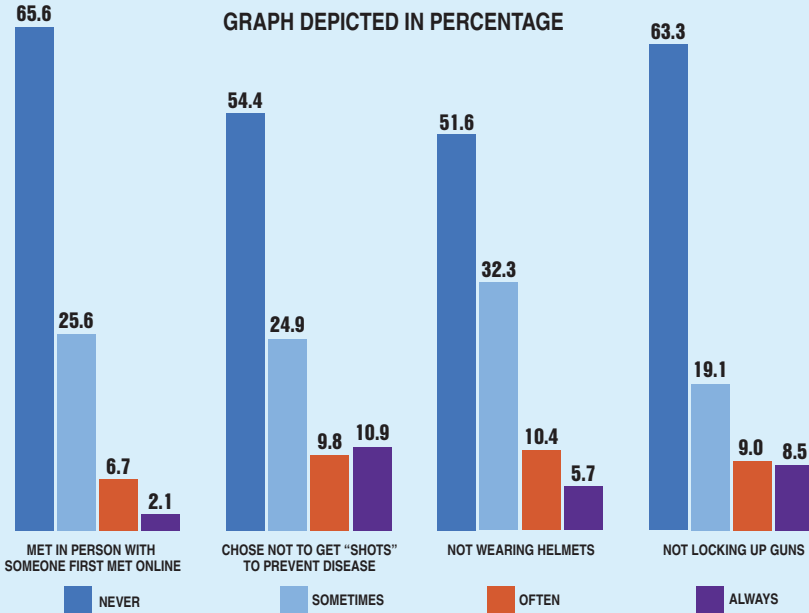


OTHER SAFETY

In addition to motor vehicle safety, adults reported potential safety concerns in other areas, with about one-third (34.4%) of adults reporting “sometimes,” “often,” or “always” meeting in person with someone they met online or not locking up guns (36.7%). A total of 45.6% and 48.4% “sometimes,” “often,” or “always” chose not to get shots to prevent disease and not worn a helmet, respectively.

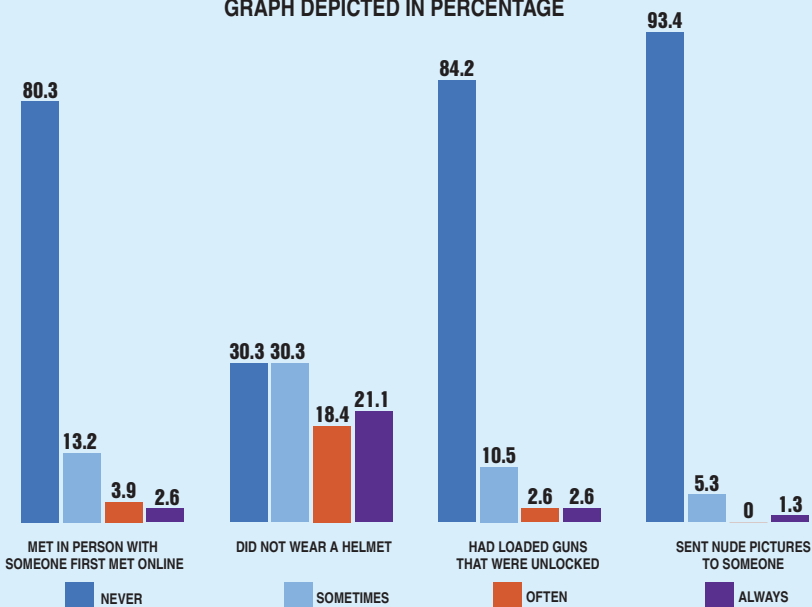
2023 FCP CHA ADULT SURVEY - RESPONDENT SAFETY – OTHER

GRAPH DEPICTED IN PERCENTAGE



2023 FCP CHA YOUTH SURVEY - SAFETY – OTHER

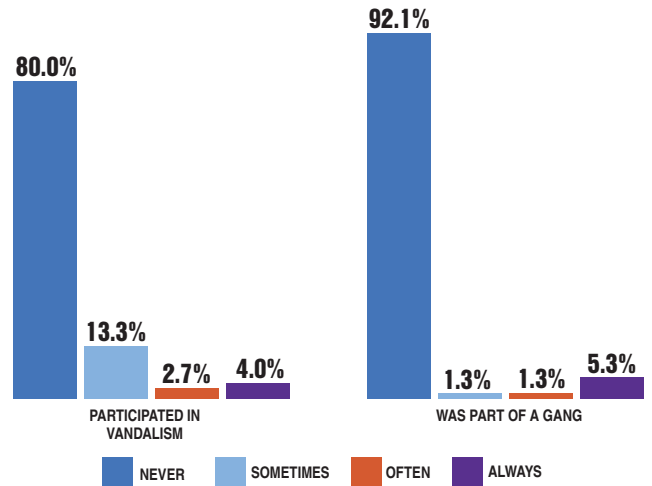
GRAPH DEPICTED IN PERCENTAGE



YOUTH COMMUNITY BEHAVIORS

Within this section of the survey, about 20% of youth had committed vandalism and 8% were in a gang sometimes, often, or always. In addition to motor vehicle safety, youth reported potential safety concerns in other areas, with one-fifth (19.7%) sometimes, often, or always meeting in person with someone they met online and 36.7% not locking up guns. Almost 7% have sent nude photos to someone. These safety concerns highlight several areas of health education and prevention programming the Tribe could offer to youth.

2023 FCP CHA YOUTH SURVEY - SAFETY – COMMUNITY BEHAVIORS





RESILIENCE IN YOUTH

One way to measure and plan for the health of a community is to ask community members about strengths they have, particularly in their outlook and social relationships with others. This section of the FCP CHA Youth Survey asked about these topics.

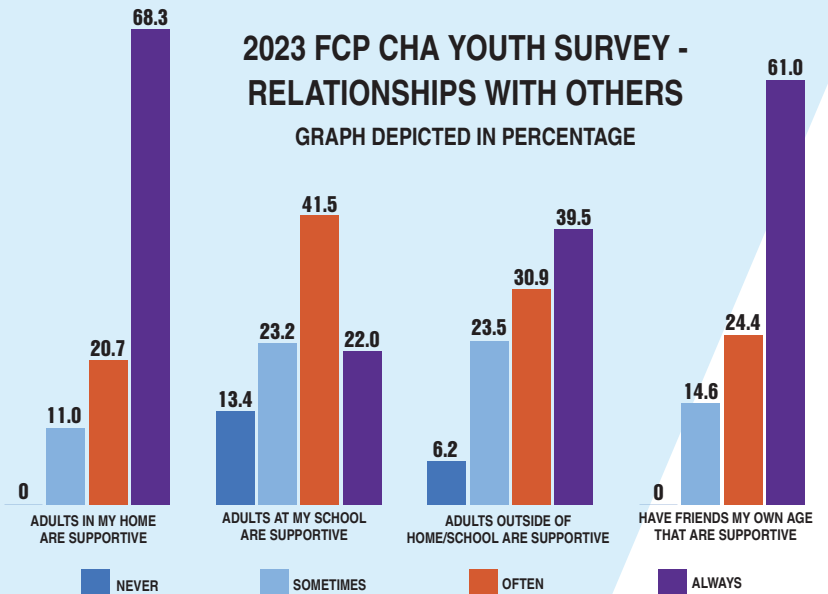
Relationships with Others - Youth Survey respondents reported having supportive relationships with adults in their home and friends, but less supportive relationships with adults at school or outside of the home. Although a strong social support network is important in all domains of one's life, close relationships with parents and friends are important for mitigating physical and mental health outcomes.

Feelings of Hopefulness - Feelings of hopefulness, or a positive outlook on life, are often correlated with improved health and mental health outcomes. Hopefulness is also a core pillar of resilience. Among youth who participated in the FCP CHA Youth Survey, approximately 70% reported feeling hopeful about their future, purpose in life, engagement in daily activities, and who they are as a person.

Safety and Handling Stress - Personal safety and the usage of positive coping strategies to handle stress are important resiliency factors. Within this group of youth, safety at home was often or always reported by nearly 95% of youth. While two-thirds of youth believe they are good at handling stress, a group reported they only never/rarely or sometimes handle stress well. This may be an area for the Tribe to teach life skills or other stress-reduction activities.

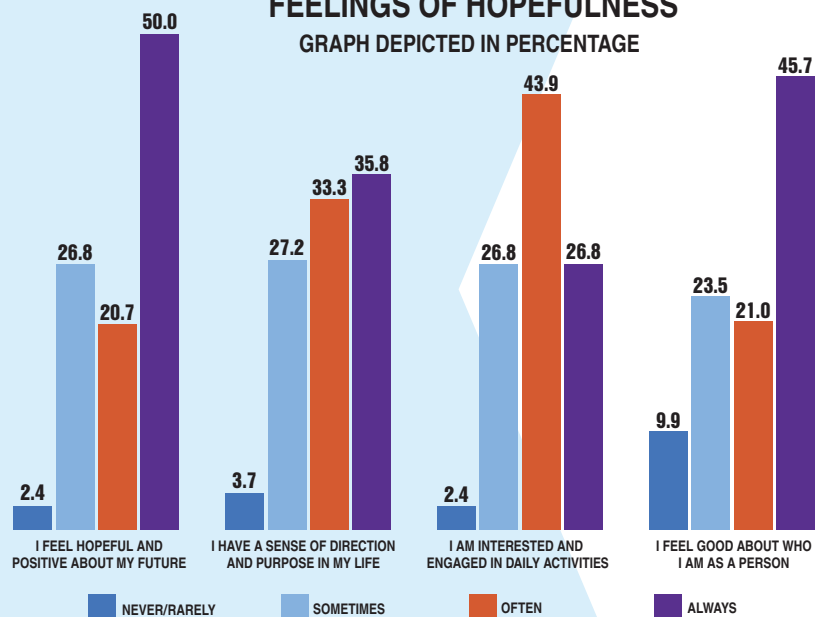
2023 FCP CHA YOUTH SURVEY - RELATIONSHIPS WITH OTHERS

GRAPH DEPICTED IN PERCENTAGE

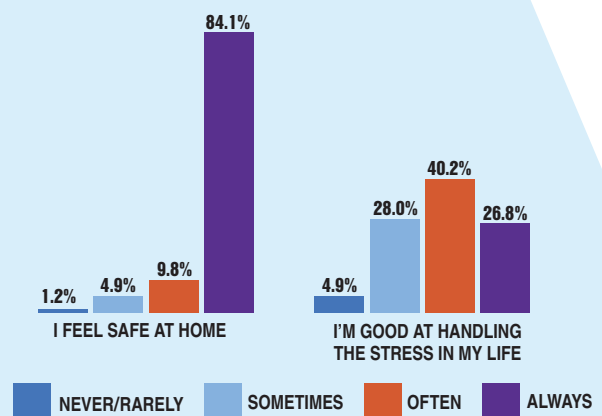


2023 FCP CHA YOUTH SURVEY - FEELINGS OF HOPEFULNESS

GRAPH DEPICTED IN PERCENTAGE



2023 FCP CHA YOUTH SURVEY - SAFETY AND HANDLING STRESS



CULTURE AND SPIRITUALITY

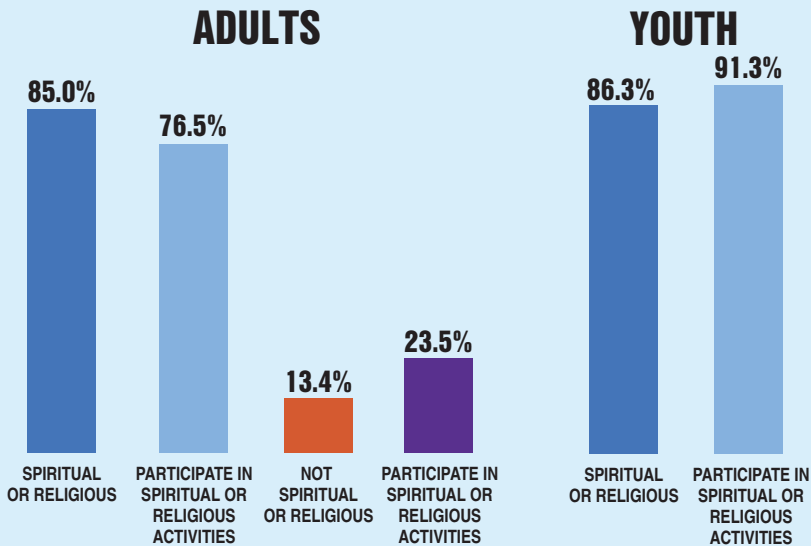
The CHA surveys asked questions specifically related to connection and participation in cultural or spiritual activities and language(s) spoken at home. Spiritual and cultural connections are protective factors that can contribute to short and long-term health benefits.

Within the Forest County Potawatomi Tribe, there was a strong feeling of spirituality or religiosity among community members and high participation in spiritual or religious activities. Eighty-seven percent (87%) of adults and eighty-six percent (86%) of youth consider themselves spiritual or religious. Similarly, compared to the previous CHA Survey, 81% of the adult respondents considered themselves spiritual or religious. Seventy-seven percent (77%) of adults and ninety-one percent (91%) of youth report participating in spiritual or religious activities. Among adults who did not consider themselves spiritual or religious, nearly a quarter (23.5%) still reported participating in spiritual or religious activities.

Almost 80% of adults and 71% of youth who completed the CHA surveys “agreed” or “strongly agreed” that they are connected to Potawatomi culture. However, only 35% of adults and 28% of youth reported engaging in cultural activities like powwows, beading, dancing, or ceremonial activities “most or all of the time.” Therefore, there is a strength in connection to culture but also opportunity for the Tribe to increase engagement in cultural activities.

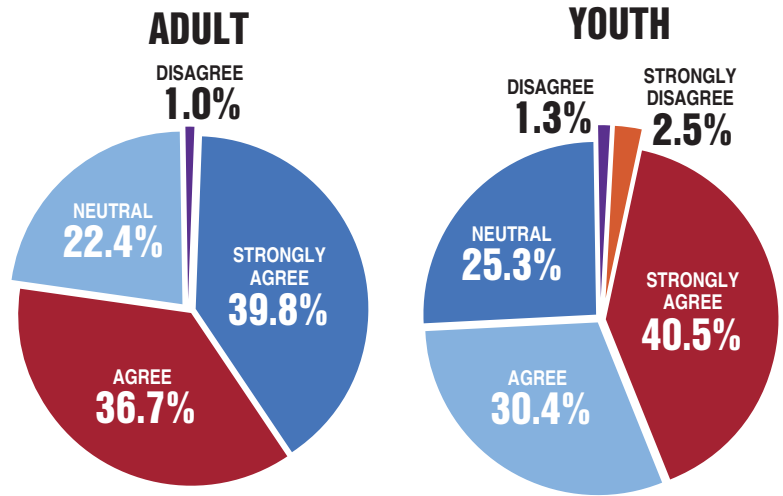


2023 FCP CHA SURVEYS - CONSIDERS SELF TO BE SPIRITUAL OR RELIGIOUS

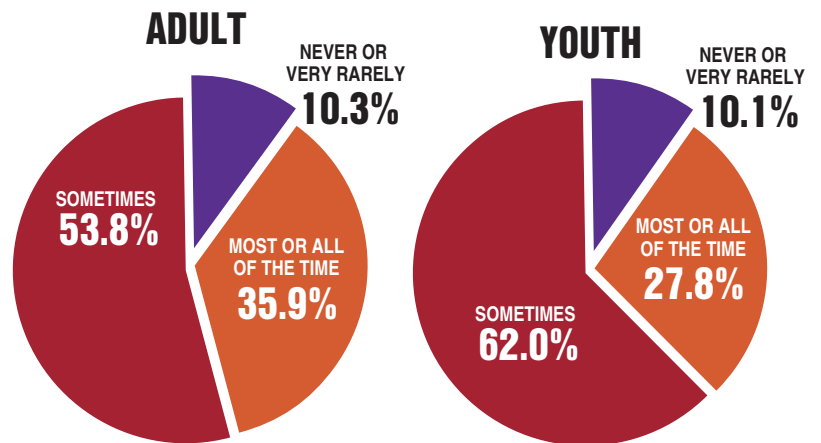




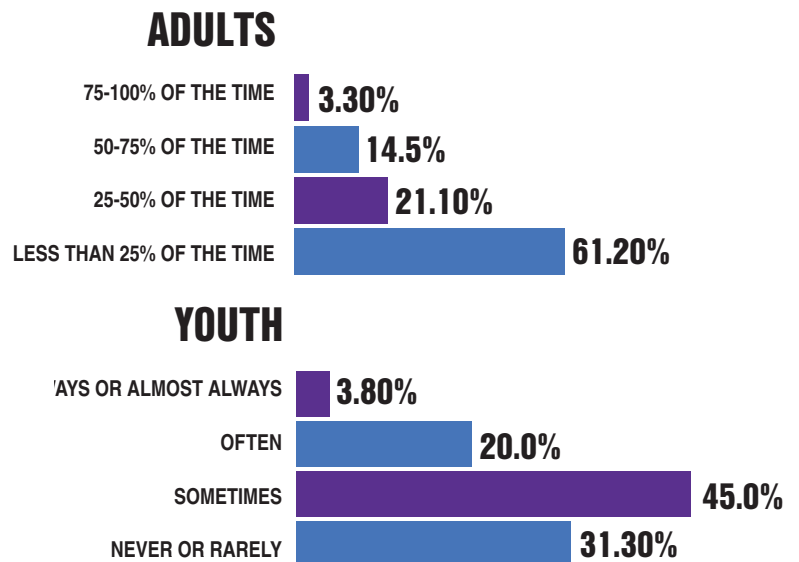
2023 FCP CHA SURVEYS - RESPONDENT CONNECTION TO CULTURE



2023 FCP CHA SURVEYS - RESPONDENT PARTICIPATES IN CULTURAL ACTIVITIES



2023 FCP CHA SURVEYS - FREQUENCY OF SPEAKING POTAWATOMI LANGUAGE



HOUSEHOLD EMERGENCY PREPAREDNESS

Recent global and local natural disasters have demonstrated the importance of ensuring accessibility to emergency preparedness for everyone living within a Tribal community, including individuals with disabilities or in need of additional emergency response support. According to the Federal Emergency Management Agency Social Vulnerability Index, the top disaster risks for FCP include fires, landslides, and winter weather, and communities in Forest County have a moderate ability to prepare for natural hazards, adapt to changing conditions, and withstand and recover rapidly from these types of natural disruptions compared to the rest of the United States (FEMA, 2024).

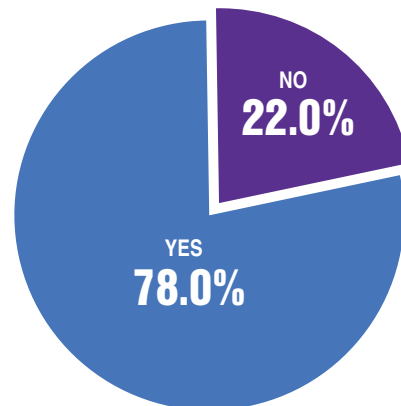
Approximately two-thirds of individuals have access to the recommended 3-day supply of food and water and 7-day supply of medications. However, less people, closer to one-half (41.4%) have generators or energy sources to keep the power on in an emergency. Almost three-fourths have flashlights and batteries on hand.



HOMELESSNESS RISK

Adults were asked if they were worried about losing their housing and 78% replied yes. Homelessness for AI/AN may be better understood as overcrowding, as confirmed by a 2017 study on AI/AN housing needs (U.S. Department of Housing and Urban Development, 2017). The study explains that people were staying with friends or relatives because they had no place of their own, rather than staying on the streets. This sentiment was also vocalized in the December 6, 2023 FCP CHA stakeholder meeting. As a social determinant of health, addressing housing stability may improve overall health in the community.

2023 FCP CHA ADULT SURVEY - WORRIED ABOUT LOSING HOUSING

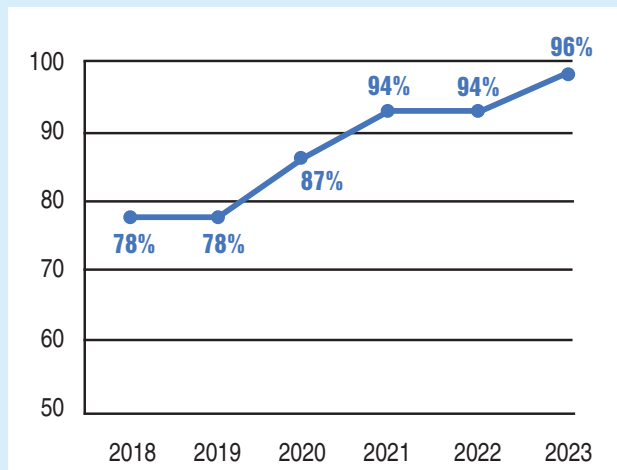




EDUCATION

The high school graduation rate for Forest County Potawatomi students has been steadily rising over the past five years. Education access and quality is considered one of the five domains of social determinants of health and specifically, completing high school in 4 years is a Healthy People 2030 SDOH objective. Completing high school decreases the risk of premature death and increases employment prospects and lifetime earning potential. Students who do not complete high school more frequently report suffering from at least 1 chronic health condition such as asthma, diabetes, heart disease, and stroke as adults.

FCP YOUTH - HIGH SCHOOL GRADUATION RATES





STRENGTHS OF THE COMMUNITY

Write-in responses were provided about the strengths of the Forest County Potawatomi Community and ranged from access to education and healthcare to the Tribe's resources and infrastructure. Top healthcare concerns were substance/alcohol abuse and diabetes. Responses are presented in the Tables below.

STRENGTHS

- Access to education
- Adaptability
- AODA
- Behavioral health
- Better environment
- Community, community gathering, meals
- Community nurses
- Connection to others
- Culture, cultural beliefs, ceremony
- Elder care, respect for Elders
- Family
- Financial stability
- Health care, insurance, benefits
- Infrastructure, facilities
- Library
- Museum
- Natural resources (water, timber)
- Powwows
- Optometry
- Profit-sharing
- Resources (financial, programs, community support)
- Respect for environment
- Sobriety walks and events
- Social support
- Strong governance and structure
- Togetherness
- Transit system
- Unity

2023 FCP CHA ADULT SURVEY - RESPONDENT STRENGTHS OF COMMUNITY (WRITE-IN)



IDENTIFICATION OF HEALTH PRIORITIES

A second stakeholder meeting was conducted on December 6, 2023, where 22 individuals representing all FCP Divisions, and several tribal members participated in an interactive discussion to review data from the CHA. Data was presented, discussed by topic, and recorded on wall post-it notes. Following the presentation and discussion, participants “voted” for their top three priority topics.

The health priority areas that were identified include:

- Mental Health
- Alcohol and Other Drugs
- Nutrition and Obesity
- Injury and Violence

Three cross cutting themes were identified during the review and participatory analysis of the CHA data:

Culture - While Culture and Spirituality was a distinct survey topic and ranked as a top priority, the need to be grounded in culture and spirituality and incorporate culture into all programs and services was an underlying theme across many topics. Culture was noted as the basis for FCP identity. As one participant noted “They can’t take away culture, it’s in our genes.”

Engagement - It was agreed that FCP has many programs and opportunities for health yet may be under accessed. Participation was also a theme that emerged from the focus groups.

Trauma - Trauma, both individual and collective, was another underlying theme that was apparent across the discussions, especially concerning mental health, alcohol and drug use, and obesity, which are also among the top concerns of the community (*2023 CHA Surveys*) as well as top diagnoses at the HWC.

NEXT STEPS

Based on the findings identified in this community health assessment plan, the Forest County Potawatomi Community Health Department in partnership with internal stakeholders and tribal community members will begin to develop a Community Health Improvement Plan (CHIP). FCP tribal members will be asked to assist with the development of strategies for each health priority area. The Forest County Potawatomi Community Health Improvement Plan will serve as a guiding document for the Forest County Potawatomi Community Health Department for the next five years.



2023 FCP COMMUNITY HEALTH ASSESSMENT PARTNERS & ACKNOWLEDGMENTS

Thank you to everyone who assisted and contributed to this comprehensive community health assessment. It could not have been completed without the Forest County Potawatomi tribal members and descendants who participated in the survey and focus groups, the FCP Community Health Department, as well as the continued collaboration with other FCP Divisions, partners and stakeholders from within the organization and community. We would also like to thank Blue Stone Strategy Partners for their support and assistance through the CHA Process.

- FCP Executive Council
- FCP Health Advisory Board
- FCP Health Division
- FCP Medical Department
- FCP Behavioral Health/Prevention and Recovery
- FCP Health Division Quality and Compliance
- FCP Education Division
- Potawatomi Community Center
- FCP Cultural Preservation Division
- FCP Family Services Division
- FCP Elder Services
- FCP Land and Natural Resources Division
- Bodwéwadmí Ktëgan
- FCP Public Works Division
- FCP Grants
- FCP Communications Division
- FCP Administrative Services Division
- FCP Enrollment

REFERENCE

- Arrazola, R., Griffin, T., Buchanan Lunsford, N., Kittner, D., Bammeke, P., Courtney-Long, E.A., & Armour, B.S. (2023). US cigarette smoking disparities by race and ethnicity – keep going and going! *Preventing Chronic Disease*, 20. DOI: <http://dx.doi.org/10.5888/pcd20.220375>.
- Centers for Disease Control and Prevention. (2023). *Extinguishing the Tobacco Epidemic in Wisconsin*. <https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm#WI>
- Center for Disease Control and Prevention. (2023). *Fast facts and fact sheets*. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm
- Center for Disease Control and Prevention. (2020). *Leading causes of death- Non-Hispanic American Indian and or Alaska Native – United States, 2018*. <https://www.cdc.gov/minorityhealth/lcod/men/2018/nonhispanic-native/index.htm>
- Centers for Disease Control and Prevention. (2022). *Lesbian, Gay, Bisexual, and Transgender Health*. <https://www.cdc.gov/lgbthealth/index.htm>
- Centers for Disease Control and Prevention (2020). *Map of Current Cigarette Use Among Youth*. <https://www.cdc.gov/statesystem/cigaretteuseyouth.html>.
- Centers for Disease Control and Prevention. (2023). *Multiple cause of death by single race 2018-2021*. <https://wonder.cdc.gov/>
- Center for Disease Control and Prevention. (2023). *National Center for Health Statistics*. <https://www.cdc.gov/nchs/index.htm>
- Centers for Disease Control and Prevention. (2024). *United States COVID-19 Hospitalizations, Deaths, Emergency Department (ED) Visits, and Test Positivity by Geographic Area*. https://covid.cdc.gov/covid-data-tracker/#maps_deaths-ratetotal
- Chambers, R. S., Littlepage, S., Rompalo, A., Lee, A., Slimp, A., Melgar, L., Craig, M., Gaydos, C., & Tingey, L. (2020). Predictors of sexually transmitted infection positivity among substance-using Native American adults. *Sexually Transmitted Diseases* 47(4), 211-216. DOI:10.1097/OLQ.0000000000001129
- Echo-Hawk, A. (2019). *Indigenous health equity*. <https://www.uihi.org/resources/indigenous-health-equity/>
- Federal Emergency Management Agency (FEMA). (2024). *National Risk Index: Forest County, Wisconsin*. <https://hazards.fema.gov/nri/report/viewer?dataLOD=Counties&datalDs=C55041>
- Hammami, N., Patte, K., Battista, K., Livermore, M., & Leatherdale, S. T. (2022). Examining the role that weight perception and social influences have on mental health among youth in the COMPASS study. *Social Psychiatry and Psychiatric Epidemiology*, 57(8), 1671–1684. <https://doi.org/10.1007/s00127-022-02219-9>
- Hedegaard, H., Johnson, R.L., Garnett, M., & Thomas, K. (2019). External cause-of-injury framework for categorizing mechanism and intent injury. *National Health Statistics Report*, 136, 1-22. <https://www.cdc.gov/nchs/data/injury/nhsr136-508.pdf>
- Office of Disease Prevention and Health Promotion. (2020). *Social determinants of health*. <https://health.gov/healthypeople/priority-areas/social-determinants-health>.
- Seven Directions. (2023). *Indigenous Social Determinants of Health*. <https://www.indigenousphi.org/isdoh/isdoh>
- Substance Abuse and Mental Health Services Administration. (2019). *National Survey on Drug Use and Health*. <https://www.samhsa.gov/data/sites/default/files/reports/rpt35323/NSDUHDetailedTabs2020v25/SDUHDetailedTabs2020v25/NSDUHDetTabsSect1pe2020.htm>
- University of Wisconsin Population Health Institute. (2023). *Forest County, WI*. <https://www.countyhealthrankings.org/explorehealth-rankings/wisconsin/forest?year=2023>
- U.S. Census Bureau. (2024). *Household Pulse Survey: Measuring Emergent Social and Economic Matters Facing U.S. Households*. <https://www.census.gov/data/experimental-data-products/household-pulse-survey.html>
- United States Census Bureau. (2022). *Forest County, Wisconsin*. https://data.census.gov/profile/Forest_County,_Wisconsin?g=050XX00US55041
- Wisconsin Department of Health Services. (2023). *Covid-19*. https://www.dhs.wisconsin.gov/covid_19/cases-deaths.htm
- Wisconsin Department of Health Services. (2023). *Alcohol: Attributable deaths by county dashboard*. <https://www.dhs.wisconsin.gov/alcohol/deaths-county.htm>
- Wisconsin Department of Health Services. (2023). *Communicable diseases*. <https://www.dhs.wisconsin.gov/disease/communicable.htm>
- World Health Organization. (2022). *Alcohol*. <https://www.who.int/news-room/factsheets/detail/alcohol>
- World Health Organization. (2024). *Sexual and reproductive health and research*. <https://www.who.int/teams/sexual-andreproductive-health-and-research/key-areas-of-work/sexualhealth/defining-sexual-health>



FOREST COUNTY
POTAWATOMI
HEALTH &
WELLNESS CENTER
**COMMUNITY
HEALTH**

2023
**COMMUNITY HEALTH
ASSESSMENT**

