

Monroe Clinic

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Green County Public Health
Prevent. Promote. Protect.



Community Health Needs *Assessment*



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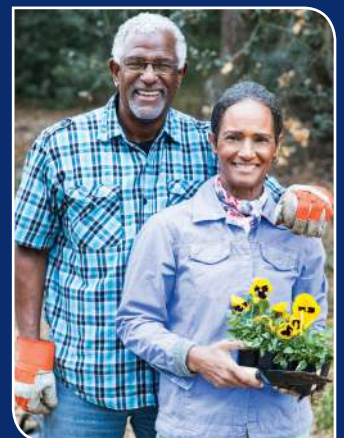
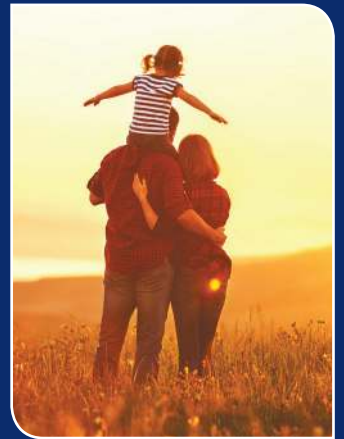
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Message to Our Community

When a community comes together in a spirit of collaboration, there's no limit to what can be accomplished. Monroe Clinic values the partnerships fostered by the Green County Healthy Community Coalition, as its members are united by the common goal of building health equity.

Working with Green County Public Health, and more than 50 local organizations and individuals who belong to the Coalition, we have built upon past successes, identified opportunities for improvement and developed a road map to influence key social determinants of health.

I am incredibly grateful to the many helping hands that have carried this process forward, as their contributions resulted in the development of two key resources: The Community Health Needs Assessment (CHNA) and the Community Health Improvement Plan (CHIP).

While we've already accomplished so much, the work does not end. It's time to roll up our sleeves and apply the same spirit of collaboration in tackling the health challenges facing Green County, from food security to mental health. We do so with the optimistic conviction that our efforts will make a difference, because we are on this path together.

Sincerely,



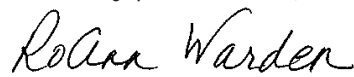
Mike Sanders
Monroe Clinic President & CEO

After months of evaluation and planning, we are pleased to present Green County with the 2018 Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP).

A sincere thanks is due to those who shared their health story, filled out a community health survey or attended meetings that allowed us to develop the next three-year community health action plan.

Although we still have work to do, we have made great progress over the last three years in the areas of Mental Health, Substance Misuse, Nutrition and Physical Activity. We will continue to stay the course as we focus on these same health priorities over the next three years.

I would also like to extend an open invitation to our community to join the Green County Healthy Community Coalition and help make Green County a healthy place to live, work and play!



RoAnn Warden
Green County Public Health Director

Monroe Clinic

A Member of  SSMHealth.



Mike Sanders
*Monroe Clinic
President & CEO*



Green County Public Health
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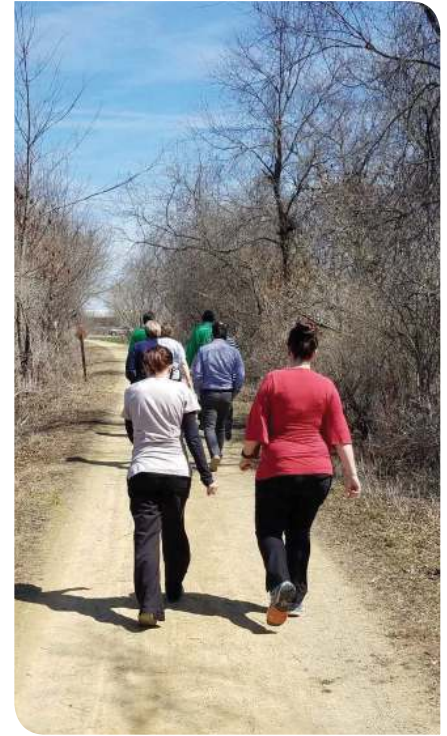
RoAnn Warden
*Green County
Public Health Director*

Background & Service Regions

Monroe Clinic

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Green County Healthy Community Coalition (GCHCC) consists of more than 50 organizations representing government agencies, community service programs, the faith community, educational institutions and local businesses who participate in the Coalition. Representatives from Monroe Clinic and Green County Public Health serve as co-chairs for the GCHCC. *The Coalitions Mission is:* Fostering collaborative efforts to assess needs, define resources, and recognize opportunities to build healthier communities that support healthy lifestyles.



Monroe Clinic is a not-for-profit health system featuring a multi-specialty clinic and hospital. Monroe Clinic offers comprehensive health care with 162 providers, a 24-hour emergency room, urgent care, homecare and hospice services, as well as multiple clinic locations in southern Wisconsin and northern Illinois. In January 2018, Monroe Clinic joined SSM Health—a Catholic, not-for-profit health system serving communities throughout the Midwest. With more than 40,000 employees and 10,000 providers, these ministries are committed to providing exceptional health care services and revealing God's healing presence to everyone they serve.

2018

Hospital at a Glance

(Service Area)

Admissions		3,492
Outpatient Visits		125,510
ER Visits		16,604
Births		512
Beds		58
Employees		1,238
Medical Staff		725
Volunteers		236
Community Care		\$2,011,403



Background & Service Regions



Green County Public Health
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Green County Public Health serves as a key collaborative partner for the Community Health Needs Assessment and the co-chair for the Green County Healthy Communities Coalition. Green County Public Health works to protect and improve the health of Green County through community building and partnerships. Our mission is “to be a reliable resource that educates, serves and lead the people of Green County to optimal health and well-being.” Green County Public Health is a governmental agency that provides programs for communicable disease control, chronic disease and injury prevention, environmental health, maternal child family health, and public health preparedness and response.



2018 *County at a Glance*

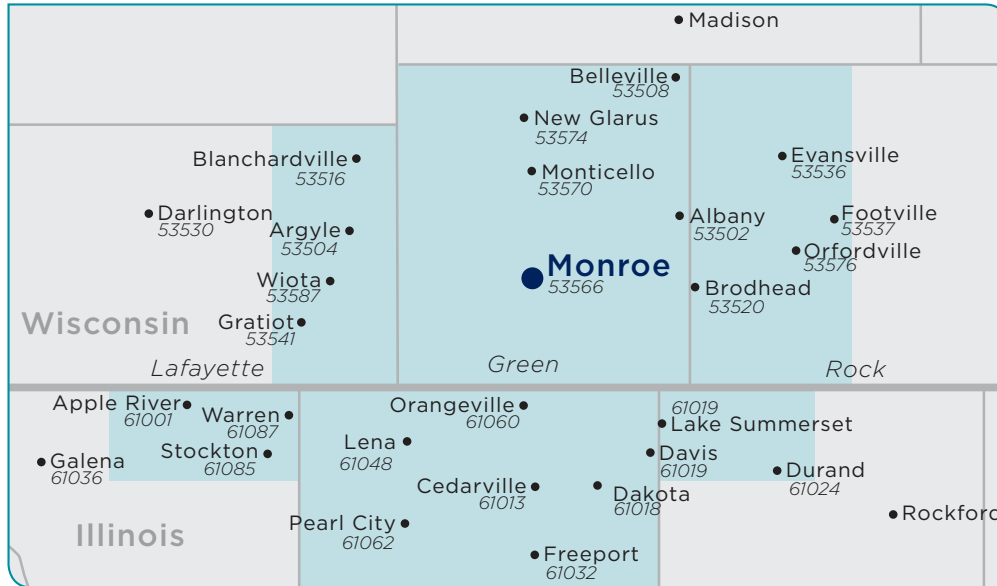
Population		37,050
Employees		9
Public Funding		34%
<i>(From county tax levy)</i>		
WIC Participants		512
<i>(Women, Infant, Child)</i>		
Home Visits		449
<i>(Maternal/Child Health)</i>		
Communicable Diseases Investigated		289
Vaccines Administered		601
Child Safety Seats Distributed		64
Water Test Kits Distributed		107

Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP) Monroe Clinic and Green County Public Health have undertaken a Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP) as required by state and federal law. The Patient Protection and Affordable Care Act and IRS section 501(r) (3) direct tax exempt hospitals to conduct a Community Health Needs Assessment and develop an Improvement Plan every three years. Local health departments are required by Wisconsin Statute Ch. 251.05 to conduct a community health needs assessment and develop a community health improvement plan every five years. The Community Health Needs Assessment is a primary tool used to determine Monroe Clinic’s community benefit plans and other services and to address health needs affecting residents.



About Our Community

This Community Health Needs Assessment focuses on Green County, Wisconsin—a service region that accounts for 51% of Monroe Clinic’s clinic visits and 53% of Monroe Clinic’s hospital admissions. This primary service area includes 10 communities, with Green County Public Health and Monroe Clinic’s main campus located in Monroe, Wisconsin.



Population and Geography Southwestern Wisconsin

(Monroe Clinic’s Service Area)

Square Miles		584
Population Density		63 people/square miles
Cities/Towns		38
2018 Population Estimate		37,050

Our County’s Demographics

Race/Ethnicity

95.3% White, 1.9% Hispanic/Latino, 0.6% Asian, 0.4% Black/African American, 0.8% American Indian/Alaska Native, 1.0% All Other

Language

Spoken at home for people five years and older: 95.9 % speak English, 4.1% speak other than English (2.0% Spanish, 1.6% other European, .4% Asian)



Education Levels

7.3% No High School Degree
43% High School Degree
22.7% Some College
9.4% Associate’s Degree
10% Bachelor’s Degree
7.6% Higher Degree



Income Levels

2016 Median Household Income
Green County \$57,416
Wisconsin \$54,610
Hourly wage necessary to afford a two bedroom apartment is \$14.96



Median Age

The median age in 2015 is 42.8.
By 2020, there will be a 37% increase in population in the 65 and older age since 2010.

Data collected from a variety of local, county, and state sources spotlights local demographics, socioeconomic factors and health statistics that provide a snapshot into social determinants of health. A detailed list of data sources is available in the Appendices.

Alcohol and Drug Abuse

Drug and alcohol abuse are the number one health priority in our community. Tobacco is the number one cause of preventable death.



Obesity

35% of adults are obese. The number two health priority in our community.



Adults Diagnosed with Diabetes

Green County | 10.5%
Wisconsin | 9%

Adults Received Diabetic Screenings

Green County | 92.5%
Wisconsin | 90.5%



Suicide

14.5% of Green County high school students seriously considered attempting suicide in the past 12 months. 9% reported making a plan on how they would attempt suicide.

Mental Health

Mental Health was ranked number three health priority in our community with 34% respondents claiming it to be a major health issue.



Children on WIC (Women, Infant, Children)

Children 2-5 years of age on WIC who are either overweight or obese.

Green County | 36%
Wisconsin | 31%



Physical Inactivity

22% of Green County residents report they are physically inactive compared to the Wisconsin average of 21%.



Infant Mortality

Green County's infant mortality rate is less than four deaths, which is lower than the Wisconsin average of 6.2%.

High Sugar/Caffeine

69% of high school students drank soda and 44.4% drank high caffeine drinks in the last week.



Mental Health

One in five adults in the US experience a mental health illness. Half of all chronic mental illnesses begin by age 14; three fourths by age 24.





Alcohol remains the number one substance misused in Green County

Alcohol 51%
Marijuana 24%
Opiates/Heroin 13%
Cocaine 7%
Methamphetamine 4%
Benzodiazepine 1%



Access to Healthy Food

9% of residents lack adequate access to food, compared to the state's average of 11%.

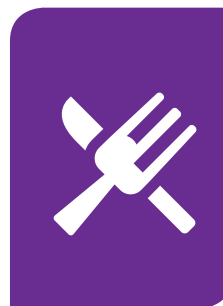
Breastfed Babies

33.3% of infants on WIC (exclusively breastfed), above the state average of 27.6%.



Free or Reduced Lunch

More than 35% of children in Green County are eligible for free or reduced school lunch.



Leading Causes of Death

1. Cancer
2. Heart Disease
3. Unintentional Injury
4. Lung Disease
5. Stroke
6. Alzheimer's Disease



Dental Care

30% of Green County residents had no recent dental visit, compared to the state average of 26%.

Immunizations

82% of Green County two-year-olds are up-to-date with immunizations. This is above the state average of 72%.



Population Growth

Hispanic/Latino population grew from over 300 in 2000 to over 1,100 in 2017. African American and Asian populations nearly tripled in size from 2000 to 2017.



Families in Poverty

9% of Green County families live in poverty, which is below state and national averages.



Top Five Cancer Diseases

1. Prostate
2. Lung
3. Breast
4. Colorectal
5. Melanoma

The Green County Healthy Community Coalition is comprised of experts in public health, healthcare leaders, schools, businesses and local organizations representing underserved populations. The Coalition determined our community health priorities through a three-step data collection process detailed in the Appendices. The health priorities selected are:

Substance Misuse



Two-thirds of adults regularly consume alcohol

Multiple factors contribute to substance misuse: mental health needs, poor economic conditions, high poverty rates, lower educational attainment levels, higher percentages of individuals living alone, and easy access to alcohol and other substances.

Alcohol is the most widely-used and widely-abused drug with two-thirds of adults regularly consuming alcohol and 13% of the US population classified as binge drinkers.

Mental Health



One in five Americans suffer from mental health

One in five Americans suffer from a mental health issue each year. Mental health includes our emotional, psychological, and social well-being. It impacts general health and quality of life at every stage.

Locally, mental health professions are challenged by a need for services that exceeds availability. The result is mental health care in Green County is largely focused on providing crisis intervention and follow-up services.

Physical Activity



Over one-third of adults are obese

A sedentary lifestyle impacts health on many levels and is often a key contributor to obesity. The percentage of individuals considered overweight or obese continues to rise on a national and local level. Green County's obesity rate is 35%, which is higher than WI rate of 31%.

Increased physical activity is proven to lower obesity rates as well as decrease risks for health conditions, such as heart disease, stroke, diabetes, depression and certain types of cancer.

Food Security & Breastfeeding



Green County's food insecurity rate is 9%

Food security is met when all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food. A changing climate, growing global population, rising food prices, and environmental stressors may continue to have undetermined impacts on food security.

At birth and the months following, the best source of food security for babies is breastfeeding. Breastmilk helps fight infections and respiratory illnesses in infants. It can also lower the risk of sudden infant death syndrome in the first year of baby's life.

Healthy Communities Designation



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2018-2021

Green County received a Bronze Wisconsin Healthy Communities Designation for the Green County Healthy Community Coalition health improvement initiatives. This state-wide program was designed to encourage achievements in community health improvement. The Green County Healthy Community Coalition, led by the Green County Public Health Department and Monroe Clinic, applied for the recognition, citing collaborative projects inspired by **three key initiatives**:

Growing the Farmer's Market: Introduced "Double Your Dollars" benefit for food share redemption to increase access to fresh fruits and vegetables for the underserved population.

Investing in Breastfeeding: Sharing a united message about the benefits of breastfeeding across Green County while increasing the number of certified lactation consultants to support new mothers' breastfeeding goals.

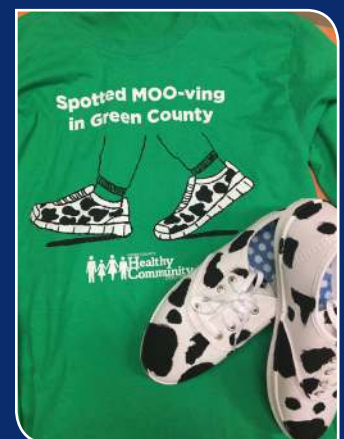
Green County Wellness Week: Challenging 30 businesses and organizations and their employees with community wide exercise opportunities spotlighting local exercise resources, from natural trails to local fitness centers.



Growing the Farmer's Market



Investing in Breastfeeding



Green County Wellness Week



Substance Misuse

- Implemented a “Drug Court” system in Green County
- Hosted seven community Narcan trainings
- Provided new services to residents for AODA & Mental Health
- Implemented a Teen Intervene program in two schools
- Distributed 80 medication lock boxes, drug disposal kits, and promoted use of drug drop off boxes
- Monroe Clinic implemented a patient pain reduction contract and chronic pain education class to reduce the use of opioids
- Hosted five opioid movie screenings and a variety of media and health promotions
- Initiated a Youth to Youth group in Brodhead
- Received grant funds to provide counseling, case management, nursing care, medication and assisted treatment, detoxification, and residential treatment services to the county



Mental Health

- Collaborated with “Better Brodhead” and Monroe Clinic in expanding behavioral health services to the Brodhead area
- Facilitated psychosocial skills groups at Brodhead High School and Monroe Middle School
- Conceptualized a “Mental Health Navigator” role and partnered with the UW School of Medicine and Public Health for a feasibility study
- Collaborative partner with the Southern Wisconsin Behavioral Health Partnership
- Monroe Clinic sponsored two Mental Health First Aid trainings a year and have trained over 200 individuals



Mental Health First Aid Training

Someone you know could be experiencing a mental illness or crisis. You can help them.



Physical Activity

- Surpassed goal of 20 participating businesses for company to company physical activity challenge in second year of “Let’s get Moo-Ving Green County” - 1,391 participants recorded 526,473 minutes of physical activity in “Let’s Get Moo-Ving Green County” challenge in 2018
- Promoted use of Badger State Trail by creating Green County Bike Resource Guide/Trail Map and held events on the trail
- Supported addition of mile markers to Badger State Trail



Food Security & Breastfeeding

- The Monroe Farmers Market saw a 35% increase in the number of vendors
- EBT (Electronic Benefit Transfer) machine was added to the farmers market
- 55 different SNAP clients bought from the Farmers Market
- Farmers Market vendors donated 4,380 pounds of food to local food pantries in the past three years
- Two breastfeeding resources were developed, endorsed and used regionally by community partners
- Five certified lactation counselors are now available to provide support and education to breastfeeding families.
- 48 Green County employers received tool-kits with breastfeeding policies and practices
- Monroe Clinic/SSM Health and Green County Government adopted a workplace breastfeeding policy



Our Accomplishments



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2019 County Health Rankings indicate Green County is the 10th healthiest county in Wisconsin. The following benchmark comparisons showcase where our community ranks in a variety of health indicators, from healthcare usage to health behaviors.

HEALTHY PEOPLE 2020 OBJECTIVES

	Healthy People 2020 Objectives	Service Area Data		
		2013	2016	2018
High school graduation rate	84%	81%	91.4%	92%
Child health insurance rate	100%	95.1%	94.7%	98%
Adult health insurance rate	100%	88.0%	88.9%	93.5%
Heart disease deaths	100.8 per 100,000	144.9	153.4	124.6
Cancer deaths	160.6 per 100,000	173.0	160.4	161.9
Stroke deaths	33.8 per 100,000	43.3	41.0	38.8
Diabetes deaths	65.8 per 100,000	14.5	18.2	11.7
Unintentional injury deaths	36.0 per 100,000	41.1	46.8	58.8
Early and adequate prenatal care	77.6%	88.4%	84.8%	85%
Low birth weight infants	7.8% of live births	6.8%	7.4%	5.6%
No maternal smoking during pregnancy	98.6%	83%	85%	84.4%
Infant mortality	6.0 per 1,000 live births	9.7	5.1	<4*
WIC Breastfeeding Incident (Women, Infant, Children)	81.9%	79.7%	84.3%	81.5%
Adults no leisure time activity (sedentary/inactive)	32.6%	18.1%	22.7%	18.9%
Adult obesity	30.6%	25.5%	30.2%	32.4%
Adults engaging in binge drinking	24.3%	23%	21%	32.8%
Cigarette smoking by adults	12%	14%	15%	15.6%
Adults 50+ colorectal cancer screening	70.5%	67.6%	71%	62.9%
Adult women who have had a pap smear	93%	81.4%	72.6%	72.6%
Women who have had a mammogram	81.1%	71%	75.1%	71.8%

* A missing value is reported for counties with fewer than 4 infant deaths.

Appendix: Community Health Data Sources



Community Health Status Indicators
County Health Rankings
Green County Community Health Survey
Green County Public Health/WIC-Women, Infant, Child
Green County Human Services
Green County Youth Risk Behavioral Survey
Healthy People 2020
Monroe Clinic Decision Support
NAMI-National Alliance for Mental Illness
Out of Reach- National Low Income Housing Coalition
U.S. Census American Community Survey
US Census Bureau
UW Extension-Green County
Wisconsin Behavioral Risk Factor Survey
Wisconsin Department of Health Services
Wisconsin Department of Public Instruction
Wisconsin Department of Workforce Development
Wisconsin Epidemiological Profile on Alcohol and Other Drugs



Appendix: Steering Team Committee

The Green County Healthy Community Coalition (GCHCC) Steering Committee meets quarterly to assist with goal setting and guide decision making, as well as leverage and grow the Coalition.

Cara Carper, *Green County Development Corporation*

Kathy Comeau, *Better Brodhead*

Tracey Feldt, *Monroe Clinic/SSM Health*

Bob Gibson, *Green County Human Services*

Tammie Jamiska, *Monroe Clinic/SSM Health*

Samantha Kubly, *School District of Monroe*

Jill Leitzen, *Kuhn North America, Inc*

Ed Maksym, *Monroe Main Street Farmers Market*

Tracy Meier, *Colony Brands, Inc.*

Katie Meinert, *Monroe Clinic/SSM Health*

Rob Miles, *Green County Human Services*

Victoria Solomon, *Green County UW-Extension*

Laura Steiner, *ADRC-Aging Disability & Resource Center*

Santos Tinoco, *Vera Cruz*

RoAnn Warden, *Green County Public Health*



Appendix: GCHCC Members

The following is a list of Coalition members and stakeholders who participated in the identification of our health needs. Coalition members are divided into four work groups, each of which is focused on initiatives that respond to one of the four health priorities identified in the CHNA.

Yanet Alba, *Green County Public Health*
Jaime Batz, *Green County Public Health*
Bobbie & Hans Bernet, *Community Members*
Jeannie Blumer, *Green Cares Food Pantry*
Cara Carper, *Green County Economic Development*
Jerry Dahlen, *Monroe Police Department*
Angie Donovan, *SWCAP - Neighborhood Health Partners*
Doug Drake, *Aster Assisted Living*
Pamela Elsen, *Green County Health Committee*
Melissa Even, *Monroe Chamber of Commerce*
Tracey Feldt, *Monroe Clinic/SSM Health*
Anne Gargano Ahmed, *Second Harvest Foodbank of SW*
Amanda Gerber, *Aster Assisted Living*
Bob Gibson, *Green County Human Services-AODA*
Rick Gleason, *Family Promise*
Monica Hack, *Green County Coroner*
Tammie Jamiska, *Monroe Clinic/SSM Health*
Val Johnson, *Woodford State Bank*
Hayley Jordon, *UW-Extension*
Fred Kelley, *Monroe Police Department*
Darla Krieger, *Early Head Start, Reach Green*
Samantha Kubly, *School District of Monroe*
Moira Lafayette, *Blackhawk Technical College*
Trevor Long, *Brodhead Police Department*
Beth Luchsinger, *Green County Health Committee*
Ed Maksym, *Main Street Monroe Farmers' Market*
Stephanie Mansfield, *Colony Brands*
Joni Marty, *Green County Public Health*
Tracy Meier, *Colony Brands*
Katie Meinert, *Monroe Clinic/SSM Health*
Rob Miles, *Green County Human Services*
Becky Mischka, RN, CDE, *Monroe Clinic/SSM Health*
Carol Mixdorf, *NAMI-National Alliance for Mental Illness*
Bridget Mouchon-Humphrey, *Southwest WI Community Action Program*
Jordan Nordby, *Monroe Main Street*
Kelly Norton, *Green County Public Health*
Lisa Paske, *Monroe Clinic/SSM Health*
Curt Quinn, *Green County Sheriff's Dept*



David Rebedew, *Monroe Clinic/SSM Health*
Cindy Rice, *Pleasant View Nursing Home*
Amber Russell, *ADRC Green County Human Services*
Carolyn Schwartzlow, *Monticello Schools*
Susie Speer, *United Way of Green County*
Wesley Speer, *Monroe Clinic/SSM Health*
Ron Spielman, *Monroe Clinic/SSM Health*
Laura Steiner, *ADRC Green County Human Services*
Jane Sybers, *Monroe Clinic/SSM Health*
Kristina Tranel, *SW WI Regional Planning Commission*
Heidi Walter, *Green County Public Health*
RoAnn Warden, *Green County Public Health*
Joan Winn-Rufenacht, *Green County Health Committee*
Angie Wirth, *Small World New Glarus*
Kris Wisnefske, *Community Member*

Appendix: Health Needs Assessment Method



The Green County Healthy Communities Coalition, co-chaired by representatives from Monroe Clinic and Green County Public Health, is comprised of experts in public health, healthcare leaders and representatives of the underserved population. The Coalition determined our community health priorities after analyzing primary and secondary community health data and the assets and resources available in Green County.

The co-chairs designed and administered a community health survey to assess the top health-related needs perceived in the county. The Coalition collected a total of 350 responses to the survey, which was distributed via paper and online. The survey was taken by community members, healthcare providers, key stakeholders, and community advisors.

Secondary data from multiple sources was analyzed and revealed health disparities and key issues impacting social determinants of health. The community survey results and secondary data were presented to the coalition who then used the information to identify community health themes and issues.

Survey Results:

WHAT ARE THE TOP THREE HEALTH CHALLENGES?

- 51%** : Alcohol and Other Drug Abuse (AODA)
- 40%** : Obesity
- 34%** : Mental health issues and access to mental health care
- 24%** : Chronic diseases (Diabetes, Heart Disease, Cancer, etc.)

WHAT ARE THE BARRIERS TO GOOD HEALTH?

- 29%** : Being Overweight
- 24%** : Life stressors that lead to mental health
- 13%** : Abuse of Alcohol & Drugs
- 8%** : Being able to afford healthy food
- 6%** : Insurance or access to Dental Health
- 6%** : Chronic Disease

WHAT CHANGES COULD BE MADE TO IMPROVE HEALTH?

- Provide more health education
- Increase community awareness of health issues
- Access to affordable healthy foods/ help losing weight
- More help for low income families
- Increase physical activity in schools and job sites
- More mentor opportunities for adolescents
- More transportation options

Secondary data from multiple sources also revealed health disparities and issues. This secondary data and the community perception survey results were presented to a group of community stakeholders, who used the data to make final selections to identify community health priorities. Stakeholders were asked to consider the following before voting with three sticky dots:

- Do our current health priorities rise to the top?
- Keep in mind the health areas which have the largest community impact.
- Which health areas have the most serious impact?
- Which areas is our community ready to change?
- In which areas can change be made over a reasonable timeline?

They were then instructed to vote for their top three health issues for the Coalition to focus efforts and resources around.

5
VOTES

Dementia/Aging Population

- Aging Population
- Educational/Financial

40
VOTES

Alcohol/Drug Use

- NAS
- E Cigarettes/Juul
- Chronic Disease
- Trauma
- Agricultural Economy
- Transportation
- Consider Population
- Education/Financial

17
VOTES

Food Security/Nutrition/ Breastfeeding

- Agricultural Economy
- Chronic Disease
- Education Availability
- Transportation
- Consider Population
(Education, Financial, Couponing)

8
VOTES

Access to Care

- Primary Care-Medical
- Preventative Care-Home Use
- Dentist

17
VOTES

Housing

- Aging Population
- Educational/Financial

44
VOTES

Mental Health

- Trauma
- Agricultural Economy
- Education/Financial
- Aging Population

18
VOTES

Physical Activity

- Obesity
- Chronic Disease
- Aging Population
- Education/ Financial

There was a tie between food security & breastfeeding and housing. The tie was broken when a local housing expert recommended housing not be spotlighted in the plan as several housing improvement efforts were already underway. The group did not object, and consensus for the four previous health priorities was reaffirmed.



For More Information



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Green County Public Health

N3152 HWY-81
Monroe, WI 53566

608-328-9390
info@greencountywi.org

Monroe Clinic

A Member of  SSM Health.

Monroe Clinic

515 22nd Avenue
Monroe, WI 53566

608-324-2000
monroeclinic.org



Green County Healthy Community Coalition

greencohcc.org
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This report has been approved by the Monroe Clinic/SSM Health Board on June 26, 2019.

This report has been approved by the Green County Health Committee on August 14, 2019.