



Madison County Health Report: A Year in Review

2023

Our county's community health priorities are:

**Healthy Eating,
Healthy Weight,
and Diabetes**

**Substance
Use/Mental
Health**

Actions we are taking:

- **Walk with Ease**
Community based physical activity and self-management education program.
- **Cooking Matters**
Resources to help individuals and families cook healthy foods on a budget.
- **Diabetes Education Videos**
Easily accessible videos on cooking and healthy eating for people with diabetes.
- **View From Here**
Social media campaign with a focus on Healthy Eating and Active Living.

- **Medication for Opioid Use Disorder**
The use of medication in combination with counseling to treat opioid use disorder.
- **Teen Intervene**
Evidence based program for teens with mild to moderate substance use disorder, with a focus on alcohol, marijuana, and tobacco.
- **View From Here**
Social media campaign with a focus on Substance Use, Mental Health and Sigma.

This document serves as a “snapshot” of our 2023 State of the County Health (SOTCH) Report. A SOTCH provides an annual update on emerging issues, new initiatives, and progress made in addressing our county's health priorities.

What we've accomplished so far:

- Walk with Ease continues to be offered online during 2023. 100% of those enrolled in the program completed it. In addition, a “Walk with Me” program has been established within the community.
- A Cooking Matters program was offered with 71% of participants reporting more confidence in their cooking abilities.
- Four healthy cooking videos were created during 2023 with 153 views.

- Madison County Health Department received three grants to support the Medication for Opioid Use Disorder program and the program currently has the largest caseload since its inception. The program also boasts a 95.8% retention rate for the second half of 2023 (July-December).
- The Teen Intervene Program continues to thrive and has seen a decrease in vaping referrals during 2023. In addition, repeat referrals have decreased by half.

Thank you to our partners:

Healthy Eating Active Living Team
Madison Mental-Health Substance Awareness Coalition

For more information and to get involved:

The 2024 Community Health Assessment (CHA) is now underway.

If you receive a phone survey, please consider responding. Your input is very valuable.

If you are interested in being part of our CHA team, please let us know.

For more information and to access the full report, visit www.madisoncountyhealth.org

For questions, call 828-649-3531