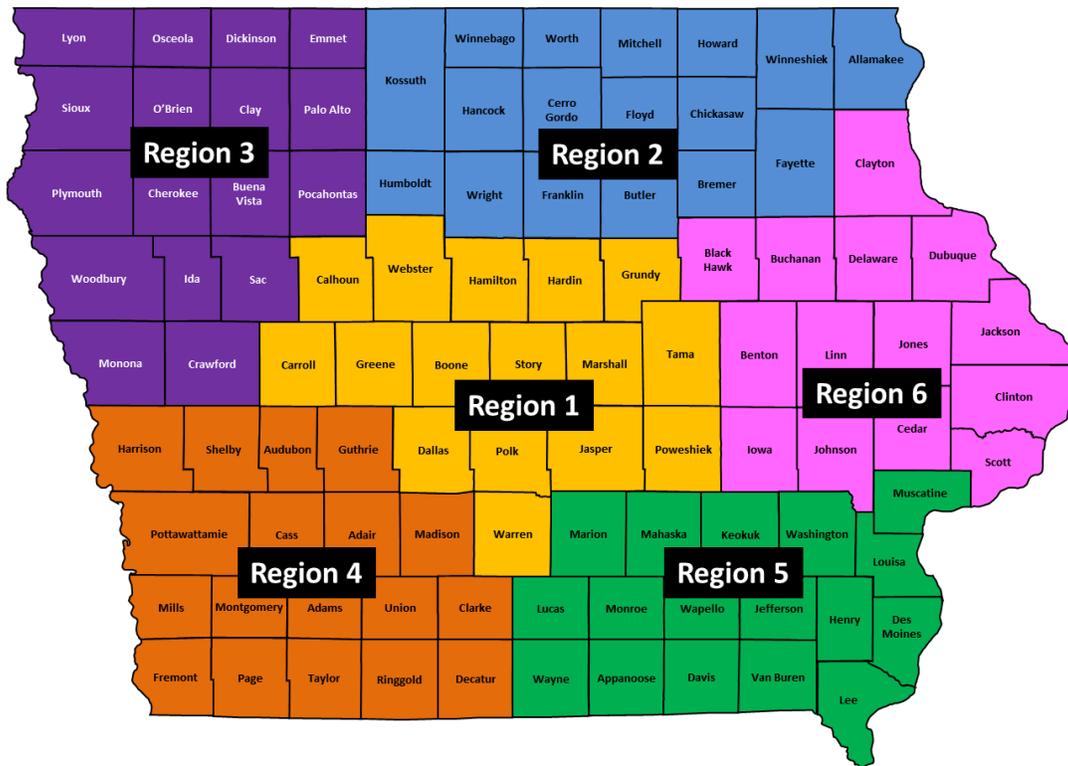


Strategies for Implementing Health Improvement Plans

Highlights from County HIP 2017 Progress Reports



Compiled by the Bureau of Planning Services



Introduction

The community health needs assessment and health improvement planning (CHNA&HIP) process incorporates three core functions of public health—assessment, assurance, and policy development—responsibilities of Iowa’s local boards of health. Under the leadership of the boards of health, local public health agencies, together with their partners, identify their community’s pressing health needs and take action that assures these needs are addressed. In many cases, the action requires policy changes.

In 2017, local public health agencies submitted progress reports on their health improvement objectives and strategies. Again this year, agencies are using solid, evidence-based strategies, but also are trying out innovative approaches to improve their community’s health status.

In general, these themes run through many of the reports:

- Local public health agencies (LPHAs) have been remarkably successful in convening diversified groups for solving community problems.
- Community partners are tackling such underlying causes of disease and injury as hunger, literacy, housing, and poverty.
- Initiatives to address mental health issues include resource guides, recruitment of providers, organizing stakeholder coalitions, locating counselors/therapists in the schools, and telepsychiatry.
- In many counties, hospitals and local public health agencies have joined forces to advance the community’s health in a continuum of care that starts with prevention and continues through medical treatment and aftercare.
- Counties are recognizing that media sources considerably expand outreach. For example, Delaware County has produced a Teen Vaccine Awareness video and a Pneumonia and Pneumonia Shot video. Scott County’s film, “[If You Only Knew The Journey through Teen Depression and Suicide](#)” aired on local network television and the Public Broadcasting Station (PBS).

County Highlights

The Iowa Department of Public Health wishes to acknowledge the hard work counties have done in their efforts to address health issues and needs. What follows is a selective list of **one initiative** from county health improvement progress reports that were submitted to the department in the spring of 2017. To view progress on a county’s entire HIP, the full reports are posted on the [CHNA&HIP website](#). Local public health agencies welcome inquiries about details of the initiative, which is part of a more comprehensive effort to address the county’s needs. *Note:* The font color for the county name matches the color for the region of the state in the map on the cover sheet. An asterisk (*) after the county’s name signifies that a 2017 Progress Report is not yet available.

- Adair** The local public health agency is working with grocery stores to provide signage for snacks and foods that meet guidelines of the school wellness policy.
- Adams** At regularly scheduled meetings, key stakeholders discuss best practices, which are aimed at coordinating behavioral health services.
- Allamakee** The number of adolescents receiving three doses of HPV vaccine has increased from 11 percent to 37 percent.
- Appanoose***
- Audubon** Progress is being made to screen adolescents seeking substance abuse treatment for suicide risk.
- Benton** The county is expanding the fitness center exercise area with new equipment, raising money for a splash pad, added nature and imagination natural play-scape at **Riverside Park**, and expanded the trail system for walking and bikes.
- Black Hawk** A comprehensive approach to increasing fruit and vegetable access and consumption among youth is being spearheaded by the **Good Food Network** with members from local government, the food bank, the community action agency, school district staff and health providers.
- Boone** Two free clinics held each month are attracting moderately low-income residents who do not qualify for subsidies that offset the cost of health insurance.
- Bremer** Children have received training to prepare them for responding to natural disasters.
- Buchanan** The percentage of students seriously considering suicide has dropped among sixth graders from 12 percent to 9 percent; among eighth graders, from 12 percent to 9 percent; and among 11th graders, from 26 percent to 13 percent.
- Buena Vista***
- Butler** The county's cardiovascular disease death rate has declined from 191.1 to 143.4 per 100,000.
- Calhoun** Adult smoking has declined from 22 percent in 2015 to 17.6 percent in 2017; a mass media campaign may be a contributing factor.
- Carroll** A coalition is working to assure transportation for physician appointments; through a **Pizza Ranch** fundraiser, travel vouchers now are available for those who need them.
- Cass** The **Cass County Board of Health** has developed a position statement on water fluoridation for distribution to all city councils and water treatment operators.
- Cedar** **NACCHO** awarded funds to the county for a diabetes prevention program.

- Cerro Gordo** The food insecurity rate has declined from 13 percent to 12 percent, due, in part, to the efforts of multiple collaborative agencies and through the **North Iowa Local Foods Coalition**. Agencies are diligently partnering on developing local, stakeholder-driven, innovative projects, expanding access to low or no-cost healthy foods, and locating applicable funding.
- Cherokee** As part of strategies to reduce adult obesity, the county has organized a 100-Day, 100-Pound Challenge involving 250 individuals who lost 1,206 pounds, or an average of 3 percent of their body weight.
- Chickasaw** The percentage of adults who report heavy alcohol consumption has dropped from 31 percent to 19 percent, and drinking among teenagers in 11th grade also has declined from 26 percent in 2014 to 20 percent in 2016. A media campaign may account for some of this change.
- Clarke** Promoting the mental health hotline, a measure to alleviate access to mental health services, has resulted in a 25 percent increase in usage.
- Clay** Improved care coordination efforts among community partners have resulted in an increased number of children and adults receiving behavioral health services; established points of contact eased referrals and information sharing.
- Clayton** Although mental health counseling continues to be a need and a psychiatrist is not available, the community has held mental health first aid classes and implemented telehealth for psychiatric services at **Central Community Hospital**.
- Clinton** The mental health subgroup has started work on community awareness, training, and interventions for Adverse Childhood Experiences (ACES) beginning with child care providers and elementary schools; a community readiness and awareness survey will be sent out during the summer, followed by training in the fall and development of an intervention tool kit.
- Crawford***
- Dallas** As part of efforts to improve transportation options, **SAIL-DC**, a volunteer driver service, has secured non-profit status and begun giving rides.
- Davis** The county is making strides to improve access to mental health services through a regional mental health advisory council, telepsychiatry in the hospital emergency room and in the new jail facility, and a full-time pediatrician who provides mental health care for children.
- Decatur** Two new small businesses have been established as part of a plan to increase business development.

- Delaware** Access to mental health and substance abuse services has increased with the formation of a crisis intervention team and successful recruitment of practitioners.
- Des Moines** The county held a mental health summit, expanded the number of mental health providers, and organized a crisis intervention team.
- Dickinson** The county has surpassed its goal of increasing immunization rates for 13-15-year olds; the rates increased from 31 percent in 2014 to 60 percent in 2017.
- Dubuque** **Dubuque Eats Well**, a network of community members and organizations, is transforming the local food system through evaluation, identification of assets and gaps, a shared vision and goals, and implementation tactics.
- Emmet** The number of emergency room visits for falls among people ages 65-84 has declined, a result that could be attributed to a Matter of Balance classes conducted by trained staff members.
- Fayette** Through policy changes, nearly every governmental agency and the libraries have joined forces in creating a walkable community.
- Floyd** The county has focused attention on nurturing environments for children through parent education, screening, and referrals and training teachers, school administrators, and support staff.
- Franklin** The LPHA holds health check-up classes for Hispanic women at **LaLuz Hispania** as a successful way of reaching this group of women with screening and education.
- Fremont** **Community Partnerships for Protecting Children and Neighborhood Networks** successfully helped families gain access to resources by offering, at no charge, a family **Day of Play** with inexpensive activities to promote physical fitness and healthy snacks.
- Greene** The county offers support services to homeless or displaced teens so they can obtain their high school diploma and helps homeless adults with safe housing, health care, food, and transportation to pursue employment.
- Grundy** A coalition meets monthly to coordinate services for the elderly, disabled, and low-income residents.
- Guthrie***
- Hamilton***
- Hancock** Community partners have offered landlord informational meetings to encourage support of a smoke-free rental policy.
- Hardin***

Harrison*

Henry The county is using geocaching, a real world, outdoor treasure hunt game, to spur increased physical activity.

Howard*

Humboldt A diabetes educator is building support and educational groups for individuals diagnosed with diabetes in the community and at area businesses and the hospital.

Ida The LPHA has trained volunteers to help in emergencies before the arrival of first responders; another part of the emergency preparation initiative is developing a volunteer reception center, a place where people can come during an emergency.

Iowa*

Jackson A 24-hour behavioral health crisis hotline is now available to all Jackson County residents. Work is being done to disseminate information about the line throughout the county.

Jasper An after-hours hotline has been established to respond to mental health crises.

Jefferson A local county-wide disaster team has held quarterly meetings.

Johnson In collaboration with the **Iowa City Free Medical Clinic**, local public health developed a pre-diabetes educational video titled “Simple Ways to Prevent Type II Diabetes” for Hispanic and/or Latino (a) patients presenting with pre-diabetic symptoms.

Jones Through follow-up, the county is assuring that all the public schools have comprehensive and up-to-date policies on tobacco including electronic smoking devices.

Keokuk Two mental health providers have provided services to a substantially increased number of clients—a possible outcome of added staff and networking.

Kossuth*

Lee Besides increasing the number of dentists from one to two who serve Medicaid patients, a community health center dental clinic with a new dentist has opened.

Linn A major effort is underway to remove barriers that hard-to-house populations and those living under 30 percent of the area median income face in obtaining affordable housing.

Louisa The county expects to reduce sexually transmitted infections by having free condoms available at community events, holding HPV clinics at each school in the county with follow-up shots, and working with surrounding counties.

Lucas ISU Extension Service, Lucas NEST, and the Lucas County Health Center sponsor classes on nutrition and exercise.

Lyon The county has made fall safety prevention part of the admission assessment with every homemaker client, conducted education sessions with the **Dinner Date** group and assisted living centers, and assisted in reducing readmissions with follow-up evaluations for patients discharged from the hospital.

Madison A suicide prevention program is being developed in the school district; another effort—reducing access to alcohol, tobacco, and all drug products—entails a public awareness social media campaign in the schools and in the community.

Mahaska*

Marion*

Marshall Mental health initiatives include **Adverse Childhood Experiences** trainings for the community, anti-bullying activities, and a care team that brings local professionals together to coordinate services.

Mills*

Mitchell Homes in Mitchell County are being tested for radon, as evidenced by the number of kits sold for testing.

Monona The county has been very successful in achieving its goal of reducing child abuse and neglect through Facebook messages, close collaboration with stakeholder groups, building social connections among families, a community event, services of the **West Central Action's Child Care Resource and Referral**, a one-stop referral source, and a referral system for all pregnant women.

Monroe*

Montgomery*

Muscatine*

O'Brien*

Osceola*

Page Efforts to reduce obesity rates include a media campaign; working with the **County Wellness Committee**; promoting 60 minutes a day of physical activity for school-age children and 30 minutes a day for adults; partnering with **WIC** and **maternal and child health programs**; and promoting work site healthy snacking days, especially during holidays.

Palo Alto*

Plymouth*

Pocahontas The **Pocahontas County Healthcare Coalition** meets every month to educate the public on preparedness efforts and to work with the special needs population.

Polk*

Pottawattamie*

Poweshiek*

Ringgold*

Sac*

Scott Policies and environmental improvements implemented in a community wellness assessment include the **City of Bettendorf** installing an ADA ramp and multi-recreational path at an intersection and enacting a green space ordinance; the **City of Blue Grass** implementing a tobacco use policy; and the **City of Buffalo** starting a walking club.

Shelby **Myrtue Medical Center** pharmacy provides after-hours support until other pharmacies open; additional opportunities are being explored with local pharmacies to rotate evening hours so residents can fill prescriptions.

Sioux A workgroup comprised of representatives from all four hospitals and the community health center as well as other providers has been meeting monthly to develop a pool of qualified, specifically trained medical interpreters to provide translation services; in partnership with **Northwestern College**, one medical interpreter workshop has been completed.

Story A contract is in place for telepsychiatry services at the **Mary Greeley Medical Center Emergency Department**; the services provide access to prescreening services for determining if the person needs to be admitted for behavioral health care or could be referred to services and support in the community.

Tama*

Taylor Besides holding flu clinics in schools, the county partnered with local pharmacies to assure that any student regardless of pay source would be able to receive a flu shot.

Union Through a successful recruitment effort, **Greater Regional Medical Center** hired a full-time psychiatrist in its medical clinic.

- Van Buren** The county has reached its target of decreasing the percentage of 11th graders who smoke one or more cigarettes in the past 30 days; student involvement and SAFE coalition activity contributed to this change.
- Wapello***
- Warren** Options for mental health services include telehealth providers, **House of Mercy**, and **Choices Therapy Services**; an ICON is displayed across all web sources to assist in obtaining services in and out of Warren County.
- Washington***
- Wayne** The county has been working with hospital discharge planners, health coaches, and practitioners to form a comprehensive care plan to ensure continuity of care. This coordination requires contact with the patient's health care team, reconciling medications and orders, keeping practitioners informed, and educating the patient on disease management.
- Webster** A steering committee has facilitated community awareness of autism, and a public health navigator has developed an after-school program for children with autism.
- Winnebago***
- Winneshiek** Through the Grants to Counties program for private well testing, 175 wells are tested each year.
- Woodbury** Siouxland District Health Department improved access to physical activity options for people with disabilities by collaborating with **Sioux City Parks and Recreation's Long Lines Family Rec Center and Camp High Hopes**. Adaptive climbing wall equipment has now been made available and training on the equipment has been provided to climbing wall and Camp High Hopes staff.
- Worth** Policy changes, social media, and print media have contributed to a reduction in adult smoking from 17 percent in 2015 to 16 percent in 2017.
- Wright** The county has been successful in working with **Proteus** and **North Iowa Community Action** of Mason City to increase access to breast cancer screening for the Latino and under-insured population.
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