Monona County Health Improvement Plan



For additional information, CONTACT:

Name	Organization	Phone	Email
Kristin Schmidt, Administrator	Monona County Public Health	712-433-1773	mcphadmin@longlines.com
Fran Tramp, Administrator	Burgess Health Center	712-423-2311	ftramp@burgesshc.org

Date Updated: February 16, 2016

Heart Disease

Goal #1	Decrease	neart disease through testing,	National Alignment		State Alignme	ent	
education and prevention.		Healthy People 2020:HDS-5.1: Reduce the percent of adults aged 18 years and older that have high blood pressure/hypertension from 29.9% (years 2005–08) to 26.9% by the year 2020HDS-6: Increase the percent of adults aged 18 years and older that have had their blood cholesterol checked within the preceding 5 years from 74.6% (year 2008) to 82.1% by the year 2020.		Healthy lowans:lowa's Health Improvement Plan 2012-16, 2015 Revisions:4-1.14: Inform the public through social marketing about the importance of blood pressure screening and medication adherence and the national Million Hearts Initiative4-1.15: Institute a program for obese women at the lowa Correctional Institution for Women to reduce the risk of cardiovascular disease.(Revised from original 4-1.16)			
Obj		Reduce uncontrolled blood pre- population (persons aged 65+ a pf the year 2020. (Data source:	nd the disabled), by the end		Baseline Value 64.07%	Target Year 2020	Target Value 62.07%
Strategy 1-1.1 Every two weeks, Burgess He lab checkup package deal that testing among other tests an Burgess will begin to advertise		alth Center offers 1)a wellness includes high blood pressure 2)a stroke screening. This and will reach out to know this testing can also be	Strategy Ty Clinical Int				
		Who's Responsible Burgess Health Center	<u>Target Date</u> Jun 30, 2016				
	Strategy 1-1	Monthly, Burgess Health Cent will offer free blood pressure throughout the county.	er's Home Health department checks at various locations		ype g & Education		
		Who's Responsible Burgess Health Center's Home Health department		<u>Target Date</u> Dec 30, 2016			
	Strategy 1-1	.3 The Burgess Health Center Lal Health will discuss the possibi lab checkup and 2)stroke scre Courthouse for its employees.	lity of holding a 1)wellness ening at the Monona County	Strategy Ty Clinical Int			
		Who's Responsible The Burgess Health Center Lab	and Monona County Public He	ealth	Target Feb 28,		
		Report Date Feb 11, 2016 Progress on S Complet		track	No progress	5	
			lealth Center Lab and Monona 2-11-2016 regarding the possil se. Further brainstorming and r	bility of hole	ding this type o		
	Strategy 1-1						

	Who's Responsib	ما		Target Date
	Monona County			Feb 28, 2017
Strategy 1-1.5	_		Strategy Type Counseling & Edu	ucation
	Who's Responsib Burgess Health C			Target Date Jun 30, 2016
Strategy 1-1.6	County Public H	Center, Horn Physicians Clinic and Monona ealth will post a Facebook message ing heart health, prevention or wellness.	Strategy Type Counseling & Edu	ucation
	Who's Responsib Burgess Health C Health	<u>le</u> enter, Horn Physicians Clinic and Monona Co	ounty Public	Target Date Jun 30, 2016
Strategy 1-1.7	awareness mon Red Heart Healt will be 1) speake health and preve	Annually during February's national heart disease awareness month, Burgess Health Center will hold a Wear Red Heart Health community event. At this event, there will be 1) speakers that addresses the importance of heart health and prevention and 2) a health fair consisting of wellness resources in the county.		ucation
	Who's Responsib			Target Date Feb 29, 2016
_	Report Date Feb 11, 2016	Progress on Strategy ✓ Complete On track Off	track No	progress
	Progress notes: Burgess held their Wear Red Heart Health community event on 2-11-2016. A community members attended. Two hospital healthcare providers spoke about heart health, prevention and stress reduction. A health fair was held. A heart healthy lunch was offered. The event received great feedback from the community of the community of the strength of the stre			iders spoke about as held. A heart
Strategy 1-1.8	and Monona Co	Conservation, Mapleton Build and Recover unty Public Health will collaborate to ils in the county.	Strategy Type Counseling & Edu	ucation
	Who's Responsib Monona County County Public He	Conservation, Mapleton Build and Recover a	nd Monona	Target Date Sep 30, 2016
Strategy 1-1.9	Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases high blood pressure.		Strategy Type Address Social De	eterminant / Health Inequity
	Who's Responsible Monona County Conservation will partner with the Monona County Perfect Program			Target Date Jun 30, 2017
Strategy 1-1.10	least annually to offer some s Night, etc.) tha family bonding neglect and ab	ood Networking Grant will be applied for at to allow community partners to collaborate ort of community event (i.e. Make a Meal t promotes nutrition, stress reduction, and ultimately reduces the chances of child use that can be brought on by stress, so, health disparities, etc.	Strategy Type Address Social I	Determinant / Health Inequity
	Who's Responsib			Target Date Jun 30, 2016

_	Report Date Feb 11, 2016 Progress on Strategy Complete On track Off Progress notes: HCCMS Health Services, Head Start and Morand were awarded the Neighborhood Netw Fun/Safety Day' will be held 6-11-2016. Mare expressed interest in providing a family fun	orking Grant. With this grant, a 'Family ny communities partners have
Strategy 1-1.11		Strategy Type Counseling & Education
	Who's Responsible Monona County Public Health	<u>Target Date</u> Jun 30, 2017
Me by	duce uncontrolled high cholesterol by 2%, in the edicare population (persons aged 65+ and the disabled), the end of the year 2020. (Data source: Community mmons)	BaselineBaselineTargetTargetYearValueYearValue201249.19%202047.19%
Strategy 1-2.1	Every two weeks, Burgess Health Center Lab offers 1)a wellness lab checkup package deal that includes high cholesterol testing among other tests and 2)a stroke screening. Burgess will begin to advertise this and will reach out to county businesses to let them know this testing can also be done right at their business site for a group of employees.	Strategy Type Clinical Intervention
	Who's Responsible Burgess Health Center	Target Date Jun 30, 2016
Strategy 1-2.2	Monthly, Burgess Health Center's Home Health department will offer free blood pressure checks at various locations throughout the county.	Strategy Type Counseling & Education
	Who's Responsible Burgess Health Center's Home Health department	Target Date Dec 30, 2016
	Report Date Progress on Strategy Feb 11, 2016 ☐ Complete ✓ On track ☐ Off	track No progress
	Progress notes: The Burgess Health Center's Home Health d pressure checks, in various towns in the cou held at easy to access locations, with the co community centers and feedbunks.	nty, in February 2016. The clinics are
Strategy 1-2.3	The Burgess Health Center Lab and Monona County Public Health will discuss the possibility of holding a wellness lab checkup at the Monona County Courthouse for its employees.	Strategy Type Clinical Intervention
	Who's Responsible The Burgess Health Center Lab and Monona County Public H	Target Date ealth Feb 28, 2017
Strategy 1-2.4	During February's national heart disease awareness month, Monona County Public Health will promote the importance of heart health and prevention. This will be promoted using various media outlets, including Facebook and the newspaper.	
	Who's Responsible Monona County Public Health	<u>Target Date</u> Feb 28, 2017

Strategy 1-2.5	_	Center will include a heart health or in their newsletter at least bi-annually.	Strategy Type Counseling & Education
	Who's Responsib Burgess Health C		Target Date Jun 30, 2016
Strategy 1-2.6	Burgess Health Center, Horn Physicians Clinic and Monona County Public Health will post a Facebook message quarterly regarding heart health, prevention or wellness.		Strategy Type Counseling & Education
	Who's Responsib Burgess Health C Health	ele Tenter, Horn Physicians Clinic and Monona Co	Target Date Dunty Public Jun 30, 2016
Strategy 1-2.7	Annually during February's national heart disease awareness month, Burgess Health Center will hold a Wear Red Heart Health community event. At this event, there will be 1) speakers that addresses the importance of heart health and prevention and 2) a health fair consisting of wellness resources in the county.		Strategy Type Counseling & Education
	Who's Responsib Burgess Health C		Target Date Feb 29, 2016
	Report Date Feb 11, 2016	Progress on Strategy ✓ Complete On track Off	track No progress
		Burgess held their Wear Red Heart Health co community members attended. Two hospita heart health, prevention and stress reduction healthy lunch was offered. The event receiv	al healthcare providers spoke about on. A health fair was held. A heart
Strategy 1-2.8	Monona County Conservation, Mapleton Build and Recover and Monona County Public Health will collaborate to promote the trails in the county.		Strategy Type Counseling & Education
	Who's Responsib Monona County County Public He	— Conservation, Mapleton Build and Recover a	Target Date and Monona Sep 30, 2016
Strategy 1-2.9	Monona County host a family gro social connection	Conservation will partner with the Public Health Learning for Life Program to oup meeting activity. This activity will build ns between families, therefore decreasing imately decreases high cholesterol.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsib Monona County Health Learning	Conservation will partner with the Monona	Target Date County Public Jun 30, 2017
Strategy 1-2.10	least annually to offer some s Night, etc.) tha family bonding neglect and ab	ood Networking Grant will be applied for at to allow community partners to collaborate fort of community event (i.e. Make a Meal t promotes nutrition, stress reduction, and ultimately reduces the chances of child use that can be brought on by stress, es, health disparities, etc.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsib Monona County		<u>Target Date</u> Jun 30, 2016

_	Report Date Feb 11, 2016	Progress on Strategy ☐ Complete ✓ On track ☐ Off t	rack No progress	_
Progress notes: HCCMS Health Services, Head Start and Monona County Public Health applied for and were awarded the Neighborhood Networking Grant. With this grant, a 'Family Fun/Safety Day' will be held 6-11-2016. Many communities partners have expressed interest in providing a family fun activity and educational information.				
Strategy 1-2.11		artners will work with at least one school to an how a school garden/healthy food class would work.	Strategy Type Counseling & Education	
	Who's Responsi		<u>Target Date</u> Jun 30, 2017	
Strategy 1-2.12	Health will dis	nty ISU Extension and Monona County Public scuss the logistics of partnering with the local s to host a cooking class.	Strategy Type Counseling & Education	
	Who's Responsi	<u>ble</u> ISU Extension and Monona County Public Hea	Target Date Dec 30, 2017	

Child Abuse & Neglect

Goal #1 Decrease child abuse and neglect through educational programs and events.

National Alignment

Healthy People 2020:--MICH-10.2: Increase the percent of pregnant females who receive early and adequate prenatal care from 70.5% (year 2007) to 77.6% by the year 2020. -- MICH-8.1: Reduce the percent of live births that are low birth weight from 8.2% (year 2007) to 7.8% by the year 2020.

State Alignment

Healthy Iowans:Iowa's Health Improvement Plan 2012-16, 2015 Revisions: --6-1.8: Develop policy recommendations based on the steps outlined in the Maternal and Child Health Advisory Council plan. (Revised from original 6-18) --8-1.3: Use lessons learned from the 1st Five Healthy Mental Development Initiative to make recommendations to Early Childhood Iowa, Project Launch, and the Medical Home/ Prevention and Chronic Care Management Advisory Council, for supporting a statewide partnership system of care between medical providers and community - based agencies around mental and behavioral services for children ages birth to 5. (Revised from original 8-1.3)

Objective 1-1

Reduce the rate (per 1,000 population) of child abuse and neglect, in children aged 0-17, from 14.2 to 12.2 by the end of the year 2020.

Baseline Baseline Year Value 2013 14.2

Target Target Year Value 2020 12.2

Strategy 1-1.1 West Central Community Action's Head Start, Monona County Public Health and the 1st Five Program will post a Facebook message quarterly regarding a topic that affects child abuse and neglect (i.e. family activities ideas, stress management, upcoming family friendly events in the community, etc.)

Strategy Type

Counseling & Education

Who's Responsible

Target Date Jun 30, 2016 West Central Community Action's Head Start, Monona County Public Health and the 1st Five Program

Strategy 1-1.2 During April's national child abuse and neglect prevention month, West Central Community Action's Head Start, Monona County ISU Extension, Monona County Public Health and the 1st Five Program will promote the importance of family bonding, stress management, social support and community resources. This will be promoted using local media outlets.

Strategy Type

Counseling & Education

Who's Responsible

Target Date

West Central Community Action's Head Start, Monona County ISU Extension, Apr 28, 2017 Monona County Public Health and the 1st Five Program.

Strategy 1-1.3

Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases the chances for child abuse and neglect.

Strategy Type

Address Social Determinant / Health Inequity

		Target Date Jun 30, 2017
Strategy 1-1.4	The Neighborhood Networking Grant will be applied for at least annually to allow community partners to collaborate to offer some sort of community event (i.e. Make a Meal Night, etc.) that promotes nutrition, stress reduction, family bonding and ultimately reduces the chances of child neglect and abuse that can be brought on by stress, economic issues, health disparities, etc.	cation
		Target Date Jun 16, 2016
_	Report Date Progress on Strategy Feb 11, 2016 ☐ Complete ✓ On track ☐ Off track ☐ No page 1	progress
	Progress notes: HCCMS Health Services, Head Start and Monona County Public and were awarded the Neighborhood Networking Grant. With Fun/Safety Day' will be held 6-11-2016. Many communities par expressed interest in providing a family fun activity and educate	this grant, a 'Family tners have
Strategy 1-1.5		terminant / Health Inequity
		Target Date Sep 30, 2016
_	Report Date Progress on Strategy Feb 11, 2016 ☐ Complete ✓ On track ☐ Off track ☐ No page 1	progress
	Progress notes: West Central Community Action's Child Care Resource and Ref attends and presents at the Early Childhood Iowa quarterly bor regarding their services and resources.	
Strategy 1-1.6	The 1st Five Program will continue to hold monthly meetings with Monona County healthcare providers to position themselves as the one stop referral source in the county. Once a healthcare provider refers a patient to the 1st Five Program, this program then refers this patient onto the correct service organization/resource in the county.	on
	Who's Responsible The 1st Five Program	Target Date Dec 30, 2016
_	Report Date Progress on Strategy Feb 11, 2016 Complete ✓ On track Off track No page 1.2	progress
	Progress notes: Lori Hoch, the Care Coordinator for the 1st Five Program has ac position. Nikki Ahart has taken over for Lori. Nikki is new to the learning the various service organizations/resources in Monon familiarizing herself with the healthcare providers.	position. She's
Strategy 1-1.7	Community organizations to plan, promote and hold family educational events. Strategy Type Counseling & Edu	cation
	Who's Responsible Monona County Community Alliance, West Central Community Action, Monona County Public Health, 1st Five Program, Monona County ISU Extension, Monona County Conservation, Burgess Health Center, etc.	Target Date Jun 30, 2017

_	Report Date Feb 11, 2016 Progress on Strategy Complete ✓ On track Off track No progress Progress notes: West Central Community Action's Head Start planned and will host a 'The Power of the Screen' family event on 2-18-2016. This event will cover the health and social detriments of too much electronic (phone, Ipad, computer, video games, etc.) screen time for children and adults.
Strategy 1-1.8	Monona County Public Health Learning for Life Program will plan and host quarterly family group meeting activities. Families currently enrolled in the Learning for Life Program will be invited. This event will be open for any families from the community to attend. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases the chances for child abuse and neglect.
	Who's ResponsibleTarget DateMonona County Public Health Learning for Life ProgramDec 30, 2016
_	Report Date Ceb 11, 2016 Progress on Strategy Complete ✓ On track ☐ Off track ☐ No progress
	Progress notes: The Monona County Public Health Learning for Life Program hosted a family group meeting on 2-4-2016. The parents and children that attended this event got to participate in a Valentine's frame making craft. While putting this craft together, families were bonding with each other, as well as with other families in attendance.
Strategy 1-1.9	Monona County Public Health, HCCMS Maternal/Child Health and the 1st Five Program will setup a meeting with West Central Community Action's WIC Program to discuss their programs and to setup a referral system so that all pregnant women, using the WIC Program, are referred to Monona County Public Health and HCCMS Maternal/Child Health for further maternal/child services.
	Who's Responsible Monona County Public Health, HCCMS Maternal/Child Health, the 1st Five Program and West Central Community Action's WIC Program Target Date Jun 30, 2017
Strategy 1-1.10	Burgess Health Center will discuss the logistics and gauge interest in hosting a First Time Mother's/ Father's educational event. Strategy Type Counseling & Education
	Who's Responsible Target Date Burgess Health Center Jun 30, 2017

Physical Activity

Goal #1	Increase	phy	sical activity through events	National Alignment		State Alignment	
and education.		Healthy People 2020:PA-1: Reduce the percent of pregnant adults that engaged in no leisure time physical activity from 36.2% (year 2008) to 32.6% by the year 2020PA-9.3: Increase the number of States with licensing regulations for physical activity in childcare that requires a number of minutes of physical activity per day/or by length of time in care from 1 state (year 2006) to 11 states by the year 2020.		Healthy Iowans:Iowa's Health Improvement Plan 2012-16, 2015 Revisions:6-1.26: Increase by 2% Iowans' overall participation rate in more physically active, natural- resources-based outdoor recreation activities as listed in Iowa's Statewide Comprehensive Outdoor Recreation Plan.			
Obje	ective 1-1	tim	crease the percent of the populat e physical activity by 2% by the e arce: Community Commons).		e Baselin Year 2012	e Baseline Target Target Value Year Value 25.9% 2020 23.9%	
9	Strategy 1-1.1		Quarterly, Burgess Health Center Conservation, Horn Physicians C Public Health will use media out wellness opportunities in the co and trail opportunities).	Clinic and Monona County clets to promote the	Strategy T Counseling	<u>Type</u> g & Education	
			Who's Responsible Burgess Health Center, Monona County Conservation, Horn Fand Monona County Public Health		Physicians C	Target Date Clinic Jun 30, 2017	
	Strategy 1-1.2		Mapleton Rebuild & Recover will continue to work on completing the Mapleton trail project and applying for additional grants, as needed.		Strategy T Address So	<u>ype</u> ocial Determinant / Health Inequity	
			Who's Responsible Mapleton Rebuild & Recover		<u>Target Date</u> Dec 31, 2020		
9	Strategy 1-	1.3	The City of Onawa will have disc streets/trail project section to b applied for as available.	•	Strategy T Address So	ype ocial Determinant / Health Inequity	
			Who's Responsible The City of Onawa	<u> </u>		Target Date Jun 30, 2017	
	Strategy 1-1.4		The Burgess Health Center Med will continue to schedule meetic company's so that more insurar coverage of patients monthly me	ngs with various insurance ace plans will allow	Strategy T Environme	<u>ype</u> ental / Policy / Systems Change	
			Who's Responsible The Burgess Health Center Medi	cally Oriented Gym (MOG)	Target Date Dec 31, 2020		
Strategy 1-1.5 Research would en wellness then spe and 2)re wellness		Research wellness and preventi would enable an organization to wellness team member. This we then spearhead 1)county wellnes and 2)reach out to businesses to wellness programs. This would the healthy choice the easy choice in	o hire or contract with a ellness team member would ess activities and events, o help setup workplace then begin to help make the	Strategy T Environme	<u>ype</u> ental / Policy / Systems Change		

	Who's Responsible Monona County Public Health and Burgess Health Center	Target Date Dec 31, 2020
Strategy 1-1.6	Community partners will work with at least one school to discuss and plan how a school garden/healthy food class pilot program would work. This school garden would get kids active and by eating more nutritional food, the kids and their family would have more energy for physical activity.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Public Health	Target Date Jun 30, 2017
Strategy 1-1.7	Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity that will get families outside, interacting and moving together.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Conservation will partner with the Monona County Life Program	Target Date County Public Jun 30, 2017
Strategy 1-1.8	Monona County ISU Extension and Burgess Health Center Mental Health will focus on developing and promoting new resources and classes that focus on depression and stress prevention. By decreasing a person's depression or stress, they're more likely to be physical active.	Strategy Type Counseling & Education
	Who's Responsible Monona County ISU Extension and Burgess Health Center Me	<u>Target Date</u> ental Health Dec 31, 2016

Poverty

Goal #1 Decrease	poverty in the county.	National Alignment	State Alignment
		Healthy People 2020:NWS Reduce the percent of hous with children that have ver- security from 1.3% (year 20 0.2% by the year 2020.	ry low food Revisions:5-1.2: Continue
	·	ry by 1% in children, age 17 and 6 poverty level, by the end of the nunity Commons).	BaselineBaselineTargetTargetYearValueYearValue2009-1342.03%202041.03%
Strategy 1-1	_	continue to promote their loan tential new employees by using	Strategy Type Counseling & Education
	Who's Responsible Burgess Health Center		Target Date Jun 30, 2016
	Report Date Feb 11, 2016 Progress Comp	on Strategy olete 🔽 On track 🔲 Off	f track No progress
	_	ealth Center is using a reoccurring s program to potential new emplo	g Facebook ad to promote their loan oyees.
Strategy 1-1	.2 Develop a poverty coalition	n in the county.	Strategy Type Counseling & Education
	Who's Responsible Monona County Public Hea	lth	Target Date Sep 30, 2016
Strategy 1-1	.3 The Monona County Pover and needs in the county th	ty Coalition will identify barriers at influence poverty.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Poverty Co	palition	Target Date Jan 31, 2017
Strategy 1-1	worldwide communities ha	ams that other national and ave used to decrease poverty. County Poverty Coalition meeting.	Strategy Type Counseling & Education
	Who's Responsible Monona County Poverty Co	-	<u>Target Date</u> Mar 31, 2017

Strategy 1-1.5	Arrange for West Central Community Action to speak at the Monona County Poverty Coalition to present on how the Promise Jobs program in the county works and how other interested community members can help promote.	Strategy Type Counseling & Education
	Who's Responsible Monona County Poverty Coalition	Target Date Mar 31, 2017
Strategy 1-1.6	Discuss the possibility of developing a GED Program with Western Iowa Tech (WIT).	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Poverty Coalition	<u>Target Date</u> Jun 30, 2017
Strategy 1-1.7	Partner with the area high schools to discuss how and if the upcoming GED class information can be confidentially sent out, through the school, to students that did not graduate from high school.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Poverty Coalition	Target Date Sep 29, 2017
Strategy 1-1.8	Establish a comprehensive list, from Iowa Workforce Development, that identifies job openings and employment mentoring in the area. Identify who and how to provide this information to the county.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Poverty Coalition	Target Date Sep 29, 2017
Strategy 1-1.9	Monona County Poverty Coalition will work with at least one school counselor, to start with, to discuss and plan how a business / student mentoring program would work.	Strategy Type Address Social Determinant / Health Inequity
	Who's Responsible Monona County Poverty Coalition	<u>Target Date</u> Dec 29, 2017