



2023 Health Improvement Planning

Health Issue	Goal to Improve	Access Focus	January-March 2023	April-June 2023	July-September 2023	October-December 2023
1. Mental health and mental health disorders	Decrease poor mental health days	Access to mental health providers	Worked with Coalitions to improve processes in Emergency Department, Inpatient Services, and Clinics to improve awareness of those who need mental health services.	Mental Health Awareness campaign through Burgess Family Clinics.	Met with Burgess Providers to increase awareness of mental health resources.	Worked with community partners to raise awareness around mental illness.
		Social supports; increase provider training/ education	Worked with NAMI Southwest Iowa to bring a virtual Veteran Support Group to Monona County and CEU course for Burgess Staff. Also, started program called Unlocking Brain Fitness for Dementia Prevention	Completed CEU course for all providers in Monona County. Gave all clinic providers veteran resources from Omaha VA.	Worked with Omaha VA to give presentation on "ask the question campaign" to Burgess Providers.	Worked with NAMI Southwest Iowa and Monona County Suicide Prevention Coalition to gather and show resources available to the community.
2. Overweight & Obesity	Increase opportunities to improve overall health Increase awareness of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician
		Barrier reduction - individual motivation	Started 5 2 1 0 program in West Monona School and Unlocking Brain Fitness (Dementia Prevention)	Promoting Mental Health Awareness Walk and healthy lifestyles at the Rodney Pitts.	Started 5210 program for 2nd and 4th graders at MVAO and Whiting. Started Unlocking Brain Fitness (Demential Prevention in Mapleton.	Completed 5210 program for 2nd and 4th graders at MVAO and Whiting. Completed Unlocking Brain Fitness (Demential Prevention in Mapleton.
		Structural environment supports - sidewalks, facilities, trails	Promoting Mental Health Awareness Walk in May at the Rodney Pitts.	Promoting Mental Health Awareness Walk at the Rodney Pitts.	Promoted healthy lifestyles like eating healthy, maintaining healthy weight, and routine exercise.	Promoted and attended Alzheimers Awareness walk in Sioux city
3. Older adult health/ aging issues (arthritis, hearing/vision loss, etc)	Improve utilization of preventative health resources and services	Access to PCP for aging assessments Support services available to reduce health risks; HH, Area	Provided transitional care management for discharged patients. Completed flu video campaign; increasing population Completed health campaign for colorectal cancer awareness month	Provided transitional care management for discharged patients. Promoted routine colonoscopies and routine provider visits.	Provided transitional care management for discharged patients. Promoted Alzheimers Awareness walk in Sioux city	Provided transitional care management for discharged patients. Completed Unlocking Brain Fitness (Dementia Prevention) in Mapleton.
4. Cancer	Improve utilization of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Promoted importance of routine visits with PCP.	Promoted routine colonoscopies and routine provider visits.	Promoted routine colonoscopies and routine provider visits.	Promoted routine colonoscopies and routine provider visits as well as healthy living and habits.
		Partnerships with health promotion Increase access to health care specialists	Promoted annual wellness visits and chronic care management for medicare patients	Skin Cancer Awareness campaign through Burgess Family Clinics.	Promoted healthy lifestyles like not using tobacco, using sunscreen, and routine wellness visits.	Promoted healthy lifestyles like not using tobacco, healthy eating, being active, and routine wellness visits.