



2024 Health Improvement Planning

Health Issue	Goal to Improve	Access Focus	January-March 2024	April-June 2024	July-September 2024	October-December 2024
1. Mental health and mental health disorders	Decrease poor mental health days	<p>Access to mental health providers</p> <p>Social supports; increase provider training/ education</p>	<p>Partnered with Omaha VA to bring "Ask the Question" campaign to Burgess Clinics and FMC.</p> <p>Worked with NAMI Southwest Iowa to bring Support Groups to Monona County. Started program called Unlocking Brain Fitness for Dementia Prevention</p>			
2. Overweight & Obesity	<p>Increase opportunities to improve overall health</p> <p>Increase awareness of preventative health resources and services</p>	<p>Awareness of risk factors-family history, labs, etc</p> <p>Barrier reduction - individual motivation</p> <p>Structural environment supports - sidewalks, facilities, trails</p>	<p>Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician</p> <p>Started 5 2 1 0 program in West Monona School and Unlocking Brain Fitness (Dementia Prevention)</p>			
3. Older adult health/ aging issues (arthritis, hearing/vision loss, etc)	Improve utilization of preventative health resources and services	<p>Access to PCP for aging assessments</p> <p>Support services available to reduce health risks; HH, Area</p>	<p>Promoted heart health month and wellness checkups.</p> <p>Started dementia prevention class in Onawa; Unlocking the keys to Dementia Prevention</p>			
4. Cancer	Improve utilization of preventative health resources and services	<p>Awareness of risk factors-family history, labs, etc</p> <p>Partnerships with health promotion</p> <p>Increase access to health care specialists</p>	<p>Promoted colorectal cancer screening through computer software.</p> <p>Promoted annual wellness visits and chronic care management for medicare patients</p>			