

Audubon County Health Improvement Plan

Date Updated: February 29, 2016



For additional information, CONTACT:

Name	Organization	Phone	Email
Jeanne Schwab	Audubon County Public Health Nursing Service	(712)563-2226	jsaudcoph@iowatelecom.net

Community Priority

Increase Awareness of Mental Health Services in Audubon County

Goal #1 Reduce the percentage of 6th, 8th, and 11th grade students who seriously consider suicide.	National Alignment	State Alignment	
	Healthy People: MHMD-2	Healthy Iowans 2015: Mental Health and Mental Disorders B-1	

Objective 1-1	By 2021 the percentage of 6th, 8th, 11th graders in Audubon County who seriously consider suicide will decrease by 3%.	Baseline Year	Baseline Value	Target Year	Target Value
				2014	16%

Strategy 1-1.1	All adolescents who seek substance abuse treatment will be screened for suicide risk using the PHQ-9 by July 1, 2021.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> New Opportunities, Inc	<u>Target Date</u> Dec 31, 2020

Strategy 1-1.2	Kognito Gatekeeper Trainings for educators will be implemented in the school districts in Audubon County by the 2017 school year.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> New Opportunities, Inc. and the school districts	<u>Target Date</u> Aug 15, 2017

Strategy 1-1.3	Promote suicide prevention resources through the implementation of a media campaign that targets youth and adolescents using social media by 2018.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> New Opportunities, Inc and Audubon County Public Health Nursing	<u>Target Date</u> Jan 1, 2018

Strategy 1-1.4	Increase the public awareness of mental health services available in Audubon County by 2017.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> New Opportunities, Inc. and Audubon County Mental Health Coordinator, Audubon County Memorial Hospital	<u>Target Date</u> Jul 1, 2017

Strategy 1-1.5	Update and distribute the Audubon County Resource Directory to include a list of available providers focusing on mental health, suicide prevention hot lines, and available substance and addiction services for community wide distribution by 2017.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> New Opportunities, Inc., Audubon County Public Health Nursing	<u>Target Date</u> Mar 1, 2017

Community Priority

Reduce the use of Alcohol Use in Youth in Audubon County

Objective 1-1	By 2021 reduce the alcohol use of 11th grade students in Audubon County by 10%.	National Alignment		State Alignment			
		Healthy People 2020: SA-2.1 and SA-2.3	Healthy Iowans 2015 Revisions: Addictive Behaviors 3-1	Baseline Year	Baseline Value	Target Year	Target Value
				2014	23%	2021	13%
Strategy 1-1.1	Reach 50% of youth that are middle or high school age levels to discourage alcohol use and raise awareness by establishing enhanced school policies.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Oct 1, 2016			
Strategy 1-1.2	Reach 100% of the 8th graders in the 2 school districts in the county with the Prime for Life curriculum.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> June 1, 2017			
Strategy 1-1.3	Audubon County will execute the Counter Marketing Campaign with at least 5 media types affecting the cultural acceptance of alcohol use.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Jan 1, 2018			
Strategy 1-1.4	Minors will be more aware of the penalties for being in possession of alcohol.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Dec 31, 2020			
Strategy 1-1.5	One new policy or best practices will be implemented at community events within the county to address the consumption of alcohol in public places.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Jan 1, 2018			

Community Priority

Reduce the Number of Falls in Adults Aged 65 years and older

Goal #1 By 2021, the hospitalization rate related to falls for those who are ages 65 and over will decrease by 5% in Audubon County.

National Alignment	Healthy People 2020: IVP-23.2
State Alignment	healthy lowans 2015 Revisions: Injury Violence 7-1

Objective 1-1	By 2018, 7 people will be trained as instructors or coaches in evidence based programs to reduce falls in the elderly populations.	Baseline Year	Baseline Value	Target Year	Target Value
		2106	4	2018	7

Strategy 1-1.1 Collaborate with representatives of local health facilities and Elderbridge Agency on Aging to identify possible instructors or coaches for evidence based fall prevention programs.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Audubon County Public Health Nursing, Audubon County Memorial Hospital, and Elderbridge Area on Aging

Target Date
Dec 31, 2017

Objective 1-2	Conduct at least one evidenced based fall prevention class each year through 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	1	2021	5

Strategy 1-2.1 Collaborate with local long term care centers, area primary care provider and the hospital to identify participants for an evidenced based fall prevention class

Strategy Type
Counseling & Education

Who's Responsible
Audubon County Public Health Nursing Service and other community partners

Target Date
May 1, 2016

Objective 1-3	By 2018 a Fall Prevention Coalition will be formed to address falls in the elderly population and explore the possibility of expanding to other age cohorts.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	0	2018	1

Strategy 1-3.1 At least one representative from a community health provider will attend the annual Fall Symposium yearly.

Strategy Type
Counseling & Education

Who's Responsible
Audubon County Public Health Nursing

Target Date
Jul 31, 2016

Strategy 1-3.2 By 2018 meet with community partners to discuss the formation of a Fall Prevention Coalition in Audubon County.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Audubon County Public Health Nursing and Audubon County Memorial Hospital

Target Date
Dec 31, 2017

Objective 1-4	Audubon County Memorial Hospital will hold 2 health fairs targeted toward fall prevention in the elderly by 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	0	2021	2

Strategy 1-4.1 Audubon County Memorial Hospital will collaborate with community partners to plan and organize an elderly wellness and fall prevention health fair.

Strategy Type
Counseling & Education

Who's Responsible
Audubon County Memorial Hospital and community partners

Target Date
Dec 31, 2020