

Cedar County, IA Health Improvement Plan

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For additional information, CONTACT:

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Community Priority

Healthy Behaviors

Goal #1 By 2021 increase healthy behaviors of Cedar County residents		National Alignment Diabetes Heart Disease & Stroke Cancer		State Alignment Nutrition & Weight Status Physical Activity Oral Health					
Objective 1-1	Reduce the percentage of Cedar County adults who report that they have a Body Mass Index greater than 30.0 from 32% in 2015 to 27% in 2020. (According to County Health Rankings and Roadmaps.)	Baseline Year	Baseline Value	Target Year	Target Value	2015	32%	2020	27%
Strategy 1-1.1	Implement community awareness campaigns to educate the community regarding obesity, nutrition, exercise, and the link to further health complications.	Strategy Type Counseling & Education		Target Date Jan 1, 2021					
Strategy 1-1.2	Assist communities to identify opportunities for increased physical activity such as bike paths, walking trails, and safe routes to school.	Strategy Type Environmental / Policy / Systems Change		Target Date Jan 1, 2021					
Strategy 1-1.3	Annually host Cedar County Health and Wellness Fair, providing information and resources to Cedar County residents regarding healthy behaviors, including factors that contribute to obesity.	Strategy Type Counseling & Education		Target Date Jan 1, 2021					
Goal #2 By 2021 decrease the number of Cedar County residents suffering from chronic disease		National Alignment Diabetes Heart Disease and Stroke Cancer		State Alignment Chronic Disease					
Objective 2-1	Reduce the Cedar County age-adjusted rate of death from stroke from 41.3 deaths per 100,000 to the Healthy People 2020 target of 34.8 deaths per 100,000. (According to 2015 Community Commons Health Indicators Report)	Baseline Year	Baseline Value	Target Year	Target Value	2012	41.3	2021	34.8
Strategy 2-1.1	Implement community awareness campaign to educate Cedar County residents regarding warning signs of stroke, as well as methods to prevent stroke.	Strategy Type Counseling & Education		Target Date Jan 1, 2021					
Objective 2-2	Reduce the rate of diabetes in Cedar County adults from 8.9% to the Healthy People 2020 target of 7.2% by 2021. (According to 2015 Community Commons Health Indicators Report)	Baseline Year	Baseline Value	Target Year	Target Value	2012	8.9%	2021	7.2%

Strategy 2-2.1 Seek funding to support development of a pre-diabetes prevention program for Cedar County residents who are at risk for developing diabetes.

Strategy Type
Counseling & Education

Who's Responsible
Cedar County Public Health and community partners

Target Date
Jan 1, 2021

Strategy 2-2.2 Promote diabetes prevention materials on Cedar County Public Health social media outlets.

Strategy Type
Counseling & Education

Who's Responsible
Cedar County Public Health and community partners

Target Date
Jan 1, 2021

Goal #3 By 2021 reduce the rate of Cedar County residents who engage in addictive behaviors

National Alignment

Tobacco

State Alignment

Addictive Behaviors

Objective 3-1 Reduce the rate of Cedar County students in 11th grade who report smoking cigarettes at some time in the past from 23% to the Iowa rate of 17%. (According to the Iowa Youth Survey)

Baseline Year	Baseline Value	Target Year	Target Value
2014	23%	2021	17%

Strategy 3-1.1 Reduce exposure of Cedar County youth to tobacco products by encouraging tobacco free and nicotine free workplace and park policies.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Cedar County Public Health and community partners

Target Date
Jan 1, 2021

Strategy 3-1.2 Support Cedar County chapters of Iowa Students for Tobacco Education and Prevention by providing guidance and support for their prevention activities and collaborating on development of additional chapters.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Cedar County Public Health and community partners

Target Date
Jan 1, 2021