

Humboldt County Public Health Health Improvement Plan

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Community Priority

Promote Healthy Behaviors

Goal #1	By 2020, increase healthy behaviors among Humboldt County residents.	National Alignment	State Alignment
		National and weight status/Physical activity/Health-related quality of life and well-being Healthy People 2020.	Healthy lowans

Objective 1-1	Develop and implement a Live Healthy Humboldt County Coalition consisting of local health care providers, local businesses, community members, religious affiliates, school members and others that may be interested in improving the overall health and wellness of residents of Humboldt County.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	0	2020	1

Strategy 1-1.1	By January 1, 2017, a Live Healthy Humboldt County Coalition will be developed and a set schedule of meeting times and locations will be in place for members to meet, determine community goals, how to address the goals of the coalition along with the goals of the CHNA/HIP 2016 Plan and an agenda of how to work toward these goals without experiencing community partner burnout.	Strategy Type
		Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Humboldt County Public Health	<u>Target Date</u> Jan. 1, 2017

Strategy 1-1.2	Once the goals of the coalition are determined, the plan of action to address these goals and set up a schedule of community events will be determined and partners will be required to work with the coalition to meet the community needs/goals.	Strategy Type
		Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Live Healthy Humboldt County Coalition and Humboldt County Public Health	<u>Target Date</u> Jan. 1, 2020

Goal #2	By 2020, decrease the number of tobacco users and substance abuse in Humboldt County.	National Alignment	State Alignment
		Tobacco Use/Substance Abuse	Addictive Behaviors

Objective 2-1	Smoking tobacco and smokeless tobacco rates will decrease from 20.3% to 18% or lower (according to the 2014 Health Indicators Report)	Baseline Year	Baseline Value	Target Year	Target Value
		2014	20.3%	2020	18%

Strategy 2-1.1	Freedom From Smoking training classes will be offered on at least an annual basis for the community and also will be offered to local businesses as a wellness/health incentive for employers with their employees.	Strategy Type
		Counseling & Education
	<u>Who's Responsible</u> Humboldt County Public Health	<u>Target Date</u> Jan. 1 2020

Strategy 2-1.2	The alcohol rates among adolescents and adults within Humboldt County will be decreased from 23.3% of adults to lower than the state average of 21.4%. LPHA will partner with community partners to focus in on training the effects of alcohol usage and various types of treatment options available to Humboldt County	Strategy Type
		Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> LPHA and community substance abuse organization	<u>Target Date</u> Jan. 1, 2020

Goal #3 The number of community activities that are available to adults within Humboldt County will be increased at a lower rate or through community events.

	National Alignment	State Alignment
	Healthy People 2020	Healthy Iowans

Objective 3-1	The average percentage of adults ages 20 and older who report inactivity will decrease from 25.4% to 20%, which is lower than the state average by 2020.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	25.4%	2020	20%
Strategy 3-1.1	Work with various community partners to plan and offer family fun events encouraging outdoor recreation and physical activities.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Humboldt County Public Health and the developing coalition group of Live Healthy Humboldt County Coalition	<u>Target Date</u> Jan. 1, 2020			
Strategy 3-1.2	Encourage worksites to promote healthy activity within their workforce (walking at breaks, gym memberships, walking meetings, stairwell use, complete wellness programs and policies)	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Humboldt County Public Health	<u>Target Date</u> Jan. 1, 2020			

Goal #4 Decrease the percentage of adults who report physical inactivity, need to increase their water consumption and/or decrease their lack of motivation to improve their overall physical and mental health and well-being.

	National Alignment	State Alignment
	Healthy People 2020	Healthy Iowans

Objective 4-1	he obesity rates in adults within Humboldt County will be decreased from 32.8% to lower than the state average of 30.4% by 2020.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	32.8%	2020	30.4%
Strategy 4-1.1	Increase the availability of fresh produce offered at local food pantry.	<u>Strategy Type</u> Address Social Determinant / Health Inequity			
	<u>Who's Responsible</u> LPHA, Humboldt County Food Pantry, Ministerial Association	<u>Target Date</u> Jan. 1, 2020			
Strategy 4-1.2	Work with local food producers and businesses to offer locally grown fresh produce and products to Farmer's Market, Food Pantries, local grocery stores and other opportunities for residents to purchase products at reduced costs if needed.	<u>Strategy Type</u> Address Social Determinant / Health Inequity			
	<u>Who's Responsible</u> LPHA, ISU Extension, Live Healthy Humboldt County Coalition	<u>Target Date</u> Jan. 1, 2020			

Goal #5 By 2020, decrease chronic disease among residents of Humboldt County

	National Alignment	State Alignment
	Diabetes/Cancer screenings/Health-Related Quality of Living and Well-being	Chronic Disease

Objective 5-1	By 2020, increase the number of types of cancer screenings available at HCMH from 4 to 8.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	4	2020	8

Strategy 5-1.1 HCMH will review the present cancer screenings that are offered within their facility and the types of payments/ charges for these screenings. The additional of future screenings will be reviewed with additional needs addressed and implemented as possible.

Who's Responsible
HCMH

Strategy Type
Address Social Determinant / Health Inequity

Target Date
Jan. 1, 2020

Strategy 5-1.2 There will be additional screening services with education and opportunities identified that will be offered to residents of Humboldt County when available and needed.

Who's Responsible
Live Health Humboldt County Coalition

Strategy Type
Environmental / Policy / Systems Change

Target Date
Jan. 1, 2020

Objective 5-2	Diabetic education will be provided to the community residents to offer diet information, care and treatment education as well as support for people who are diagnosed with diabetes and need assistance to maintain and control. The percentage of Humboldt County residents ages 20 and above that have been diagnosed by a medical professional to have diabetes is 8.1%.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	8.1%	2020	7%

Strategy 5-2.1 The diabetic educator at HCMH will implement community education training for newly and ongoing individuals who have been diagnosed with diabetes.

Who's Responsible
HCMH Diabetic Educator

Strategy Type
Counseling & Education

Target Date
Jan.1, 2020

Strategy 5-2.2 Diabetic support systems and groups will be implemented and maintained for any individual that is diagnosed with diabetes and needs informal supports in order to maintain healthy lifestyle to control their diabetes.

Who's Responsible
Live Healthy Humboldt County Coalition

Strategy Type
Environmental / Policy / Systems Change

Target Date
Jan. 1, 2020

Community Priority

Prevent Epidemics and the Spread of Disease

Goal #1 Improve the number of adolescent and children immunizations within Humboldt County	National Alignment	State Alignment
	Healthy People 2020	Healthy Iowans

Objective 1-1	The number of adolescents that have received their full vaccinations will increase to the national goal of 90%, with public health and Humboldt County combining at 61% at this time. The number of adolescents who have been fully vaccinated with the three doses of HPV are 42% for Humboldt County with the national goal being 90%.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	61%	2020	90%

Strategy 1-1.1	Humboldt County Public Health will partner with the local health care clinic on implementing an immunization educational opportunity for parents to be knowledgeable of the vaccinations their adolescents are in need of and how to obtain them.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> LPHA, Unity Point Clinic and HCMH	<u>Target Date</u> Jan. 1, 2020

Strategy 1-1.2	Humboldt County Public Health will partner with the local health care clinic on implementing an educational opportunity for parents to be knowledgeable of the importance of the HPV vaccination and how to obtain this vaccination for their adolescent.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> LPHA, Unity Point Clinic and HCMH	<u>Target Date</u> Jan. 1, 2020

Objective 1-2	The number of children that have received their full vaccinations will increase to the national level of 90% within public health at 64% and Humboldt County at 74%.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	64%	2020	90%

Strategy 1-2.1	Humboldt County Public Health will work with the local health care partners on being able to educate parents on the importance of childhood vaccinations, where parents can obtain these vaccinations and what the vaccinations do for their children.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> LPHA, Unity Point Clinic and HCMH	<u>Target Date</u> Jan. 1, 2020

Community Priority

Prepare for, Respond to, and Recover from Public Health Emergency Assessment

Goal #1	Humboldt County will have one complete emergency disaster plan that covers all of Humboldt County with all local partners working together on the same goal.	National Alignment	State Alignment
		Healthy People 2020	Healthy Iowans

Objective 1-1	Increase the number of Humboldt County Coalition members by doubling the present number by January 1 2018. Current members are EMA, Humboldt County Public Health and HCMH.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	3	2020	6
Strategy 1-1.1	Identify community groups to be engaged for partnership based identified needs of the community through the training plan and needs and the community preparedness plan.	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> Humboldt County Coalition	<u>Target Date</u> Jan. 1, 2018			
Strategy 1-1.2	Ask the identified community groups to join the Humboldt County Coalition by January 1, 2017	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> Humboldt County Coalition	<u>Target Date</u> Jan. 1, 2017			
Strategy 1-1.3	Meet with present coalition members to share present community preparedness plans, update as needed and work with present members and additional members on a training plan to implement the changes within the preparedness plan.	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> Humboldt County Coalition	<u>Target Date</u> Jan. 1, 2018			

Community Priority

Strengthen the Health Infrastructure

Goal #1 Increase the usage and reduce the barriers to accessing transportation systems		National Alignment Healthy People 2020		State Alignment Healthy Iowans					
Objective 1-1	Meet with local public transportation officials to determine how to promote their services to residents of Humboldt County. Detail out the services that Midas can provide, the hours of availability, how to obtain their services, etc. Make a brochure and provide brochure at all community events and local business offices.	Baseline Year	Baseline Value	Target Year	Target Value	2016	0	2017	1
Strategy 1-1.1	Develop a survey with Midas Transportation staff to distribute to Humboldt County residents to determine the needs within the community	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> Jan. 1, 2017					
	<u>Who's Responsible</u> LHPA and Midas Transportation								
Strategy 1-1.2	Analyze survey results to identify the barriers and the available resources to alleviate the barriers	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> Jan. 1, 2018					
	<u>Who's Responsible</u> LHPA and Midas Transportation								
Strategy 1-1.3	Develop and implement plan/system for addressing transportation needs of our community	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> Jan. 1, 2019					
	<u>Who's Responsible</u> LHPA and Midas Transportation								
Goal #2 The community of Humboldt County and residents will be more readily informed of community education opportunities and community resources.		National Alignment Healthy People 2020		State Alignment Healthy Iowans					
Objective 2-1	A resource directory will be developed and implemented to be shared with residents to identify community resources and how to outreach and obtain these resources.	Baseline Year	Baseline Value	Target Year	Target Value	2014	0	2020	1
Strategy 2-1.1	Live Healthy Humboldt County Coalition will obtain information from local resources within Humboldt County to obtain resource information for the directory.	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> Jan. 1, 2017					
	<u>Who's Responsible</u> Live Healthy Humboldt County Coalition								
Strategy 2-1.2	Live Healthy Humboldt County Coalition when obtaining information for local resources will also work with local businesses/resources on any community educational opportunities they could provide to Humboldt County residents. A plan will be developed to implement educational opportunities on a quarterly basis.	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> Jan. 1, 2018					
	<u>Who's Responsible</u> Live Healthy Humboldt County Coalition								