

# Lyon County, Iowa Health Improvement Plan

Date Updated: February 29, 2016



For additional information, CONTACT:

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# Community Priority

## Increase the Physical Health and Nutrition for Lyon County Residents

**Goal #1** Educate Lyon County residents on the importance of Physical Health and Healthy Nutrition

National Alignment

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State Alignment

<p>Healthy Iowans-Iowa's Health Improvement Plan 2012-2016: Chronic Disease: A decrease in Coronary Heart Disease deaths, Target 111/100,000 (age adjusted rate) Baseline: 126/100,000 (2010 age-adjusted rate) Most Recent Data: 116/100,000 (2013 age-adjusted rate)</p>
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**Objective 1-1** By December 2018, decrease Premature Death in Lyon County by 3% by increasing physical health and nutrition education to Lyon County residents.

Baseline Year	Baseline Value	Target Year	Target Value
2015	4,810	2018	4,665

**Strategy 1-1.1** Conduct community blood pressure clinics in each of the Lyon County communities; offer clinics to county businesses and civic groups as well as conduct at county health fairs.

Strategy Type  
Clinical Intervention

Who's Responsible  
Health Services of Lyon County

Target Date  
Feb 23, 2016

# Community Priority

## Unintentional Injuries

<b>Goal #1</b>	Decrease unintentional injuries of people ages 65 and older in Lyon County	National Alignment	State Alignment
			Healthy Iowans- Iowa Health Improvement Plan 2012-2016, 2015 revisions: 7-1.2: Promote the use of evidenced based fall promotion strategies to community health professionals and monitor data on fall injuries and death. (Revised from original 7-1.2)

<b>Objective 1-1</b>	Reduce the rate of hospitalizations for unintentional injuries of people ages 65 and old from 4.93/1,000 to 3.50/1,000 by December 2021	Baseline Year	Baseline Value	Target Year	Target Value
		2009-2013	4.93	2021	3.50
<b>Strategy 1-1.1</b>	Train one person in an approved Fall Prevention Program by December 2016	<u>Strategy Type</u> Clinical Intervention			
	<u>Who's Responsible</u> Health Services of Lyon County	<u>Target Date</u> 12/31/2016			
<b>Strategy 1-1.2</b>	Increase community/county awareness of fall safety prevention to Lyon County residents by conducting mini education sessions to senior civic groups, assisted living, senior and mentally challenged residential living, and at community/county health fairs.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Health Services of Lyon County	<u>Target Date</u> 12/31/2016			