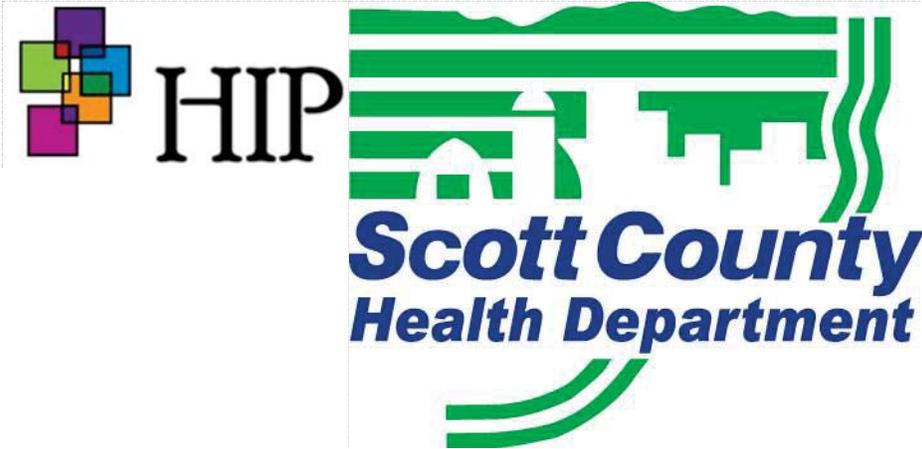


Scott County Health Improvement Plan

Date Updated: February 18, 2016



For additional information, CONTACT:

Name	Organization	Phone	Email
Tiffany Tjepkes	Scott County Health Department	563-326-8618	tiffany.tjepkes@scottcountyiowa.com

Community Priority

Increase access to mental health care for youth, adults, and veterans.

Goal #1 By 2021, increase collaboration to address access to mental health services in Scott County.

National Alignment

Healthy People 2020: Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services. Objective MHMD-5: Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral. National Prevention Strategy: Priority: Mental and Emotional Well-being, Recommendation 4: Promote early identification of mental health needs and access to quality services.

State Alignment

Healthy Iowans Health Improvement Plan 2012-2016: Objective 8-1.4: Increase access to services and supports for individuals experiencing a mental health crisis.

Objective 1-1

(Developmental) Support the Community Mental Health Initiative to work collaboratively to reduce the wait period to receive an initial psychiatric evaluation at a local community mental health center by ___ %.

Baseline Year

2013; 2014

Baseline Value

53 days for adults; 85 days for youth

Target Year

2021

Target Value

TBD

Strategy 1-1.1 Convene regular meetings of the Community Mental Health Initiative.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Quad City Health Initiative

Target Date

12/31/2016

Strategy 1-1.2 Establish priorities of the Community Mental Health Initiative to address access to mental health services.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Community Mental Health Initiative

Target Date

12/31/2016

Strategy 1-1.3 Establish a workgroup to address opportunities to reduce wait time for psychiatric evaluations, increase bed capacity, and other barriers to mental health services.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Community Mental Health Initiative

Target Date

12/31/2021

Goal #2 By 2021, increase training and education regarding mental health resources and information in Scott County.

National Alignment

Healthy People 2020 Goal: Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services. National Prevention Strategy: Priority: Mental and Emotional Well-being, Recommendation 4: Promote early identification of mental health needs and access to quality service.

State Alignment

Iowa Olmstead Plan for Mental Health and Disability Services: State Plan Framework, Strategic Priority No. 6: Develop frameworks for advancing the integration and coordination of primary care, mental health, substance abuse, disability, and other services.

Objective 2-1	(Developmental) Increase the proportion of primary care facilities that provide mental health treatment on-site by 10%.	Baseline Year 2016	Baseline Value TBD	Target Year 2021	Target Value TBD
Strategy 2-1.1	Support area health systems to develop a model to co-locate mental health professionals in primary care facilities. <u>Who's Responsible</u> Community Mental Health Initiative	<u>Strategy Type</u> Clinical Intervention		<u>Target Date</u> 12/31/2021	
Strategy 2-1.2	Develop a plan to educate and train primary care providers on mental health screening tools and resources. <u>Who's Responsible</u> Community Mental Health Initiative	<u>Strategy Type</u> Clinical Intervention		<u>Target Date</u> 12/31/2019	
Strategy 2-1.3	Implement a plan to educate and train primary care providers on mental health screening tools and resources. <u>Who's Responsible</u> Community Mental Health Initiative	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> 12/31/2021	
Objective 2-2	Implement a minimum of five annual community wide activities or events to increase public knowledge and awareness of mental health issues.	Baseline Year 2016	Baseline Value 0	Target Year 2021	Target Value 25
Strategy 2-2.1	Develop and implement a social marketing campaign to educate the community about mental health issues. <u>Who's Responsible</u> Community Health Assessment Steering Committee	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> 12/31/2021	
Strategy 2-2.2	Promote the Scott County Behavioral/Mental Health Resource and Referral Information Guide to health professionals and the public. <u>Who's Responsible</u> Community Health Assessment Steering Committee	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> 12/31/2021	
Strategy 2-2.3	Educate local and state elected officials about mental health needs in our community. <u>Who's Responsible</u> Community Health Assessment Steering Committee	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> 12/31/2021	
Goal #3	By 2021, advocate to increase funding for mental health services in Scott County.	National Alignment <div style="border: 1px solid black; height: 20px; width: 100%;"></div>		State Alignment Iowa Olmstead Plan for Mental Health and Disability Services: State Plan Framework, Strategic Priority No. 11: Develop a plan for long term system financing.	
Objective 3-1	Increase the number of workgroups who advocate for mental health service funding by 1.	Baseline Year 2016	Baseline Value 0	Target Year 2021	Target Value 0
Strategy 3-1.1	Solicit individuals and groups to form an advocacy workgroup to address mental health funding needs. <u>Who's Responsible</u> Community Health Assessment Steering Committee	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> 12/31/2021	

<p>Strategy 3-1.2</p>	<p>Educate the workgroup on best practices for advocacy work.</p> <p><u>Who's Responsible</u> Advocacy Workgroup</p>	<p><u>Strategy Type</u> Counseling & Education</p> <p><u>Target Date</u> 12/31/2016</p>
<p>Strategy 3-1.3</p>	<p>Develop a plan for advocating for an increase in mental health funding.</p> <p><u>Who's Responsible</u> Advocacy Workgroup</p>	<p><u>Strategy Type</u> Environmental / Policy / Systems Change</p> <p><u>Target Date</u> 12/31/2017</p>
<p>Strategy 3-1.4</p>	<p>Educate local and state elected officials about mental health funding needs for children, adults, and veterans in our community.</p> <p><u>Who's Responsible</u> Advocacy Workgroup</p>	<p><u>Strategy Type</u> Counseling & Education</p> <p><u>Target Date</u> 12/31/2021</p>

Community Priority

Promote healthy living. (healthy eating, physical activity)

Goal #1 By 2021, increase development and adoption of worksite wellness programs and policies in Scott County.	National Alignment	State Alignment
	Healthy People 2020 Goals: Improve health-related quality of life and well-being for all individuals. Improve health, fitness, and quality of life through daily physical activity. National Prevention Strategy Priority: Healthy Eating, Recommendation 2: Implement organizational and programmatic nutrition standards and policies. Priority: Active Living, Recommendation 4: Support workplace policies and programs that increase physical activity.	

Objective 1-1 Increase the number of worksites recognized as a Be Healthy QC Worksite by 10.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	18	2021	28

Strategy 1-1.1	Convene regular meetings of the Worksite Wellness Be Healthy QC workgroup.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> Scott County Health Department	<u>Target Date</u> 12/31/2021

Strategy 1-1.2	Continue outreach for the Be Healthy QC Worksite Wellness recognition program.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Worksite Wellness Be Health QC Workgroup	<u>Target Date</u> 12/31/2021

Objective 1-2 Increase by one the number of Worksite Wellness Conferences hosted in our community.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	2	2021	3

Strategy 1-2.1	Determine conference agenda and secure speakers, date, and location.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> Worksite Wellness Be Healthy QC Workgroup	<u>Target Date</u> 12/31/2021

Strategy 1-2.2	Promote conference to area worksites.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Worksite Wellness Be Healthy QC Workgroup	<u>Target Date</u> 12/31/2021

Goal #2 By 2021, implement a cross-sector health promotion campaign on healthy eating and active living/physical activity in Scott County.

National Alignment

Healthy People 2020: Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. Objective NWS-8: Increase the proportion of adults who are at a healthy weight. Objective NWS-9: Reduce the proportion of adults who are obese. Objective NWS-10: Reduce the proportion of children and adolescents who are considered obese. National Prevention Strategy: Priority: Healthy Eating, Recommendation 4: Help people recognize and make healthy food and beverage choices.

State Alignment

Healthy Iowans Health Improvement Plan 2012-2016: 6-5: An increase in the proportion of adults who get the recommended levels of aerobic physical activity. 6-9: A reduction in the proportion of adults who are obese.

Objective 2-1	Increase public and partner messages promoting healthy eating and active living to 72 unique messages.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	0	2017	72

Strategy 2-1.1	Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.	<u>Strategy Type</u> Counseling & Education	<u>Target Date</u> 12/31/2017
Strategy 2-1.2	Develop cross-sector health messages to increase physical activity and healthy eating in Scott County.	<u>Strategy Type</u> Counseling & Education	<u>Target Date</u> 12/31/2016
Strategy 2-1.3	Develop healthy eating and active living communication materials for area physicians and patient navigators.	<u>Strategy Type</u> Counseling & Education	<u>Target Date</u> 12/31/2017
Strategy 2-1.4	Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.	<u>Strategy Type</u> Counseling & Education	<u>Target Date</u> 12/31/2017
Strategy 2-1.5	Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.	<u>Strategy Type</u> Environmental / Policy / Systems Change	<u>Target Date</u> 12/31/2017

Goal #3 By 2021, promote development and implementation of comprehensive school wellness policies in Scott County.

National Alignment

Healthy People 2020: Objective PA-4: Increase the proportion of the Nation’s public and private schools that require daily physical education for all students. Objective PA-5: Increase the proportion of adolescents who participate in daily school physical education. Objective PA-6: Increase regularly scheduled elementary school recess in the United States. National Prevention Strategy: Priority: Active Living, Recommendation 2: Promote and strengthen school and early learning policies and programs that increase physical activity. Priority: Healthy Eating, Recommendation 2: Implement organizational and programmatic nutrition standards and policies.

State Alignment

Healthy Iowans Health Improvement Plan 2012-2016: Objective 6-1.9: By 2015, increase the number of Iowans Walking Assessment Logistics Kits (I-WALK) communities that encourage children to walk to school from 32 to 44. Objective 6-1.13: By 2014, increase student participation in the School Breakfast Program by 20% from 13.7 million to 17 million meals. Objective 6-1.18: Continue providing fresh and minimally processed Iowa-grown food in school meals and snacks.

Objective 3-1 Complete in depth wellness policy assessment of four school districts/schools by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	4

Strategy 3-1.1 In collaboration with United Way, the School Wellness Be Healthy QC Workgroup will research available school wellness policy assessment tools.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
School Wellness Be Healthy QC Workgroup

Target Date
12/31/2016

Strategy 3-1.2 Complete in-depth wellness policy assessment at four school districts/schools.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
School Wellness Be Healthy QC Workgroup

Target Date
12/31/2018

Strategy 3-1.3 Analyze and provide technical assistance to schools in strengthening the school wellness policies.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
School Wellness Be Healthy QC Workgroup

Target Date
12/31/2021

Community Priority

Address obesity in youth and adults.

Goal #1 By 2021, implement a cross-sector health promotion campaign on healthy eating and active living/physical activity in Scott County.	National Alignment	State Alignment
	Healthy People 2020: Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. Objective NWS-8: Increase the proportion of adults who are at a healthy weight. Objective NWS-9: Reduce the proportion of adults who are obese. Objective NWS-10: Reduce the proportion of children and adolescents who are considered obese. National Prevention Strategy: Priority: Healthy Eating, Recommendation 4: Help people recognize and make healthy food and beverage choices.	Healthy lowans Health Improvement Plan 2012-2016: 6-5: An increase in the proportion of adults who get the recommended levels of aerobic physical activity. 6-9: A reduction in the proportion of adults who are obese.

Objective 1-1	Increase public and partner messages promoting healthy eating and active living to 72 unique messages.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	0	2017	72
Strategy 1-1.1	Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Be Healthy QC Coalition	<u>Target Date</u> 12/31/2017			
Strategy 1-1.2	Develop cross-sector health messages to increase physical activity and healthy eating in Scott County.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Be Healthy QC Marketing, Branding, and Communications Committee	<u>Target Date</u> 12/31/2016			
Strategy 1-1.3	Develop healthy eating and active living communication materials for area physicians and patient navigators.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Be Healthy QC Marketing, Branding, and Communications Committee	<u>Target Date</u> 12/31/2017			
Strategy 1-1.4	Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Be Healthy QC Marketing, Branding, and Communications Committee	<u>Target Date</u> 12/31/2017			
Strategy 1-1.5	Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Be Healthy QC Marketing, Branding, and Communications Committee	<u>Target Date</u> 12/31/2017			

Goal #2 By 2021, promote wellness policy and environmental improvements in communities and worksites in Scott County.

National Alignment

Healthy People 2020: Objective PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity. Objective PA-13: (Developmental) Increase the proportion of trips made by walking. Objective PA-14: (Developmental) Increase the proportion of trips made by bicycling. Objective PA-15: (Developmental) Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities.

State Alignment

Healthy Iowans Health Improvement Plan 2012-2016: Objective 6-1.3: Continue funding for the green infrastructure and sustainable development in communities that are an integral part to the communities' overall environmental, physical, and social health.

Objective 2-1	Increase the number of worksites who implemented a policy or environmental improvement identified in a workplace wellness assessment by 11.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	9	2021	20

Strategy 2-1.1 Identify worksites in Scott County to offer the Community Health Assessment aNd Group Evaluation (CHANGE) tool assessment and technical assistance.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Strategy 2-1.2 Complete the CHANGE tool assessment with identified worksites and compile a report of the findings and recommendations.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Strategy 2-1.3 Present findings and recommendations to the worksites and offer technical assistance in implementing policy and environmental improvements.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Objective 2-2	Increase the number of communities who implemented a policy or environmental improvement identified in a community wellness assessment by 5.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	3	2021	8

Strategy 2-2.1 Identify communities in Scott County to offer the Community Health Assessment aNd Group Evaluation (CHANGE) tool and Walkability and Bikeability Suitability Assessment (WABSA) and technical assistance.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Strategy 2-2.2 Complete the CHANGE tool and WABSA with identified communities and compile a report of the findings and recommendations.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Strategy 2-2.3 Present findings and recommendations to the communities and offer technical assistance in implementing policy and environmental improvements.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Scott County Health Department

Target Date

12/31/2021

Community Priority

Improve access to medical providers for under-insured, uninsured, or with Medicaid health insurance.

Goal #1 By 2021, increase access to medical providers for under-insured, uninsured, or with Medicaid health insurance in Scott County.	National Alignment Healthy People 2020: Goal: Improve access to comprehensive, quality health care services. Objective MICH-30.1: Increase the proportion of children who have access to a medical home. National Prevention Strategy: Strategic Direction: Elimination of Health Disparities, Recommendation 2: Reduce disparities in access to quality health care.	State Alignment <div style="border: 1px solid black; height: 20px; width: 100%;"></div>
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Objective 1-1	Increase by one the number of cross-sector committees actively working to increase access to medical providers for individuals in the community.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	0	2021	1
Strategy 1-1.1	Establish or support an existing cross-sector committee that will focus on increasing access to medical providers. <u>Who's Responsible</u> Quad City Health Initiative	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> 12/31/2021	
Strategy 1-1.2	Create a plan for gathering data to assess the availability of medical providers and health care services, identifying unserved and under-served populations and service gaps and barriers. <u>Who's Responsible</u> Future Committee Focused on Improving Access	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> 12/31/2016	
Strategy 1-1.3	Research strategies and best practices for increasing access to medical providers and health care services for low-income and under-served populations. <u>Who's Responsible</u> Future Committee Focused on Improving Access	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> 12/31/2017	
Strategy 1-1.4	Develop strategies to remove barriers, create system changes to improve access to medical providers and health care services. <u>Who's Responsible</u> Future Committee Focused on Improving Access	<u>Strategy Type</u> Address Social Determinant / Health Inequity		<u>Target Date</u> 12/31/2021	
Strategy 1-1.5	Implement strategies to assist the low-income and under-served populations in obtaining medical providers and health care services. <u>Who's Responsible</u> Future Committee Focused on Improving Access	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> 12/31/2021	