

# Winnebago County Public Health Health Improvement Plan

Date Updated: February 22, 2016



For additional information, CONTACT:

Name	Organization	Phone	Email
Jayne Shaffer	Winnebago County Public Health	641-585-1788	jayne.shaffer@winnebagoountyiowa.gov

# Community Priority

## Ensure Safe and Healthy Living Environment

**Goal #1** By 2021, reduce Winnebago County residents' exposure to radon.

### National Alignment

Eh-Increase homes with an operating radon mitigation system; EH-15 increase proportion of new single-family homes constructed with radon-reducing features.

### State Alignment

5-1.4 Engage the scientific community in developing a comprehensive understanding of the quality of radon data and develop a plan to communicate and address radon health risks.

**Objective 1-1** Reduce exposure to indoor radon air pollutant level from 63% of homes tested at or above 4pCi/L to 50% of homes tested by 2021.

Baseline Year

2014

Baseline Value

63% are at or above 4pCi/L

Target Year

2021

Target Value

50% at or above 4pCi/L

**Strategy 1-1.1** By 2018, educate home owners and contractors on the installation of radon systems during construction.

### Strategy Type

Counseling & Education

### Who's Responsible

Winnebago Health Department - Environmental Health

### Target Date

Dec 31, 2018

**Strategy 1-1.2** By 2018, obtain funding to provide radon test kits to residents within the county.

### Strategy Type

Counseling & Education

### Who's Responsible

Winnebago Health Department - Environmental Health

### Target Date

Dec 31, 2018

**Strategy 1-1.3** By 2019, test all schools within the county for radon air pollutants.

### Strategy Type

Clinical Intervention

### Who's Responsible

Winnebago Health Department - Environmental Health

### Target Date

Dec 31, 2019

# Community Priority

## Physical Activity

<b>Goal #1</b>	By 2021, Improve the health and quality of life of Winnebago County adults through engagement in daily physical activity.	National Alignment	State Alignment
		National Healthy People 2020 Physical Activity Goal: Improve health, fitness and quality of life through daily physical activity. PA-1 Reduce the proportion of adults who engage in no leisure-time physical activity.	6-5 Increase the proportion of adults who get the recommended levels of aerobic physical activity.

Objective 1-1	Increase the number of adults who are physically active from 30% to 40% by 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	30%	2021	40%
Strategy 1-1.1	By 2018, Promote the use of social media to share group physical activity opportunities.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2018	
Strategy 1-1.2	By 2019, Develop educational messages and dissemination plan to emphasize the benefits of families being activity together.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2019	
Strategy 1-1.3	By 2019, Develop and implement public education efforts to highlight opportunities to incorporate physical activity into daily activities.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2019	
Strategy 1-1.4	By 2018, Educate local employers with targeted materials and resources that promote exercise and stretching breaks.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Dec 31, 2018	
Strategy 1-1.5	By 2020, Develop opportunities for businesses to support non-motorized commuting.	<u>Strategy Type</u> Environmental / Policy / Systems Change		<u>Target Date</u> Dec 31, 2020	
Strategy 1-1.6	By 2020, Collaborate with community partners to provide physical activities that promote aging in place for older adults, including those with physical limitations.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2020	

Strategy 1-1.7 By 2019, Support the development of organized active recreation opportunities such as individual fitness competition, adult-based sports organizations, and local competitions.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Winnebago Health Department

Target Date  
Dec 31, 2019

**Goal #2** By 2021, reduce cigarette smoking by Winnebago County adults.

National Alignment  
(Healthy People 2020)TU-1.1 Reduce cigarette smoking by adults.

State Alignment  
4. 3-7 A reduction in current smoking among adults.

**Objective 2-1** Decrease the number of adults that smoke from 10% to 8% by December 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2006-2012	10%	2020	8%

Strategy 2-1.1 By December 2017, offer tobacco cessation materials, resources, and counseling to community residents.

Strategy Type  
Counseling & Education

Who's Responsible  
Winnebago Health Department - Tobacco Program Coordinator

Target Date  
Dec 31, 2017

Strategy 2-1.2 By June 30, 2017, promote cessation messages through social and print media highlighting Iowa's Quitline.

Strategy Type  
Counseling & Education

Who's Responsible  
Winnebago Health Department - Tobacco Program Coordinator

Target Date  
June 30, 2017

Strategy 2-1.3 By December 2018, promote the use of the Quitline Iowa fax referral system for adults to dental offices in Winnebago County.

Strategy Type  
Clinical Intervention

Who's Responsible  
Winnebago Health Department - Tobacco Program Coordinator

Target Date  
Dec 31, 2018