

FY2015 CHNA&HIP Progress Report

Grundy County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Increase the consumption of fruits and vegetables in school-aged children who attend Grundy Center Community Schools. Share with and involve the local community and other county schools.	Increase local food access and local farmer markets, community gardens in Grundy County.	The Grundy County Wellness Coalition welcomes new members from Grundy Co. Food Assessment group champions. Grundy County having a Grundy County Farm Crawl on September 12, 2015 featuring local foods and farms will be available to view on the crawl. Local fresh vendors will be available during the Farm Crawl and planning continues
	Increase knowledge of health choices in Grundy County	Continue vendor growth on local farmer markets, GCMH to do food demo/preparations during local farmer markets and provide education on health food preparation. Support Group for healthy choices/nutrition in Grundy County developed and providing healthy nutrition tips with chronic disease management.

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Increase the % of Grundy County residents who are at a healthy weight.	Assessment of local grocery stores, convenience stores, restaurants and vending machines.	Ongoing: Assessments of grocery stores, convenience stores, restaurants, and vending machines completed throughout the county utilizing NEMS tools. Vending machine signage and brochures were printed. The plan is to use the Healthy Options Toolkit with restaurants and to set up displays in grocery stores with healthy options/recipes highlighted.
	Promoting increased activity through walking	Public health and GCMH partnering in development of Healthy Activities Brochures and website to increase biking/walking on designated route in Grundy County.

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	Promote e local 5K walk/runs in the county	Grundy County Wellness Coalition is promoting 5K's during the summer of 2015. Most county towns have annual celebrations and host 5K walk/runs. The annual Grumorbeck walk/run in Sept. is a family event, held on a Sunday afternoon, promoting use of the local trail between GC, Morrison, and Reinbeck.
	Promote Live Healthy Iowa	Live Healthy Iowa was actively promoted to worksites and schools in January 2015, and employers were encouraged to promote the program to employees. The business with the highest percentage of participations will be treated to a healthy breakfast. The school with the highest percentage of participation will be treated to a "fun activity."
	County-wide Health Fair	Grundy County Wellness Coalition county-wide health far held this year in partnership with Grundy County Farm Bureau. Attended by 221 persons. Healthy breakfast was served. There were many opportunity to get information, try exercise equipment from YMCA, sign up for community gardening, Flu Vaccines, radon education and MRC.

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Increase the % of Grundy County residents who are at a healthy weight,	Community Garden Project	A community garden project was a success during the 2014 growing season. Discussions and workgroup ongoing with Grundy County Wellness Committee members.

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Increase the number of individuals trained and ready to respond in the event of a public health emergency.	Grundy County Volunteers to become a Medical Reserve Corps (MRC),	The application to become an MRC was approved. The MRC held its first Disease Outbreak Exercise May 27, 2015. Volunteers/Members watched movie "Contagion" and followed up with exercise at end of night.
	Obtain funding to expand volunteer numbers and training	A \$3,500 grant further expanded and trained volunteers in our MRC and \$3,750.00 re allocated dollars from IDPH.
	MRC Handbook	Public health has completed the Grundy County MRC Handout booklet. New members join MRC and exercise completed May 27th with great success on "Contagion" movie and Disease Outbreak.

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Enable community members with chronic diseases to assume a major role in maintaining their health and managing their chronic health condition.	Healthy eating classes	Focus on young families that make a habit of eating unhealthy frozen meals- Healthful swaps of recipes, easy freezer meal preparations. Eat to Complete with partnership of ISU Ext. Office covers hydration, supplements, protein, carbohydrates and endurance sports. Wellness committee continues offering healthy choices at concessions at games.
	Healthy eating classes	GCMH talked to GC School Sophomores about the role of Dietician, presented case studies from different patients with different diseases and what foods each individual patient needs.
	Strength and Conditioning	Program is growing with benefits including injury prevention, stronger athletes and more confident students.