

Allamakee Health Improvement Plan

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For additional information, CONTACT:

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Community Priority

Promote Healthy Behavior

Goal #1	By 2020 Increase Healthy Behaviors in Allamakee County Residents	National Alignment	State Alignment			
		National and weight status/ Physical Activity/ Health Related Quality of Life and Well Being	Healthy Living			
Objective 1-1	Decrease weight of overweight/obesity in Allamakee County adults. 38.5% of adults age 18 and older are considered overweight. 29.8% of adults are considered obese. Statistics per Behavioral Risk Factor Surveillance System	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	38.5% 29.8%	2020	35.5% 26.8%	
Strategy 1-1.1	By 2020 increase awareness of availability of healthy activities through different media avenues and educational opportunities.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> Veterans Memorial Hospital Community and Home Care and community partners	<u>Target Date</u> Jan 1, 2020				
Strategy 1-1.2	By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, and others as requested	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> VMH CHC and community partners	<u>Target Date</u> Jan 1, 2020				
Goal #2	By 2020 Decrease Incidence of Chronic Diseases in Allamakee County Residents	National Alignment	State Alignment			
		Heart Disease and Stroke/Diabetes/ Resp. Disease/Health- Related Quality of Life and Well Being	Healthy Living			
Objective 2-1	Decrease rate of adult onset diabetes from 7.1% to 6.5% by 2020. Source CDC	Baseline Year	Baseline Value	Target Year	Target Value	
		2013	7.1%	2020	6.5%	
Strategy 2-1.1	By 2020 increase awareness of diabetes and associated risks among Allamakee County residents through health promotions.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> VMHCHC and community partners	<u>Target Date</u> Jan 1, 2020				
Strategy 2-1.2	By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health and others as requested	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> VMHCHC and community partners	<u>Target Date</u> Jan 1, 2020				
Objective 2-2	By 2020 decrease the annual incidence rate of cancer from 428.5 (per1000,000 population) to 425. Source Iowa Cancer Registry	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	428.5	2020	425	

Strategy 2-2.1	By 2020 increase the awareness of health promotion activities to decrease the incidence of cancer	<u>Strategy Type</u> Counseling & Education <u>Who's Responsible</u> VMH CHC and community partners <u>Target Date</u> Jan 1, 2020			
Strategy 2-2.2	By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, ad others as requested	<u>Strategy Type</u> Address Social Determinant / Health Inequity <u>Who's Responsible</u> VMH CHC and community partners <u>Target Date</u> Jan 1, 2020			
Objective 2-3	The number of adults age 20 and older diagnosed with heart disease will decrease from 4.1% to 3.7% by 2020. Source CDC	Baseline Year 2013	Baseline Value 4.1%	Target Year 2020	Target Value 3.7%
Strategy 2-3.1	By 2020 increase the awareness of health promotion activities to decrease the incidence of heart disease	<u>Strategy Type</u> Counseling & Education <u>Who's Responsible</u> VMH CHC and community partners <u>Target Date</u> Jan 1, 2020			
Strategy 2-3.2	By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, ad others as requested	<u>Strategy Type</u> Address Social Determinant / Health Inequity <u>Who's Responsible</u> VMHCHC and community partners <u>Target Date</u> Jan 1, 2020			
Objective 2-4	Decrease the percentage of 6th (12%), 8th (15%), and 11th(25%) graders who have experienced sadness or hopelessness almost every day for 2 weeks or more in a row that they stopped doing usual activities to 6th graders 10%, 8th graders 12%, and 11th graders 22%. Source 2013 Health in Iowa Annual Report.	Baseline Year 2013	Baseline Value 6th 12% 8th 15% 11th 25%	Target Year 2020	Target Value 6th 10% 8th 15% 11th 22%
Strategy 2-4.1	Increase parental awareness of signs and symptoms of depression among the youth	<u>Strategy Type</u> Counseling & Education <u>Who's Responsible</u> VMHCHC and community partners <u>Target Date</u> Jan 1, 2020			

Community Priority

Prevent Epidemics and the Spread of Disease

Goal #1	Increase the Percentage of Fully Immunized Allamakee Youth	National Alignment	State Alignment			
		Immunization and Infectious Disease	Baseline Year	Baseline Value	Target Year	Target Value
Objective 1-1	Increase the percentage of 24 month olds who are current on 4-3-1-3-3-1-4 (4DTaP, 3polio, 1 MMR, 3 HIB, 3 Hepatitis B, 1 varicella, 4 pneumococcal conjugate vaccine) from 54% to 65% by 2020, Source IRIS		2015	54%	2020	65%
Strategy 1-1.1	Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database	<u>Strategy Type</u> Clinical Intervention			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC, healthcare partners, schools					
Strategy 1-1.2	Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)	<u>Strategy Type</u> Counseling & Education			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC and community partners					
Strategy 1-1.3	Assess for and provide opportunities for parents/ guardians to get children immunized	<u>Strategy Type</u> Clinical Intervention			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC and community partners					
Objective 1-2	Increase the rate of immunizations 1-3-2-2-1 (1Td/Tdap, 3 Hepatitis B, 2 MMR, 2 varicella, and 1 meningococcal vaccine) of adolescents (age 13-15) from 33% to 45%. Data Source IRIS.		2015	33%	2020	45%
Strategy 1-2.1	Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database	<u>Strategy Type</u> Clinical Intervention			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC and community partners					
Strategy 1-2.2	Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)	<u>Strategy Type</u> Address Social Determinant / Health Inequity			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC and community partners					
Strategy 1-2.3	Assess for and provide opportunities for parents/ guardians to get children immunized	<u>Strategy Type</u> Clinical Intervention			<u>Target Date</u> Jan 1, 2020	
	<u>Who's Responsible</u> VMH CHC and community partners					

Objective 1-3 Increase the number of Allamakee County adolescents who receive 3 doses of HPV from 11% to 25%. Source IRIS

Baseline Year	Baseline Value	Target Year	Target Value
2015	11%	2020	25%

Strategy 1-3.1 Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database

Strategy Type
Counseling & Education

Who's Responsible
VMH CHC and community partners

Target Date
Jan 1, 2020

Strategy 1-3.2 Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
VMH CHC and community partners

Target Date
Jan 1, 2020

Strategy 1-3.3 Assess for and provide opportunities for parents/ guardians to get children immunized

Strategy Type
Clinical Intervention

Who's Responsible
VMH CHC and community partners

Target Date
Jan 1, 2020

Community Priority

Prepare for, Respond to, & Recover from Public Health Emergencies

Goal #1	Decrease the Risk of Injury and Death Related to Hazardous Emergencies	National Alignment		State Alignment	
		National Preparedness		Preparedness and Responses	
Objective 1-1	Increase preparedness of the Allamakee County Healthcare Coalition as shown by completion of emergency plans related to PHEPP/HPP capabilities and EMA Emergency Support Functions (ESF) by 2020	Baseline Year	Baseline Value	Target Year	Target Value
		2015	60%	2020	100%
Strategy 1-1.1	Ongoing collaboration among Allamakee County Healthcare Coalition and community/emergency partners for completing preparedness requirements including regular meetings/ trainings/and exercises through 2020	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Allamakee County Healthcare Coalition and community preparedness partners	<u>Target Date</u> Jan 1, 2020			
Strategy 1-1.2	By 2020 the Allamakee County Healthcare Coalition will assess population vulnerabilities as related to natural/ man made risk	<u>Strategy Type</u> Address Social Determinant / Health Inequity			
	<u>Who's Responsible</u> Allamakee County Healthcare Coalition and community preparedness partners	<u>Target Date</u> Jan 1, 2020			