

# Buchanan County, IA

## Community Health Improvement Plan

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For additional information, CONTACT:

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# Community Priority

## Promote Healthy Behaviors

<b>Goal #1</b>	By 2020, increase healthy behaviors among residents of Buchanan County.	National Alignment	State Alignment			
		National and weight status/Physical Activity/Health-Related Quality of Life & Well-Being	Healthy Living			
<b>Objective 1-1</b>	Decrease overweight/obesity rates in Buchanan County adults from 72% to State average of 67% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).	Baseline Year	Baseline Value	Target Year	Target Value	
		2011	72	2020	67	
<b>Strategy 1-1.1</b>	By 2020, LPHA representative will participate with community meetings focusing on improving healthy lifestyle choices, such as: Buchanan County Four Seasons Trails, Indee-go Healthy, and others are requested.	<u>Strategy Type</u> Address Social Determinant / Health Inequity				
	<u>Who's Responsible</u> Buchanan County Public Health (BCPH) and community partners	<u>Target Date</u> Jan 1, 2020				
<b>Strategy 1-1.2</b>	By 2020, increase awareness of related health concerns due to obesity among Buchanan County residents through health promotion campaigns.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				

<b>Goal #2</b>	By 2020, rates of substance abuse among Buchanan County residence will decrease.	National Alignment	State Alignment			
		Tobacco Use/Substance Abuse	Addictive Behaviors			
<b>Objective 2-1</b>	Binge drinking rates in Buchanan County will decreased from 26% to 21% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).	Baseline Year	Baseline Value	Target Year	Target Value	
		2011	26%	2020	21%	
<b>Strategy 2-1.1</b>	By 2020, increase awareness of related health concerns and risk taking behavior due to binge drinking among Buchanan County residents through health promotion campaigns.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				
<b>Objective 2-2</b>	Smoking Tobacco rates will decrease from 25% to 20% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).	Baseline Year	Baseline Value	Target Year	Target Value	
		2011	25%	2020	20%	
<b>Strategy 2-2.1</b>	By 2020, increase awareness of related health concerns due to nicotine use among Buchanan County residents through health promotion campaigns.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH, Buchanan County Tobacco Coalition, and community partners	<u>Target Date</u> Jan 1, 2020				

Strategy 2-2.2 By 2020, promote nicotine free workplaces in Buchanan County.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
BCPH, Buchanan County Tobacco Coalition, and community partners

Target Date  
Jan 1, 2020

**Goal #3** By 2020, decrease chronic disease among residents of Buchanan County.

National Alignment  
Heart Disease and Stroke/Diabetes/  
Respiratory Disease/Health-Related  
Quality of Life & Well-Being

State Alignment  
Chronic Disease

**Objective 3-1** Hospitalization rates for Buchanan County residents due to heart attack will decrease from 22 to 20 by 2020 (rates are according to 2011 Buchanan County Health Snapshot).

Baseline Year	Baseline Value	Target Year	Target Value
2011	22	2020	20

Strategy 3-1.1 By 2020, increase awareness of health promotion activities to decrease heart attack risk.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

**Objective 3-2** Decrease rates of diabetes among Buchanan County adults from 13% to 10% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).

Baseline Year	Baseline Value	Target Year	Target Value
2011	13%	2020	10%

Strategy 3-2.1 By 2020, LPHA representative will participate with community meetings focusing on improving healthy lifestyle choices, such as: Buchanan County Four Seasons Trails, Indee-go Healthy, and others are requested.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Strategy 3-2.2 By 2020, increase awareness of risk of diabetes due to obesity among Buchanan County residents through health promotion campaigns.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

**Objective 3-3** Hospitalization rates for Buchanan County residents due to stroke will decrease from 19 to 16 and death rates will decrease from 47 to 42 by 2020 (rates are according to 2011 Buchanan County Health Snapshot).

Baseline Year	Baseline Value	Target Year	Target Value
2011	19 & 47	2020	16 & 42

Strategy 3-3.1 By 2020, increase awareness of health promotion activities to decrease risk of stroke.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

**Objective 3-4**

By 2020, reduce the percentage of Buchanan County students in 6th, 8th, and 11th grade who have experienced sadness or hopelessness resulting in decreased normal activity lasting 2 weeks or more in the past 12 months by 2% for 6th and 8th graders and 5% for 11th graders (Iowa Youth Survey 2012 reports 15% of 6th graders, 10% of 8th graders, & 24% of 11th graders).

Baseline Year	Baseline Value	Target Year	Target Value
2012	15%/10%/24%	2020	13%/8%/19%

**Strategy 3-4.1** By 2020, increase parental awareness of signs and symptoms of youth depression.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

**Objective 3-5**

Decrease rate of asthma diagnosis among youth in Buchanan County from 43% to 38% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).

Baseline Year	Baseline Value	Target Year	Target Value
2011	43%	2020	38%

**Strategy 3-5.1** By 2020, increase awareness of environmental risks and other contributing factors related to asthma.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

# Community Priority

## Prevent Injury

<b>Goal #1</b> By 2020, reduce unintentional injuries of Buchanan County Residents.	National Alignment	State Alignment	
	Injury and Violence Prevention	Injury and Violence	

<b>Objective 1-1</b> Decrease hospitalizations related to falls in Buchanan County residents from 379 (from 2009 to 2013) by 5% (from 2014 to 2018) (rates are according to IDPH report-Falls in Iowa: County Deaths and Hospitalizations 2009-2013 data).	Baseline Year	Baseline Value	Target Year	Target Value
	2009-13	379	2018	360

<b>Strategy 1-1.1</b> By 2018, increase awareness of risk factors related to falls among Buchanan County residents through health promotion campaigns targeting the aging population.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2018

<b>Objective 1-2</b> Due to 1/3 of Buchanan County Residents commuting for employment (according to Grow Buchanan Economic Development 2013 Annual Report), decrease Motor Vehicle Accident (MVA) deaths by 5% (from 2012 to 2016) (current data shows 17 MVA related deaths from 2007 to 2011)(rates are according to 2013 Iowa Health Fact Book).	Baseline Year	Baseline Value	Target Year	Target Value
	2007-11	17	2017	16

<b>Strategy 1-2.1</b> By 2017, increase awareness of risk factors related to MVA among Buchanan County residents through health promotion campaigns.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2017

<b>Strategy 1-2.2</b> By 2017, increase awareness of unintentional risks assumed while operating a motor vehicle under the influence of mind altering substances. In 2013, approximately 60-1st offense, 13-2nd offense, and 4-3+ OWI offenses occurred. 45 drug related indictable misdemeanors and 21 drug related felonies occurred in Buchanan County (Buchanan County Attorney Data).	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2017

<b>Goal #2</b> By 2020, reduce intentional injuries among youth in Buchanan County.	National Alignment	State Alignment	
	Injury and Violence Prevention	Injury and Violence	

<b>Objective 2-1</b> By 2020, reduce the percentage of Buchanan County students in 6th, 8th, and 11th grade who have experienced bullying by 5%. (Iowa Youth Survey 2012 reports 32% of 6th graders, 38% of 8th graders, & 30% of 11th graders in the 30 days prior to survey) reported being called names, made fun of, or teased in a hurtful way.)	Baseline Year	Baseline Value	Target Year	Target Value
	2012	32, 38, 30%	2020	5% less for each grade

<b>Strategy 2-1.1</b> By 2020, increase adult awareness of what constitutes bullying through health promotion campaigns.	<u>Strategy Type</u> Counseling & Education
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Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

**Objective 2-2** By 2020, reduce percent of Buchanan County students in grades 6,8,11 who have in the past 12 months seriously considered suicide by 2% for 6th and 8th graders and 5% for 11th graders (Iowa Youth Survey 2012 reports 12% of 6th graders, 12% of 8th graders, & 26% of 11th graders).

Baseline Year	Baseline Value	Target Year	Target Value
2012	12%/12%/26%	2020	10%/10%/21%

**Strategy 2-2.1** By 2020, increase parental awareness of signs and symptoms of youth depression.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

# Community Priority

## Protect Against Environmental Hazards

Goal #1 Identify water quality concerns among private well sources in Buchanan County by 2020.		National Alignment	State Alignment			
		Environmental Health	Environmental Health			
Objective 1-1	Through 2020, Buchanan County Environmental Health (BCEH) will test at a minimum of 200 private wells per year using Grant to Counties Funds.	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	197	2020	200	
Strategy 1-1.1	Through 2020, increase awareness among homeowners in Buchanan County of Grant To Counties funds available for private well water testing.	<u>Strategy Type</u>		Counseling & Education		
<u>Who's Responsible</u>				<u>Target Date</u>		
BCEH and community partners				Jan 1, 2020		
Objective 1-2	Through 2020, a minimum of 15 abandoned well sources will be plugged each year by Buchanan County Environmental Health Department.	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	20	2020	15	
Strategy 1-2.1	Increase awareness among contractors and homeowners in Buchanan County of Grant To Counties funds available to plug any unused or abandoned wells through 2020.	<u>Strategy Type</u>		Counseling & Education		
<u>Who's Responsible</u>				<u>Target Date</u>		
BCEH and community partners				Jan 1, 2020		
Objective 1-3	Through 2020 Buchanan County Environmental Health will rehabilitate no less than 3 wells per year using Grant to Counties Funds.	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	4	2020	3	
Strategy 1-3.1	Through 2020, increase awareness among contractors and homeowners in Buchanan County of Grant To Counties funds available to rehabilitate wells.	<u>Strategy Type</u>		Counseling & Education		
<u>Who's Responsible</u>				<u>Target Date</u>		
BCEH and community partners				Jan 1, 2020		
Goal #2 Identify sources of indoor air quality concerns for Buchanan County residents by 2020.		National Alignment	State Alignment			
		Environmental Health	Environmental Health			
Objective 2-1	Between 2015 and 2020 a minimum of 100 homes per year will be tested for radon levels in Buchanan County .	Baseline Year	Baseline Value	Target Year	Target Value	
		2010	94	2020	100	
Strategy 2-1.1	Increases radon testing and levels awareness among Buchanan County residents by tasks such as promoting Radon Awareness month and selling radon testing kits through 2020.	<u>Strategy Type</u>		Counseling & Education		

Who's Responsible  
BCEH and community partners

Target Date  
Jan 1, 2020

Strategy 2-1.2 By 2020, BCEH will begin the process of implementing ordinances which mandate radon mitigation practices in new home construction.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
BCEH and community partners

Target Date  
Jan 1, 2020

Objective 2-2 By 2020 reduce carbon monoxide poisonings in Buchanan County by 33%.

Baseline Year	Baseline Value	Target Year	Target Value
2013	6	2020	4

Strategy 2-2.1 Increase awareness of methods to prevent carbon monoxide poisonings by 2020.

Strategy Type  
Counseling & Education

Who's Responsible  
BCEH and community partners

Target Date  
Jan 1, 2020

Strategy 2-2.2 Increase inventory of informational products related to carbon monoxide at the BCEH department for Buchanan County residents by 2020.

Strategy Type  
Counseling & Education

Who's Responsible  
BCEH and community partners

Target Date  
Jan 1, 2020

Strategy 2-2.3 By 2020, BCEH will begin the process of implementing ordinances which mandate mitigation tactics for carbon monoxide infiltration in new home construction.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
BCEH and community partners

Target Date  
Jan 1, 2020

**Goal #3** Increase awareness of lead testing recommendations in Buchanan County children prior to 36 months of age by 2020.

National Alignment

Environmental Health

State Alignment

Environmental Health

Objective 3-1 Increase childhood lead testing from 61% to 70% in Buchanan County children 36 months and under by 2020 (rates are according to Iowa Environmental Public Health Tracking Network).

Baseline Year	Baseline Value	Target Year	Target Value
2006	61%	2020	70%

Strategy 3-1.1 By 2020, increase awareness of testing recommendations and effects of high lead levels.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Strategy 3-1.2 Education homeowners on proper lead mitigation techniques through 2020.

Strategy Type  
Counseling & Education

Who's Responsible  
BCEH, BCPH and community partners

Target Date  
Jan 1, 2020

# Community Priority

## Prevent Epidemics and the Spread of Disease

Goal #1		National Alignment	State Alignment			
Decrease spread of communicable diseases among Buchanan County residents by 2020.		Immunization and Infectious Disease	Acute Disease			
Objective 1-1	Reduce incidents of STDs by 10% among Buchanan County residents by 2020 (rates are according to Buchanan County IDSS report).	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	69	2020	62	
Strategy 1-1.1	By 2020, increase awareness of risk factors related STDs.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				
Objective 1-2	Reduce incidents of reportable communicable diseases by 10% among Buchanan County residents by 2020 (rates are according to Buchanan County IDSS report).	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	20	2020	18	
Strategy 1-2.1	By 2020, increase awareness of risk factors related communicable diseases.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				
Goal #2		National Alignment	State Alignment			
Increase vaccination rates of Buchanan County residents by 2020.		Immunization and Infectious Disease	Acute Disease			
Objective 2-1	Increase percentage of adults in Buchanan who receive the annual influenza vaccine from 40% to 45% by 2020 (rates are according to 2011 Buchanan County Health Snapshot).	Baseline Year	Baseline Value	Target Year	Target Value	
		2011	40%	2020	45%	
Strategy 2-1.1	Offer seasonal influenza vaccinations within local work sites through 2020.	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				
Strategy 2-1.2	By 2020, increase awareness of influenza vaccine availability within Buchanan County.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				
Strategy 2-1.3	Educate Buchanan County residents regarding severity and complications related to seasonal influenza through 2020.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				

Objective 2-2	By 2020, increase Buchanan County Adult vaccination rates by 5%, including Pneumococcal (46%, 2013), Tdap (72%, 2013), & Zoster (23%, 2013).	Baseline Year	Baseline Value	Target Year	Target Value
		2013	46%/72%/23%	2020	51%/77%/28%

Strategy 2-2.1 By 2020, increase awareness of recommended adult vaccinations.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Objective 2-3	Increase percentage of 13-15 years olds who are up-to-date with recommended vaccine series (3 Hep B, 1 Meng., 2 MMR, 1 Td or Tdap, & 2 Varicella) from 53% to 60% by 2020 (rates are from the 2013 Iowa Immunization Program Annual Report).	Baseline Year	Baseline Value	Target Year	Target Value
		2013	53%	2020	60%

Strategy 2-3.1 Continue vaccination of un- and under-insured adolescent population per on-demand scheduling and collaboration with local healthcare providers to coordinate services through 2020.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Strategy 2-3.2 by 2020, increase parental awareness of recommended adolescent vaccinations.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Objective 2-4	Increase percentage of 13-15 years olds who are up-to-date with recommended HPV series from 38% for females and 21 % for males by 5% by the year 2020 (rates are from the 2013 Iowa Immunization Program Annual Report).	Baseline Year	Baseline Value	Target Year	Target Value
		2013	38%/21%	2020	43%/26%

Strategy 2-4.1 Continue vaccination of un- and under-insured adolescent population per on-demand scheduling and collaboration with local healthcare providers to coordinate services through 2020.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Strategy 2-4.2 By 2020, increase parental awareness of recommended HPV vaccination series.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Objective 2-5	Increase percentage of 2 years olds who are up-to-date with recommended vaccine series (3 DTap, 3 Polio, 3 Hib, 3 Hep B, 1 Varicella, & 4 PCV) from 82% to 85% by 2020 (rates are from the 2013 Iowa Immunization Program Annual Report).	Baseline Year	Baseline Value	Target Year	Target Value
		2013	82%	2020	85%

Strategy 2-5.1 Continue vaccination of un- and under-insured adolescent population per on-demand scheduling and collaboration with local healthcare providers to coordinate services through 2020.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

Strategy 2-5.2 By 2020, increase parental awareness of recommended childhood vaccinations.

Strategy Type  
Counseling & Education

Who's Responsible  
BCPH and community partners

Target Date  
Jan 1, 2020

# Community Priority

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

Goal #1		National Alignment	State Alignment			
By 2020 decrease risk of injury and death related to all hazards.		Preparedness	Preparedness and Response			
Objective 1-1	Increase preparedness of the Health Emergency Coalition of Buchanan County partners as evidence by completion of emergency plans related to PHEP/HPP Capabilities and EMA Emergency Support Functions (ESF) by 2020.	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	15% completed	2020	100% completed	
Strategy 1-1.1	Ongoing collaboration among emergency preparedness partners for plan completion, including regular HECBC meetings/trainings/exercises through 2020.	<u>Strategy Type</u> Environmental / Policy / Systems Change				
	<u>Who's Responsible</u> BCPH, BCHC, BCEM, BCEH, EMS and community partners	<u>Target Date</u> Jan 1, 2020				
Objective 1-2	Creation of Medical Reserve Corps in Buchanan County with a minimum of 20 volunteers by 2020.	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	0	2020	20	
Strategy 1-2.1	Assist MRC coordinator to develop, plan, implement, facilitate, and evaluate MRC unit through 2020.	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> BCPH, BCHC, BCEM, BCEH, EMS and community partners	<u>Target Date</u> Jan 1, 2020				
Objective 1-3	Assure emergency plans for Buchanan County target highest vulnerabilities through completion of HVA by 2018.	Baseline Year	Baseline Value	Target Year	Target Value	
		2013	Last HVA completed	2018	New HVA completed	
Strategy 1-3.1	By 2018, HECBC partners will assess population vulnerabilities in relation to natural/man-made/terrorist risks.	<u>Strategy Type</u> Address Social Determinant / Health Inequity				
	<u>Who's Responsible</u> BCPH, BCHC, BCEM, BCEH, EMS and community partners	<u>Target Date</u> Jan 1, 2018				

# Community Priority

## Strengthen the Health Infrastructure

<b>Goal #1</b>	Decrease the burden on the limited healthcare workforce in Buchanan County by 2020.	National Alignment	State Alignment			
		Access to Health Services/Public Health Infrastructure/Health-Related Quality of Life & Well-Being	Access to Quality Health Services and Support			
<b>Objective 1-1</b>	By 2020, decrease chronic and communicable diseases as noted in Promote Healthy Living and Prevent Epidemics & Spread of Disease Goals, Objectives, and Strategies, along with creation of MRC for surge capacity as noted in Prepare for, Respond to, & Recover from Public Health Emergencies Goal, Objectives, and Strategies.	Baseline Year	Baseline Value	Target Year	Target Value	
		varied	See priorities above as noted	2020	See priorities above as noted	
<b>Strategy 1-1.1</b>	By 2020, increase awareness of healthy lifestyles among Buchanan County residents in order to decrease health related issues, decreasing the burden on the limited healthcare workforce in Buchanan County.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> BCPH and community partners	<u>Target Date</u> Jan 1, 2020				