

# Buena Vista County Health Improvement Plan

Date Updated: February 27, 2016



For additional information, CONTACT:

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# Community Priority

## Mental health for adults and children

<b>Goal #1</b>	By 2021, reduce the number of citizens who need crisis intervention for mental health issues. BV Co suicide rate is 14 per 100,000.	National Alignment	State Alignment
		2015 State Health Profile shows a US suicide rate of 12.3 (per 100,000)	2015 State Health Profile shows an Iowa suicide rate at 13.0 (per 100,000)

<b>Objective 1-1</b>	Decrease need for crisis intervention for mental health by improving early screening and assessment across age spectrum as indicated by decreased suicide rates.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	14	2021	10

Strategy 1-1.1	Investigate interest for a focus group to address strategies. Determine logistics of focus group (who, where, issues, strategies).	<u>Strategy Type</u> Environmental / Policy / Systems Change			
		<u>Who's Responsible</u> LPH agency will do survey to generate interest		<u>Target Date</u> Aug 31, 2016	

Strategy 1-1.2	Locate screening and assessment tools for each age group	<u>Strategy Type</u> Clinical Intervention			
		<u>Who's Responsible</u> Mental Health Focus group		<u>Target Date</u> Aug 31, 2017	

Strategy 1-1.3	Educate providers on appropriate tools for their audience	<u>Strategy Type</u> Counseling & Education			
		<u>Who's Responsible</u> Mental health Focus group		<u>Target Date</u> Aug 31, 2018	

<b>Objective 1-2</b>	Improve funding for local mental health needs by educating the legislature of need for improved funding to address mental health issues and need for more providers, especially bilingual. This will improve suicide rates for Iowans.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	14	2021	10

Strategy 1-2.1	Attend at least one legislative forum per year to voice concern about mental health funding and severity of need.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
		<u>Who's Responsible</u> Mental Health focus group members		<u>Target Date</u> Feb 28, 2021	

Strategy 1-2.2	Write letters to legislators addressing mental health needs in our community and deficit mental health funding and severity of need.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
		<u>Who's Responsible</u> Mental Health focus group members		<u>Target Date</u> Feb 28, 2021	

<b>Objective 1-3</b>	Improve awareness of community of what resources are available for support of mental health issues by supporting resources that are already in place. The result will be decreased suicide rates.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	14	2021	10

Strategy 1-3.1 Mental Health focus group will develop resource list of what is available in the community to meet mental health needs. Counseling, treatment, crisis intervention. This resource document will be disseminated to appropriate audience.

Who's Responsible  
Mental Health Focus group

Strategy Type  
Counseling & Education

Target Date  
February 28, 2021

Strategy 1-3.2 Promote any trainings in the area with as many people as possible, i.e., ACES training, Lemonade for Life.

Who's Responsible  
Mental Health Focus group

Strategy Type  
Counseling & Education

Target Date  
Feb 28, 2021

# Community Priority

## Nutrition and Healthy Food Options

<b>Goal #1</b> By 2021, improve the nutrition and healthy food options in BV Co2015.	National Alignment	State Alignment
	US citizens spend 12.68% of their household food expenditures for fruit and vegetables.	Iowans spend 24.2% of their household food expenditures for fruit and vegetables.

<b>Objective 1-1</b> By 2021 decrease the number of persons in BV Co who report Food Insecurity to 4% of households or 1,150 persons	Baseline Year	Baseline Value	Target Year	Target Value
	2015	8%	2021	4%

Strategy 1-1.1	Promote participation in the Hunger Dialogue group	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Hunger Dialogue Members	<u>Target Date</u> Aug 31, 2016

Strategy 1-1.2	Develop a list of food resources in our community with details of about that resource.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Hunger Dialogue Focus group	<u>Target Date</u> Aug 31, 2016

Strategy 1-1.3	Investigate community gardens, possible grant with Master Gardeners.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Hunger Dialogue Focus group	<u>Target Date</u> Aug 31,2016

Strategy 1-1.4	Investigate methods to "link" people to food that is available in the community.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Hunger Dialogue Focus group	<u>Target Date</u> Feb 28, 2018

Strategy 1-1.5	Continue to support programs in the community that are currently working to meet this need. i.e. Food Distribution by the Bridge, Food Pantries in the area, Farmer's Market.	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Hunder Dialogue Focus Group	<u>Target Date</u> Feb 28, 2021

Strategy 1-1.6	Support and promote the Food Distribution Program starting at the school this year (2016).	<u>Strategy Type</u> Address Social Determinant / Health Inequity
	<u>Who's Responsible</u> Hunger Dialogue Focus group	<u>Target Date</u> Feb 28, 2021

Strategy 1-1.7 Education of community on health food options, why it's important and where to secure healthy foods. Communicate using media releases, newspaper articles, radio spots, school newsletters, UDMO, UCHC and other community-based programs. Support and promote ISU Extension's nutrition education programs.

Who's Responsible

Hunger Dialogue Focus group

Strategy Type

Counseling & Education

Target Date

Feb 28, 2019

Strategy 1-1.8 Consider how we can add more ethnic food options to the different food distribution methods.

Who's Responsible

Hunger Dialogue Focus group

Strategy Type

Address Social Determinant / Health Inequity

Target Date

Feb 28, 2021

# Community Priority

## Obesity and inactivity in all age groups

Goal #1	National Alignment	State Alignment			
<b>Objective 1-1</b> By 2021, decrease the % of BV Co residents who are overweight and inactive	35.8% of US citizens are overweight	35% of lowans are overweight			
<b>Objective 1-1</b> By 2021, decrease the % of BV Co residents who are overweight by 10%.		<u>Baseline Year</u> 2015	<u>Baseline Value</u> 41.8%	<u>Target Year</u> 2021	<u>Target Value</u> 31.8%
<b>Strategy 1-1.1</b> Promote community opportunities and classes that support increased activity, such as Mommy and Me exercise classes in the park, Storm Lake Community Education provides walking clubs, possibly summer recreational programs for kids in conjunction with free lunch at East, Family Fun nights at the elementary and middle schools.		<u>Strategy Type</u> Counseling & Education  <u>Target Date</u> Feb 28, 2021			
<b>Strategy 1-1.2</b> Provide education in various forms about the importance of proper nutrition, importance on activity and the negative consequences of neglecting both. Use multiple media outlets, promote through school programs, promote at senior citizen locations, work environments, formal classes from ISU Extension, BVRMC, Better Choices Better Health Classes.		<u>Strategy Type</u> Counseling & Education  <u>Target Date</u> Feb 28, 2021			
<b>Strategy 1-1.3</b> Promote and support environmental strategies to make activity more available to all. i.e. BV County Trail Committee, BV Co Bike club, county and city parks,		<u>Strategy Type</u> Environmental / Policy / Systems Change  <u>Target Date</u> Feb 28, 2021			
<b>Strategy 1-1.4</b> Investigate grant opportunity for Exercise Equipment permanently installed at City/County Parks.		<u>Strategy Type</u> Address Social Determinant / Health Inequity  <u>Target Date</u> Feb 28, 2021			
<b>Strategy 1-1.5</b> Investigate grant opportunity to develop recreational center so there is opportunity for activity in the winter. Find a lead organization to work on this.		<u>Strategy Type</u> Address Social Determinant / Health Inequity  <u>Target Date</u> Feb 28, 2021			

Strategy 1-1.6 Look for scholarships, sponsorships for kids/families to allow improved access to locations that provide opportunity for increased activities, i.e. fitness center memberships, water park passes.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
LPHA

Target Date  
Feb 28, 2021