

# Clinton County Health Improvement Plan

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# Community Priority

## Clinton County

<b>Goal #1</b>	By 2021, Improve the ranking of Clinton County residents as measured on the annual county health rankings of healthy behaviors.	National Alignment	State Alignment
		Nutrition, Physical Activity, Obesity	Healthy Iowans 6-5, 6-9, 3-7

Objective 1-1	By 2021, decrease adult smoking percentage by 2% in Clinton County as measured in the county health rankings.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	28%	2021	26%

Strategy 1-1.1	By December 31, 2018, 100 tobacco users will be offered education on smoking cessation using the American Lung Association Freedom from Smoking thru community programs.	Strategy Type	Long-Lasting Protective Intervention
	<u>Who's Responsible</u> ASAC	<u>Target Date</u>	Dec 31, 2018

Strategy 1-1.2	By June 30, 2018, a minimum of 2 housing properties in Clinton County will adopt a 100% smoke free housing policy covering a minimum of 1 building with no grandfathered smoking residents.	Strategy Type	Environmental / Policy / Systems Change
	<u>Who's Responsible</u> ASAC	<u>Target Date</u>	Jun 30, 2018

Strategy 1-1.3	By January 1, 2017, a community outreach campaign to increase the referral system for the Freedom From Smoking Classes will be implemented. the county healthcare agencies will be used to develop this referral system. The providers include the ACO, health coaches, health systems, and public health	Strategy Type	Counseling & Education
	<u>Who's Responsible</u> Mercy	<u>Target Date</u>	1-1-17

Objective 1-2	By December 31,2019, decrease or maintain the percentage of adults over the age of 18 in Clinton County that report no physical activity on the County Health Rankings.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	27%	2019	25%

Strategy 1-2.1	By July 2016, Bridgeview Integrated health will add survey question related to physical activity to their clients pre-survey and annual survey	Strategy Type	Environmental / Policy / Systems Change
	<u>Who's Responsible</u> Bridgeview	<u>Target Date</u>	7-2016

Strategy 1-2.2	By December 31, 2019, 20 work places will be contacted and list service developed. Quarterly/ semi-annual information on wellness activities, i.e...workplaces wellness challenges	Strategy Type	Long-Lasting Protective Intervention
	<u>Who's Responsible</u> Public health	<u>Target Date</u>	12-31-19

Strategy 1-2.3 By January 2018, implement a program to help promote and manage healthy behaviors. example..Complete Health Improvement Program(CHIP)

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
Mercy

Target Date  
1-1-18

Strategy 1-2.4 By December 1, 2017 a resource tool will be developed to help the community find physical activity opportunities available for all levels, ages, and cost.

Strategy Type  
Counseling & Education

Who's Responsible  
Mercy, Public health, YWCA

Target Date  
12-31-17

**Goal #2** By 2020, decrease youth risky behaviors of 11th graders in Clinton County

National Alignment  
Adolescent Health

State Alignment  
Healthy Iowans 3-3, 3-4,3-5,8-1

Objective 2-1 By December 31, 2021, decrease or maintain teenage pregnancy rate as reported on county health rankings

Baseline Year	Baseline Value	Target Year	Target Value
2014	44/1000	2021	42/1000

Strategy 2-1.1 By December 31,2018, community partners will look at established programs offered to middle schooler on teen pregnancy and education to prevent pregnancy

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
Public health, Women's Health Services

Target Date  
12-31-18

Objective 2-2 By 2020, decrease the number of 11th graders who report "easy or "very easy" when asked: In your neighborhood or community, how difficult do you think it would be to get Marijuana

Baseline Year	Baseline Value	Target Year	Target Value
2014	61%	2021	56%

Strategy 2-2.1 By 2020,Clinton County Community partners will explore access trends and ways to decrease use of Marijuana by teenagers in Clinton County

Strategy Type  
Counseling & Education

Who's Responsible  
Gateway Impact Coalition

Target Date  
9/1/2020

Objective 2-3 By December 31, 2020, decrease the number of 11th graders who have had suicidal thoughts in the last 30 days.

Baseline Year	Baseline Value	Target Year	Target Value
2014	12.2%	2021	11%

Strategy 2-3.1 By 2020, increase awareness though the dissemination of suicide prevention materials and information at community events.

Strategy Type  
Counseling & Education

Who's Responsible  
ASAC, Bridgeview

Target Date  
Dec 31, 2020

Strategy 2-3.2 By December 31, 2020, increase knowledge of the warning signs for suicide and how to connect individuals in crisis with assistance and care.

Strategy Type  
Clinical Intervention

Who's Responsible  
ASAC, Bridgeview

Target Date  
12/31/2020

<b>Objective 2-4</b>	By 12-31-2021, decrease or maintain the # of Clinton Co 11th graders who abuse prescription medication.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	5%	2021	5%
Strategy 2-4.1	By December 31,2018, community partners will collaborate in offering programs to middle schoolers that deal with risky behaviors.	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> ASAC, Women's Health Services	<u>Target Date</u> 12-31-18			
Strategy 2-4.2	By 6-30-18, there will be a 10% increase in the use of medication disposal boxes.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Gateway Impact Coalition	<u>Target Date</u> 6-30-2019			
Strategy 2-4.3	By December 31, 2020, education will be provided to youth on abusing prescription medication and perception of harm .	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> Gateway Impact Coalition	<u>Target Date</u> 12-31-2020			

<b>Goal #3</b>	By 2020, Improve the understanding of mental health and mental illness in Clinton County	<u>National Alignment</u> Mental Health	<u>State Alignment</u> Healthy Iowans 8-1
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<b>Objective 3-1</b>	By December 31, 2020, decrease the number of poor mental health days as reported on the county health rankings quality of life.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	2.7/last 30	2021	1.7/30
Strategy 3-1.1	December 31, 2018 locate and secure funding for a social marketing campaign that will provide information to the public regarding mental health and mental illness to raise awareness on mental health diagnosis, services, and community support	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> public health and community mental health providers	<u>Target Date</u> 12-31-18			
Strategy 3-1.2	By December 31, 2018, develop a service coordinated guide on current mental health programs and services available in Clinton County	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> United Way	<u>Target Date</u> 12-31-18			