

# Decatur County Health Improvement Plan

Date Updated: February 24, 2016



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# Community Priority

## Expansion of pediatric mental health services and expansion of mental health services for adults

Goal #1	Increase access and availability for mental health services in k-12 students in the county schools	National Alignment	State Alignment			
		Healthy People 2020 objective for mental health is to track the proportion of adolescents aged 12-17 who experience major depressive episodes.	An increase in the proportion of children screened for being at risk for developmental, behavioral and social delays using a parent-reported, standardized screening tool.			
Objective 1-1	By December 2016, Community Health Centers of Southern Iowa will increase counseling and therapy providers by one for the county schools.	Baseline Year	Baseline Value	Target Year	Target Value	
		2016	0	2016	1	
Strategy 1-1.1	Recruit full time licensed therapist/counselor by May 1, 2016.	<u>Strategy Type</u> Clinical Intervention				
	<u>Who's Responsible</u> Community Health Centers of Southern Iowa	<u>Target Date</u> May 1, 2016				
Strategy 1-1.2	Families will have access to counselor/therapist on school sites so that kids do not have to leave the school for appointments.	<u>Strategy Type</u> Clinical Intervention				
	<u>Who's Responsible</u> Community Health Centers of Southern Iowa and Mormon Trail, Central Decatur and Lamoni school systems	<u>Target Date</u> Sep 30, 2016				
Goal #2	Explore the feasibility of a crisis stabilization facility for Decatur County.	National Alignment	State Alignment			
		Healthy People 2020 is to increase the proportion of primary care facilities that provide mental health treatment on-site or by paid referral.	Increase access to services and support for individuals experiencing a mental health crisis.			
Objective 2-1	By June 30, 2018, Decatur County will provide a full time mental health stabilization unit.	Baseline Year	Baseline Value	Target Year	Target Value	
		2016	0	2018	1	
Strategy 2-1.1	By August 31, 2016, research will be completed on these types of facilities other counties in Iowa might be providing. 	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> Community Health Centers of Southern Iowa and Decatur County Mental Health Services	<u>Target Date</u> Aug 31, 2016				
Strategy 2-1.2	By December 2016, explore funding options for such a facility.	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> Community Health Centers of Southern Iowa and Decatur County Mental Health Services	<u>Target Date</u> Dec 31, 2016				

Strategy 2-1.3 By December 2016, explore the long term need for a facility in Decatur County.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
Community Health Centers of Southern Iowa and Decatur County Mental Health Services

Target Date  
Dec 31, 2016

# Community Priority

## Drug, Alcohol and tobacco abuse prevention

<b>Goal #1</b>	Increase Drug, alcohol and tobacco abuse prevention in youth, adolescents and adults.	National Alignment	State Alignment
		Increase the proportion of adolescents who perceive great risk associated with substance abuse. Reduce the tobacco use and initiation of tobacco use by children, adolescents and adults.	A reduction in the current youth alcohol use, prescription drug abuse, marijuana and cigarette smoking in 11th grade students.

Objective 1-1	By December 31, 2016, increase education and clinical services for drug, alcohol and tobacco abuse prevention	Baseline Year	Baseline Value	Target Year	Target Value
		2016	2	2016	3
Strategy 1-1.1	Recruit an additional therapist/counselor	<u>Strategy Type</u> Clinical Intervention		<u>Target Date</u> Dec 31, 2016	
	<u>Who's Responsible</u> Community Health Services of Southern Iowa				
Strategy 1-1.2	Continue to provide tobacco education in the schools and community in Decatur County.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2016	
	<u>Who's Responsible</u> Public Health, Hospital, Community Health Centers of Southern Iowa, Lamoni Family medical				
Strategy 1-1.3	Provide smoking cessation classes to patients who request them or providers indicate is needed for their patients health recovery.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Feb 1, 2016	
	<u>Who's Responsible</u> Decatur County Hospital				
Strategy 1-1.4	Provide a minimum of one wellness fair each year for all age levels.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> Dec 31, 2016	
	<u>Who's Responsible</u> Hospital, Public Health, Mental Health Community Services, Community Health Centers of Southern Iowa, Lamoni Family Medical, CERT team, Graceland University, Central Decatur, Lamoni and Mormon Trail schools				

# Community Priority

## Nutritional awareness and obesity in youth and adult.

**Goal #1** Increase nutritional awareness and obesity in youth and adults.

### National Alignment

Increase the proportion of physician office visits that include counseling or education related to nutrition or weight. Reduce proportion of children, adolescents, and adults who are obese.

### State Alignment

Increase in the proportion of adults who get the recommended levels of aerobic physical activity. Reduction in the proportion of adults who are obese. Increase in the percentage of persons who eat five or more servings of fruit and vegetables each day.

**Objective 1-1** By June 30, 2018, decrease obesity rates for Decatur County by 5%.

Baseline Year	Baseline Value	Target Year	Target Value
2016	30%	2018	25%

**Strategy 1-1.1** By February 1, 2016, begin to provide weight management classes for adults.

Strategy Type  
Counseling & Education

Who's Responsible  
Community Health Centers of Southern Iowa

Target Date  
Feb 1, 2016

**Strategy 1-1.2** By April 2016, all Decatur County clinical providers will prescribe exercise and Quitline Iowa for their patients that they service each day if they need it for health improvement.

Strategy Type  
Counseling & Education

Who's Responsible  
Decatur County Hospital, Community Health Centers and Lamoni Family Medical, Public Health

Target Date  
Apr 1, 2016

**Strategy 1-1.3** By January 1, 2016, agencies will collaborate and promote the services and educational forums with the Hy-Vee dietitian.

Strategy Type  
Counseling & Education

Who's Responsible  
Public Health, Hospital, Hy-Vee, Community Health Centers, Lamoni Family Medical, Central Decatur, Lamoni and Mormon Trail schools

Target Date  
Jan 1, 2016

**Strategy 1-1.4** By April 2016, update exercise brochure for facilities and trails in county, promote backpack buddies and the use of food pantries.

Strategy Type  
Counseling & Education

Who's Responsible  
Churches, Schools, Public Health, Community Health Center, Lamoni Family Medical, Hospital, SCICAP outreach center, Rotary Club, Leon and Lamoni chambers

Target Date  
Apr 1, 2016

# Community Priority

## Development of business and industry/infrastructure/economic development

Goal #1	Increase development of business and industry/infrastructure/economic development in Decatur County.	National Alignment	State Alignment											
Objective 1-1	By July 2016, develop business incentive kits for business expansion for future business adventures.	According to the National Prevention Strategy, promote healthy and safe communities.	None is listed.											
Strategy 1-1.1	<p>Complete and implement business kits for Leon and Lamoni</p> <p><u>Who's Responsible</u> Decatur County Development Director</p>		<p><u>Strategy Type</u> Counseling &amp; Education</p> <p><u>Target Date</u> Jul 1, 2016</p>											
Objective 1-2	Decatur County Development will work with cities to increase small business development by 10% by end of 2018.		<table border="1"> <thead> <tr> <th>Baseline Year</th> <th>Baseline Value</th> <th>Target Year</th> <th>Target Value</th> </tr> </thead> <tbody> <tr> <td>2016</td> <td>0</td> <td>2018</td> <td>10%</td> </tr> </tbody> </table>	Baseline Year	Baseline Value	Target Year	Target Value	2016	0	2018	10%			
Baseline Year	Baseline Value	Target Year	Target Value											
2016	0	2018	10%											
Strategy 1-2.1	<p>Recruit and implement at least 2 new small businesses in Decatur county.</p> <p><u>Who's Responsible</u> Decatur County Development Director</p>		<p><u>Strategy Type</u> Address Social Determinant / Health Inequity</p> <p><u>Target Date</u> Jan 1, 2018</p>											