

Emmet County Health Improvement Plan

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For additional information, CONTACT:

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Community Priority

Fall Prevention in Older Adults

Goal #1 Establish /Promote A Matter of Balance Program in Emmet County.

National Alignment

Healthy People 2020 OA-11: Reduce the rate of emergency department (ED) visits due to falls among older adults.

State Alignment

Healthy Iowans- Iowa's Health Improvement Plan 2012-16, 2015 Revisions:

Promote the use of evidence-based fall promotion strategies to community health professionals and monitor data on fall injuries and death. (Revised from original 7-1.2)

Objective 1-1 Reduce the emergency room visits for falls for people ages 65 -84 by 10% by 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2014	3934.43 / 100,000	2020	3540.60 / 100,000

Strategy 1-1.1 Train one person as a Master Trainer in A Matter of Balance by April 1, 2015.

Strategy Type
Clinical Intervention

Who's Responsible
Emmet County Public Health

Target Date
April 1, 2015

Report Date
March 12, 2015

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: Mary Moorman trained as A Matter of Balance Master Trainer on March 11-12, 2015.

Strategy 1-1.2 Train 3 people as Coaches for A Matter of Balance program by May 15, 2016.

Strategy Type
Clinical Intervention

Who's Responsible
Emmet County Public Health / Avera Holy Family Hospital

Target Date
May 15, 2015

Report Date
May 5, 2015

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: A Registered Nurse from Avera Holy Family Hospital was trained as a Coach in A Matter of Balance in Des Moines on 3/24/15 and 4 additional Coaches were trained on May 5, 2015 by Mary Moorman, MOB Master Trainer.

Strategy 1-1.3 Offer two Matter of Balance classes in Emmet County by August 1, 2015.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Public Health

Target Date
August 1, 2015

Report Date
July 23, 2015

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: A Matter of Balance classes were completed in Armstrong and in Estherville by July 22, 2015.

Strategy 1-1.4 Train 3 additional Matter of Balance Coaches by May 1, 2016.

Strategy Type
Clinical Intervention

Who's Responsible
Emmet County Public Health

Target Date
May 1, 2016

Strategy 1-1.5 Offer 5 additional Matter of Balance classes by 2020.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Public Health / Avera Holy Family Hospital

Target Date
12/31/2020

Strategy 1-1.6 Participate in National Falls Prevention Awareness Day annually.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Public Health / Avera Holy Family Hospital

Target Date
12/31/2020

Community Priority

Reduction of Alcohol Consumption

Goal #1 By 2019 will reduce underage drinking and binge drinking in Emmet County.

National Alignment

Healthy People 2020:
SA-13.1 Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-2016, 2015 Revisions:
3-1.1 Fund 12 counties with the highest need for improvement, based on indicators for underage drinking, adult binge drinking, and a combined legal consequences rate.

Objective 1-1 Decrease the percentage of Emmet County youth reporting having had a drink in the past 30 days by 5%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	15%	2019	10%

Strategy 1-1.1 Collaborate with Compass Pointe in the Iowa Partnerships for Success grant project to reduce underage drinking and binge drinking in Emmet County.

Strategy Type
Counseling & Education

Who's Responsible

Compass Pointe, Emmet County Public Health, community partners (IDPH required community sectors)

Target Date

May 15, 2015

Strategy 1-1.2 Send someone from Emmet County Public Health to the Capacity and Planning: Essential Steps to Community Change Using the SPF Training, as part of the Iowa Partnerships for Success grant project.

Strategy Type
Counseling & Education

Who's Responsible

Emmet County Public Health

Target Date

May 15, 2015

Report Date

May 13, 2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: Kathy Preston RN attended the training in Des Moines on May 12-13, 2015.

Strategy 1-1.3 Attend and actively participate in planning meetings of the Emmet County Making Optimal Choices for Successful Youth (EmCo-MOCSY), that was formed to reduce underage drinking and binge drinking.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health, Avera Holy Family Hospital and community partners (IDPH required community sectors)

Target Date

9-29-2019

Strategy 1-1.4 Collaborate with Compass Pointe in completing the Community Assessment Workbook.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health and community partners (IDPH required community sectors)

Target Date

June 2015

Report Date

June 2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Community Assessment was completed by a committee from the EmCo-MOCY group.

Strategy 1-1.5 Choose community strategies to reduce underage drinking and binge drinking. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health, Avera Holy Family Hospital, and community partners (IDPH required community sectors)

Target Date

February 2016

Strategy 1-1.6 Form committees to plan the implementation of the community strategies. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health, Avera Holy Family Health and community partners (IDPH required community sectors)

Target Date

Feb 25, 2016

Report Date

Feb 25, 2016

Progress on Strategy

Complete On track Off track No progress

Progress notes: Committees were formed at the EmCo-MOCY meeting held on 2-25-2016.

Strategy 1-1.7 Implement community strategies to reduce underage drinking and binge drinking in Emmet County. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible

Compass Pointe, Emmet County Public Health, and community partners

Target Date

March 2016

Strategy 1-1.8 Evaluation of community strategies to reduce underage drinking and binge drinking in Emmet County. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible

Compass Pointe, Emmet County Public Health and community partners

Target Date

9-29-2019

Community Priority

Reduction of Obesity and Physical Inactivity

Goal #1 By 2020, promote healthy behaviors among residents in Emmet County to reduce obesity and physical inactivity.

National Alignment

Healthy People 2020:
PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-2016, 2015 Revisions:

6-1.26: Increase by 2% Iowans' overall participation rate in more physically active, natural-resources-based outdoor recreation activities as listed in Iowa's Statewide Comprehensive Outdoor Recreation Plan.

Objective 1-1 Decrease the percent of the population, age 20 and older, with no leisure time physical activity by 3% by the end of the year December 31, 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2012	28.2%	2020	25.2%

Strategy 1-1.1 The Emmet County Wellness Coalition will meet monthly to focus on improving the health and wellbeing of the residents of Emmet County.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Emmet County Public Health, Avera Holy Family Hospital, and community partners

Target Date

12/31/2020

Strategy 1-1.2 The Emmet County Wellness Coalition will sponsor and/or support at least one event in the County annually to promote physical activity and reduction of obesity.

Strategy Type
Counseling & Education

Who's Responsible

Emmet County Wellness Coalition

Target Date

12/31/2020

Strategy 1-1.3 Emmet County Public Health will promote wellness opportunities in the County by use of email/social media.

Strategy Type
Counseling & Education

Who's Responsible

Emmet County Public Health

Target Date

12/31/2020

Strategy 1-1.4 The Emmet County Wellness Coalition will support/promote the annual Life Style Challenge.

Strategy Type
Counseling & Education

Who's Responsible

Emmet County Wellness Coalition

Target Date

12//31/2020