

# Fremont County Health Improvement Plan

Date Updated: January 20, 2016



For additional information, CONTACT:

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# Community Priority

## Addressing risky behaviors.

<b>Goal #1</b>	Inform community members of what "risky behaviors" are and what resources are available to combat them.	National Alignment	State Alignment
		Injury and Violence Prevention/ Substance Abuse/Tobacco Use.	Addictive Behaviors/Injury and Violence.

Objective 1-1	Decrease percentage of Fremont County survey participants that responded "yes" there are risky behaviors taking place in their household from 25% in 2013 to 15% in 2017.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	25%	2017	15%

**Strategy 1-1.1** Brainstorm, plan, and implement educational offerings/ public meetings with a focus on risky behaviors including alcohol, tobacco, and drug use. Gatherings to be free of charge and offered after regular working hours to increase community participation. Fremont County and Grape Community Hospital will work to model this healthy behavior throughout their work environment and staff.

Strategy Type  
Counseling & Education

Who's Responsible  
CHNA - Community Benefits Committee Members

Target Date  
Jan 1, 2017

Report Date  
Dec 29, 2015

<u>Progress on Strategy</u>			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: CHNA committee has held several offerings free of charge to the community members. Most of these have taken place at George C. Grape Community Hospital with the assistance of hospital and public health employees and volunteers. Brandy Powers with Free People from Tobacco has taken part in these offerings and has provided resources for smoking cessation. Our struggle continues to be getting the community to come. We feel that our message, information, and environment is on track, but we have to try harder to get residents to take part in the opportunity.

# Community Priority

## Addressing obesity and physical inactivity in the community.

**Goal #1** Increase physical activity and healthy eating in Fremont County.

National Alignment

Nutrition and Weight Status

State Alignment

Healthy Living

**Objective 1-1** Decrease percentage of survey participants that consider themselves to be overweight from 67% in 2013 to 50% or less in 2017.

Baseline Year	Baseline Value	Target Year	Target Value
2013	67%	2017	50%

**Strategy 1-1.1** Brainstorm, plan, and implement educational offerings/ public meetings with a focus on healthy diets, physical activity, and the effects of obesity on other aspects of a persons health and well-being. Gatherings to be free of charge and offered after regular working hours to increase community participation. Fremont County and Grape Community Hospital will work to model this healthy behavior throughout their work environment and staff.

Strategy Type

Counseling & Education

Who's Responsible

CHNA committee members.

Target Date

Jan 1, 2017

Report Date

Dec 29, 2015

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** George C. Grape Community Hospital and Fremont County have worked together and been able to offer great information on healthy diets and exercise at many local events. As mentioned in the strategy, Grape Hospital will model this behavior in their work environment as well as by encouraging staff. The dietary staff have begun the process of attaching and making available nutritional information for each item served in the cafeteria.

# Community Priority

## Community support for health related concerns.

<b>Goal #1</b> Inform the community of health services available to them and their families.	National Alignment	State Alignment
	Access to health services/Health-Related Quality of Life and Well-Being	Access to Quality Health Services and Support/Healthy Living

Objective 1-1	Decrease the number of preventable hospital stays from 105 according to County Health Rankings and Roadmaps as listed on 3/11/13 to 75 or less by 2017.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	105	2017	75

Strategy 1-1.1 Hold free and accessible educational offerings to inform county residents of health care services that are available to them in the area. Focus on preventions and access to healthcare as well as education regarding obtaining affordable health insurance.

Strategy Type  
Counseling & Education

Who's Responsible  
CHNA committee members.

Target Date  
Jan 1, 2017

<u>Report Date</u> Jan 20, 2016	<u>Progress on Strategy</u>
	<input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress

Progress notes: Grape Hospital with the support and assistance of Fremont County Public Health has held a number of "lunch and learns" that are free and open to the public focusing on healthy behaviors, strategies to achieve change, and the local health related services available to residents to manage any current or consequential conditions. These educational meetings have included experts in various areas from Cardiology, Radiology, and Dietitians who have not only educated on prevention of conditions, but offered insight into their specialties and their availability to the public. This is an area that continues to require attention and further outreach and education.