

# Grundy County Public Health Health Improvement Plan

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# Community Priority

## Chronic Disease

<b>Goal #1</b> By 2021, Enable Community Members/ Residents with chronic diseases to assume a major role in maintaining their health and managing their chronic health condition.	National Alignment	State Alignment
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Objective 1-1	Addressing chronic diseases within the communities and provide education on managing their chronic diseases to maintain and or improve their health by decreasing percentage of residents that are obese in Grundy County and diabetes prevention.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	31%	2021	29%

Strategy 1-1.1	Train staff members in the Chronic Disease Self Management- Better Choices, Better Health Program to lead classes within the communities by April 29, 2016.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Local Public Health	<u>Target Date</u> Apr 29, 2016

Strategy 1-1.2	Implement BCBH 6 week programs to residents in Grundy County that have a chronic disease, ongoing.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Local Public Health	<u>Target Date</u> 12/31/2020

Strategy 1-1.3	Provide education on Chronic Diseases such as prevention, managing and coaching to public resources provided to the residents in the County, including physician offices and clinics, ongoing.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Local Public Health	<u>Target Date</u> 12/31/2020

# Community Priority

## Physical inactivity in youth and adults 20 and older.

Goal #1	By 2021, Increase physical activity in youth and Adults 20 and older.	National Alignment	State Alignment			
Objective 1-1	Increase adult activity with in our communities will reduce the risk of developing many types of chronic diseases and cancers. 41.1 % of lowans spend five hours or more on weekends sitting in front of TV or computer screen. 27% of Grundy County residents are inactive, US Average 21% and Iowa State Average is 25%.		Baseline Year	Baseline Value	Target Year	Target Value
			2015	27%	2021	24%
Strategy 1-1.1	Promote increase activity through walking and healthy eating, fun challenges that increases family activity or individually based, ongoing.	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> Local Public Health and Community Partners	<u>Target Date</u> 12/31/2020				
Strategy 1-1.2	Promote Live Healthy Iowa- 10 week challenge and promote 5K walks/runs in the County, ongoing.	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> Community- Wellness Committee/Public Health	<u>Target Date</u> 12/31/2020				
Strategy 1-1.3	Increase attendance of youth and adults at the Wellness Fair, annually.	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> Community Businesses/Partners	<u>Target Date</u> 01/31/2020				

# Community Priority

## Healthy Lifestyles - STD Prevention

<b>Goal #1</b>	By 2021, Decrease the percentage of STD-Chlamydia cases in Grundy County by 3%.	National Alignment	State Alignment

Objective 1-1	To decrease Grundy County's number of newly diagnosed chlamydia (STD) cases. Grundy County is at 201 based on a per 100,000 population, State average is 222.61 per 100,000 and US average is 309.33 per 100,000.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	201	2021	195

Strategy 1-1.1	Provide Education and Prevention methods of sexually transmitting diseases to youth and adults in our communities through communication strategies and media campaigns.	Strategy Type	Counseling & Education
	<u>Who's Responsible</u> Local Public Health/ Medical Clinics, Partnering with Black Hawk Health Department.	<u>Target Date</u>	12/31/2020

Strategy 1-1.2	Working with community partners and schools to provide needed resources on STD Prevention and Healthy Lifestyles, ongoing.	Strategy Type	Counseling & Education
	<u>Who's Responsible</u> Local Public Health	<u>Target Date</u>	12/31/2018

# Community Priority

## Community Planning

<b>Goal #1</b>	By 2021, increase awareness of healthcare services available in Grundy County and stronger partnerships to address healthcare access, and address safe, reliable, accessible and affordable ways to move around.	National Alignment	State Alignment
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<b>Objective 1-1</b>	By 2021, work with Community Leaders in our County to create a smooth transition of available services and access to services for our residents in Grundy County.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	45%	2021	60%

Strategy 1-1.1	Develop a Coalition with a variety community leaders to focus on health care access, quality improvement, increase education on chronic diseases and mental health awareness and address transportation issues with Grundy County for our elderly, disabled and low income residents.	<u>Strategy Type</u>	
		Address Social Determinant / Health Inequity	
<u>Who's Responsible</u>		<u>Target Date</u>	
Community Leaders		Dec 31, 2017	

Strategy 1-1.2	Monthly meetings with community leaders to address on areas of health care access, quality improvement, chronic diseases, mental health and transportation - bringing down the road blocks, ongoing.	<u>Strategy Type</u>	
		Address Social Determinant / Health Inequity	
<u>Who's Responsible</u>		<u>Target Date</u>	
Community Leaders		12/31/2020	

# Community Priority

## Community Engagement

**Goal #1** By 2021, Grundy County residents are connected with local resources and social supports, and participating in community life.

National Alignment

State Alignment

Objective 1-1	For Community Leaders and individuals to build ongoing, permanent relationships that will benefit our communities in Grundy County while raising awareness and visibility of services from 45% to 60% based off the community health needs assessment survey.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	45%	2021	60%

Strategy 1-1.1 Community leaders to engage and empower people and communities to plan and facilitate policies and programs to create a platform on care coordination and services, ongoing.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Community Leaders

Target Date  
12/31/2020

Strategy 1-1.2 Community leaders continual involvement in committee and coalition meetings, ongoing.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Community Leaders

Target Date  
12/31/2020