

# Howard County Community Health Improvement Plan

Date Updated: June 1, 2014



## Community Health Services

Regional Health Services of Howard County

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# Community Priority

## Family Support and Education

**Goal #1** Increase the number of opportunities for families to spend time together in a positive, healthy learning environment.

National Alignment: Improve health-related quality of life and well-being for all individuals.

State Alignment: Healthy Growth and Development

Objective 1-1	Offer and market five family oriented opportunities per year.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	5	2014	5

Report Date

Year

2015

Value

8

Progress on Objective

- Met, trend in right direction     Not met, trend in right direction  
 Met, no trend     Not met, no trend  
 Met, trend in wrong direction     Not met, trend in wrong direction

Progress notes:

Strategy 1-1.1 Apply for grant funding to support a Safari program that will encourage families to participate in a scavenger hunt.

Strategy Type  
Counseling & Education

Who's Responsible  
Elaine Govern

Target Date  
Jan 31, 2014

Report Date  
Feb 24, 2015

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Grant was approved and program in place.

Strategy 1-1.2 Sponsor a family movie at the Cresco Theatre and provide education and giveaways to attendees.

Strategy Type  
Counseling & Education

Who's Responsible  
Deana Hageman

Target Date  
Spring 2014

Report Date  
Feb 24, 2015

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Completed with Disaster Preparedness theme and giveaways.

Strategy 1-1.3 Sponsor Amanda the Panda, a program to help grieving families cope with the loss of a loved one.

Strategy Type  
Counseling & Education

Who's Responsible  
Deana Hageman

Target Date  
Spring 2014

Report Date  
Feb 24, 2015

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Arranged but canceled due to inadequate interest.

Strategy 1-1.4 Install exercise equipment on the Recreational Trail and market to the community.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Fit For Life Committee

Target Date  
Jun 1, 2014

<u>Report Date</u> Feb 24, 2015	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Completed and ongoing.

Strategy 1-1.5 Offer Wisdom and Wellness Program for families to provide well-being education. Strategy Type  
Counseling & Education

Who's Responsible  
Cheryl Dickman, Nutrition Director, Howard-Winneshiek Schools

Target Date  
Jun 1, 2014

<u>Report Date</u> Feb 24, 2015	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Completed and ongoing.

Strategy 1-1.6 Support Summer Food Service Program for children up to age 18 to receive free breakfast and lunch. Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Cheryl Dickman, Nutrition Director, Howard-Winneshiek Schools

Target Date  
Jun 1, 2014

<u>Report Date</u> Feb 24, 2015	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Completed and ongoing.

Strategy 1-1.7 Allow employees to utilize new RSHC exercise equipment to encourage and establish healthy habits within their families. Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
RSHC

Target Date  
Summer 2014

<u>Report Date</u> Feb 24, 2015	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Completed and ongoing.

Strategy 1-1.8 RSHC Employee Appreciation will be a Family Fun Day at Pinter's Pumpkin Patch. This environment will be promote physical activity and learning and allow parents to spend time with their children. Strategy Type  
Counseling & Education

Who's Responsible  
RSHC

Target Date  
Sep 13, 2014

<u>Report Date</u> Feb 24, 2015	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Completed.

Strategy 1-1.9 Howard-Winneshiek before school "walking club" sets goals for steps to walk in a day. Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Howard-Winneshiek Schools

Target Date  
Ongoing

Report Date

Feb 24, 2015

Progress on Strategy



Complete



On track



Off track



No progress

Progress notes: In place and ongoing.

# Community Priority

## Substance Abuse

**Goal #1** Reduce underage drinking (26% of 11th graders) and binge drinking (19% of 11th graders) in Howard County by a minimum of 0.5% annually with an overall goal of 3% in five years.

National Alignment	State Alignment
Substance Abuse	Alcohol and Binge Drinking

Objective 1-1	Reduce underage drinking (26% of 11th graders) in Howard County by a minimum of 0.5% annually with an overall goal of 3% in five years. Data Source: Iowa Youth Survey, 2012, Howard County Results.	Baseline Year	Baseline Value	Target Year	Target Value
		2012	26%	2017	23%

**Strategy 1-1.1** Meet regularly to determine how to raise awareness and educate students, parents, leaders and community members about substance abuse prevention opportunities.

Strategy Type  
Counseling & Education

Who's Responsible  
Prevention 5: Howard County Substance Abuse Coalition, Helping Services for Northeast Iowa, Riceville and Crestwood High Schools, local law enforcement, and the Howard County Chamber of Commerce.

Target Date  
Monthly

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Report Date  
Feb 24, 2015

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Monthly and ongoing.

**Strategy 1-1.2** Media campaigns will be implemented throughout the county to provide ongoing substance abuse prevention messages during the year. One topic will be the Social Host Ordinance proposal.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Prevention 5: Howard County Substance Abuse Coalition, Helping Services for Northeast Iowa, Riceville and Crestwood High Schools, local law enforcement, and the Howard County Chamber of Commerce.

Target Date  
Spring 2014

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Report Date  
Feb 24, 2015

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Campaigns have been completed and others ongoing. The Howard County Sheriff's department brought back the Drug Abuse Resistance Education (DARE) program in January 2015. Prevention 5 met with county attorney and sheriff to discuss Social Host Ordinance.

**Strategy 1-1.3** Provide a portable ID Scanner to be available for all community events that sell alcohol. The purpose of the scanner is to deter minors from purchasing alcohol at these events.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Helping Services, Prevention 5

Target Date  
Winter 2013/14

Report Date

Feb 24, 2015

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The ID Scanner was purchased and is kept at the Chamber office. The scanner has been used for several events.

Strategy 1-1.4 Collaborate to educate the community about Drug Take Away programs where prescription drugs may be turned in. This will help alleviate the hardships associated with finding a healthy way to dispose of medications, while promoting area resources already in place.

Strategy Type

Counseling & Education

Who's Responsible

Helping Services, in collaboration with funeral homes, hospice, hospitals and retirement homes.

Target Date

Spring 2014

Report Date

Feb 24, 2015

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Education completed and ongoing. In fall of 2014, the DEA ceased the national drug take-away days, making local drop-offs even more important. A local pharmacy will accept medications other than controlled substances. The Sheriff's office will take medications, but has some roadblocks and is not actively advertising as a drop-off site.

Strategy 1-1.5 Promote an on-line training to area businesses who sell over the counter medications or prescription drugs. The training will educate merchants on commonly abused medications and best practices for policies and procedures related to medication sales.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Helping Services

Target Date

Spring 2014

Report Date

Feb 24, 2015

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Helping Services staff have visited convenience stores to share the training tool. The tool has also been added to the beverage server training. Staff will be visiting pharmacies to share the training tool.

Objective 1-2 Reduce binge drinking (19% of 11th graders) in Howard County by a minimum of 0.5% annually with an overall goal of 3% in five years. Data Source: Iowa Youth Survey, 2012, Howard County Results.

Baseline Year

Baseline Value

Target Year

Target Value

19% (2012)

16% (2017)

Strategy 1-2.1 Same strategies as Objective 1-1.

Strategy Type

Who's Responsible

Target Date

# Community Priority

## Access to Mental Health Services

**Goal #1** Improve awareness of and access to mental health services.

National Alignment

Mental Health and Mental Disorders

State Alignment

Mental Health and Mental Disorders

**Objective 1-1** Provide two new resources to aide in awareness of and access to services.

Baseline Year	Baseline Value	Target Year	Target Value
2013	0	2017	2

Report Date

Year

2015

Value

2

Progress on Objective

- |  |  |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" type="checkbox"/> Met, no trend      | <input type="checkbox"/> Not met, no trend                 |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes:

**Strategy 1-1.1** Create a consolidated resource list and distribute to all social and health services organizations in the county.

Strategy Type

Counseling & Education

Who's Responsible

Sue Barnes, ISU Extension Office

Target Date

Fall 2014

Report Date

Feb 24, 2015

Progress on Strategy

- Complete  On track  Off track  No progress

Progress notes: The information was compiled and posted on the Howard County Extension webpage: [www.extension.iastate.edu/howard](http://www.extension.iastate.edu/howard). It was shared at the Inter-Agency Meeting, where member organizations plan to distribute the resource to their clients. It was shared with the ministry association, the Extension Council and with leader committees and youth committees at the Extension Office.

**Strategy 1-1.2** Provide one additional day of counseling services per week in Cresco, doubling the access to this community. Offer services at the school as well as Community Health Services.

Strategy Type

Clinical Intervention

Who's Responsible

Northeast Iowa Behavioral Health

Target Date

Summer 2014

Report Date

Feb 24, 2015

Progress on Strategy

- Complete  On track  Off track  No progress

Progress notes: Completed and ongoing. In addition, Regional Health Services began offering the services of a mental health provider at the Cresco Medical Clinic in February 2015.