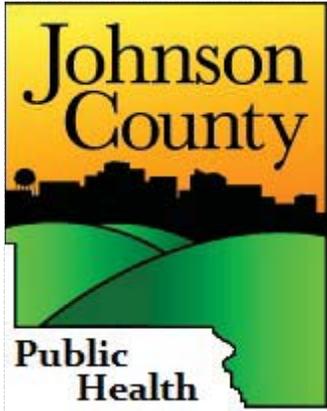


# Johnson County Community Health Improvement Plan

Date Updated: February 26, 2016

---



For additional information, CONTACT:

Name	Organization	Phone	Email
Dave Koch	Johnson County Public Health	319-365-6040	dkoch@co.johnson.ia.us

# Community Priority

## Pre-diabetes screening and education among Hispanic/Latino population

**Goal #1** By 2017, increase the capacity to deliver pre-diabetes curriculum for Hispanic and/or Latino identified patients at the Iowa City Free Medical Clinic (ICFMC)

### National Alignment

D-16.1 Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity  
D-16.2 Increase the proportion of persons at high risk for diabetes with prediabetes who report trying to lose weight

### State Alignment

Decrease death and disability with diabetes as the primary cause to 16.0 per 100,000 people in 2010 (480 per year)

**Objective 1-1** By January 2016, research pre-diabetes evidence-based education programs

Baseline Year	Baseline Value	Target Year	Target Value
2016	No program in place at ICFMC	2016	Identification of evidence-based program

**Strategy 1-1.1** Create a list of pre-diabetes evidence-based programs offered within culturally diverse communities

Strategy Type  
Counseling & Education

Who's Responsible  
JCPH & FMC Staff

Target Date  
Mar 1, 2016

**Objective 1-2** By the end of February 2016, create pre-diabetic educational materials

Baseline Year	Baseline Value	Target Year	Target Value
2016	No materials specific for ICFMC	2016	Preventative guide will be developed

**Strategy 1-2.1** Partner with the ICFMC in order to create pre-diabetes take-home preventative guide for patients.

Strategy Type  
Counseling & Education

Who's Responsible  
JCPH & FMC Staff

Target Date  
Apr 29, 2016

**Objective 1-3** By the end of June 2016, establish a pre-diabetes computer program for patients identified as Hispanic and/or Latino to perform pilot test

Baseline Year	Baseline Value	Target Year	Target Value
2016	No program	2016	Computer program developed

**Strategy 1-3.1** Identify vendors to create the pre-diabetes computer program (e.g. script, filming, narrator, and editor)

Strategy Type  
Counseling & Education

Who's Responsible  
JCPH & FMC Staff

Target Date  
Feb 1, 2016

Strategy 1-3.2 Outline the materials to be covered in the computer program based on search for evidence-based pre-diabetes programs and knowledge of the specific population.

Strategy Type  
Counseling & Education

Who's Responsible  
JCPH & FMC Staff

Target Date  
Apr 29, 2016

Strategy 1-3.3 Develop script, secure actors for video, shoot and edit video footage, and prepare educational video to be viewed on various media tools

Strategy Type  
Counseling & Education

Who's Responsible  
JCPH & FMC Staff

Target Date  
Jul 1, 2016

**Goal #2** By 2017, identify vulnerable pre-diabetic target populations at the Iowa City Free Medical Clinic (FMC)

National Alignment  
D-16.1 Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity  
D-16.2 Increase the proportion of persons at high risk for diabetes with prediabetes who report trying to lose weight

State Alignment  
Decrease death and disability with diabetes as the primary cause to 16.0 per 100,000 people in 2010 (480 per year)

**Objective 2-1** By the end of March 2016 screen 50% of Hispanic and/or Latino target population for pre-diabetes.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2016	Screen 20 clients

Report Date

Year  
2016

Value  
0

Progress on Objective

- |  |  |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend                 | <input checked="" 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 2-1.1 Develop protocol for screening at-risk patients will be developed (e.g. patients with glucose intolerance, elevated blood pressure, elevated cholesterol, and/or family history of diabetes).

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
FMC Staff

Target Date  
Mar 1, 2016

Strategy 2-1.2 Recruit at least 20 Hispanic and/or Latino identified patients to participate in the pre-diabetes educational program.

Strategy Type  
Clinical Intervention

Who's Responsible  
FMC Medical Director

Target Date  
Mar 1, 2016

Objective 2-2 By the end of March 2016, measure 100% of Hispanic and/or Latino pre-diabetic patients' BMI level

Baseline Year	Baseline Value	Target Year	Target Value
	0 (2016)		20 clients BMI levels measured (2016)

Strategy 2-2.1 Distribute intake forms to measure patients' height and weight in order to calculate BMI.

Strategy Type  
Clinical Intervention

Who's Responsible  
FMC Staff

Target Date  
Mar 1, 2016

Goal #3 By 2017, implement a pre-test/post-test pilot test before launching the pre-diabetes educational program at the Iowa City Free Medical Clinic

National Alignment

D-16.1 Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity  
D-16.2 Increase the proportion of persons at high risk for diabetes with prediabetes who report trying to lose weight

State Alignment

Decrease death and disability with diabetes as the primary cause to 16.0 per 100,000 people in 2010 (480 per year)

Objective 3-1 By the end of September 2016, survey at least 20 Hispanic and/or Latino identified patients in order to receive feedback

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2016	Survey 20 clients

Strategy 3-1.1 Distribute a patient satisfaction questionnaire after completion of the pre-diabetes prevention program

Strategy Type  
Counseling & Education

Who's Responsible  
FMC Staff

Target Date  
Sep 30, 2016

Objective 3-2 By the end of September 2016, develop an implementation kit for FMC staff and volunteers, as well as other agencies who want to implement the intervention

Baseline Year	Baseline Value	Target Year	Target Value
2016	No kit	2016	Implementation kit developed

Strategy 3-2.1 Make copies of the CD/DVD program/video, marketing materials, forms, and evaluation tools used in the intervention.

Strategy Type  
Counseling & Education

Who's Responsible  
FMC Staff

Target Date  
Oct 31, 2016

Strategy 3-2.2 Draft procedures for key parts of the intervention including recruiting, follow-up contracts, and evaluation

Strategy Type  
Counseling & Education

Who's Responsible  
FMC Staff

Target Date  
Oct 31, 2016

# Community Priority

## Domestic and Sexual Violence

<b>Goal #1</b>	By 2021, take action to reduce domestic and sexual violence in all populations	National Alignment	State Alignment
		Healthy People 2020 baseline under "development"	No State of Iowa Alignment

Objective 1-1	By 2017, community partners will organize a community action group to address domestic and sexual violence.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	No community action group formed	2017	One community action group will be formed

Strategy 1-1.1	Research and contact all community partners and agencies that currently work with domestic and sexual violence to determine interest in forming a community action group	Strategy Type
		Long-Lasting Protective Intervention
	<u>Who's Responsible</u>	<u>Target Date</u>
	JCPH, DVIP, RVAP, Women's Resource and Action Center, Transformative Healing, Monsoon United Asian Women, AMANI	Dec 30, 2016