

Kossuth County Health Improvement Plan

Date Updated: December 18, 2015



For additional information, CONTACT:

Name	Organization	Phone	Email
Dixie Meyer, RN, BSN	Kossuth County Community Health	515-295-4430	meyerd@mercyhealth.com

Community Priority

Physical Inactivity

Goal #1	By 2021, increase physical activity among elementary school age children in Kossuth County	National Alignment	State Alignment
		Healthy People 2020 reports that 28.7% of adolescents in the U.S. met current physical activity guidelines for aerobic physical activity in 2011. The 2020 target goal is 31.6%	According to Healthy People 2020 Iowa's rate of adults who report no leisure time activity was 22.6% in 2014 and the 2020 goal is 32.6%

Objective 1-1	Increase the number of elementary schools participating in the Walking School Bus program from 1 school in Algona in 2015 to 4 elementary school buildings participating by 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	1 school	2020	4 schools
Strategy 1-1.1	School Nurse will become involved with the Blue Zone's Walking School Bus Committee.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Community Health	<u>Target Date</u> Dec 1, 2016			
Strategy 1-1.2	School Nurses promoting the Walking School Bus program to elementary students.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Community Health	<u>Target Date</u> Dec 1, 2016			
Strategy 1-1.3	Involve Adult volunteers to assist with Walking School Bus program.	<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> Blue Zones and Community Health	<u>Target Date</u> Dec 1, 2016			