

# Louisa County Health Improvement Plan

Date Updated: November 6, 2015



For additional information, CONTACT:

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# Community Priority

## Promote Healthy living/prevent injuries

<b>Goal #1</b>	Decrease falls among elderly in Louisa County.	<b>National Alignment</b> Prevent unintentional injuries and violence, and reduce their consequences	<b>State Alignment</b> Reduce the rate of emergency department visits due to falls among older adults and decrease in the hospitalization rate related to falls for those who are ages 65 and over.			
<b>Objective 1-1</b>	Decrease number of hospitalizations due to falls among elderly in Louisa County by 5%.	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	211	2021	200	
<b>Strategy 1-1.1</b>	LCPH staff will have one staff member trained as master trainer and 3 staff members trained as trainers of the Matter of Balance education program.	<b>Strategy Type</b> Counseling & Education				
	<u>Who's Responsible</u> LCPH Administrator, 2 RNs and 1 clerical staff member	<u>Target Date</u> Sep 1, 2016				
<b>Strategy 1-1.2</b>	Provide 3 free MOB classes at various locations in Louisa County to Louisa County Elderly.	<b>Strategy Type</b> Counseling & Education				
	<u>Who's Responsible</u> Master trainer and 3 trainers from LCPH	<u>Target Date</u> Jan 1, 2021				
<b>Goal #2</b>	Decrease the number of new cases of Diabetes Type 2 in Louisa County	<b>National Alignment</b> Reduce the annual number of new cases of diabetes in the population	<b>State Alignment</b> improve health outcomes for diabetic members			
<b>Objective 2-1</b>	LCPH will increase the number of per-diabetics that have participated in diabetes prevention class by 5% by 2021	Baseline Year	Baseline Value	Target Year	Target Value	
		2015	0	2021	5	
<b>Strategy 2-1.1</b>	LCPH will provide CDC recognized prevent diabetes class annually.	<b>Strategy Type</b> Counseling & Education				
	<u>Who's Responsible</u> LCPH life style coach	<u>Target Date</u> 01012021				
<b>Strategy 2-1.2</b>	Increase the number of pre-diabetics that participated in prevention class by 5% by 2021.	<b>Strategy Type</b> Counseling & Education				
	<u>Who's Responsible</u> Life Style Coach	<u>Target Date</u> Jan 1, 2021				
<b>Goal #3</b>	Increase reported physical activity	<b>National Alignment</b> Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity	<b>State Alignment</b> Improve health, fitness, and quality of life through daily physical activity			
<b>Objective 3-1</b>	Louisa county will increase amount of residents that report increased physical activity by 10%	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	30%	2021	40%	

Strategy 3-1.1	LCPH will provide education to Louisa county residents regarding benefits of increased physical activity, with emphasis placed on educating those with high risk of Diabetes.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> LCPH staff	<u>Target Date</u> Jan 1, 2021
Strategy 3-1.2	In collaboration with Louisa County Development Group(LCDG) and Conservation, LCPH will develop informational brochures indicating trails and accesses to "free" physical activities in Louisa County.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> LCPH staff, members of Conservation and LCDG	<u>Target Date</u> Jan 1, 2021
Strategy 3-1.3	In conjunction with Louisa County Development group, LCPH will participate in promoting use of available trails,parks and exercise facilities	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> members of CJCD and LCPH staff	<u>Target Date</u> Jan 1, 2021

**Goal #4** Decrease smoking rates

<u>National Alignment</u>	<u>State Alignment</u>
Reduce substance abuse to protect the health, safety, and quality of life for all, especially children	Reduction in current smoking among adults

Objective 4-1	Decrease smoking rate among Louisa County residents by 2%	Baseline Year	Baseline Value	Target Year	Target Value
		2015	23%	2021	21%

Strategy 4-1.1	LCPH will partner with ADDS to provide educational services to reduce smoking rates	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> ADDS staff, LCPH staff	<u>Target Date</u> Jan 1, 2021

# Community Priority

## Prevent Epidemics & Spread of Disease

<b>Goal #1</b>	Louisa County Public Health will increase influenza/pneumonia vaccines rates	National Alignment Increase immunization rates and reduce preventable infectious diseases	State Alignment Goal: Prevent Epidemics and the Spread of Disease			
Objective 1-1	Louisa County Public Health will increase vaccination rates of influenza and pneumonia vaccine.	Baseline Year 2014	Baseline Value 41%	Target Year 2020	Target Value 45%	
Strategy 1-1.1	LCPH will increase flu/pneumonia vaccine rates in Louisa County by 5%	Strategy Type Long-Lasting Protective Intervention				
	Who's Responsible LCPH RNs	Target Date Jan 1, 2021				
<b>Goal #2</b>	Decrease number of active TB cases in Louisa County.	National Alignment Attain high quality, longer lives free of preventable disease, disability, injury, and premature death	State Alignment Goal: Prevent Epidemics and the Spread of Disease			
Objective 2-1	LCPH will continue to provide active TB surveillance. LCPH will reduce number of DOT to 5.	Baseline Year 2014	Baseline Value 7	Target Year 2021	Target Value 5	
Strategy 2-1.1	In coordination with IDPH and Community Care Center of Southeast Iowa LCPH will conduct investigation of active TB, provide DOT as needed.	Strategy Type Long-Lasting Protective Intervention				
	Who's Responsible Designated LCPH TB Coordinator RN, CHC provider	Target Date Jan 1, 2021				
Strategy 2-1.2	CPH RN will provide education, DOT and surveillance per IDPH policy/procedure	Strategy Type Counseling & Education				
	Who's Responsible Designated LCPH TB Coordinator RN	Target Date Jan 1, 2021				
<b>Goal #3</b>	Decrease STI	National Alignment Promote healthy sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.	State Alignment Reduce the rate of reported cases of gonorrhea from 60 cases per 100,000 to fewer than 45 cases per 100,000.			
Objective 3-1	Louisa County will reduce the number of reported STI by 16%	Baseline Year 2014	Baseline Value 328	Target Year 2021	Target Value 312	
Strategy 3-1.1	LPCH will provide one school based HPV vaccine clinic, at the clinic information regarding STI will be available	Strategy Type Counseling & Education				
	Who's Responsible LCPH	Target Date Jan 1, 2021				

Strategy 3-1.2 LCPH will make available free condoms to all without questions

Strategy Type  
Clinical Intervention

Who's Responsible  
LCPH

Target Date  
Jan 1, 2021

Strategy 3-1.3 LCPH will partner with contiguous counties to increase access to sexual health clinics., as this service is not provided at LCPH.

Strategy Type  
Clinical Intervention

Who's Responsible  
LCPH, Muscatine County Public Health, Des Moines County Public Health

Target Date  
Jan 1, 2021

# Community Priority

## Strengthen The Health Infrastructure

**Goal #1** Louisa County Public Health increase the number of insured residents.

**National Alignment**

Improve access to comprehensive, quality health care services

**State Alignment**

Provide local boards of health and local public health agencies in Iowa with information and tools necessary to prepare for changes in the health care delivery system and to implement the changes in response to the Affordable Care Act and the new health care environment.

**Objective 1-1** Louisa County Public Health will provide access to computers for residents to sign up for health insurance via "healthcare.gov" to 30% of eligible residents.

Baseline Year	Baseline Value	Target Year	Target Value
2014	0	2021	30%

**Strategy 1-1.1** LCPH will provide free access to computers and assist 30% of residents with the healthcare.gov website navigation. LCPH will develop brochures that list areas that provide free access to computers to increase uninsured resident access to healthcare.gov.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LCPH Staff that have completed the Certified Application Counselor (CAC) course

Target Date

Jan 1, 2021

**Strategy 1-1.2** In conjunction with Inter-agency members that meet on a monthly basis, LCPH will identify eligible members and reach out to 30% members to assist in obtaining insurance

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LCPH staff that have completed the CAC

Target Date

Jan 1, 2021