

# Lucas County Community Health Improvement Plan

Date Updated: February 26, 2016



For additional information, CONTACT:

Name	Organization	Phone	Email
Mary Grismore	Lucas County Public Health	641-774-4312	grismorem@lucasco.org

# Community Priority

## Access to Mental Health Services in Lucas County and increase awareness of mental health issues and s/sx.

<b>Goal #1</b> Provide education to the public to increase the awareness of signs and symptoms of and treatment of mental health illness, provide support and treatment to those individuals, including children, adolescents and adults who are experiencing mental health issues by January 2020.	<b>National Alignment</b>	<b>State Alignment</b>
	Increase access to services and supports for individuals experiencing a mental health crisis.	Increase access to services and supports for individuals experiencing a mental health crisis.

Objective 1-1	Increase the awareness of signs and symptoms of and treatment for mental health issues for middle-school and high-school aged children in Lucas County, as well as the adult population.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD increase from baseline
Strategy 1-1.1	Submit newspaper articles regarding mental health awareness.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> September 2017	
	<u>Who's Responsible</u> Lucas County Health Center counseling services, Lucas County Public Health				
Strategy 1-1.2	Encourage community involvement in health activities to decrease depression.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> September 2017	
	<u>Who's Responsible</u> Lucas County Health Center, Lucas County Public Health				
Strategy 1-1.3	Incorporate mental health topics into Lucas County Health Center's Healthy University programming for the 2016-2017 year.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> January 2017	
	<u>Who's Responsible</u> Lucas County Health Center				
Strategy 1-1.4	Implement telepsychiatry services in the Lucas County Health Center Emergency Department.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> December 2018	
	<u>Who's Responsible</u> Lucas County Health Center				
Strategy 1-1.5	Work with Lucas County CPC and LCHC counseling services, Behavioral Health Center of Southern Iowa to develop a suicide prevention campaign.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> December 2018	
	<u>Who's Responsible</u> Lucas County Health Center, Lucas County Public Health				

# Community Priority

## Obesity/overweight for school-aged children and adults

**Goal #1** Promote healthy eating habits, adequate physical activity to reduce the negative effects from being overweight. By doing these activities, our goal is to reduce the rate of obesity/overweight individuals by 5% by 2020. Current rate is 31% for adults and 13.6% for children age 10-17.

### National Alignment

Promote healthy eating and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weight.

### State Alignment

A reduction in the proportion of adults who are obese. Reduce overweight/obesity in children age 2-5 in the WIC program.

**Objective 1-1** Promote healthy eating and physical activity education and activities to Lucas County children and adults.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2018	TBD increase from baseline

Strategy 1-1.1 Get the wellness coalition that had previously been in place, active again.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible

Lucas County Health Center Americorp volunteer, Lucas County Public Health

Target Date

May 2016

Strategy 1-1.2 Establish a sustainable community garden by working with Hy-Vee and the local farmer's market.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible

Lucas County Health Center Americorp volunteer

Target Date

May 2017

Strategy 1-1.3 Establish child and adult exercise programs in collaboration with the schools, recreation department.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible

Lucas County Public Health, Lucas County Health Center

Target Date

December 2017

Strategy 1-1.4 Incorporate obesity education, along with diet and exercise, into the Healthy University programming for the 2016-2017 year.

Strategy Type  
Counseling & Education

Who's Responsible

Lucas County Health Center

Target Date

December 2016

Strategy 1-1.5 Establish a Let's Move Program for children.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible

Lucas County Health Center, Lucas County Public Health

Target Date

September 2017

Strategy 1-1.6 Develop a marketing campaign to distribute information to the public.

Strategy Type  
Counseling & Education

Who's Responsible

Lucas County Health Center, Lucas County Public Health

Target Date

December 2016

# Community Priority

## Chronic Back Pain in adult population

<b>Goal #1</b>	Reduce the number of persons in Lucas County that experience chronic back pain, improve their activity/ability .	National Alignment	State Alignment
		Prevent illness and disability related to arthritis and other rheumatic conditions, osteoporosis, and chronic back conditions.	A decrease in the number of persons with doctor-diagnosed arthritis who experience limitations in activity due to arthritis and other joint symptoms.

<b>Objective 1-1</b>	Decrease the effects of chronic back pain, improve activity level of those with chronic back pain.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	51.56%	2018	35%

<b>Strategy 1-1.1</b>	Incorporate back exercises and education into Lucas County Health Center's Healthy University program for the 2016-2017 year.	Strategy Type
		Counseling & Education
	<u>Who's Responsible</u>	<u>Target Date</u>
	Lucas County Health Center	December 2016

<b>Strategy 1-1.2</b>	Provide information to the public, by pamphlets, newspaper articles on chronic back pain.	Strategy Type
		Counseling & Education
	<u>Who's Responsible</u>	<u>Target Date</u>
	Lucas County Health Center, Lucas County Public Health	December 2016

# Community Priority

## Transportation service in Lucas County

<b>Goal #1</b>	Increase access to sufficient and timely transportation for residents in Lucas County to attend medical appointments and wellness initiatives.	National Alignment	State Alignment
		Improve access to comprehensive, quality health care services.	A continuation of the same level of non-medical transportation services to medical appointments for the anticipated increase in Medicaid members.

Objective 1-1	Increase knowledge of residents of transportation services available in Lucas County, as well as increase the services provided.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2018	TBD increase from baseline

Strategy 1-1.1	Provide education regarding current transportation options.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Lucas County Health Center, Lucas County Public Health	<u>Target Date</u> December 2017

Strategy 1-1.2	Research options to increase the options, by working with RSVP services and Seneca 10-15 transit.	<u>Strategy Type</u> Long-Lasting Protective Intervention
	<u>Who's Responsible</u> Lucas County Health Center, Lucas County Public Health	<u>Target Date</u> December 2017

# Community Priority

## Mental Health Providers in Lucas County

<b>Goal #1</b>	Increase the mental health services in Lucas County to meet the needs of our mental health population.	National Alignment	State Alignment
		Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.	Increase access to services and supports for individuals experiencing a mental health crisis.

Objective 1-1	Recruit and retain quality mental health professionals in Lucas County.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD increase from baseline
Strategy 1-1.1	Work with recruiting firm to identify candidates for Lucas County Health Center.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Lucas County Health Center	<u>Target Date</u> December 2018			
Strategy 1-1.2	Create a comprehensive recruitment package designed to employ mental health providers committed to the mission of Lucas County Health Center and dedicated to meeting the mental health needs of Lucas County residents.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Lucas County Health Center	<u>Target Date</u> December 2018			