

Mahaska Health Partnership Public Health Health Improvement Plan

Date Updated: February 29, 2016



For additional information, CONTACT:

Name	Organization	Phone	Email
Patty Malloy	Mahaska Health Partnership Public Health	641-673-3257	pmalloy@mahaskahealth.org

Community Priority

Promoting Healthy Behaviors

Goal #1 Reduce obesity and obesity related chronic diseases in Mahaska County by promoting healthy lifestyles / healthy living in Mahaska County by 2019.	National Alignment	State Alignment
	Healthy People 2020	Healthy Iowans HIP

Objective 1-1 Decrease the percentage by 3% the number of adults that are obese in Mahaska County by 2019 as reported by the Annual Iowa County Health Rankings.	Baseline Year	Baseline Value	Target Year	Target Value
	2015	31%	2019	28%

Strategy 1-1.1 Provide education to the community through weekly newsletter (via e-mails) and newspaper articles promoting healthy living / lifestyles.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> Mahaska Health Partnership Community Wellness Coordinator	<u>Target Date</u> by 2019

Strategy 1-1.2 Provide 18 interactive community education opportunities annually promoting healthy lifestyles / healthy living.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> Mahaska Health Partnership Community Wellness Coordinator, Dietitian and Diabetic Educator	<u>Target Date</u> by 2019

Strategy 1-1.3 Support the use of local Farmers Market by teaching community members how to use the local produce. Will hold 12 on site demonstrations at Farmers Market.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> Mahaska Health Partnership Community Wellness Coordinator and Dietitian	<u>Target Date</u> by 2019

Strategy 1-1.4 Increase the current number of 4 community gardens by 1 new garden each year, to allow more community members access to healthy food options.	<u>Strategy Type</u> Environmental / Policy / Systems Change
<u>Who's Responsible</u> New Hope Community: Wellness Leadership Committee	<u>Target Date</u> by 2019

Strategy 1-1.5 Develop one menu for the public that has local restaurants healthy food options for dining out and where local produce it being served.	<u>Strategy Type</u> Environmental / Policy / Systems Change
<u>Who's Responsible</u> Mahaska Health Partnership Community Wellness Coordinator and Dietitian	<u>Target Date</u> by 2019

Objective 1-2 Lower the percentage of physical inactivity reported in the 2015 Iowa Health Rankings of residents in Mahaska County from 27% to 24%.	Baseline Year	Baseline Value	Target Year	Target Value
	2015	27%	2019	24%

Strategy 1-2.1 Organize or support 12 outdoor community based activities annually to promote various types of physical activity options.	<u>Strategy Type</u> Environmental / Policy / Systems Change
<u>Who's Responsible</u> Mahaska Health Partnership Community Wellness Coordinator, Leadership Committee, YMCA, United Way, Relay for Life, Mahaska Health Partnership, Oskaloosa Police Department and Tassel Ridge Winery.	<u>Target Date</u> by 2019

Strategy 1-2.2 Organize and promote the walking school bus kick off in the fall and spring annually.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Mahaska Health Partnership Community Wellness Coordinator, Oskaloosa Community Schools

Target Date

by 2019

Strategy 1-2.3 Support the Community Wellness Coordinator position in Mahaska County through Leadership Committee Team monthly meetings. Revive the Mahaska County Wellness Coalition to align with Iowa's Healthiest State initiative.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Mahaska Health Partnership and The Leadership Committee Team

Target Date

by 2019