

# Montgomery County Health Improvement Plan

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# Community Priority

## Obesity

**Goal #1** By 2021, reduce the amount of obesity in the county from 32% to 30%.

### National Alignment

Following the Healthy People 2020, reduce the amount of obesity of children in the county by 2%

### State Alignment

According to the Healthy lowans report, it shows that there is a higher obesity rate in the lower income. We would like to lower that by 2% by nutrition and activities.

**Objective 1-1** Partner with the local YMCA to include some free activities for children and their parents by 2%.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	2

**Strategy 1-1.1** By 2021, increase the number of low income families and children participating in activities through the YMCA by 2%.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Live Well Montgomery County

Target Date  
Jan 1, 2021

**Strategy 1-1.2** By 2021, increase the number of grants applied for by 2 grants to bring more information about healthy living

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Live Well Montgomery County

Target Date  
Jan 1, 2021

**Strategy 1-1.3** By 2021, continue doing the Walking School Bus in all towns located in the county and increase the length of time from 1 week to 2 weeks in the fall.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Live Well Montgomery County

Target Date  
Jan 1, 2021

**Strategy 1-1.4** By 2021, have monthly promotion on healthy living at the local WIC and MCH program.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Montgomery County Public Health

Target Date  
Jan 1, 2021

**Strategy 1-1.5** By 2021, sustain interpreter services in the county to reach our Hispanic population with health living.

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Montgomery County Public Health

Target Date  
Jan 1, 2021

# Community Priority

## Lead

<b>Goal #1</b> By 2021, decrease high lead levels in the county by 2%.	<b>National Alignment</b> According to Healthy People 2020, decrease the confirmed lead cases by 2%. Montgomery Counties rate is 3.3%.	<b>State Alignment</b> According to the Healthy Iowans, Montgomery County is one of the top 6 counties in the state with high lead. By 2021, decrease by 2%.			
<b>Objective 1-1</b>	Reduce high lead by passing a lead ordinance for the county by 2017.	Baseline Year 2016	Baseline Value 3.3%	Target Year 2017	Target Value 1.3%
Strategy 1-1.1	By 2021, sustain a lead media campaign for the county annually during lead prevention month.  <u>Who's Responsible</u> Montgomery County Public Health	<u>Strategy Type</u> Environmental / Policy / Systems Change  <u>Target Date</u> Jan 1, 2021			
Strategy 1-1.2	Continue educating medical professionals in drawing lead levels and managing lead at home. Also educating WIC providers and home visiting programs to manage lead at home.  <u>Who's Responsible</u> Montgomery County Public Health	<u>Strategy Type</u> Environmental / Policy / Systems Change  <u>Target Date</u>			
Strategy 1-1.3	Annually, have a display at the county fair to educate fairgoers on the dangers of high lead.  <u>Who's Responsible</u> Montgomery County Public Health	<u>Strategy Type</u> Environmental / Policy / Systems Change  <u>Target Date</u> Jan 1, 2021			
Strategy 1-1.4	Become involved in the State Lead Forum to update the lead program in the state of Iowa and an employee will attend.  <u>Who's Responsible</u> Montgomery County Public Health	<u>Strategy Type</u> Environmental / Policy / Systems Change  <u>Target Date</u> Jan 1, 2021			

# Community Priority

## Dentists

<b>Goal #1</b>	By 2021, increase the availability of dentists in the county by 1 dentist that will accept Medicaid.	National Alignment	State Alignment
		According to Healthy People 2020, increase low income families accessibility for dental care by 2%.	According to Healthy lowans, Montgomery County has very few dentists. By 2021, increase the number of dentists by 1.

Objective 1-1	Increase the availability of dentist that take Medicaid in the county.	Baseline Year	Baseline Value	Target Year	Target Value
				2016	3
Strategy 1-1.1	Continue working with ISmile Coordinator in Taylor County and promoting dentists to locate in Montgomery County.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Montgomery County Public Health	<u>Target Date</u> Jan 1, 2021			
Strategy 1-1.2	Montgomery County will try to provide a nurse to apply fluoride varnish to all the preschoolers in the county once a year. Going to twice a year by 2021	<u>Strategy Type</u> Long-Lasting Protective Intervention			
	<u>Who's Responsible</u> Montgomery County Public Health	<u>Target Date</u> Jan 1, 2021			
Strategy 1-1.3	Montgomery County will keep a current list of the dentists in Southwest Iowa and provide to WIC, IZ clinics, MCH clinics and health fairs.	<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Montgomery County Public Health	<u>Target Date</u> Jan 1, 2021			