

# Pottawattamie County Iowa Health Improvement Plan

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For additional information, CONTACT:

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# Community Priority

## Sexually Transmitted Diseases

<b>Goal #1</b>	Decrease the rate of Chlamydia in Pottawattamie County by 2020	National Alignment	State Alignment
		456.7/100,000	371.5 / 100,000

Objective 1-1	By 2018 Pottawattamie County Iowa will have reduced the number of Chlamydia cases by 5 %.	Baseline Year	Baseline Value	Target Year	Target Value
		2012	425.6 per 100,000	2020	400/100,000

Strategy 1-1.1 Education will be provided to the middle schools and high schools regarding safe sex practices  
Provide condoms for free thru Public Health office

Strategy Type  
Clinical Intervention

Who's Responsible  
Public Health

Target Date  
Jan 1, 2019

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Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: VNA/Pottawattamie County Public Health began providing education to area high, and middle schools in 2015. Adding 5 classes each year, education should be provided to each of the middle and high schools by 2018

<b>Goal #2</b>	Decrease the rate of Gonorrhea in Pottawattamie County	National Alignment	State Alignment
		107.5/100,000	65.5/100,000

Objective 2-1	By 2018 Pottawattamie County Iowa will have reduced the number of gonorrhea cases by 5 %	Baseline Year	Baseline Value	Target Year	Target Value
		2012	101.6/100,000	2020	96.52

Strategy 2-1.1 Education to the public regarding safe sex practices, provide free condoms

Strategy Type  
Clinical Intervention

Who's Responsible  
Public Health

Target Date  
Jan 1, 2019

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Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: In 2015 the Public Health agencies began providing education to area middle and high schools. Council Bluffs City Health Department (CBCHD) provides free testing upon request for STI's.

# Community Priority

## Mental Health

<b>Goal #1</b>	Decrease the percentage of Pottawattamie County residents that self report "Poor" or "Fair" Mental Health Status.	National Alignment	State Alignment
		11.9%	

<b>Objective 1-1</b>	BY 2020 the number of residents in Pottawattamie county that reported Poor or Fair Mental Health Status will decrease by 2 %.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	17.1%	2020	15.1 %

<b>Strategy 1-1.1</b>	Education to public regarding Mental Health by sharing pamphlets, facts sheets I	<u>Strategy Type</u> Clinical Intervention									
		<u>Who's Responsible</u> Public Health at fairs, and community events,	<u>Target Date</u> Dec 31, 2017								
<u>Report Date</u>	<table border="1"> <tr> <td colspan="4"><u>Progress on Strategy</u></td> </tr> <tr> <td><input type="checkbox"/> Complete</td> <td><input type="checkbox"/> On track</td> <td><input type="checkbox"/> Off track</td> <td><input checked="" type="checkbox"/> No progress</td> </tr> </table>			<u>Progress on Strategy</u>				<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress
<u>Progress on Strategy</u>											
<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress								
<p>Progress notes: Not yet in scheduled to begin. Pottawattamie County Community Services thru the county is tasked with providing assistance for those in need. Further education is needed to meet the needs of the residents.</p>											

<b>Strategy 1-1.2</b>	Increased testing of mothers, families regarding their mental health status.	<u>Strategy Type</u> Address Social Determinant / Health Inequity									
		<u>Who's Responsible</u> Health Care providers	<u>Target Date</u> Dec 31, 2019								
<u>Report Date</u>	<table border="1"> <tr> <td colspan="4"><u>Progress on Strategy</u></td> </tr> <tr> <td><input type="checkbox"/> Complete</td> <td><input type="checkbox"/> On track</td> <td><input type="checkbox"/> Off track</td> <td><input checked="" type="checkbox"/> No progress</td> </tr> </table>			<u>Progress on Strategy</u>				<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress
<u>Progress on Strategy</u>											
<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress								
<p>Progress notes: Access to care and services are limited. Financial coverage is poor, and the access to therapy or medication is poor. Lack of services in the county is scarce, and it make take up too six weeks to be able to book an appointment</p>											

# Community Priority

## Diabetes

Goal #1	Decrease the number of deaths from Diabetes.	National Alignment	State Alignment			
		20.5 per 100,000 or lower	18.8 per 100,000			
Objective 1-1	Decrease by 5 %the rate of deaths per 100,000 population for diabetes coded deaths.	Baseline Year	Baseline Value	Target Year	Target Value	
		2013	26.5 %	2020	21.5 %	
Strategy 1-1.1	Provide education at health fairs and farmers markets regarding healthy eating	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> Hospitals, Public Health	<u>Target Date</u> 12/31/2020				
	<u>Report Date</u>	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress				
	Progress notes: Progress has not yet begun, Southwest Iowa Coalition has included this in their work plan for 2016 CCSWI with Jennie Edmundson and Alegent					
Strategy 1-1.2	Better Choices Better Living Classes to be offered in the community	<u>Strategy Type</u> Clinical Intervention				
	<u>Who's Responsible</u> Public Health	<u>Target Date</u> Dec 31, 2016				
	<u>Report Date</u>	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress				
	Progress notes: Not yet in progress					
Strategy 1-1.3	Collaborate with Community in resource referrals that are not cost prohibitive, and ensure adequate education to community	<u>Strategy Type</u> Clinical Intervention				
	<u>Who's Responsible</u> Hospital diabetic Programs, YMCA, Public Health	<u>Target Date</u> Jul 1, 2018				
	<u>Report Date</u>	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress				
	Progress notes: Not yet in progress, in planning stages					

# Community Priority

## Obesity

<b>Goal #1</b>	Decrease the number of Children between the ages of 5-17 residing in Pottawattamie County that are obese	National Alignment	State Alignment
		14.5 % or lower	

<b>Objective 1-1</b>	By 2020 the number of Obese children in Pottawattamie County will decrease by 5%	Baseline Year	Baseline Value	Target Year	Target Value
		2013	29.5%	2020	24.5%

**Strategy 1-1.1** Education will be provided to area schools, and fairs about the importance of eating healthy, and exercise .

**Strategy Type**  
Counseling & Education

Who's Responsible  
Public Health, hospitals, schools

Target Date  
6/1/2017

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Report Date

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Community fairs have been attended, and information provided. School lunches are encouraging better choices, and education.

**Strategy 1-1.2** Healthy cooking classes will be provided to the community which will include how to purchase low cost, healthy foods, and how to cook them.

**Strategy Type**  
Counseling & Education

Who's Responsible  
VNA, Cooking Matters

Target Date  
12/31/2017

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Report Date

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: VNA, and Cooking Matters dietitians have been providing classes in the community at fairs, and offering at the area HyVee's.

# Community Priority

## Suicide

<b>Goal #1</b>	Decrease in Pottawattamie County the number of suicides reported	National Alignment	State Alignment
		10.2 per 100,000	392 in 2014

Objective 1-1	By 2020 the number of suicides reported in Pottawattamie County will decrease by 5%.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	18.1 per 100,000	2020	17.2 per 100,000

Strategy 1-1.1	Education to the public regarding warning signs of depression. Conference to be held to educate community, and families S/S of depression	Strategy Type	Counseling & Education
	<u>Who's Responsible</u> HSAC	<u>Target Date</u>	6/30/2017

Strategy 1-1.2	Provide information to the community at fairs and thru physicians and care providers the importance of screening for depression.	Strategy Type	Counseling & Education
	<u>Who's Responsible</u> Public Health, hospital resource programs	<u>Target Date</u>	12/31/2019

<u>Report Date</u>	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
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Progress notes: Has not begun yet.

# Community Priority

## Radon testing and mitigation

<b>Goal #1</b>	Increase the level of Radon in homes tested in Pottawattamie County	National Alignment	State Alignment
			8.5 pCi/L

Objective 1-1	Educate over 100 families in Pottawattamie County the importance of Radon Testing	Baseline Year	Baseline Value	Target Year	Target Value
		5.7 pCi/L	2014	2020	between 2-3.9 pCi/L

Report Date

Year

Value

Progress on Objective

Met, trend in right direction     Not met, trend in right direction

Met, no trend     Not met, no trend

Met, trend in wrong direction     Not met, trend in wrong direction

Progress notes: Iowa leads the nation in the percent of homes over 4 pCi/L action levels as well as the percent of homes over 20 pCi/L. IDPH estimates that as many as 5 in 7 homes across Iowa have elevated radon levels

Strategy 1-1.1	Education will be provided during health fairs the importance of radon testing, and where the test kits can be obtained for free.	<u>Strategy Type</u>	Counseling & Education
<u>Who's Responsible</u>	Public Health ( City Health)	<u>Target Date</u>	12/31/2019

# Community Priority

## Teen Pregnancy

<b>Goal #1</b>	Decrease the number of teen pregnant in Pottawattamie County	National Alignment	State Alignment	
		3.6 %	2.0% in 2014	

<b>Objective 1-1</b>	By 2020 the number of teen pregnancies in Pottawattamie county will decrease by 6 percent	Baseline Year	Baseline Value	Target Year	Target Value
		2014	3.1%	2020	2.9%

**Strategy 1-1.1** Education in schools, middle and high school the importance of birth control and safe sex.

Strategy Type  
Counseling & Education

Who's Responsible  
Planned Parenthood, Public Health

Target Date  
Jan 1, 2020

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Report Date

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Decreases have been seen in the last 10 years in Pottawattamie County.

**Strategy 1-1.2** Community Partnerships working together to educate those who are parents, and those becoming sexually active regarding the prevention of pregnancy

Strategy Type  
Counseling & Education

Who's Responsible  
CBCSD, Public Health,

Target Date  
Jan 1, 2020

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Report Date

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Community Partners have held conferences for young adults, and parents to show support, and educate regarding the difficulties in parenting while still a teen.



# Community Priority

## Immunizations

Goal #1	Increase the number of teens that have received the HPV series.	National Alignment	State Alignment			
		39.7%	28.5%			
Objective 1-1	Increase by 5 percent the number of females ( ages 13-15) in Pottawattamie County that have received the HPV series	Baseline Year	Baseline Value	Target Year	Target Value	
		2014	35%	2020	40 %	
Strategy 1-1.1	Continue education and outreach to schools and parents regarding the importance of vaccine to prevent cancer	<u>Strategy Type</u> Counseling & Education				
	<u>Who's Responsible</u> Public Health	<u>Target Date</u> Jan 1, 2018				
Strategy 1-1.2	Collaborate with Planned Parenthood, Title V agency, and other home visitation programs to encourage mothers to get immunized.	<u>Strategy Type</u> Address Social Determinant / Health Inequity				
	<u>Who's Responsible</u> Public Health	<u>Target Date</u> Jan 1, 2020				
Strategy 1-1.3	Provide education to professional groups in the community the importance of vaccine to prevent cancer	<u>Strategy Type</u> Long-Lasting Protective Intervention				
	<u>Who's Responsible</u> Public Health	<u>Target Date</u> Jan 1, 2020				

# Community Priority

## Transportation availability

<b>Goal #1</b>	Increase knowledge of residents in Pottawattamie County the resources available for transportation	National Alignment	State Alignment
		<input type="text"/>	<input type="text"/>

<b>Objective 1-1</b>	BY 2020 the Transportation committee will have educated 50 residents in resources available for transportation needs.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD

**Strategy 1-1.1** Educate the public regarding resources available for transportation in the Council Bluffs Area

Strategy Type  
Counseling & Education

Who's Responsible  
HSAC transportation committee

Target Date  
Jun 30, 2017

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Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: resource list is being developed, and will be distributed

**Strategy 1-1.2** Provide education regarding use of the Metro system for normal transportation needs. ( store, Dr appts etc)

Strategy Type  
Counseling & Education

Who's Responsible  
HSAC Transportation Committee

Target Date  
Jan 1, 2018

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Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Evening education is being set up, and a ride to store event will be done

**Strategy 1-1.3** The committee will work with the Metro system to increase or change routes as demanded by increased need.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Transportation committee

Target Date  
Jan 1, 2020

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Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Has not yet started