

Poweshiek County Health Improvement Plan

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Community Priority

Mental Health services for Poweshiek County

Goal #1 To meet the Mental Health needs of Poweshiek County by 2016 to include: 1. More provider availability 2. After office hours assistance 3. Preventative Care	National Alignment	State Alignment
	Healthy People 2020 Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.	From Healthy lowans Increase access to services and supports for individuals experiencing a mental health crisis.(Revised from 2014 objective 8

Objective 1-1	1. More Mental Health providers available for the community by December 31, 2014.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	2	2014	6

Strategy 1-1.1 Additional providers will be added to the Grinnell Regional Mental Health Center through recruitment or sharing with other Mental Health Centers

Strategy Type
Clinical Intervention

Who's Responsible
Grinnell Regional Medical Center/ Grinnell Regional Mental Health Clinic

Target Date
Dec 31, 2014

Report Date

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: 1. A mental health nurse practitioner, and 2 social workers have been added to GRMC Mental Health clinic. 5-1-2015 - Have a psychiatrist, nurse practitioner and LISW in the GRMC Mental Health clinic. Grinnell Regional Medical Center is evaluating Tele-psych services and mental health staffing in the ER.

Objective 1-2	After hours assistance for Mental Health services in the community by March 1, 2014	Baseline Year	Baseline Value	Target Year	Target Value
		2013	0	2014	2

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: A 24 hour crisis line was established by 03-01-14 for all Mental Health patients with support from the Grinnell Regional Emergency Room for after hours needs.

Strategy 1-2.1 Evaluate after-hour mental health services that could be implemented to find what service best suits the needs of the community

Strategy Type
Clinical Intervention

Who's Responsible
Grinnell Regional Mental Health

Target Date
3-1-2014

Report Date

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: After exploration of several call centers for mental health one company was chosen.

Objective 1-3	Preventative Mental Health care for Poweshiek County will be explored by December 31, 2014	Baseline Year	Baseline Value	Target Year	Target Value
		2013	0	2014	1

Strategy 1-3.1 A community mental health task force for Poweshiek County will be formed by 06-01-2014

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Patricia Hinrichs, Poweshiek County Public Health

Target Date
Jun 1, 2014

Report Date

Progress on Strategy

Complete On track Off track No progress

Progress notes: A community mental health task force was formed and met on 2-19-14. Many good ideas were shared by those present and the task force will be meeting quarterly. 5-1-2015 - The mental health task force continues to meet quarterly to discuss gaps in services and possible solutions. The task force decided they had explored many options for services and would no longer be meeting after August, 2015. 1-1-2016 - A regional mental health group has been formed that Poweshiek County has joined. Mental Health issues and needs are discussed with funding provided by the Mental Health region.

Strategy 1-3.2 Form a working committee with surrounding counties by 12-31-2014

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Administration of Grinnell Regional Medical Center

Target Date
Dec 31, 2014

Report Date

1-2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: A committee was formed with several surrounding counties to explore services available. After one meeting this committee did not continue any collaborative work and is no longer meeting.

Goal #2 Address the obesity and nutrition needs of Poweshiek County to reduce the obesity level below 30%.

National Alignment

Healthy People 2020 Goal: Improve health-related quality of life and well-being for all individuals.

State Alignment

Healthy Iowans Goals and objectives: A reduction in the proportion of adults who are obese from 29% to 27%

Objective 2-1 Restaurants, vending machines and media will feature healthy options for Poweshiek County residents by 9-30-2014

Baseline Year	Baseline Value	Target Year	Target Value
2013	31%	2016	25%

Strategy 2-1.1 The Community Transformation Grant staff will complete the NEMSV assessment at 4 work sites in Poweshiek County

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Grinnell Regional Public Health staff

Target Date
9-30-2014

Report Date

9-30-2014

Progress on Strategy

Complete On track Off track No progress

Progress notes: NEMSV assessments have been completed at vending machines at work-sites in the community with employers being notified of the results and how to add healthy options.

Report Date

9-30-2014

Progress on Strategy

Complete On track Off track No progress

Progress notes: NEMSR has been completed in restaurants in the community with proposed changes to menus that include calories and fat content. Two restaurants made changes to the menus.

Strategy 2-1.2 Encourage healthy labeling of produce in the local grocery stores to encourage consumers to purchase by 2014. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible Grinnell College students Target Date
9-30-2015

Report Date Progress on Strategy
 Complete On track Off track No progress

Progress notes: Grinnell College students have set up a booth at the Hy-Vee store to educate children about nutrition. 5-1-15 - Hy-Vee continues to sponsor Grinnell College students at a kiosk. The Hy-Vee dietitian has been going to businesses in the area to talk about nutrition.

Strategy 2-1.3 Make whole locally grown foods available in food pantries by 9-30-2015 Strategy Type
Environmental / Policy / Systems Change

Who's Responsible Giving Gardens Committee Target Date
9-30-2015

Report Date 5-1-2015 Progress on Strategy
 Complete On track Off track No progress

Progress notes: Giving Gardens has been established in Grinnell and will contribute produce from the gardens to the food pantries. 5-1-2015 - The Giving Garden committee has been formed and another grant was given to the group to increase the number of gardens in the community. Each of these gardens will donate produce as it is available.

Strategy 2-1.4 Increase involvement with Live Healthy Iowa program with and increase of 10% in participation each year by 9-30-2016. Strategy Type
Counseling & Education

Who's Responsible Healthy Choices Coalition Target Date
9-30-2016

Report Date Progress on Strategy
 Complete On track Off track No progress

Progress notes: 4. There was an increase of teams in Poweshiek County but no numbers on the totals have been released. 5-1-2015 - Several businesses and groups have continued to participate in Live Healthy Iowa. No release of numbers per county as yet. 1-1-2016 - Grinnell has been chosen as a Live Healthy Iowa site for a 5K run and walk and will be promoted in the community.

Strategy 2-1.5 Education will be delivered to families with children on preventative care issues such as obesity, mental health, and nutrition by 12-31-2016 Strategy Type
Counseling & Education

Who's Responsible Poweshiek County service providers Target Date
12-31-2016

Strategy 2-1.6 Seek grant funding for obesity prevention by 9-30-15. Strategy Type
Counseling & Education

Who's Responsible Healthy Choices Coalition/ Grinnell Regional Public Health Target Date
9-30-2015

Report Date

5-1-2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: Grant funding is being reviewed for possible grants that will extend some of the CTG initiatives for obesity prevention. 5-1-2015 - A grant was applied for through the Grinnell Regional Wellness Dept. for childhood exercise and obesity prevention.

Objective 2-2

Preventative Care and Wellness education will be available for all Poweshiek County residents.

Baseline Year

2013

Baseline Value

Target Year

Target Value

Strategy 2-2.1

Education will be delivered families with children on preventative care issues such as obesity,

Strategy Type

Counseling & Education

Who's Responsible

Healthy Choices Coalition members

Target Date

12-31-2016

Report Date

1-1-2016

Progress on Strategy

Complete On track Off track No progress

Progress notes: 5-1-2015 - SATUCI is applying for a grant to provide education with mental health issues and children. Family Team meetings are offered through the Healthy Choices Coalition to those with children. Grinnell Middle school has a lunch forum for students who need support with counselors available. Brooklyn school has started a SADD group that has started with after school and summer activities.

Objective 2-3

Start preventive care and nutrition education at a young age with 2 new programs started.

Baseline Year

2013

Baseline Value

0

Target Year

2015

Target Value

3

Strategy 2-3.1

GRMC Babies Room parenting classes will have two classes focused on nutrition education by 12-31-2014

Strategy Type

Counseling & Education

Who's Responsible

GRMC Public Health

Target Date

12-31-2014

Report Date

5-1-2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: 5-1-2015 Education has been expanded at the Babies Room class to include issues such as preventative care.

Strategy 2-3.2

3. A Food Systems Assessment will be completed by the CTG staff with the results producing goals for Poweshiek County by 12-31-2015 .

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Grinnell Regional Public Health

Target Date

12-31-2015

Report Date

12-31-15

Progress on Strategy

Complete On track Off track No progress

Progress notes: A food system assessment has been completed and the results taken to the local Food Alliance. Goals will be set for the coming year.

Strategy 2-3.3

Increase adolescent immunization rate from 7% to 30 % by 12-31-15 for Poweshiek county

Strategy Type

Clinical Intervention

Who's Responsible

Medical providers of Poweshiek County and GRPH

Target Date

01-01-2016

Report Date
01-01-2016

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Mailings have been sent to all those parents in the GRPH immunization home informing them of the vaccines available to them. 5-1-2015 - 2014 adolescent immunization rate for Poweshiek County is 39%, so this rate has met the goal. This needs to continue to grow until hitting the national goal of 90%.

Strategy 2-3.4 Begin a breastfeeding support group for the community by 12-31-14

Strategy Type
Counseling & Education

Who's Responsible
Grinnell Regional Public Health and GRMC OB staff

Target Date
12-31-2014

Report Date
12-31-2015

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Grants have been applied for supporting a breastfeeding support education and training scheduled for two nurses to attend the certified lactation consultant training. This has been completed and breastfeeding support group started. 5-1-2015 - The breastfeeding support group is held monthly at the Public Health office. An educational session is held at Grinnell Regional Medical Center quarterly by the OB staff.

Strategy 2-3.5 Continue to sponsor and participate in Health Fairs in the community 12-31-2014.

Strategy Type
Counseling & Education

Who's Responsible
Members of the Healthy Choices Coalition

Target Date
12-31-2014

Report Date

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Public Health has attended the Grinnell College health fair and the Middle School health fair will be in the fall of 2014. 5-1-15 - A health fair was held at Grinnell College and a health fair at the middle school was attended by public health and hospital staff. Education provided on smoking cessation and prevention as well as infection control measures.

Goal #3 Increase access to medical and dental care from 89.6% insured to 95%.

National Alignment

Healthy People 2020 Goal: Improve access to comprehensive, quality health care services.

State Alignment

Healthy Iowans Goal 2015: Access to Quality Health Services and Support

Objective 3-1 Increase resources and connecting residents with available payer sources and funding availability for medical care. 2. Lack of providers in the community for those without insurance or a medical home 3. Transportation to medical appointments in the community and outside of the community

Baseline Year	Baseline Value	Target Year	Target Value
2013	89.6%	2016	95%

Strategy 3-1.1 Urgent care clinic will be opened for service for the GRMC service area by 3-1-2014.

Strategy Type
Clinical Intervention

Who's Responsible
Grinnell Regional Medical Center

Target Date
3-1-2014

Report Date

5-1-2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: GRMC urgent care was opened in March of 2014. 5-1-2015 - Urgent care is now open 7am to 7pm, Monday through Friday and some Saturday hours.

Strategy 3-1.2 A resource directory with all resources for transportation in the community will be available as an education tool by 2-1-2014 and annually.

Strategy Type

Counseling & Education

Who's Responsible

Mid Iowa Community Action

Target Date

2-1-2014

Report Date

Progress on Strategy

Complete On track Off track No progress

Progress notes: Several local agencies have been working to gather updated information for the resource directory. The directory will be available to post on the websites of local agencies and for the community. The directory is available as of March 2014. 5-1-2015 - The resource directory was completed in 2014 and was updated in April of 2015. The directory will be distributed to all Healthy Choices Coalition members

Strategy 3-1.3 A transportation meeting will be held with stakeholders such as Region 6 to discuss affordable transportation options for the community by 2-1-2015.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Region 6 Planning Commission

Target Date

2-1-2015

Report Date

Progress on Strategy

Complete On track Off track No progress

Progress notes: 5-1-15 - Transportation issues have been discussed at Health Choices Coalition meetings and at the Interagency meeting held at Drake Library. A group will be assembled to discuss transportation in Poweshiek County fall of 2015. A focus group was held to discuss transportation needs related to health care on 8-19-2015. A list of factors that could increase access to health care through transportation was gathered by Leann Lynch of Region 6 planning commission.