

Sac County Health Improvement Plan

Date Updated: February 29, 2016



For additional information, CONTACT:

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Community Priority

Promote Healthy Behaviors

Goal #1 To impact an awareness of healthy behaviors among school age kids thus reducing obesity rates by 2021.

National Alignment

Nutrition and Weight Status -NWS 10.2 Reduce the proportion of children aged 6-11 who are considered obese.

State Alignment

Healthy Living

Objective 1-1

By 2021, the rate of childhood obesity in East Sac County School (k-4th grade), will decrease by 2% as evidenced by annual school assessments of body mass index (BMI).

Baseline Year

2015

Baseline Value

17.4%

Target Year

2021

Target Value

15.7%

Strategy 1-1.1 East Sac County school nurse will collect and share annual measurement data regarding height, weight, and body mass index (BMI) with Sac County Health Services an annual basis.

Who's Responsible

East Sac County School Nurse & Sac Co. Health Services

Strategy Type

Address Social Determinant / Health Inequity

Target Date

October 2021

Strategy 1-1.2 Sac County Health Wellness group SAC FIT will sponsor an annual month long wellness activity/educational program in the East Sac County School District to help make wellness a priority by focusing on the youth of our community.

Who's Responsible

Sac County Health Services & SAC FIT Coalition

Strategy Type

Counseling & Education

Target Date

March 2017

Strategy 1-1.3 Sac County Health Services will post on the SAC FIT Facebook page on an at least monthly basis, information targeting child health and nutrition i.e. Play 60 for kids, recipes, nutrition, immunizations, screening tests, Live Healthy Iowa Kids, and promote county events i.e. healthiest state walk, 5K walks/runs.

Who's Responsible

Sac County Health Services

Strategy Type

Counseling & Education

Target Date

June 2017

Community Priority

Child Abuse & Neglect

Goal #1	Decrease child abuse and neglect through Home Visitation Programs and other educational programs & events.	National Alignment	State Alignment
		Prevention of Violence against children	Prevent Child Abuse and Neglect

Objective 1-1	Reduce the rate (per 1,000 population) of child abuse and neglect in children aged 0-17, from a rate of 10.7 to 9.7 by 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	10.7	2021	9.7
Strategy 1-1.1	Seek continued funding through Early Childhood Iowa or other grants to provide a voluntary in-home visitation program to families with children 0-5 identified as high risk in Sac County.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> July 2016	
Strategy 1-1.2	Promote and encourage participation in community educational opportunity - Love and Logic parenting classes to be conducted two times per year in two separate towns (Sac City and Odebolt).	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> June 2017	
Strategy 1-1.3	The Family STEPS In-Home Visitation/Sac County Health Services will post (at least quarterly) a Facebook message regarding a topic that promotes and supports families with the goal of increasing parental skills and sense of community while decreasing child abuse/neglect.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u>	
Strategy 1-1.4	The Neighborhood Networking Grant will be applied for as available to allow community partners to offer community events to strengthen families, create informal supports/linkages and educational opportunities.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> June 2017	
Strategy 1-1.5	During April's National Child Abuse and Neglect Prevention month, Sac County Prevent Child Abuse Coalition will sponsor a newspaper insert with the local county paper. This will contain information to raise the community's awareness of this problem, identify things to observe and report, and the available community resources in place to assist in keeping children safe.	<u>Strategy Type</u> Counseling & Education		<u>Target Date</u> April 2017	

Strategy 1-1.6 Identify families in crisis and support and encourage their voluntary participation in funded Community Family Team Meetings. This will help assist families with positive problem solving, strengthen resources and supports to families.

Who's Responsible

Sac County Health Services, Sac County Coalition

Strategy Type

Counseling & Education

Target Date

June 2017

Strategy 1-1.7 Centers Against Abuse and Sexual Assault (CAASA) will provide presentations in daycares, preschools, elementary schools and other youth serving agencies. The Talking About Touching curriculum will be used, this provides developmentally appropriate teaching techniques to help children learn safety skills to use in sexual abuse situations.

Who's Responsible

Center Against Abuse and Sexual Assault serving Sac Co.

Strategy Type

Counseling & Education

Target Date

Feb. 20121