

Wayne County Public Health Health Improvement Plan

Date Updated: March 9, 2016



For additional information, CONTACT:

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Community Priority

Healthy Living

Goal #1 By 2020, decrease the rates of chronic disease including diabetes, obesity, physical inactivity and tobacco use to residents that are 50 and older in Wayne County

National Alignment

Improve the health, function and quality of life of older adults.

State Alignment

Where possible, align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the Healthiest state in the nation

Objective 1-1 BY 2017, have in place a coordinated effort between hospital, home care, community services available to decrease the risk of chronic disease, re hospitalization and improved chronic disease management as demonstrated by increasing the Wayne County health outcome rating from 64 to 62 by year 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2016	64	2020	62

Report Date

2-23-16

Year

2016

Value

64

Progress on Objective

- | | |
|--|---|
| <input type="checkbox"/> Met, trend in right direction | <input checked="" type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: Wayne County has improved from the last County Health rating of 96 to 64. Our county has been slow to engage in increased physical activities that are brought on by system level changes but the county as a whole is starting to move toward the positive. The Wayne County hospital has implemented a community coalition to decrease risk of re-hospitalization, improve quality of care and to increase the collaboration and continuity of care. Our goal is to decrease the risk of chronic disease, death and disability, improving health outcomes of our county. One of the ideas we have come up with and are in the process of implementing is having client's seen at the clinic or discharged from hospital to be equipped with a "services board", such as a white board or magnet that can be changed and updated, that includes their personal information such as DNR, medications, care providers and community health partners involved in their care. This will lead to greater collaboration and a more comprehensive treatment approach. Our partnership includes the Wayne County Hospital and Clinic System, Discharge Planners, Health Coaches Wayne County Public Health and Home Care, Wayne County Home Care Aide Agency, Corydon Nursing and Rehab, Pharmacy, Milestones Area of Aging and we are working together to link all community services available to improve the health outcomes of our residents. Wayne County Public Health offers the Chronic Disease Self Management Program, Milestones has offered Matter of Balance, there are 4 meal sites available, and the hospital prepares and volunteers deliver Meals on Wheels, the Wayne County Home Care Aide Agency offers Homemaking and Home Care Aid services, arranges and manages the home delivered meals, and are in the process of developing a program along with Wayne County Public Health to assist home care clients in increasing physical activity as part of their routine in their homes. Our county leaders have worked with the local fitness center to pay a large portion of the fees for county employees to engage in physical activity and classes to promote health. A community garden has been developed, and they have donated produce to the local food bank. This will be the third year of the Farmer's Market which continues to grow and be successful, training was provided to be able to take vouchers for senior coupons and WIC. Growing Strong Families program will be educating and having hands on gardening and growing classes. Breast feeding is fully supported through the physicians, clinic, hospital, WIC and Wayne County Public Health. The Clinic Practitioners document and educate on the importance of tobacco cessation and to increase physical activity at each clinic visit and is a part of their medical record. Our target group is people 50 and over but our efforts will be beneficial and affect all residents of Wayne County. In addition to the Community Coalition, there are additional active groups/ coalitions such as SAE, Inner Agency, and Wayne County Child and Family Abuse Council and together we meet and discuss issues and concerns within our county and work to develop a solution to address the need or the resource to get the assistance needed.

Report Date

2-24-16

Year

2016

Value

64

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:

Strategy 1-1.1

By 2020, increase the number of residents that are 50 and older by 10% that are participating in physical activity, self management of chronic diseases and utilize preventive health services such as tobacco cessation, immunizations, to improve health outcomes. The Community Coalition has met 3 times, and is meeting quarterly to decrease the high rate of chronic disease within our county, by collaborating with partners to improve the continuity of care and determine community needs and resources available. Each group brings knowledge and ideas to make improvements within our local health care system. As a group we want to empower Wayne county residents to manage their own chronic disease process and have the resources and support available to complete this. Additional community partners are seeing the need and interest is increasing to provide and promote physical activity, promote and provide access to healthier foods, and promote healthier living. Lifestyle change has been proven effective in preventing or delaying the onset of chronic diseases. Combined diet and physical activity promotion programs may reverse and improve diabetes and cardiovascular risk factors, including overweight, high blood glucose, high blood pressure, and abnormal lipid profile. This will be done through various strategies.

Strategy Type

Clinical Intervention

Who's Responsible

Community coalition with Wayne County Hospital and Clinic System and Wayne County Public Health as the lead agencies.

Target Date

Jan 1, 2020

Report Date

2-24-16

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Chronic Disease Self- Management classes are in the process of being scheduled. All other strategies are being brought to the forefront, being evaluated and updated as needed.

Strategy 1-1.2

Promoting age appropriate vaccinations focusing on influenza, pneumonia, and shingles.

Strategy Type

Clinical Intervention

Who's Responsible

Practitioners and Wayne County Public Health

Target Date

Jan 1, 2017

Strategy 1-1.3

Chronic Disease Self-Management classes will be held at least yearly.

Strategy Type

Clinical Intervention

Who's Responsible

Wayne County Public Health

Target Date

7-1-16

Strategy 1-1.4	Initiate use of a "white board" or magnet than can be changed and updated, that includes their personal information such as DNR status, medications, care providers and community health partners involved in their care . This will lead to greater collaboration and a more comprehensive treatment approach	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Community Coalition	<u>Target Date</u> Jan 1, 2017
Strategy 1-1.5	Develop a program to assist home care clients in increasing physical activity as part of their routine in their homes.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Public Health and Wayne County Home Care Aide Agency	<u>Target Date</u> Jun 1, 2016
Strategy 1-1.6	Document the number of county employees using the wellness center to improve physical activity and classes to promote health and wellness.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Public Health and Wayne County Board of Supervisors	<u>Target Date</u> Mar 1, 2017
Strategy 1-1.7	Improve discharge planning, including hospital, clinic, and home care to ensure knowledge of available community resources, make referrals as needed, and to improve education regarding client's discharge plan. Monitor and develop strategies to improve quality assurance and increase quality of services. Promote utilization of the Health Coach.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Hospital and Wayne County Public Health	<u>Target Date</u> Jan 1, 2018
Strategy 1-1.8	Promote use of fresh produce vouchers and the Farmers Market.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Public Health, Milestones, Food Pantry, and Extension	<u>Target Date</u> Aug 1, 2017
Strategy 1-1.9	Promote use of community resources such as the Wellness Center for physical activity and classes, meal sites and home delivered meals, home care and transportation assistance.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> Wayne County Public Health	<u>Target Date</u> Jan 1, 2017