

# Winneshiek County Health Improvement Plan

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# Community Priority

## Promote Healthy Behaviors

<b>Goal #1</b> Increase access to services and supports for individuals experiencing mental health and/or behavioral health symptoms by 2020.		<b>National Alignment</b> Healthy People MHMD-9.1; 9.2		<b>State Alignment</b> Healthy Iowans 8-1.4; 8-1.5	
<b>Objective 1-1</b>	Create and establish a Mental Health Coalition for Winneshiek County.	Baseline Year 2016	Baseline Value 0	Target Year 2017	Target Value 1
Strategy 1-1.1	Request community partners to become founding members of a Mental Health Coalition.	<b>Strategy Type</b> Environmental / Policy / Systems Change		<b>Target Date</b> January 2017	
	<b>Who's Responsible</b> Winneshiek County Public Health, Gundersen Health Systems, Winneshiek Medical Center, Northeast Iowa Behavioral Health				
Strategy 1-1.2	The Mental Health Coalition will assist in defining mental health for children and adults.	<b>Strategy Type</b> Clinical Intervention		<b>Target Date</b> Jan 1, 2018	
	<b>Who's Responsible</b> Mental Health Coalition				
<b>Objective 1-2</b>	Increase the awareness of existing services and support systems available within the county	Baseline Year 2016	Baseline Value 0	Target Year 2017	Target Value 2
Strategy 1-2.1	Market and distribute community resource directories, safety cards, warm/hot lines and other technologies.	<b>Strategy Type</b> Counseling & Education		<b>Target Date</b> July 1, 2017	
	<b>Who's Responsible</b> Mental Health Coalition and Community Partners				
Strategy 1-2.2	Develop messages to empower community members to reduce their reported stress levels.	<b>Strategy Type</b> Counseling & Education		<b>Target Date</b> July 1, 2017	
	<b>Who's Responsible</b> Mental Health Coalition				
Strategy 1-2.3	Explore and analyze jail diversion and emergency room use diversion related to mental health crises.	<b>Strategy Type</b> Clinical Intervention		<b>Target Date</b> July 1, 2018	
	<b>Who's Responsible</b> Mental Health Coalition, Winneshiek County Law Enforcement, Winneshiek Medical Center Emergency Room doctors, nurses and ambulance personnel.				
<b>Goal #2</b> Increase healthy menu options for consumers within 2 years.		<b>National Alignment</b> Healthy People NWS-8; 9; 10.4; 11.4; 14; 15.1; 15.2; 16; 17.2; 19		<b>State Alignment</b> Healthy Iowans 6-1.-1; 6-1.25; 6-1.26	
<b>Objective 2-1</b>	Develop a central repository site for consumers to find easy, economical and healthy recipes.	Baseline Year 2016	Baseline Value 0	Target Year 2018	Target Value 1

<p>Strategy 2-1.1</p>	<p>Work with local dietitians to create 2-3 weeks of menu options of meals consisting of convenient, economical and easy foods that children and parents often purchase with limited funds.</p> <p><u>Who's Responsible</u> WCPH, local dietitians from health care facilities within the county, WIC staff</p>	<p><u>Strategy Type</u> Clinical Intervention</p> <p><u>Target Date</u> Jan 1, 2017</p>
<p>Strategy 2-1.2</p>	<p>Work with local dietitians to create 2-3 weeks of menu options of meals for 1 or 2 people.</p> <p><u>Who's Responsible</u> WCPH, local dietitians from healthcare facilities within the county, Northeast Iowa Area Agency on Aging</p>	<p><u>Strategy Type</u> Clinical Intervention</p> <p><u>Target Date</u> Jan 1, 2017</p>
<p>Strategy 2-1.3</p>	<p>Create a small cookbook of the created menu options and make it available for consumers.</p> <p><u>Who's Responsible</u> WCPH</p>	<p><u>Strategy Type</u> Counseling &amp; Education</p> <p><u>Target Date</u> Jan 1, 2018</p>
<p>Strategy 2-1.4</p>	<p>Work with a Nutrition Intern from a college or university to determine a "Buy This, Not That" approach using a valid assessment tool such as NEMS-V to various boxed or frozen convenience foods to be included in the cookbook.</p> <p><u>Who's Responsible</u> WCPH</p>	<p><u>Strategy Type</u> Clinical Intervention</p> <p><u>Target Date</u> Jan 1, 2017</p>

# Community Priority

## Prevent Against Environmental Hazards

Goal #1		National Alignment	State Alignment			
Provide community education and outreach about indoor air quality issues related to radon by 2018.		Healthy People 2020 EH-14, 15, 16.8, 16.9	Healthy Iowans 5-1.4; 5-1.8;-1.9; 5-1.10			
Objective 1-1	Maintain radon education program at WCPH.		Baseline Year	Baseline Value	Target Year	Target Value
			2016	1	2018	1
Strategy 1-1.1	Explore opportunities and options for the potential implementation of a county-wide ordinance for radon resistant new home construction.		<u>Strategy Type</u> Environmental / Policy / Systems Change			
	<u>Who's Responsible</u> WCPH and radon mitigators		<u>Target Date</u> Jan 1, 2018			
Strategy 1-1.2	Create and distribute county specific radon educational brochure.		<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> WCPH		<u>Target Date</u> Jan 1, 2017			
Strategy 1-1.3	Continue to encourage radon testing among Winneshiek County residents.		<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> WCPH and community partners		<u>Target Date</u> Jul 1, 2016			
Goal #2		National Alignment	State Alignment			
Provide community education and outreach on safe drinking water issues by 2018		Healthy People EH 4; 5; 16.8; 16.9	Healthy Iowans 5-1.9; 5-1.10			
Objective 2-1	Through 2018, Winneshiek County Environmental Health will test 175 private wells per year using Grants to Counties funds.		Baseline Year	Baseline Value	Target Year	Target Value
			2015	137	2018	175
Strategy 2-1.1	Increase awareness among homeowners in Winneshiek County of Grants to Counties funds available for well water testing.		<u>Strategy Type</u> Counseling & Education			
	<u>Who's Responsible</u> Winneshiek County Environmental Health and WCPH		<u>Target Date</u> Jan 1, 2018			

# Community Priority

## Improve Communication, Provide Education and Motivate Community Members

<b>Goal #1</b> Provide community education and outreach on CHNA identified health priorities and other population health needs over the next five years.	National Alignment	State Alignment
	Healthy People 2020 HC/HIT 3, 7, 9, 13.1	Healthy Iowans 4-1.2; 4-1.14; 6-1.1; 6-1.26; 6-1.28; 7-1.1; 7-1.2; 7-1.5; 7-1.8

<b>Objective 1-1</b> Provide the general population with messages related to health needs and priorities at least quarterly.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	0	2017	1

<b>Strategy 1-1.1</b> Facilitate quarterly meetings of the CHNA focus groups to develop outreach messages.	<u>Strategy Type</u> Clinical Intervention
<u>Who's Responsible</u> WCPH	<u>Target Date</u> Jan 1, 2016

<b>Objective 1-2</b> Provide general population with monthly motivational health messaging related to identified self-reported healthy behaviors persons indicated they would like to start.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	0	2017	1

<b>Strategy 1-2.1</b> Utilize agency social media to link people to various health promotion resources.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> WCPH and community partners	<u>Target Date</u> Jan 1, 2017