

# Cedar County, IA Health Improvement Plan

Date Updated: March 1, 2018



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# Community Priority

## Healthy Behaviors

**Goal #1** By 2021 increase healthy behaviors of Cedar County residents

**National Alignment**

Diabetes  
Heart Disease & Stroke  
Cancer

**State Alignment**

Nutrition & Weight Status  
Physical Activity  
Oral Health

**Objective 1-1** Reduce the percentage of Cedar County adults who report that they have a Body Mass Index greater than 30.0 from 32% in 2015 to 27% in 2020. (According to County Health Rankings and Roadmaps.)

Baseline Year	Baseline Value	Target Year	Target Value
2015	32%	2020	27%

Report Date

Mar 27, 2017

Year

2017

Value

32%

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: It is too soon to identify a trend for this data.

Report Date

Mar 1, 2018

Year

2018

Value

34%

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: This measure continued to follow the previous upward trend. We hope to see progress as our strategies are implemented

**Strategy 1-1.1** Implement community awareness campaigns to educate the community regarding obesity, nutrition, exercise, and the link to further health complications.

Strategy Type

Counseling & Education

Who's Responsible

Cedar County Public Health and community partners

Target Date

Jan 1, 2021

Report Date

Apr 4, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Information regarding obesity, nutrition, exercise, and the link to other complications was included in our media items for our Diabetes Prevention Program. This includes newspaper advertisements and press releases, promotional brochures and flyers, and posts on social media.

Report Date

Mar 1, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: The Diabetes Prevention Program was implemented in Cedar County. The second session is currently underway. We are also working with local partners to implement a nutrition education program in the local school district during the 2018-2019 school year.

**Strategy 1-1.2** Assist communities to identify opportunities for increased physical activity such as bike paths, walking trails, and safe routes to school.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Cedar County Public Health and community partners

Target Date

Jan 1, 2021

Report Date  
Apr 4, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: There has not been progress on this strategy at this time due to time spent on other HIP Objectives.

Report Date  
Mar 1, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Cedar County Public Health staff participated in community meetings regarding the Cedar County strategic plan. Lack of walkability, bike paths, and opportunity for outdoor physical activity was identified as a problem to be addressed as the project moves forward.

Strategy 1-1.3 Annually host Cedar County Health and Wellness Fair, providing information and resources to Cedar County residents regarding healthy behaviors, including factors that contribute to obesity.

Strategy Type  
Counseling & Education

Who's Responsible  
Cedar County Public Health and community partners

Target Date  
Jan 1, 2021

Report Date  
Apr 1, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Cedar County Public Health continues to host the annual Health and Wellness Fair, which has grown each year since 2012.

Report Date  
Mar 1, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Cedar County Public Health continues to host the annual Health and Wellness Fair, which has grown each year since 2012.

**Goal #2** By 2021 decrease the number of Cedar County residents suffering from chronic disease

National Alignment  
Diabetes  
Heart Disease and Stroke  
Cancer

State Alignment  
Chronic Disease

<b>Objective 2-1</b>	Reduce the Cedar County age-adjusted rate of death from stroke from 41.3 deaths per 100,000 to the Healthy People 2020 target of 34.8 deaths per 100,000. (According to 2015 Community Commons Health Indicators Report)	<u>Baseline Year</u> 2012	<u>Baseline Value</u> 41.3	<u>Target Year</u> 2021	<u>Target Value</u> 34.8
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Report Date  
Mar 27, 2017

Year  
2013

Value  
39.5

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: Progress has been made, but there is still more to do.

Report Date  
Mar 1, 2018

Year  
2014

Value  
34.6

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 2-1.1 Implement community awareness campaign to educate Cedar County residents regarding warning signs of stroke, as well as methods to prevent stroke.

Strategy Type  
Counseling & Education

Who's Responsible  
Cedar County Public Health and community partners

Target Date  
Jan 1, 2021

Report Date: Apr 4, 2017  
Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Stroke has not been specifically addressed at a community level, but it has been part of the Diabetes Prevention Program education and promotion.

Report Date: Mar 1, 2018  
Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: These subjects are continually addressed through our Diabetes Prevention Program and through social media opportunities.

Objective 2-2 Reduce the rate of diabetes in Cedar County adults from 8.9% to the Healthy People 2020 target of 7.2% by 2021. (According to Community Commons Health Indicators Report) (2018-changed data source to CDC Chronic Disease Indicators)

Baseline Year	Baseline Value	Target Year	Target Value
2012	8.9%	2021	7.2%

Report Date: Mar 27, 2017  
 Year: 2013  
 Value: 8.7%

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: This is an improvement which we hope to keep trending in the correct direction by continuing with our recent implementation of a CDC recognized Diabetes Prevention Program.

Report Date: Mar 1, 2018  
 Year: 2016  
 Value: 8.2%

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 2-2.1 Seek funding to support development of a pre-diabetes prevention program for Cedar County residents who are at risk for developing diabetes.

Strategy Type  
Counseling & Education

Who's Responsible  
Cedar County Public Health and community partners

Target Date  
Jan 1, 2021

Report Date: Apr 1, 2017  
Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Cedar County Public Health received an award from NACCHO to implement a Diabetes Prevention Program in Cedar County.

Report Date: Mar 1, 2018  
Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Cedar County Public Health continues to offer the Diabetes Prevention Program, and are working toward being able to bill for the service.

Strategy 2-2.2 Promote diabetes prevention materials on Cedar County Public Health social media outlets.

Strategy Type  
Counseling & Education

Who's Responsible  
Cedar County Public Health and community partners

Target Date  
Jan 1, 2021

Report Date Apr 1, 2017	Progress on Strategy <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Diabetes Prevention Program information was posted on multiple social media outlets to promote the first session of the Diabetes Prevention Program. This will continue as we provide new sessions.

Report Date Mar 1, 2018	Progress on Strategy <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Ongoing

Goal #3 By 2021 reduce the rate of Cedar County residents who engage in addictive behaviors

National Alignment

Tobacco

State Alignment

Addictive Behaviors

Objective 3-1 Reduce the rate of Cedar County students in 11th grade who report smoking cigarettes at some time in the past from 23% to the Iowa rate of 17%. (According to the Iowa Youth Survey [www.iowayouthsurvey.iowa.gov/year\\_2016/index.html](http://www.iowayouthsurvey.iowa.gov/year_2016/index.html))

Baseline Year	Baseline Value	Target Year	Target Value
2014	23%	2021	17%

Report Date Mar 27, 2017	Year 2016
	Value NA

Progress on Objective	
<input type="checkbox"/> Met, trend in right direction	<input 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: New data from the Iowa Youth Survey will not be available until October 2017.

Report Date Mar 1, 2018	Year 2017
	Value 17%

Progress on Objective	
<input checked="" type="checkbox"/> Met, trend in right direction	<input 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: Data from 2016 Iowa Youth Survey shows that we have met this objective.

Strategy 3-1.1 Reduce exposure of Cedar County youth to tobacco products by encouraging tobacco free and nicotine free workplace and park policies.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Cedar County Public Health and community partners

Target Date  
Jan 1, 2021

Report Date Apr 1, 2017	Progress on Strategy <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Tipton Iowa Students for Tobacco Education and Prevention persuaded the Tipton Economic Development Director to declare the Trunk or Treat event a tobacco and nicotine free event. Work on this strategy is ongoing.

Report Date

Mar 1, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Cedar County Public Health staff and ISTEP students continue to actively encourage tobacco free and nicotine free workplaces, parks, and events.

Strategy 3-1.2 Support Cedar County chapters of Iowa Students for Tobacco Education and Prevention by providing guidance and support for their prevention activities and collaborating on development of additional chapters.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Cedar County Public Health and community partners

Target Date

Jan 1, 2021

Report Date

Apr 1, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The 2016/2017 Tipton ISTEP Chapter has grown to approximately 25 members, nearly double the number in the 2015/2016 group.

Report Date

Mar 1, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Tipton Iowa Students for Tobacco Education and Prevention chapter continues to grow and work on tobacco and nicotine free issues in the community.