

# Decatur County Health Improvement Plan

Date Updated: May 10, 2018



For additional information, CONTACT:

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# Community Priority

## Expansion of pediatric mental health services and expansion of mental health services for adults

<b>Goal #1</b> Increase access and availability for mental health services in k-12 students in the county schools	National Alignment	State Alignment
	Healthy People 2020 objective for mental health is to track the proportion of adolescents aged 12-17 who experience major depressive episodes.	An increase in the proportion of children screened for being at risk for developmental, behavioral and social delays using a parent-reported, standardized screening tool.

Objective 1-1	By December 2016, Community Health Centers of Southern Iowa will increase counseling and therapy providers by one for the county schools.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	0	2016	1

Report Date

5/10/2018

Year

2018

Value

1

**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: CHCSI does have a provider who works with the county schools both in the schools and does office visits as well.

Strategy 1-1.1 Recruit full time licensed therapist/counselor by May 1, 2016.

Strategy Type

Clinical Intervention

Who's Responsible

Community Health Centers of Southern Iowa

Target Date

May 1, 2016

Report Date

5/10/2018

**Progress on Strategy**

- |  |                                   |                                    |                                      |
|--|-----------------------------------|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|--|-----------------------------------|------------------------------------|--------------------------------------|

Progress notes:

Strategy 1-1.2 Families will have access to counselor/therapist on school sites so that kids do not have to leave the school for appointments.

Strategy Type

Clinical Intervention

Who's Responsible

Community Health Centers of Southern Iowa and Mormon Trail, Central Decatur and Lamoni school systems

Target Date

Sep 30, 2016

Report Date

5/10/2018

**Progress on Strategy**

- |  |                                   |                                    |                                      |
|--|-----------------------------------|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|--|-----------------------------------|------------------------------------|--------------------------------------|

Progress notes:

**Goal #2** Explore the feasibility of a crisis stabilization facility for Decatur County.

National Alignment

Healthy People 2020 is to increase the proportion of primary care facilities that provide mental health treatment on-site or by paid referral.

State Alignment

Increase access to services and support for individuals experiencing a mental health crisis.

Objective 2-1 By June 30, 2018, Decatur County will provide a full time mental health stabilization unit.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2018	1

Report Date

5/10/2018

Year

2018

Value

0

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: There is a RFP that was released late winter 2018 for this facility in the mental health region and the target is to have this going by 2019.

Strategy 2-1.1 By August 31, 2016, research will be completed on these types of facilities other counties in Iowa might be providing.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Community Health Centers of Southern Iowa and Decatur County Mental Health Services

Target Date

Aug 31, 2016

Report Date

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes:

Strategy 2-1.2 By December 2016, explore funding options for such a facility.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Community Health Centers of Southern Iowa and Decatur County Mental Health Services

Target Date

Dec 31, 2016

Report Date

5/10/2018

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Decatur County Mental Health Services did complete this.

Strategy 2-1.3 By December 2016, explore the long term need for a facility in Decatur County.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Community Health Centers of Southern Iowa and Decatur County Mental Health Services

Target Date

Dec 31, 2016

Report Date

5/10/2018

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes:

# Community Priority

## Drug, Alcohol and tobacco abuse prevention

<b>Goal #1</b> Increase Drug, alcohol and tobacco abuse prevention in youth, adolescents and adults.	<b>National Alignment</b>	<b>State Alignment</b>
	Increase the proportion of adolescents who perceive great risk associated with substance abuse. Reduce the tobacco use and initiation of tobacco use by children, adolescents and adults.	A reduction in the current youth alcohol use, prescription drug abuse, marijuana and cigarette smoking in 11th grade students.

<b>Objective 1-1</b> By December 31, 2016, increase education and clinical services for drug, alcohol and tobacco abuse prevention	<b>Baseline Year</b>	<b>Baseline Value</b>	<b>Target Year</b>	<b>Target Value</b>
	2016	2	2016	3

Report Date  
5/10/2018

Year  
2018

Value  
3

**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:

**Strategy 1-1.1** Recruit an additional therapist/counselor

**Strategy Type**  
Clinical Intervention

Who's Responsible  
Community Health Services of Southern Iowa

Target Date  
Dec 31, 2016

Report Date  
5/10/2018

**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:

**Strategy 1-1.2** Continue to provide tobacco education in the schools and community in Decatur County.

**Strategy Type**  
Counseling & Education

Who's Responsible  
Public Health, Hospital, Community Health Centers of Southern Iowa, Lamoni Family medical

Target Date  
Dec 31, 2016

Report Date  
5/10/2018

**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:

**Strategy 1-1.3** Provide smoking cessation classes to patients who request them or providers indicate is needed for their patients health recovery.

**Strategy Type**  
Counseling & Education

Who's Responsible  
Decatur County Hospital

Target Date  
Feb 1, 2016

Report Date

5/10/2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Strategy 1-1.4 Provide a minimum of one wellness fair each year for all age levels.

Strategy Type

Counseling & Education

Who's Responsible

Hospital, Public Health, Mental Health Community Services, Community Health Centers of Southern Iowa, Lamoni Family Medical, CERT team, Graceland University, Central Decatur, Lamoni and Mormon Trail schools

Target Date

Dec 31, 2016

Report Date

5/10/2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The hospital does a wellness fair every other year ad Central Decatur and Lamoni schools do one each spring.

# Community Priority

## Nutritional awareness and obesity in youth and adult.

**Goal #1** Increase nutritional awareness and obesity in youth and adults.

### National Alignment

Increase the proportion of physician office visits that include counseling or education related to nutrition or weight. Reduce proportion of children, adolescents, and adults who are obese.

### State Alignment

Increase in the proportion of adults who get the recommended levels of aerobic physical activity. Reduction in the proportion of adults who are obese. Increase in the percentage of persons who eat five or more servings of fruit and vegetables each day.

**Objective 1-1** By June 30, 2018, decrease obesity rates for Decatur County by 5%.

Baseline Year	Baseline Value	Target Year	Target Value
2016	30%	2018	25%

Report Date  
5/10/2018

Year  
2018

Value  
37%

### 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: Adult obesity is increasing in the county and not sure why at this time.

**Strategy 1-1.1** By February 1, 2016, begin to provide weight management classes for adults.

Strategy Type  
Counseling & Education

Who's Responsible  
Community Health Centers of Southern Iowa

Target Date  
Feb 1, 2016

Report Date  
5/10/2018

### Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: CHCSI offers weight loss management yearly and there is also a weight watchers group that meets weekly.

**Strategy 1-1.2** By April 2016, all Decatur County clinical providers will prescribe exercise and Quitline Iowa for their patients that they service each day if they need it for health improvement.

Strategy Type  
Counseling & Education

Who's Responsible  
Decatur County Hospital, Community Health Centers and Lamoni Family Medical, Public Health

Target Date  
Apr 1, 2016

Report Date  
5/10/2018

### Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes:

**Strategy 1-1.3** By January 1, 2016, agencies will collaborate and promote the services and educational forums with the Hy-Vee dietitian.

Strategy Type  
Counseling & Education

Who's Responsible  
Public Health, Hospital, Hy-Vee, Community Health Centers, Lamoni Family Medical, Central Decatur, Lamoni and Mormon Trail schools

Target Date  
Jan 1, 2016

Report Date

5/10/2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: This was occurring until about a year ago when Hy-Vee no longer has a dietician for this county.

Strategy 1-1.4 By April 2016, update exercise brochure for facilities and trails in county, promote backpack buddies and the use of food pantries.

Strategy Type

Counseling & Education

Who's Responsible

Churches, Schools, Public Health, Community Health Center, Lamoni Family Medical, Hospital, SCICAP outreach center, Rotary Club, Leon and Lamoni chambers

Target Date

Apr 1, 2016

Report Date

5/10/2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: This is completed yearly.

# Community Priority

## Development of business and industry/infrastructure/economic development

**Goal #1** Increase development of business and industry/infrastructure/economic development in Decatur County.

**National Alignment**

According to the National Prevention Strategy, promote healthy and safe communities.

**State Alignment**

None is listed.

**Objective 1-1** By July 2016, develop business incentive kits for business expansion for future business adventures.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2016	2

Report Date  
5/10/2018

Year  
2018

Value  
20

**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:

**Strategy 1-1.1** Complete and implement business kits for Leon and Lamoni

**Strategy Type**

Counseling & Education

Who's Responsible  
Decatur County Development Director

Target Date  
Jul 1, 2016

Report Date  
5/10/2018

**Progress on Strategy**

- Complete    On track    Off track    No progress

Progress notes: This is completed yearly by the Development Director yearly for new businesses.

**Objective 1-2** Decatur County Development will work with cities to increase small business development by 10% by end of 2018.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2018	10%

Report Date  
5/10/2018

Year  
2018

Value  
10%

**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: The Director continues to work in improving the development of small businesses throughout the county.

**Strategy 1-2.1** Recruit and implement at least 2 new small businesses in Decatur county.

**Strategy Type**

Address Social Determinant / Health Inequity

Who's Responsible  
Decatur County Development Director

Target Date  
Jan 1, 2018

Report Date

5/10/2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: There has been at least 5 new small businesses added to the county.