

# Fremont County Health Improvement Plan

Date Updated: July 12, 2018



For additional information, CONTACT:

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# Community Priority

## Addressing risky behaviors.

<b>Goal #1</b>	Inform community members of what "risky behaviors" are and what resources are available to combat them.	National Alignment	State Alignment
		Injury and Violence Prevention/ Substance Abuse/Tobacco Use.	Addictive Behaviors/Injury and Violence.

Objective 1-1	Decrease percentage of Fremont County survey participants that responded "yes" there are risky behaviors taking place in their household from 25% in 2013 to 15% in 2017.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	25%	2017	15%

**Strategy 1-1.1** Brainstorm, plan, and implement educational offerings/ public meetings with a focus on risky behaviors including alcohol, tobacco, and drug use. Gatherings to be free of charge and offered after regular working hours to increase community participation. Fremont County and Grape Community Hospital will work to model this healthy behavior throughout their work environment and staff.

Strategy Type  
Counseling & Education

Who's Responsible  
CHNA - Community Benefits Committee Members

Target Date  
Jan 1, 2017

<u>Report Date</u> Dec 29, 2015	<u>Progress on Strategy</u> <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:** CHNA committee has held several offerings free of charge to the community members. Most of these have taken place at George C. Grape Community Hospital with the assistance of hospital and public health employees and volunteers. Brandy Powers with Free People from Tobacco has taken part in these offerings and has provided resources for smoking cessation. Our struggle continues to be getting the community to come. We feel that our message, information, and environment is on track, but we have to try harder to get residents to take part in the opportunity.

<u>Report Date</u> Jun 13, 2017	<u>Progress on Strategy</u> <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:** We as a committee continue to promote education and outreach to the county regarding risky behaviors. FCPH has developed a relationship with several community partners that focus on these issues including Damon Clark, Prevention Specialist with Zion Recovery Services and Sonya Fittje with Hope4Iowa Crisis Call line. GCGCH and FCPH worked with these experts to offer a free class to county residents on 4/17/17. Unfortunately the class was not well attended. Since that time we have been brainstorming ideas to attract a better crowd with possibilities of offering dinner and child care. Damon, Sonya, and 34 other community agency volunteers also participated in Southwest Iowa Home Health Services/Fremont County Public Health's Day of Play 2017 on 6/3/17. We had booths from Catholic Charities Domestic Violence and Sexual Assault program, Waubonsie Mental Health Services, and Heartland Family Services join us and offer access to many services to address a number of identified risky behaviors. The committee intends to draw on these newly devolved relationships to continue fighting to reach our residents and assist them in making safer and healthy choices for themselves and their families.

# NO PARENT LEFT BEHIND

WHAT EVERY PARENT SHOULD KNOW ABOUT  
DRUG PREVENTION SUICIDE AWARENESS

## Have you ever wondered:

- How to talk to your children about drugs?
- Whether drug activity happens in your community and its schools?
- Whether your child may be at risk for drug use?

**Join Darren Clark, an Instructor/  
Prevention Specialist at Zion Recovery  
services, and a special guest from  
Hope4Iowa for a free class to get some  
facts and real answers to these ques-  
tions.**

**Brought to you through a partnership  
with:**

### WHERE:

Cowboy Café at  
Sidney Elementary School  
1002 Illinois St.  
Sidney

### WHEN:

April 17, 2017 @6:00  
p.m.

### COST:

Free.



Progress Image

What can a parent do to keep their kids safe?

How do I talk to my kids about drugs!?

To what extent is this happening in my community?

Do you ask yourself these questions?

What might some of the misconceptions be?

Please join us for a free class to get some facts and real answers to these questions.

**Class:** No Parent Left Behind

**Instructor:** Damon Clark  
Instructor/Prevention Specialist  
Zion Recovery Services

**Date:** April 17<sup>th</sup> 2017

**Time:** 6:00pm-7:30pm

**Where:** Cowboy Café at Sidney Elementary School

**Cost:** FREE

HELP!!!

What do I need to look for?

How do I start the conversation?

My child would never use drugs!

They are taught to say no to drugs in school.

Progress Image

Report Date  
Jul 12, 2018

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: As you can see in the previous progress reports, we had offered a class to the community that addressed risky behaviors. For the last year, we have not been able to make much progress in getting another one of these together. Although the first class was not attended well, we had hoped to be able to add some incentive such as child care and food or snacks. Unfortunately, we have had several staff off unexpectedly and work load prevented us from focusing as much as we had hoped on this area.

Recently, we have been able restart our efforts towards meeting this objective. We have been able to partner with the Fremont County Sheriff's Department and are working to set a date and location for a community educational class on illegal substances. This will be marketed to the community with a focus on parents and loved ones of children aged 12 and over. We have a deputy who specializes in this area that has agreed to do a presentation that will include some actual illegal substances and paraphernalia that he has encountered as well as what to watch for in your home and community. We are planning to offer the free childcare as well as some sort of snack. We are working on every detail to increase community participation.

# Community Priority

## Addressing obesity and physical inactivity in the community.

**Goal #1** Increase physical activity and healthy eating in Fremont County.

National Alignment

Nutrition and Weight Status

State Alignment

Healthy Living

**Objective 1-1** Decrease percentage of survey participants that consider themselves to be overweight from 67% in 2013 to 50% or less in 2017.

Baseline Year	Baseline Value	Target Year	Target Value
2013	67%	2017	50%

**Strategy 1-1.1** Brainstorm, plan, and implement educational offerings/ public meetings with a focus on healthy diets, physical activity, and the effects of obesity on other aspects of a persons health and well-being. Gatherings to be free of charge and offered after regular working hours to increase community participation. Fremont County and Grape Community Hospital will work to model this healthy behavior throughout their work environment and staff.

**Strategy Type**  
Counseling & Education

Who's Responsible

CHNA committee members.

Target Date

Jan 1, 2017

Report Date

Dec 29, 2015

Progress on Strategy

Complete  On track  Off track  No progress

**Progress notes:** George C. Grape Community Hospital and Fremont County have worked together and been able to offer great information on healthy diets and exercise at many local events. As mentioned in the strategy, Grape Hospital will model this behavior in their work environment as well as by encouraging staff. The dietary staff have begun the process of attaching and making available nutritional information for each item served in the cafeteria.

Report Date

Jun 13, 2017

Progress on Strategy

Complete  On track  Off track  No progress

**Progress notes:** The committee has continued to work to educate the community on the importance of nutrition and exercise. GCGCH has worked with county schools to provide handouts on these items along with an apple to each student to help demonstrate a healthy snack option. SWIHHS and FCPH did again host the Day of Play. This free event focuses on highlighting available resources to our community that help address risky behaviors, managing family life, child abuse prevention, as well as fitness and nutrition. The event is free and open to the public. The event is sponsored by the Community Partnerships for Protecting Children and Neighborhood Networks Project as we work to help families get access to the resources in our area. This event held on 6/3/17 was well attended with nearly 100 participants and over 30 volunteers and community agencies represented. The activities offered include jumping rope, bouncy ball races, obstacle course, and hula hooping. All activities are designed to be simple, cheap, and require physical activity. Bottled water, cheese sticks, apples, and yogurt are offered to all participants free of charge. Families learn that they can have a good time together with little to no cost and even model wellness as the same time.



### Fun for the whole family!

This local event is aimed at encouraging family togetherness through physical activity and wellness. Resources throughout the county will be present to provide information on their programs and assistance available to our community. By providing a fun environment full of activities, healthy snacks, and prizes for the whole family as well as access to information about the support that exists for our community, we strive to do our part in reducing child abuse.

Participants will sign up at the Fremont County Fairgrounds and have the opportunity to join in on all activities and interact with community partners.

This event is brought to you by Southwest Iowa Home Health Services, Fremont County Public Health, and George C. Grape Community Hospital in partnership with the Neighborhood Networks grant from the Community Partnership for Protecting Children.

### BOOTHS AT THE EVENT:

- |  |  |
|--|--|
| Child Safety Kits/The Polly Klaas Foundation | Hy-Vee                                   |
| Corner Counties Early Childhood of Iowa      | Isn Extension Office                     |
| Free People From Tobacco                     | Phoenix House                            |
| Fremont County Emergency Management          | Riverton Fire                            |
| Fremont County 4-H                           | Shenandoah Fire Department               |
| Heartland Family Services                    | Sidney Fire and Sidney Rescue Department |
| Hope for Iowa                                | Wanbonnie Mental Health                  |
|  | Zion Recovery                            |



grapehospital.com

### Progress Image

Report Date  
7/12/2018

#### Progress on Strategy

Complete     On track     Off track     No progress

Progress notes: SWIHHS and FCPH have again used the Day of Play as a strategy to get our message about the importance of physical activity and nutrition to our community. This event is funded with grant funds obtained from the Community Partnership for Protecting Children's neighborhood networks program that focuses on the prevention of child abuse in our community. We combine our efforts with the support of other community resource volunteers and offer families a fun a free

event with tons of education and outreach on a number of topics. For healthy lifestyles we promote easy and fun physical activities including jumping rope, tug-of-war, and an obstacle course. We offer free snacks including bottled water, apples, cheese sticks, and yogurt. Each registered participant gets a backpack with nutrition and activity material including healthy snack recipes, list of fun physical activities, and “My Plate” education.

This year’s event was held on 6/16/18 and was attended by roughly 125 people. The location was changed from that of the attached flyer to a local elementary school and we believe this location change may have helped increase our participation over last year. At this time we are planning to again write for the grant funds and host the event next June. We are hoping to secure the elementary school as a location and again increase participation.



**Fun and free for the whole family!**

This free event is aimed at encouraging family togetherness through physical activity and wellness. Resources throughout the county will be present to provide information on their programs and assistance available to our community. By providing a fun environment full of activities, healthy snacks, and prizes for the whole family as well as access to information about the support that exists for our community, we strive to do our part in reducing child abuse.

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**BOOTHS AT THE EVENT:**

- Free People from Tobacco
- Hope 4 Iowa
- Iowa State Extension
- Fremont County 4-H
- Fremont County Sheriff's Department
- Fremont County Emergency Management
- Heartland Family Services
- Nebraska Aids Project
- Parent Partner Program
- Shenandoah Fire Department
- Sidney Fire and Rescue Department
- Zina Recovery Services
- And many more!



Progress Image

# Choose Your TARGET!!!

Your Targets 	Dunking Times!
Sidney School's Dave Dowling 	1:00 – 1:15 pm
Hamburg's Coach Jordan Hayes 	1:20 – 1:35 pm
Sidney School's Luke Buttry 	1:40 – 1:55 pm
A Fremont County Sheriff's Deputy 	2:00 – 2:15 pm
Emergency Manager Mike Crecelius 	2:20 – 2:35 pm



**Saturday June 16<sup>th</sup> 1-3pm**

Progress Image



Progress Image



Progress Image

# Community Priority

## Community support for health related concerns.

**Goal #1** Inform the community of health services available to them and their families.

National Alignment

Access to health services/Health-Related Quality of Life and Well-Being

State Alignment

Access to Quality Health Services and Support/Healthy Living

**Objective 1-1** Decrease the number of preventable hospital stays from 105 according to County Health Rankings and Roadmaps as listed on 3/11/13 to 75 or less by 2017.

Baseline Year	Baseline Value	Target Year	Target Value
2013	105	2017	75

**Strategy 1-1.1** Hold free and accessible educational offerings to inform county residents of health care services that are available to them in the area. Focus on preventions and access to healthcare as well as education regarding obtaining affordable health insurance.

Strategy Type

Counseling & Education

Who's Responsible

CHNA committee members.

Target Date

Jan 1, 2017

Report Date

Jan 20, 2016

Progress on Strategy

Complete  On track  Off track  No progress

**Progress notes:** Grape Hospital with the support and assistance of Fremont County Public Health has held a number of "lunch and learns" that are free and open to the public focusing on healthy behaviors, strategies to achieve change, and the local health related services available to residents to manage any current or consequential conditions. These educational meetings have included experts in various areas from Cardiology, Radiology, and Dietitians who have not only educated on prevention of conditions, but offered insight into their specialties and their availability to the public. This is an area that continues to require attention and further outreach and education.

Report Date

Jun 13, 2017

Progress on Strategy

Complete  On track  Off track  No progress

**Progress notes:** Continued changes to healthcare has made progress on this goal difficult to obtain. There is a struggle finding qualified professionals in the area of health insurance who are not linked to any particular company to speak to those with concerns. It is noted by many agencies that residents are not sure where to turn and are making health insurance related choices that are not likely in their best interests. There are few to no local DHS offices or staff and the other companies can be as difficult to correspond with. Although we have worked through a free publication sent to thousands of area residents called Vital Signs, to educate on health related services available, the insurance continues to be an issue. The are will require more research and additional resources to truly address.

Report Date

Jul 12, 2018

Progress on Strategy

Complete  On track  Off track  No progress

**Progress notes:** Although we have had the same difficulties with holding these types of classes as we have had with the risky behaviors, we have been utilizing our public health Facebook page to increase awareness of healthcare services that are available in our area. We have also worked with GCH hospital to begin offering some new and improved services to our residents. GCH has upgraded and added digital mammography and continues to recruit specialty physicians to the area. Public health has also been working to collaborate with other agencies to provide new services including a free STD clinic. We continue to use social media to reach more

people than we have in the past and remind them about preventative measure to keep them and their families healthy.



**FREE AND CONFIDENTIAL**  
**Testing for HIV, Chlamydia, Gonorrhea and Syphilis**

**Provided by:**

**Council Bluffs Health Department**

**Walk-in testing available at:  
Fremont County Public Health/  
Southwest IA Home Health Services**

**301 Main Street Sidney, Iowa  
2:30pm—4:30pm**

**(2nd and 4th Fridays of the Month)**

**March 9th**

**March 23rd**

**April 13th**

**April 27th**

**May 11th**

**May 25th**

\*Must be 14 years of age or older and not pregnant  
\*No testing for herpes, genital warts or trichomoniasis  
\*Free treatments and referrals available if applicable  
Questions? Call Rachel at 712-328-4666  
Sponsored by the Council Bluffs Health Department

Progress Image

**SUN SAFETY!**

Just a few serious sunburns can increase your chances of getting skin cancer. Your skin needs protection from the sun every time you are outdoors.

For more information visit:  
[https://www.cdc.gov/cancer/skin/basic\\_info/children.htm](https://www.cdc.gov/cancer/skin/basic_info/children.htm)

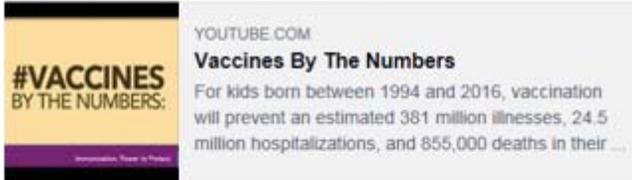


80 people reached

Boost Post

Vaccinating our children is the best way we can protect them from serious and sometimes deadly diseases. Vaccinations start in infancy and occur at various times throughout their childhood. Many of us as parents today have never seen first-hand how these devastating diseases effect a child, we hear about it through our countries history. This is due to the positive impact immunizations have had in our country. If we look around at neighboring countries these diseases are still occurring today. The best way to keep these diseases in the past and not prominently occurring throughout our country today is to immunize our children.

For more information on Vaccine from birth through 18 years visit:  
<https://www.cdc.gov/.../parents/protecting-children/index.html>



39 people reached

Boost Post

**REMINDER!!!**

Free and Confidential walk-in STD testing at Fremont County Public Health/Southwest Iowa Home Health on May 25th from 2:30 PM to 4:30 PM! Please give us a call @ 712-374-2685 with any questions.

**FREE AND CONFIDENTIAL  
Testing for HIV, Chlamydia, Gonorrhea and Syphilis**

Provided by:  
**Council Bluffs Health Department**

Walk-in testing available at:  
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**(2nd and 4th Fridays of the Month)**

- March 9th
- March 23rd
- April 13th
- April 27th
- May 11th
- May 25th

Here are some additional tips for maintaining a healthy pregnancy and healthy baby during your second trimester.

**Prevent Infections During Pregnancy**

Infections during pregnancy can be harmful to you and your developing baby. Be sure to talk to your healthcare provider to learn about steps you can take to lower your risk of developing an infection during pregnancy. Discuss these topics with your healthcare provider throughout your pregnancy.

**2nd Trimester  
~ Week 13 to Week 28 ~**

**Urinary Tract Infections (UTIs)**  
Get tested for UTIs, which are infections of the kidney, bladder, or urinary tract.

**Group B streptococcus (GBS)**  
If you think you might have a C-section or go into labor early, talk with your healthcare provider about making a GBS plan.



To learn more, please visit:  
[www.cdc.gov/pregnancy/planing](http://www.cdc.gov/pregnancy/planing) and [www.abtga.org](http://www.abtga.org)



31 people reached

Boost Post

Progress Image

George C. Grape Community Hospital  
July 10 at 12:10 PM



### Bone Density

Did you know Medicare covers a bone density screening for an at-risk individual every 24 months with a physician's order? Medicare provides a list of eligibility guidelines here. Medicare also provides a short video for the different screenings for Women's Health, which includes bone density screenings. You can find more information about bone health and Osteoporosis here.

At George C. Grape Comm...

See More

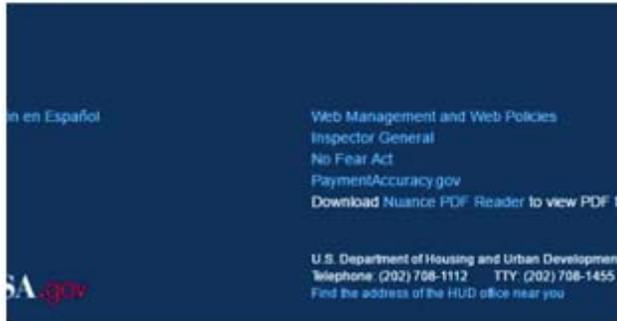
Like Comment Share

Jamie Hutt, David Michael Owen and 15 others

George C. Grape Community Hospital  
February 12

The Iowa Department of Housing and Urban Development is offering financial assistance to qualified applicants to repair homes so as to improve health, safety, energy efficiency and lead hazards. This assistance is available to residents of Fremont, Page, Mills, Montgomery, Cass, Shelby, Harrison and Pottawattamie Counties. For more information, please visit the link below.

<https://www.hud.gov/states/iowa/homeownership/homerepairs>



HUD.GOV  
Home Repairs: Iowa - HUD | HUD.gov / U.S. Department of Housing and Urban Development (HUD)

Like Comment Share

George C. Grape Community Hospital  
July 5 at 11:19 AM

Medicare started mailing the new Medicare cards to Iowa and Nebraska residents! Be sure to check your mail for your new card!



Check the status of your new card



Progress Image