

# Keokuk County Health Improvement Plan

Date Updated: May 29, 2018



For additional information, CONTACT:

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# Community Priority

## Mental Health

<b>Goal #1</b> Increase awareness of and access to mental health/substance abuse services by 10%	National Alignment	State Alignment
	Improve mental health through prevention and by ensuring access to appropriate, quality mental health services	Mental Health Access to Services

Objective 1-1 Reduce # hospitalizations for Keokuk County residents due to mental health conditions which is currently #9 cause for hospitalizations for all age groups according to IDPH statistics.	Baseline Year	Baseline Value	Target Year	Target Value
	2015	86	2020	70

Report Date

Year

May 29, 2018

2018

Value

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: There are no updated statistic available on IDPH Tracking portal since 2015. Mental Health conditions remains listed as the # 2 cause for hospitalization in Keokuk C ounty residents ages 0 - 64 and # 9 for all age groups.

Strategy 1-1.1 Increase access to mental health service in Keokuk County by developing/maintaining local systems for evaluation and counseling services

Strategy Type  
Clinical Intervention

Who's Responsible

Keokuk County Health Center for emergency services and River Hills Health Center for counseling subject to Regional Mental Health

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

- Complete  On track  Off track  No progress

Progress notes: River Hills Community Health Center has had an office locally since October 2015 which is currently staffed with 2 full time clinical therapists. Hillcrest Family Services is available at Keokuk County Health Center for ER assessments they have seen six people in the first six months of 7/1/17 to 12/31/17. River Hills has seen 280 unique patients and approximately 215 therapy visits per month through Hillcrest. River Hills Has significantly increased the number of clients seen on a monthly basis, starting with over 100 per month from December 2016 to 215 people per month currently.

Strategy 1-1.2 Implement/maintain County Mental Health Coalition to bring together Mental Health and Community Resources for networking purposes and increasing awareness

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible

CPC Assistant

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

- Complete  On track  Off track  No progress

Progress notes: Coalition meetings initiated in November 2016. Monthly meetings are being held. This coalition brings together interested organizations and community members throughout the area. who hope to be able to impact mental health. Paper Tigers film and Resilience viewings, Mental Health First Aid for public safety, adults, and children, C3 De-Escalation Training and a Mental Health fair was completed. Also CIT training was completed for two officers currently. As of May, 2018 new

services include 24/7 Dad's, Understanding Mom's, Choices Drop-In Center and River Hills has added Psychiatry as of May 2018.

Strategy 1-1.3 Improve awareness of available services by updating/maintaining Resource Manual and providing referrals as appropriate Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible Target Date  
Keokuk County Public Health & CPC Dec 31, 2018

Report Date Progress on Strategy  
May 29, 2018  Complete  On track  Off track  No progress

Progress notes: River Hills advertises services in the monthly Neighbors Magazine which reaches all households in Keokuk County. KCHC also does a monthly calendar schedule of services to all households in the county. Routine Outpatient Mental Health is offered weekly. Maintaining resource manual is an ongoing process.

Report Date Progress on Strategy  
May 25, 2018  Complete  On track  Off track  No progress

Progress notes: Current Mental Health Resource Flyer is available. News articles are placed in Sigourney paper.

Strategy 1-1.4 Promote Red Ribbon Community wide - annual Strategy Type  
Counseling & Education

Who's Responsible Target Date  
Keokuk County Law Enforcement/Schools Dec 31, 2018

Report Date Progress on Strategy  
May 29, 2018  Complete  On track  Off track  No progress

Progress notes: Sigourney School promoted Red Ribbon Week October 22 -26. Annual event.

Strategy 1-1.5 Investigate why 3/4 schools do not participate in the IYS Strategy Type  
Counseling & Education

Who's Responsible Target Date  
Keokuk County Public Health Dec 31, 2018

Report Date Progress on Strategy  
May 29, 2018  Complete  On track  Off track  No progress

Progress notes: Telephone call to local schools, awaiting response back.

Strategy 1-1.6 Positive Behavior Programs at schools i.e. Character Counts Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible Target Date  
School Systems Dec 31, 2018

Report Date Progress on Strategy  
May 25, 2017  Complete  On track  Off track  No progress

Progress notes: School programs continue.

# Community Priority

## Diabetes

<b>Goal #1</b>	Reduce disease economic burden of DM by 10% and improve quality for all persons who have, or are at risk for DM	National Alignment	State Alignment
		xReduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.	Chronic Disease - Diabetes

<b>Objective 1-1</b>	Provide access to at least one evidenced based diabetic education program locally ( up to 20 people attend) by December 31, 2018.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	0	2017	10

<b>Strategy 1-1.1</b>	Participate with Telligen to bring a diabetes education program to Keokuk County in 2016	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> Keokuk County Public Health	<u>Target Date</u> Dec 31, 2018
<u>Report Date</u> May 29, 2018	<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	
<p>Progress notes: Two classes were held from 6/15/17 to 11/8/17 with a total of 12 participants successfully completing the Diabetes Educational Classes. In collaboration with Keokuk County Health Center, a class was held 3/6/18 to 4/10/18 with 11 participants successfully completing class with 10 over the age of 65 years old. Advertisement was done on Keokuk County Health Center, the local paper and through Keokuk County Public Health facebook page, in addition to flyers at the local businesses.</p>		

<b>Strategy 1-1.2</b>	Promote Diabetes risk assessment information and screening and lifestyle education at KCPH office and at 2 community events in the coming year.	<u>Strategy Type</u> Clinical Intervention
	<u>Who's Responsible</u> KCPH	<u>Target Date</u> Dec 31, 2018
<u>Report Date</u> May 29, 2018	<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	
<p>Progress notes: Diabetes risk assessment information was available at Family Nite Out August 2017. Sigourney News Review has weekly Community Calendar listing for walk in Blood Pressure and Blood Sugar screening availability. Plan to continue these offerings.</p>		

<b>Strategy 1-1.3</b>	Use Keokuk County facebook page to promote diabetes prevention information and screening opportunities.	<u>Strategy Type</u> Counseling & Education
	<u>Who's Responsible</u> KCPH	<u>Target Date</u> Dec 31, 2018
<u>Report Date</u> May 29, 2018	<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	
<p>Progress notes: KCPH Face Book page has been re-initiated.</p>		

<b>Strategy 1-1.4</b>	Investigate possibility of training a staff person to conduct evidenced basis Diabetes Education program	<u>Strategy Type</u> Counseling & Education
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Who's Responsible

KCPH

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: KCPH RN completed Everyone with Diabetes Counts class sponsored by Telligen August 2016. Considering training a second R.N. to be trained.

Strategy 1-1.5 ISU Extension offers Pick A Better Snack @ county schools

Strategy Type

Counseling & Education

Who's Responsible

Extension

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: ( Sigourney, Keota, and Tri-County Schools were completed during the 2017-2018 school year).

Strategy 1-1.6 Implement a local Diabetes Ed Program within the next 5 years (target provide 1 - 2 6 week sessions annually)

Strategy Type

Counseling & Education

Who's Responsible

KCPH

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Successful with current classes that have been offered in collaboration with Keokuk County Health Center in 2017 -2018. Advertising continues via KCHC calendar, local newspaper, flyers and on KCPH facebook page.

Strategy 1-1.7 Provide access to at least two evidenced based diabetic education program locally ( up to 20 people attend) by December 31, 2018.

Strategy Type

Counseling & Education

Who's Responsible

KCPH

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: IN collaboration with Keokuk County Health Center, KCPH has offered one class successfully from March to April, 2018. Anticipating another class in the fall of 2018.

# Community Priority

## Heart Disease

**Goal #1** Improve cardiovascular health through prevention, detection and treatment of risk factors

### National Alignment

Improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; and prevention of repeat cardiovascular events.\*

### State Alignment

Chronic Disease - Heart disease and stroke

**Objective 1-1** Reduce coronary heart disease deaths (CHSD) by 2020  
Reduce the number of hospitalizations for all ages by 10% (140 hospitalization in 2014; 136 ER visits for heart heart disease in 2014 / Iowa Tracking Portal)

Baseline Year	Baseline Value	Target Year	Target Value
2014	104	2020	10%

**Strategy 1-1.1** Advertise free Blood Pressure checks/management and lifestyle education at KCPH office and two other venues in Keokuk County.

Strategy Type  
Counseling & Education

Who's Responsible  
Keokuk County Public Health

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: Plan to continue to utilize Community Calendar to advertise Screening and Management. Hedrick Community Center on March 2, 2018 and National Night out on August 17, 2018.

**Strategy 1-1.2** Develop system for tracking numbers instructed in home BP monitoring/lifestyle management and referred for treatment based on Million Hearts Campaign guidelines.

Strategy Type  
Long-Lasting Protective Intervention

Who's Responsible  
KCPH

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: Tracking system in place but not consistently documented. Need to focus on staff education on importance of tracking - would be easier if we had computerized system.

**Strategy 1-1.3** Utilize KCPH facebook page to promote healthy lifestyles and event notices

Strategy Type  
Counseling & Education

Who's Responsible  
Keokuk County Public Health

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: KCPH Face Book page is currently being used in addition to promoting with KCPH home care.

Strategy 1-1.4 Promote use of Million Hearts Campaign information for lifestyle education

Strategy Type  
Counseling & Education

Who's Responsible  
Keokuk County Public Health

Target Date  
May 29, 2018

Strategy 1-1.5 RN Staff will complete of modules on HHQI related to Cardiovascular Learning Network

Strategy Type  
Counseling & Education

Who's Responsible  
KCPH  
KCPH Admin

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: KCPH RN currently completed this module.

# Community Priority

## Prevent Injury

**Goal #1** Decrease injury mortality

National Alignment

Prevent unintentional injuries and violence, and reduce their consequences.

State Alignment

x Injury Prevention

**Objective 1-1** Decrease number of Keokuk County hospitalizations related to injury as reported on Iowa Tracking Portal

Baseline Year

2014

Baseline Value

44

Target Year

2020

Target Value

40

Strategy 1-1.1 Promote Matter of Balance classes - 2x per year

Strategy Type

Counseling & Education

Who's Responsible

Area Agency on Aging and KCPH

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: According to local director several of trainers have left certification lapse. No MOB class for at least a year locally. Currently Tia Chi Class is offered at KCHC for 12 week interval starting April, 2018.

Strategy 1-1.2 Annual bike safety programs offered at schools and National Nite out.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Keokuk County EMS

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Scheduled for May, 2018 in Sigourney and another in August at National Nite Out.

Strategy 1-1.3 Child seat check and child seat installation education program

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Sigourney City police

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Currently have local law enforcement officer certified to educate on seat installation. As the current officer is retiring unsure if this will continue.

Strategy 1-1.4 Investigate other opportunities for educating Public Health staff/other entities in Fall prevention strategies

Strategy Type

Counseling & Education

Who's Responsible

KCPH admin

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: PH RN is currently providing Diabetes Education. Tai Chi health education is currently being offered at the KCHC as of April, 2018.

# Community Priority

## Environmental Health

### Goal #1 Improve water quality

#### National Alignment

Healthy People 2020, Environmental Health, Water Quality EH-4

#### State Alignment

xEnvironmental Health - Water Quality

**Objective 1-1** Increase the number of rural homes with a compliant septic system.

Baseline Year	Baseline Value	Target Year	Target Value
2015	27	2018	15+/year

Report Date

May 29, 2018

Year

2018

Value

24

#### 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: Fiscal year 2017 to 2018: 20 septic systems were installed through May 29, 2018 in Keokuk County.

**Strategy 1-1.1** Hold community awareness meetings on importance of household waste treatment

#### Strategy Type

Counseling & Education

#### Who's Responsible

Keokuk County Environmental Health

#### Target Date

Dec 31, 2018

Report Date

May 29, 2018

#### Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Local Environmental Health education provided to contractors and residents who wish to attend programs on septic continues.

**Strategy 1-1.2** Provide individual visits to homeowners/contractors to advise and instruct on proper systems prior to installation/inspection

#### Strategy Type

Long-Lasting Protective Intervention

#### Who's Responsible

Keokuk County Environmental Health

#### Target Date

Dec 31, 2018

Report Date

May 29, 2018

#### Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: With GTC funding, identified high nitrates per well water samples and helped homeowners determine options to lower nitrate level in drinking water.

### Goal #2 Improve well water quality

#### National Alignment

Healthy People 2020, Environmental Health, Water Quality EH-4

#### State Alignment

xEnvironmental Health - Water Quality

**Objective 2-1** Improve well water clarity in Keokuk County wells identified as problematic

Baseline Year	Baseline Value	Target Year	Target Value
2015	0	2017	5%

**Strategy 2-1.1** Educate community on routine maintenance on active wells on the farm - hold at least 1 class this year.

#### Strategy Type

Environmental / Policy / Systems Change

Who's Responsible  
Keokuk County Environmental Health

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

<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

Progress notes: Continue to participate in Grants to Counties Program testing wells , advising home owners of importance of sealed and capped wells.

# Community Priority

## Access to Health Care

**Goal #1** Improve awareness of local healthcare/ social welfare resources

National Alignment

Improve access to comprehensive, quality health care services.

State Alignment

Access to quality care

**Objective 1-1** Complete updated Keokuk County Resource Manual by 12/31/16 and have it on line by June 30, 2017 and maintain through 2020

Baseline Year	Baseline Value	Target Year	Target Value
2015	0	2020	1

**Strategy 1-1.1** Keokuk County Resource meeting to be held on quarterly basis throughout 2018

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

K. C. CPC assistant/Decat/Public Health

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Healthcare systems and support services continue to change rapidly. Quarterly Meetings are held in the Keokuk County Community.

**Strategy 1-1.2** KCHC continues monthly mailing of info on speciality services and clinic information

Strategy Type

Counseling & Education

Who's Responsible

KCHC

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: KCHC continues to mail out a calendar of specialty services and clinic information every month.

# Community Priority

## Access to Care

<b>Goal #1</b> Maintain funding to support local home care program for elderly/ frail/residents of Keokuk County	National Alignment	State Alignment
	Improve access to comprehensive, quality health care services.	Access to Quality Care

Objective 1-1	Maximize reimbursement by 3rd party payers by 10%	Baseline Year	Baseline Value	Target Year	Target Value
		2014	\$241,440	2020	267,000

Strategy 1-1.1 Prepare credentialing information and submit to Medicaid & MCOs

**Strategy Type**  
Environmental / Policy / Systems Change

Who's Responsible  
KCPH

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

**Progress on Strategy**

Complete    On track    Off track    No progress

Progress notes:

Strategy 1-1.2 Electronic billing program to help with payment turnaround

**Strategy Type**  
Environmental / Policy / Systems Change

Who's Responsible  
KCPH

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

**Progress on Strategy**

Complete    On track    Off track    No progress

Progress notes:

Objective 1-2 Pursue annual LPHS contract / Utilize LPHS funding to help support needed home care services for county residents who do not have adequate insurance coverage

Baseline Year	Baseline Value	Target Year	Target Value
2016		2021	

Report Date  
May 29, 2018

Year:   
Value:

**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 1-2.1 Utilize LPHS funding for direct service

**Strategy Type**  
Clinical Intervention

Who's Responsible  
KCPH

Target Date  
Dec 31, 2018

Report Date  
May 29, 2018

**Progress on Strategy**

Complete    On track    Off track    No progress

Progress notes: KCPH continues to use this funding for the Home Care Services for the undeserved in this Keokuk County.

Strategy 1-2.2 Maintain good rapport with County Board of Supervisors to help sustain deficit funding for those who fall through the

cracks.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

KCPH

Target Date

Dec 31, 2018

Report Date

May 29, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The County Board of Supervisors continues to help with deficit funding for those who fall through the cracks.

# Community Priority

## Access to Care

**Goal #1** Physician Providers available in Keokuk County.

National Alignment

Improve access to comprehensive, quality health care services.

State Alignment

Access to quality Care

**Objective 1-1** Maintain 2 Full Time physicians at Keokuk County Health Center with plan to increase to 3.

Baseline Year	Baseline Value	Target Year	Target Value
2016	2	2021	3

Report Date

May 29, 2018

Year

2018

Value

2

Progress on Objective

- |  |  |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" 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** Active recruiting of providers/clinical services

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Keokuk County Health Center

Target Date

Jan 31, 2020

Report Date

May 29, 2018

Progress on Strategy

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

Progress notes: Continue efforts to recruit/retain providers per KCHC.