

# Mills County Health Improvement Plan

Date Updated: June 3, 2018



For additional information, CONTACT:

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# Community Priority

**Goal #1** By 2021 we will increase the percentage of Mills County Residents who are at a healthy weight.

National Alignment

Healthy People - NWS-8

State Alignment

Healthy Iowans - 6-1.26; 6-1.28; 6-1.15

**Objective 1-1** By 2021, decrease the number of Mills County residents who are obese by 2.5%.

Baseline Year	Baseline Value	Target Year	Target Value
2012	32.9%	2021	30.4%

Report Date

Jun 3, 2018

Year

2014

Value

39%

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: We continue to search for additional funding to provide increased services on this objective. At this time, there are no funds available.

**Strategy 1-1.1** Increase the availability of fresh fruits and vegetables in our rural community through the growth of the Mills County Foods Councils and their support of Farm to Market/Farm to School and increasing local growers.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Healthy Mills County Coalition, Mills County Foods Council

Target Date

Jan 1, 2021

Report Date

Apr 15, 2017

Progress on Strategy

- Complete       On track       Off track       No progress

Progress notes: Both the HMCC and the Mills Co. Foods Council (MCFC) continue to focus on this initiative. Progress has been slow due to lack of funding to provide significant improvements. The MCFC is striving to grow the number of local growers, the development of a Farm to Business initiative, and a Farm to School project. The MCFC is supported by an AmeriCorp Volunteer through Mills County/ISU Extension. This group has provided an annual "Farm Crawl" to introduce the public to area farms with education and samples provided by local growers. This event has been very well received and continues to grow. The project for the current year will be a "Harvest Dinner" provided at a local winery, showcasing local growers and their products. Funds raised through this project will be used to establish a website to increase communication through this organization to the public. The Healthy Mills County Coalition provides an opportunity for organizations to be better informed of initiatives in the community and to discuss funding options to improve opportunities. As stated above, lack of funding has created challenges in progress.

Report Date

Jun 3, 2018

Progress on Strategy

- Complete       On track       Off track       No progress

Progress notes: We continue to work with the Mills County Foods Council to promote increased availability of locally grown fruits and vegetables.

**Strategy 1-1.2** Educational campaign to educate low-income, at-risk population groups through an evidence based Curriculum

geared toward families and at-risk youth, and a county-wide media campaign.

Strategy Type  
Counseling & Education

Who's Responsible  
Mills County Public Health, Healthy Mills County Coalition

Target Date  
Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: No funding has been available to pursue this request. We are planning to apply for a Children's Hospital Obesity Reduction Grant in April 2017 that may provide assistance.

Report Date  
Jun 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: No funding has been received. We continue to provide educational information through social media, newspaper and radio while we research funding opportunities. We were able to assist ICU Extension in applying for and receiving a Pick A Better Snack project for a low-income school in our district.

Strategy 1-1.3 Implement medically based wellness programs such as the Healthy Families Program and Diabetes Management Program through the YMCA. Strategy Type  
Counseling & Education

Who's Responsible  
Mills County YMCA, Mills County Public Health

Target Date  
Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The YMCA is considering expanding their programming into Mills County and has added the Diabetes Management program, for consideration in 2018. Funding is the main challenge for adding these programs locally.

Report Date  
Jun 13, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Mills County YMCA has no funding to provide these services at this time. We continue to collaborate for potential solutions.

Objective 1-2 By 2021, decrease the number of Mills County residents who are inactive by 4.1%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	28.3%	2021	24.2%

Report Date  
Apr 15, 2017

Year  
2015

Value  
26%

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 statistic is trending in the right direction, however, it is difficult to place value in a 1 year statistic. We will continue to monitor.

Report Date  
Jun 13, 2018

Year  
2015

Value  
26%

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: No change noted as there are not any newer statistics available at this time.

Strategy 1-2.1 Increase availability and access to free walking trails/paths in the Mills County Community.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible

Mills County Trails Committee, Healthy Mills County Coalition, Mills County Conservation Board, Municipal Park Boards

Target Date

1/1/2021

Report Date

Apr 15, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: The Mills County Trails Committee has released a proposal to open a "Trailhead" here in the Glenwood Community with the hope of placing trails from Glenwood to Mineola where it will connect with the "Trace" to extend biking/walking trails for our community. They are actively grant writing, fund raising and plans are moving forward as expected at this time.

Report Date

Jun 3, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Mills County Trails Committee has received grant funding and is moving forward with the Trailhead development. They are taking the lead and moving forward on this strategy.

Strategy 1-2.2 Provide consistent messaging regarding physical activity to all Mills County residents.

Strategy Type  
Counseling & Education

Who's Responsible

Mills County Public Health, Healthy Mills County Coalition

Target Date

Jan 1, 2021

Report Date

Apr 15, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Messaging has been consistently provided by both entities listed, through Facebook, Newspaper, Radio, Flyers, E-mail Newsletters. Increased funding would be beneficial to this strategy and would allow staff time to support this project.

Report Date

Jun 3, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Messaging has been consistently provided by both entities listed, through Facebook, Newspaper, Radio, Flyers, E-mail Newsletters. Increased funding would be beneficial to this strategy and would allow staff time to support this project.

Strategy 1-2.3 Implement Complete Streets Policy in all incorporated communities in Mills County.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Healthy Mills County Coalition, Incorporated Communities

Target Date  
Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Information has been provided to the City of Glenwood, City of Malvern and Mills County regarding Complete Streets Policy. At this time, no progress has been made by any of these entities to adopt Complete Streets policies. We will continue to move this topic to discussion levels with each entity. Lack of funding to promote this issue has created challenges.

Report Date  
Jun 3, 2018

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: We are not finding any progress in moving toward Complete Streets policies for our local communities here in Mills County. We will be moving to a Sidewalk Policy to see if this provides better opportunities for our small communities.

Strategy 1-2.4 Implement Safe Routes to School in the Glenwood Community.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Healthy Mills County Coalition, City of Glenwood

Target Date  
01/01/2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Information has been provided to the City of Glenwood, including photographs and comments regarding the walking paths to Elementary Schools and Middle School. At this time, no action has been taken by the City of Glenwood to pursue Safe Routes to School. This has been due to significant fiscal challenges faced by the City as well as a change in Administration. During the next project year, we will reintroduce this issue to the City of Glenwood and their current Administration. We will also take steps to recruit a member of the City of Glenwood Adm. to join our Coalition.

Report Date  
Jun 3, 2018

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: At this time, the City of Glenwood has not moved forward on this project. We will approach them again during the upcoming fiscal year and offer increased assistance.

**Goal #2** Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical and dental care.

National Alignment  
Healthy People 2020-AHS-6.1

State Alignment  
Healthy Iowans 1-1.11

**Objective 2-1** Decrease the % of Mills County residents indicating transportation barriers when seeking medical care - from 40% of local survey responders in 2016 to 20% in 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2016	40%	2021	20%

Report Date  
Apr 15, 2017

Year

2016

Value

40%

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: At this time, no additional survey has been completed to determine changes in this statistic. We will plan to implement this survey by 12/31/17 to determine trending.

Report Date  
Jun 3, 2018

Year

2017

Value

39%

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: We have seen a slight improvement in this statistic and will continue to work to provide resources for our low-income population to obtain medical care.

Strategy 2-1.1 Develop and implement a transportation plan that will fill identified gaps.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Healthy Mills County Coalition

Target Date

Jan. 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: There has been no action on this strategy due to lack of funding.

Report Date  
Jun 3, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: No funding has been available to move this project forward.

Strategy 2-1.2 Implement a weekly medical shuttle which will run several times throughout the day from Mills County to the Council Bluffs and Omaha area.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

SWITA, Mills County Public Health

Target Date

Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: There has been no action on this strategy due to lack of funding.

Report Date  
Jun 3, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: We have done outreach with our local transportation agency with no progress to date.

Strategy 2-1.3 Develop and implement a volunteer-driver service group for transporting Mills County residents to and from medical and dental appointments.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible  
Healthy Mills County Coalition, SWITA

Target Date  
Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: There has been no action on this strategy due to lack of funding.

Report Date  
Jun 3, 2018

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: We have done outreach with SWITA, however, no progress at this time.

**Goal #3 Crisis Care**

National Alignment

State Alignment

Healthy Iowans - 8-1.4

**Objective 3-1** Increase the availability of mental health crisis care for Mills County residents by 100%. 2016 inventory of local services indicates 3 local counselors and 0 crisis beds in county.

Baseline Year	Baseline Value	Target Year	Target Value
2016	3	2021	6

Report Date  
Apr 15, 2017

Year  
2016

Value  
3

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: No major changes have occurred at this time. We will continue to work with mental health providers to make progress.

Report Date  
Jun 3, 2018

Year  
2017

Value  
4

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: We have added an additional resource and are noting an additional site opening in 2018. We have worked collaboratively with our local Case Management program to further move this strategy forward.

**Strategy 3-1.1** Develop and implement a plan to fill the identified gaps.

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Healthy Mills County Coalition, Rollie Prairie Case Management

Target Date  
Jan 1, 2021

Report Date  
Apr 15, 2017

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes: Rolling Prairie Case Management has taken the lead on this strategy. There have been several additions since our assessment 1 year ago. A 24/7 crisis hotline has been established to assist in crisis response. Turning Point residential unit has been opened in Clarinda - providing 5 beds for crisis response. Crisis Emergency

Response has been adopted by local law enforcement providing a mental health intervention for 911 calls involving mental health issues. The goal is to provide an assessment through telehealth prior to removing the individual from the home. By connecting these individuals with resources we can eliminate unnecessary hospitalizations and significantly increase the resources for these individuals.

Report Date

Jun 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Rolling Prairie Case Management continues to take the lead on this strategy. We have added an additional medical provider and there are plans to add another in 2018. Our local law enforcement entities are utilizing the telehealth option with good results. We anticipate increased usage over time.

Strategy 3-1.2 Implement Mobile Crisis Expansion program in partnership with Mills County law enforcement.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Rolling Prairie Case Management, Law Enforcement

Target Date

Jan 1, 2016

Report Date

Apr 15, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Both Law Enforcement agencies have adopted Mobile Crisis Response. There have been 4 responses total since January. This is a great step forward and we hope to see increasing utilization of this service as time goes on.

Report Date

Jun 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Mobile Crisis is in place.

Strategy 3-1.3 Assess mental health provider availability and accessibility to identify gaps.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Healthy Mills County Coalition, Mills County Case Management.

Target Date

Jan 1, 2021

Report Date

Apr 15, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: There are 3 provider groups that will serve Mills County residents as well as a number of private providers. We have seen a small increase in private opportunities, but more improvement is needed.

Report Date

Jun 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: We have added 1 additional provider during 2017 and anticipate an additional provider in 2018.

**Goal #4** Increase the proportion of parents who use positive parenting and communicate with their doctors or other healthcare professionals about positive parenting.

National Alignment

Healthy People 2020: EMC-2.2; IVP-42;

State Alignment

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**Objective 4-1** Increase the proportion of parents who use positive communication with their child.

Baseline Year	Baseline Value	Target Year	Target Value

**Strategy 4-1.1** Develop and implement a county-wide resource list and sustainable method of community access to resource information.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Healthy Mills County Coalition, Boost4Families

Target Date

01/01/2021

Report Date

Apr 15, 2017

Progress on Strategy

Complete
  On track
  Off track
  No progress

Progress notes: A Resource Guide is under construction at this time with planned completion by 6/30/17. We are working with all interested parties to coordinate and support distribution and accessibility. Planning is incomplete at this time as lack of funding makes sustainable options challenging.

Report Date

Jun 3, 2018

Progress on Strategy

Complete
  On track
  Off track
  No progress

Progress notes: A resource guide update is completed and we are working with our partners to utilize this as a google document so that all can access and update ongoing.