

Monona County Health Improvement Plan

Date Updated: April 27, 2018



For additional information, CONTACT:

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Community Priority

Heart Disease

Goal #1 Decrease heart disease through testing, education and prevention.

National Alignment

Healthy People 2020:
 --HDS-5.1: Reduce the percent of adults aged 18 years and older that have high blood pressure/hypertension from 29.9% (years 2005–08) to 26.9% by the year 2020.
 --HDS-6: Increase the percent of adults aged 18 years and older that have had their blood cholesterol checked within the preceding 5 years from 74.6% (year 2008) to 82.1% by the year 2020.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-16, 2015 Revisions:
 --4-1.14: Inform the public through social marketing about the importance of blood pressure screening and medication adherence and the national Million Hearts Initiative.
 --4-1.15: Institute a program for obese women at the Iowa Correctional Institution for Women to reduce the risk of cardiovascular disease.
 (Revised from original 4-1.16)

Objective 1-1	Reduce uncontrolled blood pressure by 2%, in the Medicare population (persons aged 65+ and the disabled), by the end of the year 2020. (Data source: Community Commons)	Baseline Year	Baseline Value	Target Year	Target Value
		2012	64.07%	2020	62.07%

Report Date

Year

2017

Value

64.07%

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 checked="" 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: This goal was set in 2016. Wellness efforts have been put into place with the goal of decreasing high blood pressure by 2020 which ultimately will decrease heart disease rates.

Strategy 1-1.1 Every two weeks, Burgess Health Center offers 1)a wellness lab checkup package deal that includes high blood pressure testing among other tests and 2)a stroke screening. Burgess will begin to advertise this and will reach out to county businesses to let them know this testing can also be done right at their business site for a group of employees. 3)offers no cost diabetes prevention and diabetes refresher classes to the community. Classes include information on heart health, blood sugar and cholesterol testing, healthy eating and exercise.

Strategy Type

Clinical Intervention

Who's Responsible

Burgess Health Center

Target Date

Jun 30, 2016

Report Date

May 25, 2017

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: This is implemented and ongoing.

Health Care providers are referring patients for individualized diabetes education which includes how to lower cholesterol and control blood sugar.

Strategy 1-1.2 Monthly, Burgess Health Center's Home Health department will offer free blood pressure checks at various locations throughout the county. Strategy Type
Counseling & Education

Who's Responsible Burgess Health Center's Home Health department Target Date
Dec 30, 2016

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

Progress notes: This is implemented and ongoing.

Strategy 1-1.3 The Burgess Health Center Lab and Monona County Public Health will discuss the possibility of holding a 1)wellness lab checkup and 2)stroke screening at the Monona County Courthouse for its employees. Strategy Type
Clinical Intervention

Who's Responsible The Burgess Health Center Lab and Monona County Public Health Target Date
Feb 28, 2017

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

Progress notes: The Burgess Health Center Lab and Monona County Public Health had an initial discussion on 2-11-2016 regarding the possibility of holding this type of event at the Courthouse. Further brainstorming and meetings to follow.

5-25-2017: Further discussions need to take place. The Board of Supervisor's need to be brought into the planning.

Strategy 1-1.4 During February's national heart disease awareness month, Monona County Public Health will promote the importance of heart health and prevention. This will be promoted using various media outlets, including Facebook and the newspaper. Strategy Type
Counseling & Education

Who's Responsible Monona County Public Health Target Date
Feb 28, 2017

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

Progress notes: This is implemented and ongoing.

Strategy 1-1.5 Burgess Health Center will include a heart health or wellness article in their newsletter at least bi-annually. Strategy Type
Counseling & Education

Who's Responsible Burgess Health Center Target Date
Jun 30, 2016

<u>Report Date</u> May 25, 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: This is implemented and ongoing.

Strategy 1-1.6 Burgess Health Center, Horn Physicians Clinic, Monona County Public Health and various community organizations will educate or hold various community events to promote heart health, prevention or wellness.

Strategy Type
Counseling & Education

Who's Responsible
Burgess Health Center, Horn Physicians Clinic, Monona County Public Health and various community organizations.

Target Date
Jun 30, 2016

<u>Report Date</u> Apr 27, 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
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Progress notes: This is implemented and ongoing.

8-2017: Onawa Chamber of Commerce planned and hosted the 25th Annual Onabike ride on August 26th. Two routes were offered: the 29 mile semi-hilly route through the Loess Hills and a 60 mile challenging route through the Loess Hills. On average, this event brings over 300 people to Onawa for the day. This was promoted through various media outlets.

10-2017: MVAOCOU FFA planned and hosted a pumpkin walk event at the Mapleton track. Prior to the walk, FFA students helped elementary students carve pumpkins that were then illuminated and placed around the track for the walk.

10-2017: Monona County ISU Extension hosted a program at the Soldier Library to teach about healthy snacks. Attendees were able to sample healthy snacks at the event.

11-2017: On 11/16, Health Promotion Strategies and Monona County Public Health promoted the Great American Smokeout Day to Monona County. Social media promotions included motivational information and linked the county to the American Cancer Society as a resource.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on the Carhart Trail in Mapleton. Approximately 50 people participated.

Strategy 1-1.7 Annually during February's national heart disease awareness month, Burgess Health Center will hold a Wear Red Heart Health community event. At this event, there will be 1) speakers that addresses the importance of heart health and prevention and 2) a health fair consisting of wellness resources in the county.

Strategy Type
Counseling & Education

Who's Responsible
Burgess Health Center

Target Date
Feb 29, 2016

<u>Report Date</u> May 25, 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: Burgess held their Wear Red Heart Health community event on 2-11-2016. Many community members attended. Two hospital healthcare providers spoke about heart health, prevention and stress reduction. A health fair was held. A heart healthy lunch was offered. The event received great feedback from the community.

In February 2017, Burgess Health Center held their Wear Red Heart Health community event. The event provided great speakers, community resources and a healthy meal for attendees. The event was well attended.

Strategy 1-1.8 Monona County Conservation, Mapleton Build and Recover and Monona County Public Health will collaborate to promote the trails in the county. Strategy Type
Counseling & Education

Who's Responsible
Monona County Conservation, Mapleton Build and Recover and Monona County Public Health

Target Date
Sep 30, 2016

<u>Report Date</u> Apr 27, 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
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Progress notes: These organizations have been promoting the trails and parks in our county at various community events and to organization clients.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on the Carhart Trail in Mapleton. Approximately 50 people participated.

Strategy 1-1.9 Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases high blood pressure. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Conservation will partner with the Monona County Public Health Learning for Life Program

Target Date
Jun 30, 2017

<u>Report Date</u> May 25, 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: A family group meeting was hosted by these two organizations at the Monona County Arboretum, 4-2017. This partnership will be ongoing.

Strategy 1-1.10 The Neighborhood Networking Grant will be applied for at least annually to allow community partners to collaborate to offer some sort of community event (i.e. Make a Meal Night, etc.) that promotes nutrition, stress reduction, family bonding and ultimately reduces the chances of child neglect and abuse that can be brought on by stress, economic issues, health disparities, etc. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Public Health

Target Date
Jun 30, 2016

Report Date
Apr 27, 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: HCCMS Health Services, Head Start and Monona County Public Health applied for and were awarded the Neighborhood Networking Grant. With this grant, a 'Family Fun/Safety Day' will be held 6-11-2016. Many communities partners have expressed interest in providing a family fun activity and educational information.

On 4-27-2017, a Nurtured Heart Approach community presentation was held to teach adults how to better relate to children and to teach children how to use their energy positively instead of acting out negatively. The event included 30 attendees. A meal and childcare were provided. The evaluations showed favorable feedback from attendees. This event was hosted by applying for and receiving the Neighborhood Networking Grant. Monona County Public Health, West Monona School and Monona County ISU Extension applied for this grant.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

Strategy 1-1.11 Community partners will work with at least one school to discuss and plan how a school garden/healthy food class pilot program would work.

Strategy Type
Counseling & Education

Who's Responsible
Monona County Public Health

Target Date
Jun 30, 2017

Report Date
Apr 27, 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: Monona County Conservation, Monona County ISU Extension and Monona County Public Health held planning sessions with the West Monona 4th grade class teacher regarding having a classroom garden and hosting a garden presentation. The event was scheduled to be held the end of May 2017. The teacher unfortunately had to cancel this activity due to other pressing activities at the end of the school year. This will continue to be discussed and planned for the next school year.

5-2018: Monona County ISU Extension, Monona County Conservation and Monona County Public Health are collaborating with the West Monona 4th grade classroom to work with them on developing a school garden. These organizations will present various topics to this classroom regarding gardening tips, healthy eating, physical activity and pollinator information.

Objective 1-2 Reduce uncontrolled high cholesterol by 2%, in the Medicare population (persons aged 65+ and the disabled), by the end of the year 2020. (Data source: Community Commons)

Baseline Year	Baseline Value	Target Year	Target Value
2012	49.19%	2020	47.19%

Report Date

Year

2017

Value

46.24%

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: This goal was set in 2016. Wellness efforts have been put into place with the goal of decreasing high cholesterol by 2020 which ultimately will decrease heart disease rates. Thus far, our county has met and exceeded our goal. We look forward to continuing to progress in the right direction.

Strategy 1-2.1 Every two weeks, Burgess Health Center offers 1)a wellness lab checkup package deal that includes high blood pressure testing among other tests and 2)a stroke screening. Burgess will begin to advertise this and will reach out to county businesses to let them know this testing can also be done right at their business site for a group of employees. 3)offers no cost diabetes prevention and diabetes refresher classes to the community. Classes include information on heart health, blood sugar and cholesterol testing, healthy eating and exercise.

Strategy Type
Clinical Intervention

Who's Responsible
Burgess Health Center

Target Date
Jun 30, 2016

Report Date

May 25, 2017

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: This is implemented and ongoing.

Health Care providers are referring patients for individualized diabetes education which includes how to lower cholesterol and control blood sugar.

Strategy 1-2.2 Monthly, Burgess Health Center's Home Health department will offer free blood pressure checks at various locations throughout the county.

Strategy Type
Counseling & Education

Who's Responsible
Burgess Health Center's Home Health department

Target Date
Dec 30, 2016

Report Date

May 25, 2017

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: The Burgess Health Center's Home Health department is offering 6 free blood pressure checks, in various towns in the county, in February 2016. The clinics are held at easy to access locations, with the county, including senior centers, community centers and feedbunks.

This is implemented and ongoing.

Strategy 1-2.3 The Burgess Health Center Lab and Monona County Public Health will discuss the possibility of holding a wellness lab checkup at the Monona County Courthouse for its employees.

Strategy Type
Clinical Intervention

Who's Responsible
The Burgess Health Center Lab and Monona County Public Health

Target Date
Feb 28, 2017

Report Date

May 25, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Burgess Health Center Lab and Monona County Public Health had an initial discussion on 2-11-2016 regarding the possibility of holding this type of event at the Courthouse. Further brainstorming and meetings to follow.

5-25-2017: Further discussions need to take place. The Board of Supervisor's need to be brought into the planning.

Strategy 1-2.4 During February's national heart disease awareness month, Monona County Public Health will promote the importance of heart health and prevention. This will be promoted using various media outlets, including Facebook and the newspaper.

Strategy Type

Counseling & Education

Who's Responsible

Monona County Public Health

Target Date

Feb 28, 2017

Report Date

May 25, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: This is implemented and ongoing.

Strategy 1-2.5 Burgess Health Center will include a heart health or wellness article in their newsletter at least bi-annually.

Strategy Type

Counseling & Education

Who's Responsible

Burgess Health Center

Target Date

Jun 30, 2016

Report Date

May 25, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: This is implemented and ongoing.

Strategy 1-2.6 Burgess Health Center, Horn Physicians Clinic, Monona County Public Health and various community organizations will educate or hold various community events to promote heart health, prevention or wellness.

Strategy Type

Counseling & Education

Who's Responsible

Burgess Health Center, Horn Physicians Clinic, Monona County Public Health and various community organizations

Target Date

Jun 30, 2016

Report Date

Apr 27, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: This is implemented and ongoing.

8-2017: Onawa Chamber of Commerce planned and hosted the 25th Annual Onabike ride on August 26th. Two routes were offered: the 29 mile semi-hilly route through the Loess Hills and a 60 mile challenging route through the Loess Hills. On average, this event brings over 300 people to Onawa for the day. This was promoted through various media outlets.

10-2017: MVAOCO FFA planned and hosted a pumpkin walk event at the Mapleton track. Prior to the walk, FFA students helped elementary students carve pumpkins that were then illuminated and placed around the track for the walk.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on April 22 on the Carhart Trail in Mapleton. Approximately 50 people participated.

Strategy 1-2.7 Annually during February's national heart disease awareness month, Burgess Health Center will hold a Wear Red Heart Health community event. At this event, there will be 1) speakers that addresses the importance of heart health and prevention and 2) a health fair consisting of wellness resources in the county.

Strategy Type
Counseling & Education

Who's Responsible
Burgess Health Center

Target Date
Feb 29, 2016

Report Date
May 25, 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

Progress notes: Burgess held their Wear Red Heart Health community event on 2-11-2016. Many community members attended. Two hospital healthcare providers spoke about heart health, prevention and stress reduction. A health fair was held. A heart healthy lunch was offered. The event received great feedback from the community.

In February 2017, Burgess Health Center held their Wear Red Heart Health community event. The event provided great speakers, community resources and a healthy meal for attendees. The event was well attended.

Strategy 1-2.8 Monona County Conservation, Mapleton Build and Recover and Monona County Public Health will collaborate to promote the trails in the county.

Strategy Type
Counseling & Education

Who's Responsible
Monona County Conservation, Mapleton Build and Recover and Monona County Public Health

Target Date
Sep 30, 2016

Report Date
Apr 27, 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: These organizations have been promoting the trails and parks in our county at various community events and to organization clients.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on April 22 on the Carhart Trail in Mapleton. Approximately 50 people participated.

Strategy 1-2.9 Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases high cholesterol.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Monona County Conservation will partner with the Monona County Public Health Learning for Life Program

Target Date

Jun 30, 2017

Report Date

May 25, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: A family group meeting was hosted by these two organizations at the Monona County Arboretum, 4-2017. This partnership will be ongoing.

Strategy 1-2.10 The Neighborhood Networking Grant will be applied for at least annually to allow community partners to collaborate to offer some sort of community event (i.e. Make a Meal Night, etc.) that promotes nutrition, stress reduction, family bonding and ultimately reduces the chances of child neglect and abuse that can be brought on by stress, economic issues, health disparities, etc.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Monona County Public Health

Target Date

Jun 30, 2016

Report Date

Apr 27, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: HCCMS Health Services, Head Start and Monona County Public Health applied for and were awarded the Neighborhood Networking Grant. With this grant, a 'Family Fun/Safety Day' will be held 6-11-2016. Many communities partners have expressed interest in providing a family fun activity and educational information.

On 4-27-2017, a Nurtured Heart Approach community presentation was held to teach adults how to better relate to children and to teach children how to use their energy positively instead of acting out negatively. The event included 30 attendees. A meal and childcare were provided. The evaluations showed favorable feedback from attendees. This event was hosted by applying for and receiving the Neighborhood Networking Grant. Monona County Public Health, West Monona School and Monona County ISU Extension applied for this grant.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals how to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

Strategy 1-2.11 Community partners will work with at least one school to discuss and plan how a school garden/healthy food class pilot program would work.

Strategy Type
Counseling & Education

Who's Responsible

Monona County Public Health

Target Date

Jun 30, 2017

<u>Report Date</u> May 25, 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
<p>Progress notes: Monona County Conservation, Monona County ISU Extension and Monona County Public Health held planning sessions with the West Monona 4th grade class teacher regarding having a classroom garden and hosting a garden presentation. The event was scheduled to be held the end of May 2017. The teacher unfortunately had to cancel this activity due to other pressing activities at the end of the school year. This will continue to be discussed and planned for the next school year.</p> <p>5-2018: Monona County ISU Extension, Monona County Conservation and Monona County Public Health are collaborating with the West Monona 4th grade classroom to work with them on developing a school garden. These organizations will present various topics to this classroom regarding gardening tips, healthy eating, physical activity and pollinator information.</p>	

Strategy 1-2.12 Monona County ISU Extension and Monona County Public Health will discuss the logistics of partnering with the local grocery stores to host a cooking class. Strategy Type
Counseling & Education

Who's Responsible Target Date
Monona County ISU Extension and Monona County Public Health Dec 30, 2017

<u>Report Date</u> May 25, 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
<p>Progress notes: 5-2017, Monona County ISU Extension, Monona County Public Health and Monona County Conservation discussed hosting cooking classes throughout the county by partnering with the local grocery stores, churches, farmer's markets and community centers. Available grants will be researched and applied for to make this possible.</p>	

Community Priority

Child Abuse & Neglect

Goal #1 Decrease child abuse and neglect through educational programs and events.

National Alignment

Healthy People 2020:
 --MICH-10.2: Increase the percent of pregnant females who receive early and adequate prenatal care from 70.5% (year 2007) to 77.6% by the year 2020.
 --MICH-8.1: Reduce the percent of live births that are low birth weight from 8.2% (year 2007) to 7.8% by the year 2020.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-16, 2015 Revisions:
 --6-1.8: Develop policy recommendations based on the steps outlined in the Maternal and Child Health Advisory Council plan. (Revised from original 6-18)
 --8-1.3: Use lessons learned from the 1st Five Healthy Mental Development Initiative to make recommendations to Early Childhood Iowa, Project Launch, and the Medical Home/Prevention and Chronic Care Management Advisory Council, for supporting a statewide partnership system of care between medical providers and community-based agencies around mental and behavioral services for children ages birth to 5. (Revised from original 8-1.3)

Objective 1-1 Reduce the rate (per 1,000 population) of child abuse and neglect, in children aged 0-17, from 14.2 to 12.2 by the end of the year 2020 (Source: Kids Count Data Center)

Baseline Year	Baseline Value	Target Year	Target Value
2013	14.2	2020	12.2

Report Date

Year

2017

Value

10.6

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: This goal was set in 2016. Child abuse and neglect efforts have been put into place with the goal of decreasing child abuse and neglect rates by 2020. Thus far, our county has met and exceeded our goal. We look forward to continuing to progress in the right direction.

Strategy 1-1.1 West Central Community Action's Head Start, Monona County Public Health and the 1st Five Program will post a Facebook message quarterly regarding a topic that affects child abuse and neglect (i.e. family activities ideas, stress management, upcoming family friendly events in the community, etc.)

Strategy Type

Counseling & Education

Who's Responsible

West Central Community Action's Head Start, Monona County Public Health and the 1st Five Program

Target Date

Jun 30, 2016

<u>Report Date</u> May 25, 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: This is implemented and ongoing.

Strategy 1-1.2 During April's national child abuse and neglect prevention month, West Central Community Action's Head Start, Monona County ISU Extension, Monona County Public Health and the 1st Five Program will promote the importance of family bonding, stress management, social support and community resources. This will be promoted using local media outlets.

Strategy Type
Counseling & Education

Who's Responsible
West Central Community Action's Head Start, Monona County ISU Extension, Monona County Public Health and the 1st Five Program.

Target Date
Apr 28, 2017

<u>Report Date</u> Apr 27, 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
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Progress notes: 4-2017, a Child Abuse and Neglect Prevention Easter egg hunt and sidewalk chalk art event was held at the lawn outside of the Monona County Courthouse. Many families attended and bonded with other families.

4-2018: Monona County Public Health Learning for Life Program hosted an Easter egg hunt for program families on 3-29, placed pinwheels in the Courthouse lawn and at the 3 local schools and placed informational table top tents at various organizations and restaurants throughout the month of April. The pinwheels are the national symbol for child abuse prevention. The table top tents included information about April being Child Abuse Prevention Month and gave fun and helpful questions a caregiver could use to ask a child to strengthen their bond and learn more about the child.

Strategy 1-1.3 Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases the chances for child abuse and neglect.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Conservation will partner with the Monona County Public Health Learning for Life Program

Target Date
Jun 30, 2017

<u>Report Date</u> May 25, 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: A family group meeting was hosted by these two organizations at the Monona County Arboretum, 4-2017. This partnership will be ongoing.

Strategy 1-1.4 The Neighborhood Networking Grant will be applied for at least annually to allow community partners to collaborate to offer some sort of community event (i.e. Make a Meal Night, etc.) that promotes nutrition, stress reduction, family bonding and ultimately reduces the chances of child neglect and abuse that can be brought on by stress, economic issues, health disparities, etc.

Strategy Type
Counseling & Education

Who's Responsible
Monona County Public Health and Monona County ISU Extension

Target Date
Jun 16, 2016

Report Date
Apr 27, 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: 5-2016: Monona County ISU Extension planned and hosted the community garden kick-off event. They received the Neighborhood Networking Grant for this initiative.

HCCMS Health Services, Head Start and Monona County Public Health applied for and were awarded the Neighborhood Networking Grant. With this grant, a 'Family Fun/Safety Day' will be held 6-11-2016. Many communities partners have expressed interest in providing a family fun activity and educational information.

On 4-27-2017, a Nurtured Heart Approach community presentation was held to teach adults how to better relate to children and to teach children how to use their energy positively instead of acting out negatively. The event included 30 attendees. A meal and childcare were provided. The evaluations showed favorable feedback from attendees. This event was hosted by applying for and receiving the Neighborhood Networking Grant. Monona County Public Health, West Monona School and Monona County ISU Extension applied for this grant.

5-2017: Monona County ISU Extension planned and hosted the community garden kick-off event. They received the Neighborhood Networking Grant for this initiative. Master Gardeners, ISU Extension, Monona County Conservation and Monona County Public Health assisted and provided physical activity, nutrition, gardening and pollinator information at the event.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

Strategy 1-1.5 West Central Community Action's Child Care Resource and Referral will use various communication outlets and community partnerships to raise awareness that they can help a family find reliable child care.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
West Central Community Action's Child Care Resource and Referral

Target Date
Sep 30, 2016

Report Date
May 25, 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

Progress notes: West Central Community Action's Child Care Resource and Referral periodically attends and presents at the Early Childhood Iowa quarterly board meetings regarding their services and resources.

This is implemented and ongoing.

Strategy 1-1.6 The 1st Five Program will continue to hold monthly meetings with Monona County healthcare providers to position themselves as the one stop referral source in the county. Once a healthcare provider refers a patient to the

1st Five Program, this program then refers this patient onto the correct service organization/resource in the county. Strategy Type
Clinical Intervention

Who's Responsible
The 1st Five Program

Target Date
Dec 30, 2016

Report Date
May 25, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: 2-2016: Lori Hoch, the Care Coordinator for the 1st Five Program has accepted a new position. Nikki Ahart has taken over for Lori. Nikki is new to the position. She's learning the various service organizations/resources in Monona County and familiarizing herself with the healthcare providers.

This is implemented and ongoing.

Strategy 1-1.7 Community organizations to plan, promote and hold family educational events. Strategy Type
Counseling & Education

Who's Responsible
Monona County Community Alliance, West Central Community Action, Monona County Public Health, 1st Five Program, Monona County ISU Extension, Monona County Conservation, Burgess Health Center, etc.

Target Date
Jun 30, 2017

Report Date
Apr 27, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Monona County Public Health Learning for Life Program hosted a family group meeting on 2-4-2016. The parents and children that attended this event got to participate in a Valentine's frame making craft. While putting this craft together, families were bonding with each other, as well as with other families in attendance.

West Central Community Action's Head Start planned and will host a 'The Power of the Screen' family event on 2-18-2016. This event will cover the health and social detriments of too much electronic (phone, Ipad, computer, video games, etc.) screen time for children and adults.

5-2016: Monona County Health Department hosted a tie-die event in the Onawa Park where the Learning for Life Program families could visit and bond with each other.

12-2016: Monona County Health Department held a Visit Santa event where the Learning for Life Program families could visit with Santa and decorate cookies together while bonding with each other.

4-2017: West Central Community Action's Head Start and Monona County ISU Extension planned and hosted a 'Family Storyteller' family event series in March and April 2017. Other service organizations promoted this to their clients and attended with them.

4-2017: Monona County Health Department hosted a zoo trip for the Learning for Life Program families.

5-2017: West Monona School held a Summer Extravaganza event to promote community resources to school age families.

12-2017: ISU Extension invited the county to participate in the 'National Dine In Day' initiative on 12/3. This initiative asks people to prepare and share a meal together at home. The goal is for families to learn how to prepare a meal at home together and to also bond while doing this activity. In addition, Monona County Public Health promoted this initiative on their Facebook page.

5-2018: West Monona School held a Summer Extravaganza event to promote community resources to school age families.

Ongoing: The Monona County 4-H group developed a Cooking Club for 4-H members to learn about cooking, nutrition and health. This group meets monthly in Mapleton.

Strategy 1-1.8 Monona County Public Health Learning for Life Program will plan and host quarterly family group meeting activities. Families currently enrolled in the Learning for Life Program will be invited. This event will be open for any families from the community to attend. This activity will build social connections between families, therefore decreasing stress, which ultimately decreases the chances for child abuse and neglect.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible Monona County Public Health Learning for Life Program Target Date
Dec 30, 2016

Report Date
Apr 27, 2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The Monona County Public Health Learning for Life Program hosted a family group meeting on 2-4-2016. The parents and children that attended this event got to participate in a Valentine's frame making craft. While putting this craft together, families were bonding with each other, as well as with other families in attendance.

5-2016: Monona County Health Department hosted a tie-die event in the Onawa Park where the Learning for Life Program families could visit and bond with each other.

12-2016: Monona County Health Department held a Visit Santa event where the Learning for Life Program families could visit with Santa and decorate cookies together while bonding with each other.

4-2017: Monona County Public Health hosted a zoo trip for the Learning for Life Program families.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

4-2018: Monona County Public Health Learning for Life Program hosted an Easter egg hunt for program families on 3-29, placed pinwheels in the Courthouse lawn and at the 3 local schools and placed informational table top tents at various organizations and restaurants throughout the month of April. The pinwheels are the national symbol for child abuse prevention. The table top tents included information about April being Child Abuse Prevention Month and gave fun and

helpful questions a caregiver could use to ask a child to strengthen their bond and learn more about the child.

Strategy 1-1.9 Monona County Public Health, HCCMS Maternal/Child Health and the 1st Five Program will setup a meeting with West Central Community Action's WIC Program to discuss their programs and to setup a referral system so that all pregnant women, using the WIC Program, are referred to Monona County Public Health and HCCMS Maternal/Child Health for further maternal/child services.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Monona County Public Health, HCCMS Maternal/Child Health, the 1st Five Program and West Central Community Action's WIC Program

Target Date
Jun 30, 2017

Report Date
May 25, 2017

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: 5-2017: HCCMS Maternal/Child Health and Monona County Public Health each setup a table at the monthly Monona County WIC Program clinics held at the Community Center in Onawa.

Strategy 1-1.10 Burgess Health Center will discuss the logistics and gauge interest in hosting a First Time Mother's/ Father's educational event.

Strategy Type
Counseling & Education

Who's Responsible
Burgess Health Center

Target Date
Jun 30, 2017

Report Date
May 25, 2017

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: Burgess Health Center offers a variety of free classes to expecting mother's and father's. A formal educational event has not yet been planned.

Community Priority

Physical Activity

Goal #1 Increase physical activity through events and education.

National Alignment

Healthy People 2020:
 --PA-1: Reduce the percent of pregnant adults that engaged in no leisure time physical activity from 36.2% (year 2008) to 32.6% by the year 2020.
 --PA-9.3: Increase the number of States with licensing regulations for physical activity in childcare that requires a number of minutes of physical activity per day/or by length of time in care from 1 state (year 2006) to 11 states by the year 2020.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-16, 2015 Revisions:
 --6-1.26: Increase by 2% Iowans' overall participation rate in more physically active, natural-resources-based outdoor recreation activities as listed in Iowa's Statewide Comprehensive Outdoor Recreation Plan.

Objective 1-1 Decrease the percent of the population, aged 20+, with no leisure time physical activity by 2% by the end of the year 2020. (Data source: Community Commons).

Baseline Year	Baseline Value	Target Year	Target Value
2012	25.9%	2020	23.9%

Report Date

Year

2017

Value

27.1%

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 checked="" type="checkbox"/> Not met, trend in wrong direction |

Progress notes: This goal was set in 2016. Wellness efforts have been put into place. Additional wellness efforts are being planned now.

Strategy 1-1.1 Quarterly, Burgess Health Center, Monona County Conservation, Horn Physicians Clinic, Monona County Public Health and various other community organizations will use media outlets to promote the wellness opportunities in the county (classes, various gym's and trail opportunities).

Strategy Type

Counseling & Education

Who's Responsible

Burgess Health Center, Monona County Conservation, Horn Physicians Clinic, Monona County Public Health and various other community organizations.

Target Date

Jun 30, 2017

Report Date

Apr 27, 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: Wellness classes, the medically oriented gym and trails are being promoted through social media and at community events.

Currently at the 5-25-2017 community garden kick-off event, Monona County Public Health promoted the area parks and trail opportunities.

More efforts needs to be focused on this strategy though. Additional eye catching handouts need to be developed and handed out by all of these partners.

8-2017: Onawa Chamber of Commerce planned and hosted the 25th Annual

Onabike ride on August 26th. Two routes were offered: the 29 mile semi-hilly route through the Loess Hills and a 60 mile challenging route through the Loess Hills. On average, this event brings over 300 people to Onawa for the day. This was promoted through various media outlets.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on April 22 on the Carhart Trail in Mapleton. Approximately 50 people participated.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

Strategy 1-1.2 Develop a Monona County Wellness Coalition.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible

Burgess Health Center, Monona County Public Health, Pleasant View Care Center, Onawa Chamber of Commerce and Iowa DNR

Target Date

Jan 2, 2017

Report Date
Apr 27, 2018

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

Progress notes: The Monona County Wellness Coalition was formed January 2017 and meets monthly to plan and host wellness initiatives. The Wellness Coalition continues to grow in the number of participants.

Strategy 1-1.3 Monona County Wellness Coalition and collaborating organizations will plan and host quarterly community wellness activities.

Strategy Type
Counseling & Education

Who's Responsible

Monona County Wellness Coalition

Target Date

Jan 31, 2018

Report Date
Apr 27, 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: 5-2016: Monona County ISU Extension planned and hosted the community garden kick-off event. They received the Neighborhood Networking Grant for this initiative.

1- 2017 through 3-2017: The Live Healthy Iowa 10-week wellness challenge was planned and promoted. A total of 190 people participated in Monona County. At the completion of the challenge, the participants had tracked 'Total Activity Minutes' at 328,098 and 'Total Weight Loss' at 588.7 pounds!

1-2017: Onawa Chamber of Commerce and Monona County Public Health planned and hosted a health fair and 5K BURR walk/run at the Onawa Community Center.

4-2017: Live Healthy Iowa 5K/1K walk and run event was planned and hosted by

the Big Blue Run Committee at Lewis & Clark State Park in Onawa.

5-2017: Monona County ISU Extension planned and hosted the community garden kick-off event. They received the Neighborhood Networking Grant for this initiative. Master Gardeners, ISU Extension, Monona County Conservation and Monona County Public Health assisted and provided physical activity, nutrition, gardening and pollinator information at the event.

7-2017: Monona County Fair and Monona County Public Health are planning and hosting the 2nd annual 5K/1K Glow Run/Walk event. This event occurs in the evening and glow sticks will be provided.

8-2017: Onawa Chamber of Commerce planned and hosted the annual Onabike XXV The Shawn Gosch Memorial Ride on Saturday, August 26th. Approximately 130 riders attended . All riders received an Onabike collector t-shirt and a awesome meal at Suds-N-Jugs after the ride.

9-2017: Chuck Long, University of Iowa & NFL quarterback & Iowa Sports Foundation CEO, spoke to the West Monona School students about wellness and living a healthy life style.

9-2017: Live Healthy Iowa, including Chuck Long, spoke to the Monona County Wellness Coalition to discuss the state of the counties health and to begin planning annual wellness initiatives for the county.

10-2017: Monona County participated in the Healthiest State Walk Initiative on October 4! People walked for 30 minutes or more when they could throughout the day and then let the Onawa Chamber of Commerce and Monona County Public Health know of their efforts by sending a 'selfie' of themselves walking. Additionally, West Monona School held a 1-mile walk around the school for all students and staff at the beginning of the school day. West Monona School had approximately 315 people walk.

10-2017: MVAOCO FFA planned and hosted a pumpkin walk event at the Mapleton track. Prior to the walk, FFA students helped elementary students carve pumpkins that were then illuminated and placed around the track for the walk.

10-2017: Monona County Conservation hosted a Halloween event at Rodney Park. At this event, attendees could walk on the haunted trail.

11-2017: Mapleton Chamber of Commerce hosted a Turkey Bowling event on 11/25 across the street from the Mapleton Community Center.

4-2018: The Big Blue Run Committee and Burgess Health Center planned and hosted the annual Live Healthy Iowa 5K/1K adult and child walk and run on 4/21 at Lewis & Clark State Park. Approximately 47 people participated.

4-2018: The Mapleton Chamber of Commerce and Monona County Conservation planned and hosted an Earth Day Walk on April 22 on the Carhart Trail in Mapleton. Approximately 50 people participated.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

5-2018: Monona County ISU Extension, Monona County Conservation and Monona County Public Health are collaborating with the West Monona 4th grade classroom to work with them on developing a school garden. These organizations will present various topics to this classroom regarding gardening tips, healthy eating, physical activity and pollinator information.

4-2018: Monona County Public Health Learning for Life Program hosted an Easter egg hunt for program families on 3-29, placed pinwheels in the Courthouse lawn and at the 3 local schools and placed informational table top tents at various organizations and restaurants throughout the month of April. The pinwheels are the national symbol for child abuse prevention. The table top tents included information about April being Child Abuse Prevention Month and gave fun and helpful questions a caregiver could use to ask a child to strengthen their bond and learn more about the child.

Ongoing: The Monona County 4-H group developed a Cooking Club for children 4-12th grade to learn about cooking, nutrition and health. This group meets monthly in Mapleton.

Ongoing: ISU Extension is presenting 'What About Me? My Wellbeing' at worksites, churches, schools, etc. The presentation consists of four, 45-minute sessions that cover three areas of wellbeing and how they interact.

Strategy 1-1.4 Mapleton Rebuild & Recover will continue to work on completing the Mapleton trail project and applying for additional grants, as needed. **Strategy Type**
Address Social Determinant / Health Inequity

Who's Responsible
Mapleton Rebuild & Recover

Target Date
Dec 31, 2020

Report Date
May 31, 2017

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: The Mapleton trail project continues to progress.

Strategy 1-1.5 The City of Onawa will have discussions on which complete streets/trail project section to begin first. Grants will be applied for as available. **Strategy Type**
Address Social Determinant / Health Inequity

Who's Responsible
The City of Onawa

Target Date
Jun 30, 2017

Report Date
May 31, 2017

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: The Onawa City Administrator is no longer with the city. Trails and complete streets throughout Onawa have not moved forward.

A Western Iowa trail project is being planned. This trail will run from South Iowa (Council Bluffs) to North Iowa area. This trail will run through Monona County, by Onawa.

Strategy 1-1.6 The Burgess Health Center Medically Oriented Gym (MOG) will continue to schedule meetings with various insurance company's so that more insurance plans will allow coverage of patients monthly membership fee to the MOG. **Strategy Type**
Environmental / Policy / Systems Change

Who's Responsible
The Burgess Health Center Medically Oriented Gym (MOG)

Target Date
Dec 31, 2020

Report Date
May 31, 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

Progress notes:

Strategy 1-1.7 Research wellness and prevention grant opportunities that would enable an organization to hire or contract with a wellness team member. This wellness team member would then spearhead 1)county wellness activities and events, and 2)reach out to businesses to help setup workplace wellness programs. This would then begin to help make the healthy choice the easy choice in the county.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Monona County Public Health and Burgess Health Center

Target Date
Dec 31, 2020

Report Date
Jun 30, 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

Progress notes: The Monona County Board of Health approved at the 5-2017 board meeting for Monona County Public Health to begin planning and advertising for a part-time Wellness Coordinator. Due to some other grant funding cuts, this idea has been tabled for now.

Strategy 1-1.8 Community partners will work with at least one school to discuss and plan how a school garden/healthy food class pilot program would work. This school garden would get kids active and by eating more nutritional food, the kids and their family would have more energy for physical activity.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Public Health

Target Date
Jun 30, 2017

Report Date
May 31, 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

Progress notes: Monona County Conservation, Monona County ISU Extension and Monona County Public Health held planning sessions with the West Monona 4th grade class teacher regarding having a classroom garden and hosting a garden presentation. The event was scheduled to be held the end of May 2017. The teacher unfortunately had to cancel this activity due to other pressing activities at the end of the school year. This will continue to be discussed and planned for the next school year.

5-2018: Monona County ISU Extension, Monona County Conservation and Monona County Public Health are collaborating with the West Monona 4th grade classroom to work with them on developing a school garden. These organizations will present various topics to this classroom regarding gardening tips, healthy eating, physical activity and pollinator information.

Strategy 1-1.9 Monona County Conservation will partner with the Monona County Public Health Learning for Life Program to host a family group meeting activity that will get families outside, interacting and moving together.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Conservation will partner with the Monona County Public Health Learning for Life Program

Target Date
Jun 30, 2017

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: A family group meeting was hosted by these two organizations at the Monona County Arboretum, 4-2017. This partnership will be ongoing.

Strategy 1-1.10 Monona County ISU Extension and Burgess Health Center Mental Health will focus on developing and promoting new resources and classes that focus on depression and stress prevention. By decreasing a person's depression or stress, they're more likely to be physical active.

Strategy Type
Counseling & Education

Who's Responsible
Monona County ISU Extension and Burgess Health Center Mental Health

Target Date
Dec 31, 2016

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Burgess Health Center applied for and received a grant to promote and provide Couple Counseling sessions. This was promoted 5-2017.

ISU Extension promoted and provided a training to teach caregivers how to manage their duties and the financial responsibilities of caring for an older adult or disabled individual.

Community Priority

Poverty

Goal #1 Decrease poverty in the county.

National Alignment

Healthy People 2020:
--NWS-12: Reduce the percent of households with children that have very low food security from 1.3% (year 2008) to 0.2% by the year 2020.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-16, 2015 Revisions:
--5-1.2: Continue developing viable Iowa communities with decent housing and suitable living environment and expanding economic opportunities primarily for persons of low and moderate incomes.

--6-11: Decrease the percent of participants in the Women, Infants, and Children (WIC) program who have low or very low food security from 41% (year 2011) to 39% by the year 2016.

Objective 1-1 Decrease the percent of poverty by 1% in children, age 17 and under, that fall within the 200% poverty level, by the end of the year 2020. (Data source: Community Commons).

Baseline Year	Baseline Value	Target Year	Target Value
2009-13	42.03%	2020	41.03%

Report Date

Year

2017

Value

53.84%

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 checked="" type="checkbox"/> Not met, trend in wrong direction |

Progress notes: This goal was set in 2016.

Strategy 1-1.1 Burgess Health Center will continue to promote their loan forgiveness program to potential new employees by using various media outlets.

Strategy Type

Counseling & Education

Who's Responsible

Burgess Health Center

Target Date

Jun 30, 2016

Report Date

May 31, 2017

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: Burgess Health Center is using a reoccurring Facebook ad to promote their loan forgiveness program to potential new employees. This is ongoing.

Strategy 1-1.2 Develop a poverty coalition in the county.

Strategy Type

Counseling & Education

Who's Responsible

Monona County Public Health

Target Date

Sep 30, 2016

Report Date: Apr 27, 2018

Progress on Strategy: Complete On track Off track No progress

Progress notes: The Monona County Wellness Coalition discusses a variety of different issues facing the county, including poverty.

4-2018: Community organizations are working well as a team to connect people that are financially in need to the resources they need in a timely manner.

Strategy 1-1.3 The Monona County Wellness Coalition will identify barriers and needs in the county that influence poverty. Initiatives will be developed based on these barriers.

Strategy Type: Address Social Determinant / Health Inequity

Who's Responsible: Monona County Poverty Coalition

Target Date: Jan 31, 2017

Report Date: Apr 27, 2018

Progress on Strategy: Complete On track Off track No progress

Progress notes: The Monona County Wellness Coalition has identified barriers that effect the low income clients we provide services for.

10-2017: Monona County Public Health hosted a county wide breast cancer awareness day on October 30th. Organizations and individuals throughout the county wore pink. The Monona County Courthouse raised \$190 to donate to Burgess Health Center. These funds will be used to provide mammograms to women that may otherwise not be able to afford this preventative screening.

Make a Meal Night Events were held 1-2018 (in Mapleton), 3-2018 (in Whiting) and 5-2018 (in Soldier). At these events, families were taught food handling and making a meal on a budget tips, the importance of family meals and how to incorporate the entire family into making a meal on a regular basis. Each attendee got to prepare a meal from scratch, with the instruction of the facilitator. Attendees then got to take these meals home to eat the next day or to freeze. Additionally, attendees were served a meal for dinner as well.

Ongoing: Mapleton's Open Cupboard food pantry developed a Backpack Program to allow food backpacks to be sent home with school aged children that are in need (parent's can sign up their child for this program). St. John's United Methodist Church visited with MVAO school to discuss ideal foods to include in the backpack. The church then collected donations and worked with Fiesta Foods in Mapleton to purchase / stock up on items that were on sale.

Strategy 1-1.4 Address the issue of fluoride no longer being added to the water systems in any of the Monona County towns as this will negatively impact residents, especially people in poverty as they can not always afford fluoride treatments and regular dentist appointments.

Strategy Type: Address Social Determinant / Health Inequity

Who's Responsible: I-Smile Program, Monona County Public Health, Monona County dentists, Early Childhood Iowa Director, School Nurses and Monona County Board of Health

Target Date: Dec 29, 2017

<u>Report Date</u> Nov 2, 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: 2-2017: I-Smile Program, Monona County Public Health, Monona County dentists, Early Childhood Iowa Director, School Nurses and Monona County Board of Health presented to the Onawa City Council regarding the importance of reinstating water fluoridation back into the water system. The Onawa City Council said they would look into it as they thought the naturally occurring water fluoride level was at an acceptable level, even though Iowa Department of Public Health's records showed that it was at a 0.4 mg/L naturally occurring and it needs to be at a 0.7 mg/L to be at an acceptable level and to protect the oral health of Onawa residents.

5-2017: I-Smile Program followed up with the Onawa City Council. They're still waiting for the new water test results to see where the water fluoride levels are actually falling with the Onawa water system.

Ongoing: The I-Smile Program screens preschool/head start, kindergarten and 9th grade students for tooth decay. A dental report card is given to ensure that parents are aware of the screening results and are referred to a dentist if needed. The I-Smile Program follows up with the parent to ensure the child has received the dental care they need.

Ongoing: Medical providers are providing fluoride varnish to young children at well-child visits. Medical providers are also referring children to see a dentist by age 1 or within 6 months of the 1st tooth.

Strategy 1-1.5	Research successful programs that other national and worldwide communities have used to decrease poverty. Discuss this at a Monona County Poverty Coalition meeting.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u>	Monona County Poverty Coalition	<u>Target Date</u> Jan 29, 2021

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
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Progress notes:

Strategy 1-1.6	Arrange for West Central Community Action to speak at the Monona County Poverty Coalition to present on how the Promise Jobs program in the county works and how other interested community members can help promote.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u>	Monona County Poverty Coalition	<u>Target Date</u> Jan 29, 2021

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
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Progress notes:

Strategy 1-1.7	Discuss the possibility of developing a GED Program with Western Iowa Tech (WIT).	<u>Strategy Type</u> Address Social Determinant / Health Inequity
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Who's Responsible
Monona County Poverty Coalition

Target Date
Jun 30, 2017

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Geri Johnson discussed developing a GED Program with WIT. Geri and various community partners have not found enough people that are interested in attending the GED program, as a specific class size is required by WIT to move forward with the class.

Strategy 1-1.8 Partner with the area high schools to discuss how and if the upcoming GED class information can be confidentially sent out, through the school, to students that did not graduate from high school. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Poverty Coalition

Target Date
Jan 29, 2021

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes:

Strategy 1-1.9 Establish a comprehensive list, from Iowa Workforce Development, that identifies job openings and employment mentoring in the area. Identify who and how to provide this information to the county. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Poverty Coalition

Target Date
Jan 29, 2021

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes:

Strategy 1-1.10 Monona County Poverty Coalition will work with at least one school counselor, to start with, to discuss and plan how a business / student mentoring program would work. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Monona County Poverty Coalition

Target Date
Jan 29, 2021

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: