

Pocahontas County Health Department

Health Improvement Plan

Date Updated: July 10, 2018



For additional information, CONTACT:

Name	Organization	Phone	Email
Sherri Richardson	Pocahontas County Health Department	712-335-4142	srichardson@pocahontascoia.us

Community Priority

Tobacco

Goal #1 Educate general public on dangers of smoking and e-cigarettes.

National Alignment

State Alignment

Healthy Living

Objective 1-1 Reduce the adult smoking in Pocahontas County by 2%, from 20% to 18%.

Baseline Year	Baseline Value	Target Year	Target Value
2016	20%	2020	18%

Report Date
May 31, 2017

Year
2017

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: Since July of 2016 there have been 11 calls from Pocahontas County to Quitline - May and June 2017 still need to be accounted for.

Report Date
Jul 10, 2018

Year
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: We are still urging Pocahontas County residents to call the Quitline - at this time we don't have any numbers to report.

Strategy 1-1.1 Educate the public about e-cigarettes and the harm that they do.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Pocahontas County Health Department

Target Date

01/31/2020

Report Date

Jan 1, 2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Corey Keller from Community and Family Resources has been educating the schools in Pocahontas and Laurens on cigarettes and e-cigarettes.

Report Date

July 10, 2018

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Corey Keller from Community and Family Resources still goes into the Pocahontas and Laurens Schools to educate the students on cigarettes and e-cigarettes.

Strategy 1-1.2 Provide information to the schools and factories in Pocahontas County on tobacco and e-cigarettes.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Pocahontas County Health Department

Target Date

01/31/2020

Report Date

2016/2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Corey Keller from Community and Family Resources has been educating the Pocahontas Catholic School and the Pocahontas Community Schools in Pocahontas on Tobacco and E-Cigarettes. Pocahontas Community Schools has formed the I-

Step Program and students are promoting non-smoking. She is also educating the high school students in Laurens.

Report Date

July 10, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: Corey Keller from Community and Family Resources has been educating the Pocahontas and Laurens Schools on Tobacco and E-Cigarettes. No one has dropped any information off at the factories in Pocahontas County at this time.

Community Priority

Mental Health

Goal #1 Educate and increase public awareness on mental health and depression.

National Alignment

State Alignment

Objective 1-1 Educate and increase public awareness on mental health and depression.

Baseline Year	Baseline Value	Target Year	Target Value
2016	To be determined (TBD)	2020	TBD increase from baseline.

Report Date
May 31, 2017

Year

Value

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: A flyer "Know the Warning Signs of a Mental Health Condition" was handed out to the home care clients and the blood pressure clients in July 2016, a flyer "Mental Healthcare Shortage 'a huge struggle'" was handed out in June 2016 to the home care clients and blood pressure clients, and in May 2017 a flyer "The Benefits of Sunlight for Mental & Physical Health" was handed out to home care clients and blood pressure clients.

Report Date
Jul 10, 2018

Year

Value

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: A flyer "Stress Management Tips Every Senior Should Follow" was handed out to the home care clients and the blood pressure clients in December 2017.

Strategy 1-1.1 Distribute depression information sheets to public places, libraries, blood pressure clinics and meal sites.

Strategy Type
Counseling & Education

Who's Responsible
Pocahontas County Health Department

Target Date
01/31/2020

Report Date
Jan 1, 2017

Progress on Strategy

<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: Flyers are continually handed out to home care clients and blood pressure clinic clients monthly.

Report Date
July 10, 2018

Progress on Strategy

<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: Flyers are handed out monthly to our home care clients and blood pressure clients.

Community Priority

Promote Healthy Lifestyles and Behaviors

Goal #1 Educate the general public and our home care clients on the risk of diabetes, coronary heart disease and obesity.

National Alignment:

State Alignment:

Objective 1-1	Educate and increase public awareness of the risk of diabetes, coronary heart disease and obesity in Pocahontas County.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD increase from baseline.

Report Date: May 31, 2017

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: We have handed out a flyer "PreDiabetes Screening Test" in March and April 2016 to home care clients and at blood pressure clinic clients, a flyer "Diabetes and Summer Heat" in August 2016 to home care clients and blood pressure clinic clients, a flyer "Exercise & Heart Disease" in January 2017 to home care clients and blood pressure clinic clients, a flyer in April 2017 "April is Physical Wellness Month" to home care clients and blood pressure clinic clients.

Report Date: Jul 10, 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: We handed out a flyer "November is National Diabetes Month" in November 2017 to home care clients and at blood pressure clinic clients, a flyer "5 Facts About Diabetes" in January 2018 to our home care clients and at blood pressure clinics, a flyer "Exercise & Heart Disease" in February 2018 to our home care clients and at blood pressure clinic clients.

Strategy 1-1.1: Distribute information at meal sites, blood pressure clinics, WIC, and other locations. Strategy Type: Counseling & Education

Who's Responsible: Pocahontas County Health Department Target Date: Jan 1, 2020

Report Date: Jan 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Flyers are continually handed out to home care clients and blood pressure clients monthly at their visits and clinics.

Report Date: July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Flyers are handed out every month to our home care clients and blood pressure clients monthly at their visits and clinics.

Community Priority

Unintentional Injuries

Goal #1 Educate and provide information on falls, fall prevention, and safety programs to the general public and our home care clients.

National Alignment

State Alignment

Injury and Violence

Objective 1-1 Educate and increase public awareness of the risk of falls, fall prevention and safety programs in Pocahontas County.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2020	TBD increase from baseline.

Report Date

May 31, 2017

Year

2017

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: In May of 2016, handed out a flyer of "Preventing Outdoor Falls" to homecare clients and blood pressure clinic clients. In September of 2016, handed out a flyer called "Exercise to Improve Balance and Prevent Falls" to homecare clients and blood pressure clinic clients. In January 2017 handed out "Exercise and Heart Disease" flyer to Homecare clients and blood pressure clinic clients.

Report Date

Jul 10, 2018

Year

2018

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: In August 2017, we handed out a flyer of "Osteoporosis and Falls", to our homecare clients and blood pressure clinic clients.

Strategy 1-1.1 Distribute information at meal sites, blood pressure clinics, WIC, and other locations.

Strategy Type

Counseling & Education

Who's Responsible

Pocahontas County Health Department

Target Date

Jan 1, 2020

Report Date

Jan 1, 2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Information on falls was given out at meal sites where we do the blood pressure clinics in May and September of 2016, and January 2017.

Report Date

July 10, 2018

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Information on falls was given out at blood pressure clinics in August of 2017.

Community Priority

Radon

Goal #1 Make Pocahontas County residents aware of radon and where they can purchase radon kits.

National Alignment:

State Alignment: Environmental Health

Objective 1-1	Increase awareness about radon in Pocahontas County.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2021	TBD from the baseline.

Report Date: May 31, 2017

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: Health Fair was held at the Expo Center in Pocahontas, Iowa. Radon Kits were for sale and education was handed out. In January 2017 we put an ad in the paper for Radon month. In March of 2017 handed out to home care clients and blood pressure clinic clients a flyer on radon.

Report Date: Jul 10, 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: January is Radon Month. An article about radon was put in the paper as a public service announcement. We have radon kits for sale in our office year round. A flyer "Radon" was handed out to the home care clients, and was handed out at the blood pressure clinics to the clients in March of 2018.

Strategy 1-1.1 Educate the public about what radon is and the effects of radon

Strategy Type: Address Social Determinant / Health Inequity

Who's Responsible: Pocahontas County Health Department.

Target Date: 1/31/2021

Report Date: Jan 2016

Progress on Strategy

Complete On track Off track No progress

Progress notes: January is National Radon Month. A public service announcement was put in the newspapers concerning radon and that we have Radon Kits for sale in the Public Health office in Pocahontas County.

Report Date: July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We ran a newspaper article in January of 2018 as it is Radon month. We have radon kits for sale in our office year round. A flyer was handed out to our home care clients and our blood pressure clients in March concerning radon.

Community Priority

Hazardous Materials

Goal #1 Educate the Pocahontas County residents that the Transfer Station takes Hazardous Materials. National Alignment State Alignment

Environmental Health

Objective 1-1	Educate Pocahontas County residents that the Transfer Station take Hazardous Materials from March - July.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD from the baseline.

Report Date
May 31, 2017

Year
2017

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: We have not worked on this objective yet.

Report Date
Jul 10, 2018

Year
2018

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: We have not worked on this objective yet.

Strategy 1-1.1 Put an ad in the Pocahontas newspaper stating the dates and times of the Transfer Station. Strategy Type

Who's Responsible
Pocahontas County Health Department

Target Date
1/31/2020

Report Date
Jan 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: We have not worked on this objective yet.

Report Date
July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We have not worked on this objective yet.

Community Priority

Individual Preparedness

Goal #1 Educate general public on emergency preparedness efforts in Pocahontas County.

National Alignment

State Alignment

Public Health Emergency Preparedness

Objective 1-1 Increase awareness about emergency preparedness efforts in Pocahontas County.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2020	TBD from the baseline.

Report Date
May 31, 2017

Year
2017

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: In March of 2017, a tabletop exercise was held in the Assembly Room of the Pocahontas County Courthouse. 29 various partners from the county attended this tabletop to participate in the exercise. The exercise was about a flu epidemic in Pocahontas County.

Report Date
Jul 10, 2018

Year
2018

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: On June 14, 2018 an emergency preparedness tabletop exercise was held at the Pocahontas Community Hospital with various partners of Pocahontas County. The nursing homes of Pocahontas County were invited to this tabletop exercise to see what their plans and policies consisted of. The exercise consisted of a flu epidemic in Pocahontas County.

Strategy 1-1.1 Educate the public about emergency preparedness efforts.

Strategy Type

Who's Responsible

Pocahontas County Health Department

Target Date

Jan 1, 2020

Report Date

Jan 1, 2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes: The Pocahontas County Healthcare Coalition meets every month on the 1st Tuesday of the month. They continually educate the public on emergency preparedness efforts. Recently we are tagging all of the emergency personal with an ID tag.

Strategy 1-1.2 Identify the special needs populations within Pocahontas County and include these groups within the Pocahontas County Emergency Preparedness HandBook.

Strategy Type

Counseling & Education

Who's Responsible

Pocahontas County Health Department

Target Date

Jan 1, 2017

Report Date

Jan 1, 2017

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Pocahontas County Healthcare Coalition is working on the special needs population in Pocahontas County and adding these lists to our Emergency Preparedness Books.

Report Date

July 10, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Pocahontas County Healthcare Coalition meets once a month at the Pocahontas County Courthouse. Anyone is welcome to attend these meetings. We are always trying to educate the public on emergency preparedness efforts. The Pocahontas County Healthcare Coalition is now a member of SA7 (Service Area 7) a larger Coalition within the State of Iowa. We do have a section in the Pocahontas County Emergency Preparedness Book on the Special Needs Population.

Community Priority

Transportation

Goal #1 Explore the availability of volunteers to provide transportation services in Pocahontas County. National Alignment State Alignment

Health Infrastructure

Objective 1-1	Explore the availability of volunteers to provide transportation in Pocahontas County.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2020	TBD from the baseline.

Report Date
May 31, 2017

Year
2017

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: There is a great need for transportation in Pocahontas County. It is an issue. There is a Hospital bus that will take you to the hospital for doctor's appointments. There is also the Rides Bus that will take Medicaid people for free to their appointments. If they need to go to the store they will have to pay for mileage. There is also a TMS bus that is an Iowa Medicaid Non-Emergency Medical Transportation bus. But when people need a ride for appointments we try and call churches, etc.

Report Date
Jul 10, 2018

Year
2018

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: There is still a great need for transportation in Pocahontas County. It is an issue. We do have the Hospital bus, and the Rides bus. We do try and get volunteers from churches and others to help people if they need rides for medical appointments and such. It is an ongoing problem.

Strategy 1-1.1 Discuss the need for volunteers at the quarterly Interagency meeting in Pocahontas. Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Pocahontas County Health Department Target Date
1/1/2017

Report Date
Jan 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: We do attend the quarterly Interagency meetings that are held at the Hope United Methodist Church here in Pocahontas County.

Report Date
July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We do attend the quarterly Interagency meetings that are held at the Hope United Methodist Church here in Pocahontas County. At these meetings we do discuss the need for transportation in Pocahontas County.

Community Priority

Community Engagement

Goal #1 Narrow the gap in communication between entities in Pocahontas County. National Alignment State Alignment

Health Infrastructure

Objective 1-1 Narrow the gap in communication.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2020	TBD from the baseline.

Report Date
May 31, 2017

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: Pocahontas County is working in the right direction meeting with partners in various meetings. Interagency meetings, hospital meetings, Healthcare Coalition Meetings, etc.

Report Date
Jul 10, 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: Pocahontas County is meeting with the Pocahontas County Healthcare Coalition monthly, Interagency meeting quarterly, Hospital meetings when invited, etc. Trying to meet with various partners when possible.

Strategy 1-1.1 Discuss the gap in communication at the quarterly Interagency meeting in Pocahontas.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Pocahontas County Health Department

Target Date
Jan 1, 2017

Report Date
Jan 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: We do attend the quarterly Interagency meeting here in Pocahontas at the Hope United Methodist Church with other partners in the county.

Report Date
July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We do attend quarterly Interagency meetings here in Pocahontas at the Hope United Methodist Church with other partners in the county. We also have monthly Healthcare Coalition meetings and invite various partners that are interested.

Strategy 1-1.2 Discuss the option of having a quarterly meeting with the Pocahontas Community Hospital.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Pocahontas County Health Department

Target Date
Jan 1, 2017

Report Date

Jan 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: We just started meeting quarterly with a Community Access Team at the Pocahontas Community Hospital. We will meet quarterly with this group to communicate with clients and services. The first meeting was held in May 2017.

Report Date

July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We were invited to 2 meetings at the Pocahontas Community Hospital. We will go when invited but we do not think we will be invited very much.

Community Priority

Workforce Development

Goal #1 Continue workforce development with nursing staff and home care aide staff.

National Alignment

State Alignment

Objective 1-1

Continue workforce development with the nursing staff and home care aide staff.

Baseline Year

Baseline Value

Target Year

Target Value

Report Date

Year

May 31, 2017

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: Nursing staff has regular staffings in office. Home care aides meet with nursing staff once a year for skills training and updating.

Report Date

Year

Jul 10, 2018

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: We have nursing staffings in the office every other week. Home care aides meet with nursing staff once a year for skills training and updating.

Strategy 1-1.1 Attend the Lunch and Learns at the Pocahontas Community Hospital.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Pocahontas County Health Department

Target Date

Jan 1, 2020

Report Date

Jan 1, 2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes: This agency and the Home Care agency have been attending the Lunch and Learns at the Pocahontas Community Hospital. We also attended a Lunch and Learn in December 2016 on Substance Abuse Trends coordinated by CPPC and Community Services.

Report Date

July 10, 2018

Progress on Strategy

- Complete On track Off track No progress

Progress notes: This agency and the Home Care agency have been attending the Lunch and Learns at the Pocahontas Community Hospital. Most of the staff usually attends these Lunch and Learns.

Strategy 1-1.2 Be aware of other educational opportunities in Pocahontas County.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Pocahontas County Health Department

Target Date

Jan 1, 2020

Report Date

March 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Nurses and Home Care Aides attended CPR training in March 2017.

Report Date

July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Nurses and Home Care Aides attended CPR training in March 2017.