

Wayne County Public Health Health Improvement Plan

Date Updated: June 1, 2018



For additional information, CONTACT:

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Community Priority

Healthy Living

Goal #1 By 2020, decrease the rates of chronic disease including diabetes, obesity, physical inactivity and tobacco use to residents that are 50 and older in Wayne County

National Alignment

Improve the health, function and quality of life of older adults.

State Alignment

Where possible, align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the Healthiest state in the nation

Objective 1-1 BY 2017, have in place a coordinated effort between hospital, home care, community services available to decrease the risk of chronic disease, rehospitalization and improved chronic disease management as demonstrated by increasing the Wayne County health outcome rating from 64 to 62 by year 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2016	64	2020	62

Report Date

6-1-18

Year

2018

Value

79

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

Progress notes: As a county we have backslid, our rating our County Health Rating is down. Many changes have taken place since last assessment. The Wayne County Hospital Coalition had started back up with monthly meetings, but then dropped out of our community coalition, mainly due to funding. Their goal was to do health related projects within our community as part of the coalition but then realized they would need to have a separate board with a 501C in order to take in donations and money for the projects, so they are revisiting this and may re initiate their coalition in the future. The Wayne County Child and Family Abuse council has been very active, we are hosting a run in June, worked with the schools and have held the Nurturing Healthy Sexual Development classes in the Wayne and Seymour schools, and to Corydon Head Start. We will be having the back to school fair, in August, which will assist families in getting their bags, school supplies, immunizations, lead screenings, dental and visual screenings, as well as will have many service vendors available. Discharge planning continues to improve, the Hospital has a very active Health Couch, works with clinics and hospital system, along with the patients and other health care providers such as Wayne County Public Health Home Care. This makes for more continuity of care and improves the quality of health care to the client, decreases or prevents re-hospitalizations, links services together. Senior meal sites have been a concern, funding is the main issue and lower attendance, causing several centers to close and meals are delivered out of the county seat a few days a week. Many times this is the only meal, especially a hot meal, our disabled or elderly get. Not only is it a nutritional concern but they have lost the socialization aspect as well. The Board of Supervisors have stopped supporting the Fitness Center for employees due to the cost and low utilization of the service. The Farmers' Market continues to grow, has been extended into the fall, and is in its 5th year. Even though there have been some changes, we continue to strive toward improving the health of our county.

Report Date

5-15-17

Year

2017

Value

60

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: Wayne County has again improved from the ranking of 64 to 60 per 2017 county health rankings. The Wayne County Hospital coalition had stalled for awhile due to staff changes, etc. and to date plans are in progress for them to join the successful Inter Agency Coalition and Wayne County Child and Family Abuse Council. These two coalitions have been active for several years. We will be changing the time and location to better facilitate the hospital

coalition and together we can continue to serve our community. As part of the combined coalition we will continue to focus on improving the health of Wayne County residents by improving discharge planning, utilization of the Health Coach, decreasing or preventing re-hospitalizations, improve quality and continuity of care.

Wayne County Public Health assisted the Wayne County Hospital in obtaining magnetic boards to give patients that list the community services that they have in place, their pertinent health information, DNR status and emergency contact information. The Wayne County Hospital gave out new air conditioners primarily to patients with a diagnosis of COPD or Asthma who were in need of an air conditioner to help manage their disease symptoms. These were provided by donations from local churches and private citizens with local businesses working with them to provide discounts on the a/c units. The Wayne County Hospital case managers worked with our local Milestone agency to distribute them. The local Public Health nurse updated her training on Better Choices Better Health but no classes have been held due to there being only one trainer in our area and no funding to support someone else being trained. Matter of Balance classes are held on occasion through Milestones. Wayne County has 4 Senior meal sites and meals now being prepared at 2 locations and transported to the other sites due to funding costs.

Wayne County Public Health and Wayne County Home Care Aide Agency continues to attempt to increase physical activity, encouraging clients to be more active by adding exercise and physical activity to their care plan. The fitness center is now open 24 hours a day and the Board of Supervisors continue to assist with the cost of the fees to encourage county employees to use the center and promote physical activity.

There is community garden space is available and this will be the 4th year for the Farmers Market. The market has grown so it now has a market manager and at each market different groups, such as, Wayne County Public Health will have a lesson or kids activity.

Breastfeeding continues to be supported through the Hospital and Clinic System, Wayne County Public Health and WIC. Wayne County Public Health loans out hospital grade breast pumps free of charge. The Hospital and Clinic System promotes smoking cessation and increasing physical activity "to take more steps", at clinical visits and at discharge.

Report Date

2-23-16

Year

2016

Value

64

Progress on Objective

- | | |
|--|---|
| <input type="checkbox"/> Met, trend in right direction | <input checked="" 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: Wayne County has improved from the last County Health rating of 96 to 64. Our county has been slow to engage in increased physical activities that are brought on by system level changes but the county as a whole is starting to move toward the positive. The Wayne County hospital has implemented a community coalition to decrease risk of re-hospitalization, improve quality of care and to increase the collaboration and continuity of care. Our goal is to decrease the risk of chronic disease, death and disability, improving health outcomes of our county. One of the ideas we have come up with and are in the process of implementing is having client's seen at the clinic or discharged from hospital to be equipped with a "services board", such as a white board or magnet that can be changed and updated, that includes their personal information such as DNR, medications, care providers and community health partners involved in their care. This will lead to greater collaboration and a more comprehensive treatment approach. Our partnership includes the Wayne County Hospital and Clinic System, Discharge Planners, Health Coaches Wayne County Public Health and Home Care, Wayne County Home Care Aide Agency, Corydon Nursing and Rehab, Pharmacy, Milestones Area of Aging and we are working together to link all community services available to improve the health outcomes of our residents. Wayne County Public Health offers the Chronic Disease Self Management Program, Milestones has offered Matter of Balance, there are 4 meal sites available, and the hospital prepares and volunteers deliver Meals on Wheels, the Wayne County Home Care Aide Agency offers Homemaking and Home Care Aid services, arranges and manages the home delivered meals, and are in the process of developing a program along with Wayne County Public Health to assist home care clients in increasing physical activity as part of their routine in their homes. Our county leaders have worked with the local fitness center to pay a large portion of the fees for county employees to engage in physical activity and classes to promote health. A community garden has been developed, and they have donated produce to the local food bank. This will be the third year

of the Farmer's Market which continues to grow and be successful, training was provided to be able to take vouchers for senior coupons and WIC. Growing Strong Families program will be educating and having hands on gardening and growing classes. Breast feeding is fully supported through the physicians, clinic, hospital, WIC and Wayne County Public Health. The Clinic Practitioners document and educate on the importance of tobacco cessation and to increase physical activity at each clinic visit and is a part of their medical record. Our target group is people 50 and over but our efforts will be beneficial and affect all residents of Wayne County. In addition to the Community Coalition, there are additional active groups/ coalitions such as SAFE, Inner Agency, and Wayne County Child and Family Abuse Council and together we meet and discuss issues and concerns within our county and work to develop a solution to address the need or the resource to get the assistance needed.

Strategy 1-1.1 By 2020, increase the number of residents that are 50 and older by 10% that are participating in physical activity, self management of chronic diseases and utilize preventive health services such as tobacco cessation, immunizations, to improve health outcomes. The Community Coalition has met 3 times, and is meeting quarterly to decrease the high rate of chronic disease within our county, by collaborating with partners to improve the continuity of care and determine community needs and resources available. Each group brings knowledge and ideas to make improvements within our local health care system. As a group we want to empower Wayne county residents to manage their own chronic disease process and have the resources and support available to complete this. Additional community partners are seeing the need and interest is increasing to provide and promote physical activity, promote and provide access to healthier foods, and promote healthier living. Lifestyle change has been proven effective in preventing or delaying the onset of chronic diseases. Combined diet and physical activity promotion programs may reverse and improve diabetes and cardiovascular risk factors, including overweight, high blood glucose, high blood pressure, and abnormal lipid profile. This will be done through various strategies.

Strategy Type
Clinical Intervention

Who's Responsible Community coalition with Wayne County Hospital and Clinic System and Wayne County Public Health as the lead agencies. Target Date Jan 1, 2020

<u>Report Date</u> 6-1-18	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: We have been unable to continue the Chronic Disease Self Management Program due to not being able to have another person trained and their is no funding to support this program. Even though attendees have praised this program we have been unable to maintain it. Continuation and improvement of all Wayne County Public Health and Wayne County Home Care Aide Agency places physical activity on the assignment sheets and as part of the care plan for individual clients. The Wayne County Hospital and Clinic System, as part of their clinical record, addresses physical activity and tobacco use with their patients. Wayne County Public Health, as part of the admission and discharge process for quality assurance, immunization status is addressed. The Health Coaches, throughout the hospital and clinic system, follow up with patients and work with them as part of the collaborative approach to manage their disease process/symptoms and to promote preventative health care practices.

<u>Report Date</u> 5-15-17	<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 staff member of Wayne County Public Health has updated her requirements for

the Chronic Disease Self Management Program: Better Choices, Better Health but at this time there is not another leader available. Other entities have been approached but at this time there is no one available or interested in the training. There is also a lack of funding to support someone's time being trained. Wayne County Public Health and Wayne County Home Care Aide Agency places physical activity on the assignment sheets and as part of the care plan for individual clients. The Wayne County Hospital and Clinic System, as part of their clinical record, addresses physical activity and tobacco use with their patients. Wayne County Public Health, as part of the admission and discharge process for quality assurance, immunization status is addressed. The Health Coaches, throughout the hospital and clinic system, follow up with patients and work with them as part of the collaborative approach to manage their disease process/symptoms and to promote preventative health care practices. Continuation and improvement of all Wayne County Public Health and Wayne County Home Care Aide Agency places physical activity on the assignment sheets and as part of the care plan for individual clients. The Wayne County Hospital and Clinic System, as part of their clinical record, addresses physical activity and tobacco use with their patients. Wayne County Public Health, as part of the admission and discharge process for quality assurance, immunization status is addressed. The Health Coaches, throughout the hospital and clinic system, follow up with patients and work with them as part of the collaborative approach to manage their disease process/symptoms and to promote preventative health care practices.

Report Date

2-24-16

Progress on Strategy

 Complete

 On track

 Off track

 No progress

Progress notes: Chronic Disease Self- Management classes are in the process of being scheduled. All other strategies are being brought to the forefront, being evaluated and updated as needed.

Strategy 1-1.2 Promoting age appropriate vaccinations focusing on influenza, pneumonia, and shingles.

Strategy Type

Clinical Intervention

Who's Responsible

Practitioners and Wayne County Public Health

Target Date

Jan 1, 2017

Report Date

6-1-18

Progress on Strategy

 Complete

 On track

 Off track

 No progress

Progress notes: Ongoing, it is part of our Medical record and quality insurance procedures.

Report Date

5-15-17

Progress on Strategy

 Complete

 On track

 Off track

 No progress

Progress notes: As part of Wayne County Public Health's quality assurance to meet superior standards of care at each admission; the client's vaccination status is assessed and documented as part of their record. The Wayne County Hospital and Clinic System also assesses every patient and tracks their immunization status. Both of these entities are proactive and encourage vaccinations. This goal or strategy is ongoing.

Strategy 1-1.3 Chronic Disease Self-Management classes will be held at least yearly.

Strategy Type

Clinical Intervention

Who's Responsible

Wayne County Public Health

Target Date

7-1-16

<u>Report Date</u> 6-1-18	<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: We have been unable to complete this.

<u>Report Date</u> 5-15-17	<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: Wayne County Public Health was unable to schedule any Chronic Disease Self Management classes this past year and may not be able to continue this program due to lack of being able to recruit another presenter. We have approached several entities but at this time there is no one available or interested in the training.

Strategy 1-1.4 Initiate use of a "white board" or magnet than can be changed and updated, that includes their personal information such as DNR status, medications, care providers and community health partners involved in their care . This will lead to greater collaboration and a more comprehensive treatment approach

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Community Coalition

Target Date
Jan 1, 2017

Strategy 1-1.5 Develop a program to assist home care clients in increasing physical activity as part of their routine in their homes.

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Public Health and Wayne County Home Care Aide Agency

Target Date
Jun 1, 2016

<u>Report Date</u> 6-1-18	<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: WCPH and Wayne County Home Care Aide Agency continue to work with clients in improving physical activity,

<u>Report Date</u> 5-15-17	<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 an ongoing goal. Wayne County Public Health and Wayne County Home Care Aide Agency continues to add physical activity on the assignment sheet in the form of; ambulation, AROM/ PROM exercises and Physical Therapy recommendations. This is so we can make physical activity part of the routine home visit. The activity is personalized to meet the client's needs including health and safety concerns.

Strategy 1-1.6 Document the number of county employees using the wellness center to improve physical activity and classes to promote health and wellness.

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Public Health and Wayne County Board of Supervisors

Target Date
Mar 1, 2017

<u>Report Date</u> 6-1-18	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input checked="" type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: This strategy is now discontinued, the Board of Supervisors discontinued funding.

<u>Report Date</u> 5-15-17	<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
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Progress notes: There was enough participation for the Board of Supervisors to continue

supporting employees in using the wellness center at a reduced cost. This is an added benefit of county employees as well as promoting health, wellness and physical activity. On average there are 20-30 out of the 83 county employees utilizing the wellness center at a yearly cost of \$6,325.00.

Strategy 1-1.7 Improve discharge planning, including hospital, clinic, and home care to ensure knowledge of available community resources, make referrals as needed, and to improve education regarding client's discharge plan. Monitor and develop strategies to improve quality assurance and increase quality of services. Promote utilization of the Health Coach.

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Hospital and Wayne County Public Health

Target Date
Jan 1, 2018

Report Date
6-1-18

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Ongoing, continues to improve.

Report Date
5-15-17

Progress on Strategy
 Complete On track Off track No progress

Progress notes: This is an ongoing goal. Wayne County Public Health works with the hospital discharge planners, health coaches and practitioners to form a comprehensive care plan to insure continuity of care. We are always working to improve discharge planning and in making referrals as needed. We remain in contact with the patients health care team to; manage their health care needs, reconcile medications and orders, educate on disease management, prevention and to keep the practitioners informed.

Strategy 1-1.8 Promote use of fresh produce vouchers and the Farmers Market.

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Public Health, Milestones, Food Pantry and Extension

Target Date
Aug 1, 2017

Report Date
6-1-18

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Ongoing

Report Date
5-15-17

Progress on Strategy
 Complete On track Off track No progress

Progress notes: This is an ongoing goal. We are continuing promotion of fresh produce at the Farmers Market; by Wayne County Public Health, Milestones, the Outreach Center, Food Pantry and Extension. Multiple agencies that attend the Inter agency and Wayne County Family and Child Abuse Council work to increase knowledge and promotion of the use of the vouchers and to increase access to fresh fruits and vegetables. There is going to be two community garden spots available and through SCICAP/ Wayne County Outreach Center will offer garden vouchers to purchase plants, vegetable and fruit seeds to provide supplemental food as well as additional income through Farmers Market for excess produce. The Food Bank also has a mobile truck that comes monthly to our county.

Strategy 1-1.9 Promote use of community resources such as the Wellness Center for physical activity and classes, meal sites and home delivered meals, home care and transportation assistance.

Strategy Type
Clinical Intervention

Who's Responsible
Wayne County Public Health

Target Date
Jan 1, 2017

Report Date

6-1-18

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: Ongoing

Report Date

5-15-17

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: This is an ongoing goal and supported by multiple entities. Our coalition and council groups bring new information, promote further education and knowledge to our group as well as the citizens we serve. At our meetings we update on new or current services, who it is for and what needs our community has. We also learn more of what services are out there for our county, who to contact and identify those who may need the service or assistance. These coalitions are essential in meeting our community's health needs. As entities we all support the use of community resources, make referrals as needed and continue to promote the services provided to our county.