

Winnebago County Public Health Health Improvement Plan

Date Updated: July 10, 2018



For additional information, CONTACT:

Name	Organization	Phone	Email
Ruth Merchant	Winnebago County Public Health	641-585-4763	ruth.merchant@winnebagoiowa.gov

Community Priority

Ensure Safe and Healthy Living Environment

Goal #1 By 2021, reduce Winnebago County residents' exposure to radon.

National Alignment

Eh-Increase homes with an operating radon mitigation system; EH-15 increase proportion of new single-family homes constructed with radon-reducing features.

State Alignment

5-1.4 Engage the scientific community in developing a comprehensive understanding of the quality of radon data and develop a plan to communicate and address radon health risks.

Objective 1-1	Reduce exposure to indoor radon air pollutant level from 63% of homes tested at or above 4pCi/L to 50% of homes tested by 2021.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	63% are at or above 4pCi/L	2021	50% at or above 4pCi/L

Report Date
July 10,18

Year
2017

Value
NA

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: Unable to evaluate this goal: we do not get test results on the radon levels or the number of homes that are mitigated. Environmental services will work on setting a realistic goal.

Strategy 1-1.1 By 2018, educate home owners and contractors on the installation of radon systems during construction.

Strategy Type
Counseling & Education

Who's Responsible
Winnebago Health Department - Environmental Health

Target Date
Dec 31, 2018

Report Date
July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Environmental health continues education in Winnebago County by distributing information at the Winnebago County Fair, at our office and through all media sources to educate home owners and contractors on the health risks of radon and the importance of installing radon systems.

Strategy 1-1.2 By 2018, obtain funding to provide radon test kits to residents within the county.

Strategy Type
Counseling & Education

Who's Responsible
Winnebago Health Department - Environmental Health

Target Date
Dec 31, 2018

Report Date
July 10, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: All funding sources have been exhausted. We continue to have radon kits for sale in our office.

Strategy 1-1.3 By 2019, test all schools within the county for radon air pollutants.

Strategy Type
Clinical Intervention

Who's Responsible
Winnebago Health Department - Environmental Health

Target Date
Dec 31, 2019

Report Date

July 10, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: All schools have been tested including Waldorf University in Winnebago County.

Community Priority

Physical Activity

Goal #1 By 2021, Improve the health and quality of life of Winnebago County adults through engagement in daily physical activity.

National Alignment

National Healthy People 2020 Physical Activity Goal: Improve health, fitness and quality of life through daily physical activity. PA-1 Reduce the proportion of adults who engage in no leisure-time physical activity.

State Alignment

6-5 Increase the proportion of adults who get the recommended levels of aerobic physical activity.

Objective 1-1 Increase the number of adults who are physically active from 30% to 40% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2015	30%	2021	40%

Report Date

July 10, 2018

Year

2017

Value

27

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: According to the County Health Rankings & Roadmaps report physical activity in Winnebago county has dropped even with the increased effort to encourage physical activity in the county. We are still above the state percentage in the state & will continue with education & wide ranking.

Strategy 1-1.1 By 2018, Promote the use of social media to share group physical activity opportunities.

Strategy Type

Counseling & Education

Who's Responsible

Winnebago Health Department

Target Date

Dec 31, 2018

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 |
|-----------------------------------|--|------------------------------------|--------------------------------------|

Progress notes: Social media is being used to encourage physical activity in Winnebago County.

Strategy 1-1.2 By 2019, Develop educational messages and dissemination plan to emphasize the benefits of families being activity together.

Strategy Type

Counseling & Education

Who's Responsible

Winnebago Health Department

Target Date

Dec 31, 2019

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 |
|-----------------------------------|--|------------------------------------|--------------------------------------|

Progress notes: Family activities are encouraged through message boards and with planned community activities. Families are encouraged to make physical activities a priority.

Strategy 1-1.3 By 2019, Develop and implement public education efforts to highlight opportunities to incorporate physical activity into daily activities.

Strategy Type

Counseling & Education

Who's Responsible

Winnebago Health Department

Target Date

Dec 31, 2019

Strategy 1-1.4 By 2018, Educate local employers with targeted materials and resources that promote exercise and stretching breaks. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Winnebago Health Department

Target Date
Dec 31, 2018

Report Date
July 10, 2018

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

Progress notes: This activity has not been started.

Strategy 1-1.5 By 2020, Develop opportunities for businesses to support non-motorized commuting. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Winnebago Health Department

Target Date
Dec 31, 2020

Report Date
July 10, 2018

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

Progress notes: This activity has not been started.

Strategy 1-1.6 By 2020, Collaborate with community partners to provide physical activities that promote aging in place for older adults, including those with physical limitations. Strategy Type
Counseling & Education

Who's Responsible
Winnebago Health Department

Target Date
Dec 31, 2020

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

Progress notes: We work with the YMCA and Winnebago County Senior Centers to promote physical activities to keep older adults active tasking into account any physical limitations.

Strategy 1-1.7 By 2019, Support the development of organized active recreation opportunities such as individual fitness competition, adult-based sports organizations, and local competitions. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Winnebago Health Department

Target Date
Dec 31, 2019

Report Date
July 10, 2018

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

Progress notes: This activity has not been started.

Goal #2 By 2021, reduce cigarette smoking by Winnebago County adults.

National Alignment
(Healthy People 2020)TU-1.1 Reduce cigarette smoking by adults.

State Alignment
4. 3-7 A reduction in current smoking among adults.

Objective 2-1 Decrease the number of adults that smoke from 10% to 8% by December 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2006-2012	10%	2020	8%

Report Date
July 10, 2018

Year
2017

Value
15%

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: According to the County Health Rankings & Roadmaps report the number of adult smokers has increased to 15%. This could be trending up as the teen population ages into adulthood. We will continue our education program & referral system to Quitline Iowa.

Strategy 2-1.1 By December 2017, offer tobacco cessation materials, resources, and referral information for Quitline Iowa.

Strategy Type
Counseling & Education

Who's Responsible
Winnebago Health Department - Tobacco Program Coordinator

Target Date
Dec 31, 2017

Report Date	Progress on Strategy
July 10, 2018	<input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress

Progress notes: Tobacco cessation materials were distributed monthly to all medical, eye, and dental clinics in Winnebago County. The materials included information on Quitline Iowa for providers to utilize with their patients.

Strategy 2-1.2 By June 30, 2017, promote cessation messages through social and print media highlighting Iowa's Quitline.

Strategy Type
Counseling & Education

Who's Responsible
Winnebago Health Department - Tobacco Program Coordinator

Target Date
June 30, 2017

Report Date	Progress on Strategy
July 10, 2018	<input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress

Progress notes: Quitline Iowa monthly posters are placed in all the local newspapers and are also distributed to 78 businesses throughout Winnebago County.

Strategy 2-1.3 By December 2018, promote the use of the Quitline Iowa fax referral system for adults to dental offices in Winnebago County.

Strategy Type
Clinical Intervention

Who's Responsible
Winnebago Health Department - Tobacco Program Coordinator

Target Date
Dec 31, 2018

Report Date	Progress on Strategy
July 10, 2018	<input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress

Progress notes: Three trainings were completed on the Ask, Advise, Refer program in 2017 at three dental offices in Winnebago County.