

Adair County Health Improvement Plan

Date Revised: 5/29/2019

For additional information about this plan:

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Topic 1

Reduce the Obesity rate in Adair County.

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Goal 1

Reduce the obesity rate in Adair County.

Alignment with National Plans

Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

Alignment with State/Other Plans

A reduction in the proportion of adults who are obese.

Reduce the Obesity rate in Adair County.

Objective 1.1

Increase the utilization of resources and programs currently present within the county.

Baseline Year	Baseline Value	Target Year	Target Value
2015	3%	2021	5%

Data Source and Location

County Health Rankings and Roadmaps

Reduce the Obesity rate in Adair County.

Strategy 1.1-1

Develop and maintain a resource list of programs available.

Strategy Source and Location

http://www.iowacommunitypartners.com/wp-content/uploads/2018/01/Adair_County_Resources_w_cover.pdf

Strategy Type: Community-focused

Who's Responsible

Adair County Health System

Target Date

1/1/2018

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

Completed January 2016 needs reviewed and updated.

Reduce the Obesity rate in Adair County.

Objective 1.2

Reduce the percentage of adults with obesity by 4% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2015	41.3	2021	37%

Data Source and Location

County Health Rankings

Objective Progress Report 1

Report Date

5/29/2019

Data Year

2019

Value

34%

Progress on Objective: Met, trend in right direction

Progress notes:

Reduce the Obesity rate in Adair County.

Strategy 1.2-1

Articles for school newsletters for parents will be provided highlighting strategies to improve nutrition and increase activity for children and families.

Strategy Source and Location

Strategy Type: Demographic/socioeconomic-focused

Who's Responsible

Adair County Health System

Target Date

10/1/2016

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

Reduce the Obesity rate in Adair County.

Strategy 1.2-2

Training and suggestions for indoor recess activities will be provided to prekindergarten and elementary staff in the county.

Strategy Source and Location

Strategy Type: Policy-focused

Who's Responsible

Adair County Health System/School Wellness Coordinators

Target Date

9/1/2017

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

Utilizing Greater Regional Foundation's Youth Grant funding, additional indoor recess items and equipment were purchased and provided to the Nodaway Valley school in May 2018 to promote physical activity.

Reduce the Obesity rate in Adair County.

Strategy 1.2-3

Provide a comprehensive list of low-cost student incentives that conform to school wellness policy guidelines.

Strategy Source and Location

Strategy Type: Individual/interpersonal-focused

Who's Responsible

Adair County Health System/School Wellness Coordinators

Target Date

1/1/2018

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

A list of incentives ideas and low-cost non-food incentives were purchased and provided to the OM-NV school districts in 2018 and they are being utilized by staff.

Reduce the Obesity rate in Adair County.

Strategy 1.2-4

Provide snack ideas that meet the guidelines of school wellness programs.

Strategy Source and Location

<https://sites.google.com/nodawayvalley.org/nv-wellness/home>

Strategy Type: Policy-focused

Who's Responsible

Adair County Health System/School Wellness Coordinators

Target Date

1/1/2017

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

The approved snack list was updated in 2017 and is posted to the Nodaway Valley Schools website on their NV wellness page.

Reduce the Obesity rate in Adair County.

Strategy 1.2-5

Work with grocery stores to provide signage for snacks and foods that meet the guidelines of the school wellness programs.

Strategy Source and Location

Strategy Type: Policy-focused

Who's Responsible

Adair County Health System/School Wellness Coordinators

Target Date

1/1/2017

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Off track

Progress Notes

Plans for this goal were delayed due remodeling of local stores.

Topic 2

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Goal 1

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Alignment with National Plans

Addressed in Healthy People 2020: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

Alignment with State/Other Plans

A reduction in the percent of 11th Graders who seriously consider attempting suicide.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Objective 1.1

Reduce the number of youth in Adair County who have a feeling of worthlessness some of the time or greater from 25% to 20%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	25%	2021	20%

Data Source and Location

Objective Progress Report 1

Report Date	Data Year	Value	Progress on Objective: Not met, trend in right direction
5/29/2019	2019	22%	

Progress notes:

Data taken from Iowa Youth Survey 2018 State of Iowa Results During the past 12 months, did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities? 22% reported "Yes" for Adair County.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-1

Provide education and support groups for young adults with depression.

Strategy Source and Location

Strategy Type: Individual/interpersonal-focused

Who's Responsible

Adair County Health System

Target Date

6/1/2018

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Off track

Progress Notes

Outreach and awareness regarding depression and mental health has been done via social media, however no direct support groups have been established.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-2

Send 2 persons for NAMI support group training.

Strategy Source and Location

Strategy Type: Professional/provider-focused

Who's Responsible

Adair County Health System/Southern Hills Regional Mental Health

Target Date

6/1/2018

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: No progress

Progress Notes

Not feasible at this time.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-3

Provide training and awareness for suicide prevention.

Strategy Source and Location

Strategy Type: Individual/interpersonal-focused

Who's Responsible
Adair County Health System

Target Date
6/1/2017

Strategy Progress Report 1

Report Date: 5/29/2019 **Progress on Strategy:** On track

Progress Notes

Ongoing. Posters were put up in both school districts. Awareness and education has been posted via social media and sent to schools during mental health awareness month. Adair County Health System partnered with Crisis Interventions and Advocacy Center and held a "Youth Mental Health Crisis Training" in May 2018 open to the community and plans to schedule again in June 2019.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-4

Develop and maintain a brochure of available resources for mental health issues.

Strategy Source and Location

Strategy Type: Professional/provider-focused

Who's Responsible
Southern Hills Regional Mental Health

Target Date
6/1/2017

Strategy Progress Report 1

Report Date: 5/29/2019 **Progress on Strategy:** Complete

Progress Notes

Adair County Health System worked with 4RKids ECI board to develop a Adair County Mental Health Resources listing that is updated and reviewed at least twice a year. It is posted at <https://4rkidsearlychildhoodiowa.files.wordpress.com/2018/10/adair-county-mental-health-resources1.pdf> and has been shared with school districts and posted internally at Adair County Health System for sharing with patients.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-5

Initiate Senior Life Solutions program.

Strategy Source and Location

Strategy Type: Professional/provider-focused

Who's Responsible
Adair County Health System

Target Date
3/1/2016

Strategy Progress Report 1

Report Date: 5/29/2019 **Progress on Strategy:** Complete

Progress Notes

Initiated in 3/16 at ACHS. Senior Life Solutions program moved into a newly renovated building on the Adair County Health System campus in April 2019.

Improve mental health through prevention and the provision of appropriate, quality mental health services.

Strategy 1.1-6

Explore feasibility of a Crisis Bed Facility for Southern Hills Region.

Strategy Source and Location

Strategy Type: Professional/provider-focused

Who's Responsible

Southern Hills Regional Mental Health/Adair County Health System

Target Date

12/1/2019

Strategy Progress Report 1

Report Date: 5/29/2019

Progress on Strategy: Complete

Progress Notes

Adair County Health System has explored this and found this is not feasible.