

# Allamakee Health Improvement Plan

Date Updated: May 14, 2019



For additional information, CONTACT:

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# Community Priority

## Promote Healthy Behavior

**Goal #1** By 2020 Increase Healthy Behaviors in Allamakee County Residents

National Alignment

National and weight status/ Physical Activity/ Health Related Quality of Life and Well Being

State Alignment

Healthy Living

**Objective 1-1** Decrease weight of overweight/obesity in Allamakee County adults. 38.5% of adults age 18 and older are considered overweight. 29.8% of adults are considered obese. Statistics per Behavioral Risk Factor Surveillance System

Baseline Year	Baseline Value	Target Year	Target Value
2014	38.5% 29.8%	2020	35.5% 26.8%

Report Date

May 14, 2019

Year

2019

Value

36%

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:** Since 2014 Allamakee is seeing a trend in the right direction, even though from 2018-2019 we increased from 34-36%. We, along with community partners, are placing emphasis on healthy living and promoting opportunities within our county for free or inexpensive ways to increase activity including; walking trails in our communities, new hiking trails in some of our city parks, new education center that promotes the Driftless Region and it's opportunities for local activities, promoting the 5-2-1-0 concept, etc... Data Source County Health Rankings and Road Maps

**Strategy 1-1.1** By 2020 increase awareness of availability of healthy activities through different media avenues and educational opportunities.

Strategy Type

Counseling & Education

Who's Responsible

Veterans Memorial Hospital Community and Home Care and community partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

- Complete     On track     Off track     No progress

**Progress notes:** We are placing emphasis on healthy living and promoting opportunities within our county for free or inexpensive ways to increase activity including; walking trails in our communities, new hiking trails in some of our city parks, new education center that promotes the Driftless Region, promoting the 5-2-1-0 concept, etc...

**Strategy 1-1.2** By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, and others as requested

Strategy Type

Counseling & Education

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

- Complete     On track     Off track     No progress

**Progress notes:** All communities continue to work to increase opportunities for increased activities including; walking/hiking/biking trails, run/walk opportunities (including a half marathon), water activities, new splash pads, etc...

Progress Image

Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

**Goal #2** By 2020 Decrease Incidence of Chronic Diseases in Allamakee County Residents

National Alignment

Heart Disease and Stroke/Diabetes/ Resp. Disease/Health- Related Quality of Life and Well Being

State Alignment

Healthy Living

**Objective 2-1** Decrease rate of adult onset diabetes from 7.1% to 6.5% by 2020. Source CDC

Baseline Year	Baseline Value	Target Year	Target Value
2013	7.1%	2020	6.5%

Report Date

May 14, 2019

Year

2018

Value

7.0%

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: Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, health fairs, etc... Promoting the Healthiest State Initiative. Data source: US News and World Report.

**Strategy 2-1.1** By 2020 increase awareness of diabetes and associated risks among Allamakee County residents through health promotions.

Strategy Type

Counseling & Education

Who's Responsible

VMHCHC and community partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Promoting the Healthiest State Initiative by working with our partners to increase public awareness of the prevalence of diabetes and prediabetes. One example is increasing the opportunity for members of the public to have free glucose testing done. We also work with local hospital lab to provide low cost fasting blood sugar and HgbA1C testing done on a walk in basis.

Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Report Date

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

**Strategy 2-1.2** By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as:

Food and Fitness Initiative, VMH Community Health and others as requested

Strategy Type  
Counseling & Education

Who's Responsible

VMHCHC and community partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, health fairs, etc... Walking routes have been developed in each community. Veterans Memorial Hospital, one of our community partners, offers low cost walk in lab testing for a variety of tests. This has been very successful.

Objective 2-2 By 2020 decrease the annual incidence rate of cancer from 428.5 (per1000,000 population ) to 425. Source Iowa Cancer Registry

Baseline Year	Baseline Value	Target Year	Target Value
2015	428.5	2020	425

Report Date

May 14, 2019

Year

2019

Value

471.9

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: Data obtained from CDC. While some cancers continue to decrease in Iowa, such as ovarian, there has been an increase in others such as liver cancer. We will continue to promote our healthy living lifestyles with an added emphasis in the part that obesity plays in regards to cancer incidences. In Allamakee county 90 new cancer diagnosis were made in the past year, which is constant from the previous year. Cancer deaths were 25 which is a decrease from 30 the previous year. Data source: CDC

Strategy 2-2.1 By 2020 increase the awareness of health promotion activities to decrease the incidence of cancer

Strategy Type  
Counseling & Education

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, health fairs, etc... Increase awareness re: relationship between obesity and cancer, the importance of certain age groups being tested for Hepatitis diseases, opportunity for low cost lab testing.

Strategy 2-2.2 By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, ad others as requested

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

<u>Report Date</u> May 14, 2019	<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: Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, health fairs, etc... Increase awareness re: relationship between obesity and cancer, the importance of certain age groups being tested for Hepatitis diseases, opportunity for low cost lab testing.

Objective 2-3	The number of adults age 20 and older diagnosed with heart disease will decrease from 4.1% to 3.7% by 2020. Source CDC	Baseline Year	Baseline Value	Target Year	Target Value
		2013	4.1%	2020	3.7%

<u>Report Date</u> May 14, 2019	<u>Year</u> 2019	<u>Value</u> 4.1%	<u>Progress on Objective</u> <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
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Progress notes: Data source: America's Health Rankings. As a county we are promoting healthy lifestyles more vigorously. Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, kayak adventures, health fairs, lab testing, etc...

Strategy 2-3.1	By 2020 increase the awareness of health promotion activities to decrease the incidence of heart disease	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u>	VMH CHC and community partners	<u>Target Date</u> Jan 1, 2020

<u>Report Date</u> May 14, 2019	<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: Increasing educational opportunities regarding healthy living through newspaper articles, community speaking opportunities, social media, "lead by example" - offering fun run/walks, healthy challenges, health fairs, etc...

Strategy 2-3.2	By 2020 VMHCHC staff will participate in community meetings that focus on improving healthy choices such as: Food and Fitness Initiative, VMH Community Health, ad others as requested	<u>Strategy Type</u> Address Social Determinant / Health Inequity
<u>Who's Responsible</u>	VMHCHC and community partners	<u>Target Date</u> Jan 1, 2020

<u>Report Date</u> May 14, 2019	<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: Community meetings continue and add partners such as new parent groups, new church groups, etc... Work with liaisons for different ethnic/immigrant groups to find educational opportunities.

Objective 2-4	Decrease the percentage of 6th (12%), 8th (15%), and 11th(25%) graders who have experienced sadness or hopelessness almost every day for 2 weeks or more in a row that they stopped doing usual activities to 6th graders 10%, 8th graders 12%, and 11th graders 22%. Source 2013 Health in Iowa Annual Report.	Baseline Year	Baseline Value	Target Year	Target Value
		2013	6th 12% 8th 15% 11th 25%	2020	6th 10% 8th 15% 11th 22%

Report Date  
May 14, 2019

Year

2019

Value

19%, 24%,  
33%

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: Data Source: Iowa Youth Survey. The data for 6th and 8th graders shows an increase and remains the same for 11th graders. As a county we have experienced a significant increase in young adult suicides in the first part of the year. Speakers have been brought in to speak to residents of all ages re: mental health and identifying steps to take. Education and information on where to go for help has been increased in the community With the collaboration of community partners these efforts will continue.

Report Date

Year

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:

Strategy 2-4.1 Increase parental awareness of signs and symptoms of depression among the youth

Strategy Type  
Counseling & Education

Who's Responsible  
VMHCHC and community partners

Target Date  
Jan 1, 2020

Report Date  
May 14, 2019

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: As a county we have experienced a significant increase in suicides in the past year. Speakers have been brought in to speak to residents of all ages re: mental health and identifying steps to take. With the collaboration of community partners these efforts will continue.

# Community Priority

## Prevent Epidemics and the Spread of Disease

**Goal #1** Increase the Percentage of Fully Immunized Allamakee Youth

National Alignment

Immunization and Infectious Disease

State Alignment

Acute Disease

Objective 1-1	Increase the percentage of 24 month olds who are current on 4-3-1-3-3-1-4 ( 4DTaP, 3polio, 1 MMR, 3 HIB, 3 Hepatitis B, 1 varicella, 4 pneumococcal conjugate vaccine) from 54% to 65% by 2020, Source IRIS	Baseline Year	Baseline Value	Target Year	Target Value
		2015	54%	2020	65%

Report Date

Jun 25, 2018

Year

2018

Value

71

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: Goal Met !!

Strategy 1-1.1 Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database

Strategy Type

Clinical Intervention

Who's Responsible

VMH CHC, healthcare partners, schools

Target Date

Jan 1, 2020

Report Date

Jun 25, 2018

Progress on Strategy

- |  |                                   |                                    |                                      |
|--|-----------------------------------|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|--|-----------------------------------|------------------------------------|--------------------------------------|

Progress notes: Assistance provided to entities who do not utilize IRIS data entry

Strategy 1-1.2 Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)

Strategy Type

Counseling & Education

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

Jun 25, 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: Goal met but education and increasing agency availability continues

Strategy 1-1.3 Assess for and provide opportunities for parents/ guardians to get children immunized

Strategy Type

Clinical Intervention

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

Jun 25, 2018

Progress on Strategy

- |  |                                   |                                    |                                      |
|--|-----------------------------------|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|--|-----------------------------------|------------------------------------|--------------------------------------|

Progress notes: Goal met. Efforts continue to provide education and agency availability

Objective 1-2	Increase the rate of immunizations 1-3-2-2-1 (1Td/Tdap, 3 Hepatitis B, 2 MMR, 2 varicella, and 1 meningococcal vaccine) of adolescents (age 13-15) from 33% to 45%. Data Source IRIS.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	33%	2020	45%

Report Date

Jun 25, 2018

Year

2018

Value

47

Progress on Objective

- Met, trend in right direction
- Met, no trend
- Met, trend in wrong direction
- Not met, trend in right direction
- Not met, no trend
- Not met, trend in wrong direction

Progress notes: Goal Met !!

Strategy 1-2.1 Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database

Strategy Type

Clinical Intervention

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

Jun 25, 2018

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Provide assistance to entities who do not utilize IRIS data entry

Strategy 1-2.2 Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

Jun 25, 2018

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Goal is met but this demographic group continues to have subpar rates and so education and accessibility remain vital

Strategy 1-2.3 Assess for and provide opportunities for parents/ guardians to get children immunized

Strategy Type

Clinical Intervention

Who's Responsible

VMH CHC and community partners

Target Date

Jan 1, 2020

Report Date

Jun 25, 2018

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: We have increased opportunities for walk ins to receive immunizations outside of normal clinic hours

Objective 1-3 Increase the number of Allamakee County adolescents who receive 3 doses of HPV from 11% to 25%. Source IRIS

Baseline Year

2015

Baseline Value

11%

Target Year

2020

Target Value

25%

Report Date

May 14, 2019

Year

2019

Value

38%

Progress on Objective

- Met, trend in right direction
- Met, no trend
- Met, trend in wrong direction
- Not met, trend in right direction
- Not met, no trend
- Not met, trend in wrong direction

Progress notes: Goal Met !!

Strategy 1-3.1 Identify entities in the area who do not utilize IRIS data entry and provide assistance, education, and resources to allow them to utilize the IRIS database

Strategy Type

Counseling & Education

Who's Responsible  
VMH CHC and community partners

Target Date  
Jan 1, 2020

Report Date  
May 14, 2019

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

Progress notes: Provide assistance with IRIS data entry to those that need it

Strategy 1-3.2 Provide education and increased awareness re: vaccines and related diseases to groups of people who do not routinely immunize their children (example- Amish, immigrant, Orthodox Jewish communities)

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
VMH CHC and community partners

Target Date  
Jan 1, 2020

Report Date  
May 14, 2019

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: Continue to look for new ways to provide education such as social media, requests to speak to schools and other public groups

Strategy 1-3.3 Assess for and provide opportunities for parents/ guardians to get children immunized

Strategy Type  
Clinical Intervention

Who's Responsible  
VMH CHC and community partners

Target Date  
Jan 1, 2020

Report Date  
May 14, 2019

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: Increase opportunities for children to receive immunizations

Report Date

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

Progress notes:

# Community Priority

## Prepare for, Respond to, & Recover from Public Health Emergencies

**Goal #1** Decrease the Risk of Injury and Death Related to Hazardous Emergencies

National Alignment

State Alignment

National Preparedness

Preparedness and Responses

**Objective 1-1** Increase preparedness of the Allamakee County Healthcare Coalition as shown by completion of emergency plans related to PHEPP/HPP capabilities and EMA Emergency Support Functions (ESF) by 2020

Baseline Year	Baseline Value	Target Year	Target Value
2015	60%	2020	100%

Report Date

Year

May 14, 2019

2019

Value

80%

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: Increased collaboration continues with Preparedness coalition to update policies/ procedures and Emergency Support Functions

**Strategy 1-1.1** Ongoing collaboration among Allamakee County Healthcare Coalition and community/emergency partners for completing preparedness requirements including regular meetings/ trainings/and exercises through 2020

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Allamakee County Healthcare Coalition and community preparedness partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

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: Meetings/ Trainings and exercises continue

**Strategy 1-1.2** By 2020 the Allamakee County Healthcare Coalition will assess population vulnerabilities as related to natural/ man made risk

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Allamakee County Healthcare Coalition and community preparedness partners

Target Date

Jan 1, 2020

Report Date

May 14, 2019

Progress on Strategy

- |  |                                   |                                    |                                      |
|--|-----------------------------------|------------------------------------|--------------------------------------|
| <input checked="" type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|--|-----------------------------------|------------------------------------|--------------------------------------|

Progress notes: Hazardous vulnerability assessment done strategy to fully identify vulnerable populations continue