

BLACK HAWK COUNTY Health Improvement Plan

Date Updated: May 29, 2019



For additional information, CONTACT:

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Community Priority

Limited health literacy specific to preventive measures and early warning signs of cardiovascular disease and stroke in disproportionate low-income populations.

Goal #1 By 2021, use health communication strategies to improve health literacy of persons at risk for stroke.

Health Literacy Interventions and Outcomes, Update. December 2014. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/research/findings/evidence-based-reports/er199-abstract.html>

National Alignment

Healthy People 2020

Health Communication & Health Information Technology (HC/HIT)

1.0: Improve the Health Literacy of the Population

1.1: Increase the proportion of persons who report their health care provider always gave them easy to understand instructions about what to do to take care of their illness or health condition.

1.2: Increase the proportion of persons who report their health care provider always asked them to report how they will follow instructions.

<http://www.healthypeople.gov/2020/topics-objectives/topic/health-communication-and-health-information-technology>

State Alignment

Healthy Iowans, 2012 -2016

Chronic Disease - Decrease in coronary heart disease deaths (4-8)

Chronic Disease - Decrease in deaths attributed to stroke (4-9)

http://www.idph.iowa.gov/Portals/1/Files/HealthyIowans/chronic_disease.pdf

Objective 1-1 By 2021, control (maintain or reduce) the rate of hospitalization for stroke in Black Hawk County at ≤ 200 per 100,000 persons.

Baseline Year	Baseline Value	Target Year	Target Value
2013	200 per 100,000	2021	≤ 200 per 100,000

Report Date

May 29, 2019

Year

2019

Value

190

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: In its 2016 CHNA, Black Hawk County Health Department conducted a focus group of health care professionals which identified health literacy as a contributing factor to hospitalization for stroke. The Department sought to validate this qualitative data by conducting a survey of health literacy in Black Hawk County residents. The department hosted an epidemiology intern to conduct a survey of health literacy in the county using the tool Brief Health Literacy Screening Questions. Although there were several limitations to the survey, the survey data indicated that 18.2% of people in the county had inadequate levels of health literacy. The results of the survey will be presented to health care partners to determine the next steps toward developing a health promotion campaign to improve health literacy and address rates of cardiovascular disease and stroke.

Strategy 1-1.1

Collaborate on the development and implementation of a multi-medium health promotion and education campaign to communicate risk factors, signs and symptoms of cardiovascular disease and stroke.

- a. Assemble a partnership consisting of multi-health system, public health, and regional association

representatives, including communications expert.

Strategy Type

- b. Secure a commitment of seed funds.
- c. Utilizing the process improvement framework, Plan - Do - Study - Act, develop a problem statement, AIM; identify stakeholders; analyze current and proposed work flows; develop and test multi-medium messaging to reach target population; evaluate; and make recommendations for common messaging to reach disproportionate low-income and low health literate populations.
- d. Coordinate messaging campaign with stakeholder group.
- e. Sustain messaging through commitment of ongoing resources.

Address Social Determinant / Health Inequity

Who's Responsible

Black Hawk County Board of Health

Target Date

Jan 1, 2021

Report Date

May 29, 2019

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: Black Hawk County Health Department will meet with decision makers at MercyOne and UnityPoint, as well as Peoples Community Health Clinic (FQHC), to present data obtained from the survey and local health indicator data on heart disease and stroke. The department will collaborate with these systems to determine a coordinated approach to next steps in a messaging campaign.

Strategy 1-1.2

Collaborate on the education and dissemination of cardiovascular disease and stroke action plans, including signs, symptoms, emergency action steps, healthy living skills (preparation of nutritious foods and physical activity).

Strategy Type

Address Social Determinant / Health Inequity

- a. Assemble representatives of primary care, public health, agency on aging, faith based organizations, and regional associations.
- b. Identify available multi-medium resources based on evidence-based best practice.
- c. Develop role play scenario to assist clients in reporting how they will follow instructions if symptoms present.
- d. Design work flow(s) for use in collaboration with health care provider visits and community-based interventions.
- e. Pilot work flows in each setting.
- f. Evaluate and make recommendations for widespread dissemination and implementation through primary care and community outlets.

Who's Responsible

Black Hawk County Board of Health

Target Date

Jan 1, 2021

Report Date

May 29, 2019

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: Black Hawk County Health Department will meet with decision makers at MercyOne and UnityPoint, as well as Peoples Community Health Clinic (FQHC), to present data obtained from the survey and local health indicator data on heart

disease and stroke. The department will collaborate with these systems to determine a coordinated approach to next steps in a messaging campaign.

Community Priority

Prevalence of mental health conditions within the community sectors of K-12 education, correctional and health care systems.

Goal #1 By 2017, understand the association of environmental, physical and mental health factors contributing to a cycle of poor health.

National Alignment

Healthy People 2020

Cycle of Poor Health (leading health indicator)
<http://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders>

State Alignment

Healthy Iowans, 2012-2016

Mental & Emotional Well-being (8.0)
 8 - 1.2: Develop an infrastructure that includes the following: a) establishment of a state professional association; b) a public awareness campaign; and c) implementation of evidence-based programs and practices to improve the social, emotional, and behavioral health of young children and their families in Iowa.
http://www.idph.iowa.gov/Portals/1/Files/HealthyIowans/mental_health.pdf

Objective 1-1 By 2017, identify at least one factor contributing to a cycle of poor health in persons who are at risk for a mental health condition.

Baseline Year	Baseline Value	Target Year	Target Value
2015	None	2017	At least one factor

Report Date
May 29, 2019

Year
2016

Value
4

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 University of Iowa College of Public Health MPH candidate completed a comprehensive literature review of publications describing factors contributing to a cycle of poor health. The review elucidated four broad socio-ecological factors contributing to poor health: environmental, physical, social, and behavioral factors.

Strategy 1-1.1 Commission a review of the literature to understand the association of environmental, physical and mental health factors contributing to a cycle of poor health.

- Board of Health to identify academic institution to assist with the review of the literature.
- Board of Health to finalize scope of literature review.
- Invited/selected academic institution to complete the study.
- Board of Health to review findings, collaborate with local stakeholder group(s), and make recommendations.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible
Black Hawk County Board of Health

Target Date
Jan 1, 2017

Report Date
May 12, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1a. The Black Hawk County Health Department established an MOU with the University of Iowa College of Public Health to engage in reciprocal academic pursuits, including this activity.

Report Date
May 12, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1b. Pursuant to the aforementioned MOU, the Board of Health gave tacit approval for all academic activities outlined in the MOU.

Report Date
May 12, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1c. University of Iowa College of Public Health was selected as the academic institution to assist with this activity.

Report Date
May 12, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1d. The Preceptor for the MPH candidate presented the comprehensive literature review and its conclusions to the Board of Health in May 2017. The Board put forth recommendations, which are presented in the attached document.

Community Priority

Enhance capacity for public health non-pharmaceutical strategies for disease and exposure control.

Goal #1 By 2021, control the spread of infectious diseases that require isolation/quarantine through non-pharmaceutical strategies of risk assessment, isolation, and quarantine.

National Alignment

Centers for Disease Prevention and Control, Public Health Preparedness Capabilities

11: Non-Pharmaceutical Interventions

http://www.cdc.gov/phpr/capabilities/DSLR_capabilities_July.pdf

State Alignment

Iowa Department of Public Health, Bureau of Emergency and Trauma Services

Same as national alignment

Objective 1-1 By 2021, maintain compliance with voluntary isolation (and quarantine) protocol for persons referred to public health for control of communicable disease.

Baseline Year	Baseline Value	Target Year	Target Value
2015	93.92% of cases that potentially required quarantine/isolation	2021	100%

Report Date

May 29, 2019

Year

2019

Value

98.78%

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: In 2018 the protocol was followed in 98.78% (81 of 82) of cases that potentially required quarantine/isolation that were reported to and investigated by Black Hawk County Health Department. The remaining case was not able to be located for interview or was lost to follow-up, and the need for quarantine/isolation could not be determined. The protocol was followed in 100% (5/5) of cases of designated diseases (so termed for their potential for severity and spread). Designated diseases: diphtheria, Haemophilus influenzae B, hepatitis A, Neisseria meningitidis, plague, polio, smallpox, tuberculosis, and viral hemorrhagic fevers.

Strategy 1-1.1

Assess the severity of exposure and/or transmission at the jurisdictional level and determine non-pharmaceutical intervention.

- Complete risk assessment using non-direct contact triage, education and intervention; and if necessary, direct contact triage and intervention.
- Assess non-pharmaceutical needs for isolation and quarantine and follow local ordinance procedure, if indicated.
- Coordinate with health partners, governmental agencies, community sectors and jurisdictional authorities to implement and, if necessary, enforce the plan of action.
- Monitor and evaluate non-pharmaceutical interventions for the control of infectious disease.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Black Hawk County Board of Health

Target Date

Jan 1, 2021

Report Date

May 29, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: In 2018 the protocol was followed in 98.78% (81 of 82) of cases that potentially required quarantine/isolation that were reported to and investigated by Black Hawk County Health Department. The remaining case was not able to be located for interview or was lost to follow-up, and the need for quarantine/isolation could not be determined. The protocol was followed in 100% (5/5) of cases of designated diseases (so termed for their potential for severity and spread). Designated diseases: diphtheria, Haemophilus influenzae B, hepatitis A, Neisseria meningitidis, plague, polio, smallpox, tuberculosis, and viral hemorrhagic fevers.

Community Priority

Reduce food insecurity and increase access to nutritious foods (fruits and vegetables).

Goal #1 By 2021, increase fruit & vegetable access and consumption among youth.

National Alignment

Healthy People 2020

Nutritional & Weight Status
2.2: Increase the proportion of school districts that require schools to make fruits or vegetables available whenever other food is offered or sold.
<http://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives>

State Alignment

Healthy Iowans, 2012-2016

Healthy Living - Nutrition & Food: An increase in the percentage of persons who eat 5 or more fruits and vegetables each day (6-3).
6-1.18: Continue providing fresh and minimally processed Iowa-grown food in school meals and snacks.
http://www.idph.iowa.gov/Portals/1/Files/HealthyIowans/healthy_living.pdf

Objective 1-1 By 2021, increase the percentage of youth from 6% to 8% who consume \geq 5 fruits/day.

Baseline Year	Baseline Value	Target Year	Target Value
2012	6%	2018	8%

Report Date

May 29, 2019

Year

2019

Value

8%

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 |
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Progress notes: From Iowa Youth Survey. http://www.iowayouthsurvey.iowa.gov/counties/county_2016.html. Accessed 5/21/2018. Updated data for 2018 are not yet available.

- Strategy 1-1.1** Collaborate with Black Hawk County School districts to increase farm - to - school programming.
- Organize a work group of Cedar Valley school district leadership and community stakeholders.
 - Engage representatives of school districts with successful farm - to - school programs.
 - Evaluate system of nutritious food procurement, storage, preparation and distribution.
 - Implement system changes to increase access and consumption of nutritious foods to K-12 students.
 - Evaluate opportunities for integrated instructional curricula about healthy food, gardening and cooking.
 - Organize school-based gardens in support of curricula and to increase access to seasonal fruits and vegetables.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Cedar Valley Regional Food and Farm Network (formerly Cedar Valley Good Food Network)

Target Date

Jan 1, 2021

Report Date

May 29, 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: 1-1.1a. Black Hawk County Health Department continues to mobilize with the Cedar Valley Regional Food and Farm Network (CVRFFN). In November 2018, the Regional Food System Working Group hosted Mark Winne, a national expert and author who specializes in developing innovative food policies. His keynote, "Creating and Maintaining Collaborative Local Food Networks," addressed some of the issues of momentum and collaboration the CVRFFN has experienced.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1b. The Waterloo Community School District Food Services Director is very supportive of local food procurement and continues to assist with the local food sourcing for the Fresh Fruits and Vegetable program tasking, as well as cafeteria taste tests (e.g., the "Great Apple Crunch").

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1c. There is currently no comprehensive plan to evaluate the school districts' system of nutritious food procurement, storage, preparation, and distribution. Attempts to engage the target school district with potential funding opportunities were not successful.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1d. There is no system-wide programming to increase access to and consumption of fresh fruits and vegetables outside of the Iowa Nutrition Network School Grants Program. It is a goal to increase local food procurement to have a systemic impact that goes beyond tasting and school snacks and has a discernable impact on the availability of locally sourced food in school lunch programs. UNI's Local Food Coordinator continues to explore opportunities to increase local food procurement in the multi-county region she serves. Attempts to engage the target school district with potential funding opportunities were not successful.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1e. In the Waterloo School District, the Nutrition Education Coordinator continues to collaborate with the Food Service Director to ensure that the Fresh Fruits and Vegetables Program (FFVP)-supplied produce fits seamlessly into food education for Pick a Better Snack (PABS) programming. All schools participating in the Iowa Nutrition Network School Grants Program must meet a 65% threshold for Free and Reduced Lunch eligibility, so this programming increases access to, and education about, fresh fruits and vegetables to the most vulnerable children. FoodCorps service member partners continue to assist with sourcing local foods for tasting and assist with education. They also facilitate gardening clubs at INNSG schools, as well as cultivating gardens at all INNSG schools that have them. Students participate the school gardens and eat the harvest from them, which increases the INNSG audience's exposure to fruits and vegetables and provides them with hands on activities to increase positive experiences with gardening and foods. The total number of children who participated in SNAP-Education programming (classroom, after school, and summer) in 2018 was 2154.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 1-1.1f. There were school gardens in six schools in the Waterloo School District, and the number of children engaged through garden and summer programming in 2018 increased by nearly 60%. More than 1550 children worked in, learned at, or ate from their school's gardens in 2019.

Goal #2

By 2021, reduce food insecurity and increase access to nutritious foods.

National Alignment

Healthy People 2020

13.0 Reduce household food insecurity and in doing so reduce hunger.

<http://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status/objectives>

State Alignment

Healthy Iowans, 2012-2016

Healthy Living - Nutrition & Food
6 - 1.15: Improve access to locally grown fresh fruits and vegetables by increasing the redemption rate of WIC farmer's market checks from 52% to 55% for Women, Infants, and Children (WIC) participants. *(Revised from original 6-1.15)*

http://www.idph.iowa.gov/Portals/1/Files/HealthyIowans/healthy_living.pdf

Objective 2-1 By 2021, reduce the food insecurity rate (overall) from 14.8% to ≤ 14.3%.

Baseline Year	Baseline Value	Target Year	Target Value
2011	14.8%	2018	≤ 14.3%

Report Date

May 29, 2019

Year

2019

Value

13.8%

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: Based on data obtained from Feeding America (Map the Meal Gap 2018), the percentage of Black Hawk County residents experiencing food insecurity was 13.8% in 2017.

Strategy 2-1.1 Strengthen the community food web through access and consumption of nutritious foods.

- Educate the public on how to prepare and cook fresh vegetables and fruit.
- Increase the number of mobile produce stands reaching low resource neighborhoods.
- Collaborate on the planning and redesign of the Public Market (Waterloo).
- Engage legislative representatives to sponsor an evidence-based program, "Double Up Food Bucks," to increase access and consumption of nutritious foods to persons enrolled in food assistance programs.
- Sustain capacity for a robust system of farmer's markets.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Cedar Valley Good Food Network

Target Date

Jan 1, 2021

Report Date

May 29, 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: 1-1.1a. Efforts to educate the public are currently limited to parent education regarding preparing fresh produce through the Fresh Fruits and Vegetables and Pick a Better Snack programming provided through the Iowa Nutrition Network School Grants Program, as well as efforts to provide healthy food preparation education to families at the Northeast Iowa Food Bank. Iowa State Extension also provides nutrition and food preparation education. There are no comprehensive, county-wide or coalition-led public education efforts for fresh fruit and vegetable preparation.

<u>Report Date</u> May 29, 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: 1-1.1b. In collaboration with AmeriCorps VISTA and the Northeast Iowa Food Bank, Cedar Valley Regional Food and Farm Network partner (the Local Food Program) continues to operate a low-cost mobile produce stand in underserved neighborhoods in Waterloo. This mobile produce stand, called Waterloo Greens to Go, accepts SNAP/EBT and Double Up Food Bucks, and unused produce is donated to the Northeast Iowa Food Bank.

<u>Report Date</u> May 29, 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: 1-1.1c. The Waterloo Farmers Market (Waterloo Urban Market) is being revitalized and has received excellent support through the appointment of a new Farmers Market Director (now in his second year) and active promotion of the market, including incentives to attend. The market now includes commitment from multiple fresh food vendors, some crafts, children's activities, live music, and breakfast pizza delivery via bicycle from a local craft pizza restaurant. Market vendors accept Double Up Food Bucks.

<u>Report Date</u> May 29, 2019	<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: 1-1.1d. There has been no progress on this measure.

<u>Report Date</u> May 29, 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: 1-1.1e. There has been great progress in revitalizing the Waterloo Farmers Market (now the Waterloo Urban Market). Cedar Falls has a robust farmers market, and smaller markets exist in College Hill in Cedar Falls and at Kimball Ridge in Waterloo. There are smaller farmers markets in Evansdale and LaPort City. Work continues on analyzing the capacity of farmers markets in other cities.

Strategy 2-1.2 Collaborate on the development and implementation of a community food hub network to support the local food economy.

- a. Identify Northern Iowa Food and Farm Partnership (NIFFP) stakeholders to organize a feasibility study of a regional food hub network.
- b. Engage business, education, municipal, and philanthropy leaders in the process to increase awareness and resource commitment.
- c. Visit neighbor regions/states (Michigan initiative) to observe food hub operations and dialogue about lessons learned.
- d. Complete feasibility study.
- e. Communicate recommendations.
- f. Develop financial and operational implementation plan.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Cedar Valley Good Food Network

Target Date

Jan 1, 2021

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1a. However, the food hub will not likely be a priority for this HIP cycle. No change in status from previous HIP report.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1b. This engagement has not occurred. The food hub will not likely be a priority for this HIP cycle. No change in status from previous HIP report.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1c. Cedar Valley Regional Food and Farm Network members have traveled regionally and nationally to examine food hub possibilities and other strategies to increase local food access.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1d. Feasibility study has not been initiated. The food hub will not likely be a priority for this HIP cycle. No change in status from previous HIP report.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1e. The feasibility study was not conducted and thus there are no recommendations for the food hub. The food hub will not likely be a priority for this HIP cycle. No change in status from previous HIP report.

Report Date
May 29, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: 2-1.1f. The financial and operational implementation plan has not been initiated. The food hub will not likely be a priority for this HIP cycle. No change in status from previous HIP report.

Community Priority

Promote policy and environmental change strategies in support of a pedestrian master plan and complete streets.

Goal #1 By 2021, improve health, fitness, and quality of life through daily physical activity.

National Alignment

Healthy People 2020

Physical Activity 13.0: Increase the proportion of trips made by walking.
Physical Activity 13.2: Increase the proportion of trips of one mile or less made to school by walking by children and adolescents ages 5 - 15 years.

<http://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity/objectives>

State Alignment

Healthy Iowans, 2012-2016

Healthy Living - Physical Activity: An increase in the proportion of adults who get the recommended levels of aerobic physical activity (6-5).

6 - 1.26: Increase by 2% Iowans' overall participation rate in more physically active, natural-resources-based outdoor recreation activities as listed in Iowa's Statewide Comprehensive Outdoor Recreation Plan.

http://www.idph.iowa.gov/Portals/1/Files/HealthyIowans/healthy_living.pdf

Objective 1-1 By 2021, increase the percent of parents with school-age children who report their children walk to school on a regular basis from 12.5% to \geq 14%.

Baseline Year	Baseline Value	Target Year	Target Value
2015	12.5%	2020	14%

Report Date

May 29, 2019

Year

2019

Value

Unavailable

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 checked="" 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: This survey, conducted in 2015 by Iowa Northland Regional Council of Governments, is intended to be conducted every 5 years. The data will be updated before the terminal year of the Health Improvement Plan (2021).

Strategy 1-1.1 Complete the pedestrian master plan.

- Engage the public to provide feedback to the master plan.
- Provide task force recommendations.
- Secure funding
- Adoption by local municipalities in 12/2016.
- Plan for implementation of pedestrian master plan.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Iowa Northland Regional Council of Governments (INRCOG)

Target Date

Jan 1, 2021

Report Date

May 29, 2019

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: 1-1.1a. INRCOG conducted the National Household Travel Survey (NHTS) Add-on for the Black Hawk County metropolitan area in 2016--2017, and 1,221 responses were received in total. The NHTS Add-on included several questions related to walking and bicycling. In all, 1,864 survey responses were received. More than 500 walking trips, in addition to biking, busing, and driving trips. Additional information is still being collected for the Pedestrian Master Plan, and more community

engagement is being planned.

Report Date

May 29, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: 1-1.1b. Updated data unavailable until 2020.

Report Date

May 29, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: 1-1.1c. It is a goal that local and federal funds will continue to be used for pedestrian and bicycle sidewalk street enhancements.

Report Date

May 29, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: 1-1.1d. Both Cedar Falls and Waterloo are supportive of, and have input into, the pedestrian master plan. There has been a delay in completing the pedestrian master plan. It is expected that both cities will adopt the plan upon its completion.

Report Date

May 29, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: 1-1.1e. The National Household Travel Survey (NHTS) Add On Survey conducted in 2016--2017 is contributing to continued planning and decision making regarding walkable environments. Additional community engagement is planned to assist in identifying and advocating for accessibility priorities. INRCOG is currently working with Waterloo City staff on a missing sidewalk policy to improve walkability and access.