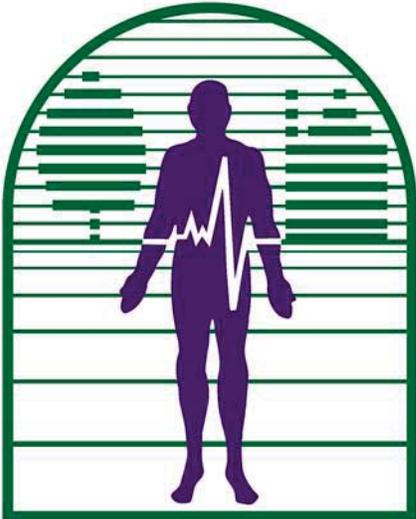


# Cerro Gordo County Health Improvement Plan

Date Updated: 05/07/2019



## *Cerro Gordo County Department of Public Health*

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# Community Priority

## Overweight and obese adults and physical inactivity

### Goal #1 Decrease chronic disease prevalence.

#### National Alignment

Healthy People 2020: Promote health and reduce chronic disease risks through the consumption of healthful diets & achievement & maintenance of healthy body weights.

#### State Alignment

Objective 1-1 Reduce the proportion of Cerro Gordo County adults, aged 20 and older, who are obese from 30.1% to 28% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2013	30.1%	2021	28%

Report Date

May 22, 2017

Year

2014

Value

32%

#### 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:

Report Date

Jul 2, 2018

Year

2015

Value

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 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:

Report Date

May 7, 2019

Year

2016

Value

32%

#### 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: The Department continues providing environmental changes to the community to offer opportunities to make healthier choices to include trail installation and upkeep, visioning for community physical activity opportunities, purchase of community 'yard games', etc. Staff are working with schools to conduct walking opportunities to improve walkability; additionally staff have adopted the 5-2-1-0 project for education and marketing. We continue to offer the national diabetes prevention program, and are working on the farm-to-school planning grant. Water bottle filling stations were installed in buildings in all county school districts. One local medical provider system has begun referring clients to the public health dietitian, we are working on a community garden gleening project that takes leftover garden produce and redistributes it to food pantries, and fruit and vegetable vouchers are being offered at the Community Health Center.

Strategy 1-1.1 Provide education on cooking healthy food on a budget to targeted populations (e.g. crockpot program at the Food Bank, recipe handouts at Community Kitchen, etc.)

Strategy Type

Counseling & Education

Who's Responsible

CGCDPH

Target Date

Dec 31, 2017

<u>Report Date</u> May 22, 2017	<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: The public health dietitian updates recipe handouts for distribution at Community Kitchen and Hawkeye Harvest Food Bank and is working with a local group to offer cooking classes to low income population out of a commercial church kitchen in Mason City. Hy-Vee continues to offer DISH program for groups for a fee to increase nutritional intake. The public health dietitian will be assisting in providing cooking demos at the North Iowa and Clear Lake Farmer's Markets this coming season, using budget-friendly recipes.

<u>Report Date</u> Jul 2, 2018	<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: Recipe handouts still provided at both Community Kitchen and Hawkeye Harvest Food Bank. Through a grant through the Leopold Center (received by Healthy Harvest of North Iowa), Kids Cooking Classes using food from the area farmer's markets are being offered June, July, and August. CGCPH's dietitian assists with those classes for educational purposes. Wellmark Small MATCH grant was received to support the purchase of a mobile food cart to be utilized at Diabetes Prevention Programs classes, as well as Farmers Markets in the area to educate on healthy & easy recipes that are cost-efficient. Mercy is working with the North Iowa food Coalition to increase access to healthy food and teaching people how to cook.

<u>Report Date</u> May 7, 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: In partnership with other agencies, grant funds were located to support the purchase of a mobile food cart to be utilized at Diabetes Prevention programs and at farmers markets to educate on healthy and easy recipes that are cost efficient. The public health dietitian along with grocery store dietitians provided free produce snacks at the Community Health Center weekly. Recipes accompanied the healthy snacks.

Strategy 1-1.2 Initiate Farm-to-School Program(s) & expand farm-to-table programs Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH Target Date  
Sep 30, 2018

<u>Report Date</u> May 22, 2017	<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: Cerro Gordo County Health Department staff are collaborating with Clear Lake schools and local coalitions to support garden development at the elementary school and exploring farm-to-school options.

<u>Report Date</u> Jul 2, 2018	<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: The Cerro Gordo County Department of Public Health worked with four area schools to write a collaborative planning grant application for the USDA farm-to-school grant. In June, we were successful in being awarded this 12 month grant opportunity. The Clear Lake Local Foods Committee brought another rendition of the Harvest moon Farm-to-Table dinner in the fall.

<u>Report Date</u> May 7, 2019	<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: The farm-to-school planning grant has been a huge success for the four school districts. Beyond the actual planning work, collaboration in this grant was

immense. Partnerships were necessary within the schools (ag teachers, food service workers, administration, finance, etc.) between and amongst four school districts; additionally, we included Iowa State University Extension, 2 local food coalitions and the students. The team focused on creating and implementing plans to get local food items into the school lunch menu regularly. We also worked on incorporating a local food message into the classroom through different subjects and/or a school garden. We also created committed teams in each district to implement the plans.

Strategy 1-1.3 Work with and support schools for more healthy school food options

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Sep 30, 2018

Report Date  
May 22, 2017

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: Cerro Gordo County Health Department staff are collaborating with Clear Lake schools to support garden development at the elementary school and exploring farm-to-school options. Clear Lake Schools also implemented a Snack Shack which offers healthier alternatives for student athletes to focus on performance improvement.

Report Date  
Jul 2, 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: The Cerro Gordo County Department of Public Health received an Early Childhood Iowa Grant, which focuses on education to improve health food offerings in daycares/preschools; staff will also follow up to see that changes are made. Health Department staff are coordinating an opportunity from Trinity area schools equipped with water bottle filling stations to eliminate sugary drinks in school.

Report Date  
May 7, 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: In addition to the farm-to-school work detailed in the last strategy, we worked with each County school district to install water bottle filling stations to increase daily water intake among students and staff. The Department has also used 5-2-1-0 strategies to increase access to healthier foods within the school settings.

Strategy 1-1.4 Support & expand community gardens and Farmer's Markets to ensure residents have access to fresh produce

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
North Iowa Food Coalition

Target Date  
Jun 30, 2017

Report Date  
May 22, 2017

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: The Cerro Gordo County Health Department expanded their healthy eating smartphone app to include trails, parks, fitness facilities, farmers' markets, and community gardens. This provides access at people's fingertips. Edible landscaping will be placed along the Lime Creek Nature Center Trails and in multiple other locations in the summer of 2017.

<u>Report Date</u> Jul 2, 2018	<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: Expansion of Farmer's Markets may not be an appropriate target goal anymore, as data shows current Farmer's Market vendors are struggling to keep up with the demand of consumers and # of farmer's markets. A fiscal year 2019 Early Childhood Iowa grant activity focuses on development of 3 gardens at childcare centers to educate children and staff.

<u>Report Date</u> May 7, 2019	<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: We have worked to add a new garden site in a neighborhood that lacks access to healthy foods via grocery store and is more economically depressed than other neighborhoods. The gardens at childcare centers are being installed. Additionally to draw people to Farmer's Markets, the local food committees are discussing rewarding persons who ride their bike to the market with a discount voucher for market produce.

Strategy 1-1.5 Increase access to healthy food choices for food subsidy program users (WIC, SNAP, etc.) and decrease unhealthy options (e.g. reduce usage at convenience stores) Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH Target Date  
Jun 30, 2019

<u>Report Date</u> May 22, 2017	<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: Work hasn't begun beyond the research phase.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 7, 2019	<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: There has been discussion about starting a school food pantry at a targeted elementary school. School staff are determining feasibility to run a pilot project during the last few weeks of the school year. Based on this information, the project may become permanent.

Strategy 1-1.6 Create & encourage use of educational waiting room videos and easy recipes in health care & community facilities (i.e. Ped's clinic, NICA, etc.) Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH Target Date  
Jan 31, 2018

<u>Report Date</u> May 22, 2017	<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: Not begun yet; moved target date ahead one year.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 7, 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: This strategy has been removed.

Strategy 1-1.7 Create or adapt an existing tool for primary care physicians (e.g. eating healthy on a budget booklet or prescription for nutrition: providers give patients packaged meal with instructions, etc.) Strategy Type  
Clinical Intervention

Who's Responsible  
CGCDPH Target Date  
Dec 31, 2018

<u>Report Date</u> May 22, 2017	<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: Not begun yet; moved target date ahead two years.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 7, 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: This strategy has been removed.

Strategy 1-1.8 Develop standard practice to identify & engage individuals who are obese or at-risk for obesity (e.g. poor diet, inactivity, etc.) through multiple community agencies Strategy Type  
Clinical Intervention

Who's Responsible  
Mercy North Iowa Target Date  
Jun 30, 2019

<u>Report Date</u> May 22, 2017	<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: Work not begun; moved target date ahead two years.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 7, 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: Staff were invited to speak during a large medical provider meeting and used the opportunity to educate on the 5-2-1-0 initiative. Medical providers were unreceptive to the program or discussing obesity/overweight with their patients. Patient satisfaction surveys are tied to reimbursement and employee payment; medical providers are hesitant to risk poor patient satisfaction scores.

Strategy 1-1.9 Target the high-risk families coming through primary care facilities & begin the discussion

Strategy Type  
Clinical Intervention

Who's Responsible  
Mercy North Iowa

Target Date  
Dec 31, 2019

<u>Report Date</u> May 22, 2017	<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
Progress notes: Work not begun; moved the target date ahead two years.	
<u>Report Date</u> Jul 2, 2018	<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
Progress notes:	
<u>Report Date</u> May 7, 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
Progress notes: We began a pilot program with a large medial provider; this is a referral program for patients who are on weight loss mediation. The referral goes to the public health dietitian for nutrition coaching.	

Strategy 1-1.10 Advocate for change in food system (lower subsidies for healthy foods) & built environment

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
North Iowa Community Action Organization

Target Date  
Jun 30, 2019

<u>Report Date</u> May 22, 2017	<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
Progress notes: Health Department staff serve on North Iowa Local Foods Coalition - Advocacy Team to advocate for food policies, programs, etc. to improve food landscape of North Iowa. In November 2016 staff met with Iowa's American Heart Association Regional Rep to discuss upcoming legislation around Physical Education requirements in K-12 schools; rallying support from local PE & Health teachers; and encouraging fitness-based curriculum. Advocacy Team's 2017 Goal is to increase consumer Awareness/Knowledge on the benefits of supporting/buying/consuming Local Foods to advance local food projects and impact health.	
<u>Report Date</u> Jul 2, 2018	<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
Progress notes: The Health Department's Health Promotion Manager selected for Iowa Walking College Fellowship to increase SKA's in built environment design, planning, etc. to support active and healthy living (June 2017); CGCDPH assisting North Iowa Local Foods Coalition initiative a "Get To Know Your Food" Campaign disseminated to north central Iowa to increase awareness of the health, economic, community benefits of local and whole foods (July 2017); Plymouth Iowa selected as a Community Visioning recipient to develop 3-5 built environment initiatives for their community (10/2017); As mentioned, Plymouth began their Community Visioning (outdoor design) Process with design workshops happened in April 2018.	
<u>Report Date</u> May 7, 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
Progress notes: Disc Golf Course being installed in Plymouth; Plymouth Visioning Project - trail to Strand Park began budget proposals for future installation; fundraising for Splash Pad in Plymouth; began discussions for 5-2-1-0 physical activity strategies for Mason City and started implementing these.	

Strategy 1-1.11 Support Health in All Policies; assess current policies that support healthy lifestyles

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

Jun 30, 2018

Report Date

May 22, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: In conjunction with the Iowa Planning Association, the Cerro Gordo County Health Department hosted a health in all policies workshop focused on educating decision makers to consider economics for implications.

Report Date

Jul 2, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Health Department staff conducted a "Walking Audit" with community of Plymouth (residents, law enforcement, DOT, ISU transportation design officials, Public Health) to identify health and safety issues of community neighborhoods (July 2017); Initiated conversations with University of Iowa & City of Mason City to begin a Neighborhood Planning and Field Project - which will result in development of plan and recommendations for policy, systems and design/plan changes to enhance MC neighborhood (July 2017); students presented final projects in May 2018. Staff in discussions with DOT on HIAP & MC Active Living & Transportation Commission to implement multiple initiatives.

Report Date

May 7, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Walking Audits conducted at two high schools, two middle schools and multiple elementary schools with student participation. The students presented to the local Active Living & Transportation Commission, elected officials and stakeholders for improvements to walkability/bike amenities. These findings are being used to apply for grant applications to implement strategies.

Strategy 1-1.12 Coordinate physical activity & nutrition initiatives with groups working to make Cerro Gordo County healthier (e.g. Blue Zones)

Strategy Type

Who's Responsible

All (defined as Cerro Gordo County Department of Public Health, Wellsource, Prairie Ridge Integrated Health, Mercy North Iowa, Mason City Youth Task Force & United Way of North Central Iowa)

Target Date

Dec 31, 2016

Report Date

May 22, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Mechanisms for contacting each other and working together are in place. Partners continue to collaborate on several initiatives like the Healthiest State Walk, Mason City Walking School Bus and Bike Safety Program, Blue Zones initiatives, increasing walkable/bikeable communities and so much more.

Strategy 1-1.13 Ensure that food access is "healthy" food access in all related strategies

Strategy Type

Who's Responsible

CGCDPH

Target Date

Jun 30, 2017

Report Date

May 22, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Objective 1-2 Reduce the proportion of Cerro Gordo County adults, aged 20 and older, who engage in no leisure time activity from 26.5% to 22% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2012	26.5%	2021	22%

Report Date

May 23, 2017

Year

2013

Value

27%

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: There are several initiatives occurring to increase access, educate, change systems, etc. so that opportunities for increased physical activity and better nutrition occur. Individual motivation may be the key to improving this metric.

Report Date

Jul 2, 2018

Year

2014

Value

25%

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:

Report Date

May 8, 2019

Year

2015

Value

22%

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:

Strategy 1-2.1 Advocate for alternative leisure time activities available in the county (i.e. yoga, parks & rec, fitness centers, Lime Creek --biking trails, cross-country skiing, pickle ball, Frisbee, etc.)

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH & Mason City Youth Task Force

Target Date

Dec 31, 2017

Report Date

May 23, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The Cerro Gordo County Department of Public Health is working with Plymouth & Meservey to make physical activity easy, safe and accessible. The City of Plymouth has determined several park updates to work on (new basketball courts, walking path, pickleball court, disc golf course) and the disc golf course should be installed in the summer of 2017.

Report Date

Jul 2, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Relaunch of Health Department's Smartphone app to include all county trails, parks, water trails, fitness amenities, recreational amenities, community gardens,

farmer's markets (July 2017). Continue promotion of local rec/activity races, events in Quarterly Worksite Wellness Newsletter distributed to area businesses (Jan, Apr, July, Oct)

<u>Report Date</u> May 8, 2019	<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: Work continues in Plymouth with their visioning project which has sprung from a community committee and the appropriate state, county, and city officials. The city is installing a disc golf course, developing a budget for a trail system, and fundraising for a splash pad. 5-2-1-0 physical activity strategies are being planned and implemented with a multi-sector team in Mason City.

Strategy 1-2.2 Encourage additions of exercise equipment to local parks to encourage cardiovascular activities Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Mason City Youth Task Force Target Date  
Dec 31, 2017

<u>Report Date</u> May 23, 2017	<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: The Cerro Gordo County Department of Public Health is working with Plymouth & Meservey to make physical activity easy, safe and accessible. The City of Plymouth has determined several park updates to work on (new basketball courts, walking path, pickleball court, disc golf course) and the disc golf course should be installed in the summer of 2017. The City of Mason City's East Park expanded their Frisbee golf course and installed exercise equipment.

<u>Report Date</u> May 8, 2019	<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: 5-2-1-0 funds were used to purchase giant board/yard games for residents to increase their physical activity opportunities (jenga, chess, checkers, connect 4, etc.)

Strategy 1-2.3 Support and coordinate efforts with the City of Mason City, City of Clear Lake, County Conservation and other entities to implement built environment and related plans, including trail development Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH Target Date  
Dec 31, 2017

<u>Report Date</u> May 23, 2017	<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: Cerro Gordo County Health Department staff assisted County Conservation in locating and applying for funding to expand the county-wide trail system. Edible landscaping will be placed along the Lime Creek Nature Center Trails in the summer of 2017.

<u>Report Date</u> Jul 2, 2018	<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: Assisted Plymouth Betterment Council with a community beautification project to improve their built environment - 6 local properties were improved to remove trash, clear brush, clean sidewalks, improve structural buildings, add landscaping, etc. (June 2017); Health Promotion Manager (CGCDPH) began Iowa Walking College Fellowship to acquire additional knowledge and resources regarding walkability/bike-ability/built environment planning to support active living (June -

Oct 2017); Met with Mason City Active Living & Transportation Commission (11/2017) to update on Walking College and develop joint goal to educate new City Council of active living initiatives after election to garner fiscal and policy support; Conservation center has funding to continue "county rail to trail" project through 2021 - which will extend trail to Meservey; Community Visioning Process began in Plymouth Jan 2018 and currently have reviewed land, water and trail maps of the community to identify traffic, safety, and active living improvement areas. Team is also planning an April community workshop for all residents to provide BE and Active Transportation design input. Mason City Active Living & Transportation Commission has began restoring the High Line Trail (converting RR through MC into a pedestrian and bike trail...will be a several year project). Mason City Walking School bus is going again during the spring months. We'd like to expand to more areas. Youth Task Force will be distributing 1700 jump ropes to K-4th MC, Newman & Christian school to increase activities.

Report Date  
May 8, 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

Progress notes: see previous progress reports for related strategies. Additionally walking audits were conducted with several schools with student participation. Students presented to the Mason City Active Living & Transportation Commission their suggestions. We are currently looking for grant funding to implement these ideas.

# Community Priority

## Adult type 2 diabetes

### Goal #1 Decrease chronic disease prevalence

#### National Alignment

Healthy People 2020: Reduce the disease and economic burden of diabetes mellitus (DM) and improve the quality of life for all persons who have, or are at risk for, DM.

#### State Alignment

IDPH Diabetes Statewide Plan: Prevent diabetes from occurring in Iowans (primary prevention)

Objective 1-1	In Cerro Gordo County, by 2021, reduce by 2% the percent of adults who have been told by their medical provider that they have diabetes	Baseline Year	Baseline Value	Target Year	Target Value
		2012	9.4%	2021	7.4%

Report Date

May 24, 2017

Year

2013

Value

8.5%

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: Indicator data is lagging (most updated data is 2013). Many organizations are collaborating to address this issue. See strategy notes.

Report Date

Jul 2, 2018

Year

2013

Value

8.5%

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: Indicator has not been updated yet

Report Date

May 8, 2019

Year

2015

Value

10%

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: Data retrieved from County Health Rankings - now classified as those adults age 20 and older with 'diagnosed diabetes.' The National Diabetes Surveillance System provides county-level estimates of obesity, physical inactivity, and diabetes using three years of data from CDC's Behavioral Risk Factor Surveillance System (BRFSS) and data from the U.S. Census Bureau's Population Estimates Program.

Strategy 1-1.1 Align with existing statewide prevention-focused efforts including the State Innovation Model

Collaborate with partners & stakeholders to support and implement effective primary prevention efforts

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Mercy North Iowa

Target Date

Dec 31, 2020

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Mercy is aligning strategies with SIM initiatives through the local community care coordination project. Cerro Gordo County Department of Public Health staff sit on a statewide coalition and contribute to statewide planning to prevent diabetes.

Report Date  
Jul 2, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes:

Report Date  
May 8, 2019

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: MercyOne and department staff continue to participate in statewide and regional collaboratives to direct and align diabetes prevention strategies.

Strategy 1-1.2 Develop standard care guidelines to assess readiness for diabetes programs for community organizations and health care facilities

Strategy Type  
Clinical Intervention

Who's Responsible  
Mercy North Iowa

Target Date  
Dec 31, 2017

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Mercy, Cerro Gordo County Department of Public Health and the YMCA are leading efforts to build a comprehensive diabetes prevention and treatment program locally. Wellsource is looking to expand to provide services at Community Kitchen like diabetes prevention or tobacco cessation & will connect with this group.

Report Date  
Jul 2, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Medical providers are/will be educated about DPP services, screening & referral to the extent that instructors can offer classes.

Report Date  
May 8, 2019

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: The DPP program is becoming regional and has taken on the name of North Iowa Diabetes Prevention Program Partnership. MercyOne is applying for a grant opportunity to expand DPP classes throughout their service area. This should make more connection between medical providers and the DPP classes.

Strategy 1-1.3 Increase participation in diabetes primary prevention programs (National Diabetes Prevention Program)

1.) Educate providers & consumers about the purpose and locations of services; this includes shared messaging for community partners via social media & community educational materials distribution (e.g. grocery, drug & convenience stores)

2.) Increase provider early identification and referral to

primary prevention programming

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2017

<u>Report Date</u> May 24, 2017	<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: The Cerro Gordo County Department of Public Health is the only entity regionally who offers the National Diabetes Prevention Program. Organizations named above are working on expanding the program in the County so more people can access services. Through Mercy partnership, providers are being educated. Marketing for the program educates consumers about the purpose of the program.

<u>Report Date</u> Jul 2, 2018	<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: The Health Department teamed up with the Mason City YMCA to train 4 additional Lifestyle Coaches to teach diabetes prevention curriculum. Classes at both sites began in January of 2018. Providers are being educated as to how to refer to programs.

<u>Report Date</u> May 8, 2019	<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: The DPP program is expanding to offer a Spanish-speaking class; the goal is to have this accessible by fall of 2019. The Health Department spoke at a MercyOne medical provider retreat about DPP testing, screening and referral. This increased awareness of the DPP program; however, barriers continue as providers are wary of addressing obesity with patients.

Strategy 1-1.4 Remove barriers to care: Ensure access to medication/ consumable supplies for at-risk populations

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2018

<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead eighteen months.

<u>Report Date</u> Jul 2, 2018	<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: Strategy deleted

Strategy 1-1.5 Investigate working with pharmacies and other wellness providers to provide screening assessment and referral into diabetes prevention programming

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2018

<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead eighteen months.

<u>Report Date</u> Jul 2, 2018	<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: Strategy deleted

Strategy 1-1.6 Advocate for healthy environments that promote health and wellness (e.g. physical activity opportunities)

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2017

<u>Report Date</u> May 24, 2017	<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: The Cerro Gordo County Department of Public Health offered a Health in all Policies workshop for local architects, city planners and other officials to learn about health when building or planning.

<u>Report Date</u> Jul 2, 2018	<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: Advocacy at the State Level: Presented at the Iowa Governor's Conference on Public Health regarding Walkability & How to Conduct Walk Audits; staff served as a panelist at the Iowa Healthiest State Conference regarding Employee Wellness policies and strategies (Spring 2018); Continue discussions with local city engineers and DOT regarding Active Transportation measures and considerations for all modes of transportation in new and repair projects in County.

Strategy 1-1.7 Provide education on healthy diabetic-friendly food purchase & preparation through release of information to other providers and services (i.e. grocery stores, YMCA)

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

<u>Report Date</u> May 24, 2017	<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:

<u>Report Date</u> Jul 2, 2018	<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: Handouts created by the CGCPH dietitian were put out at Fareway in Clear Lake that are free for the taking. They cover what percentage of one's plate should be carbohydrate-based based on different factors (i.e. weight, activity level, blood sugars, etc).

# Community Priority

## Substance use (including tobacco use) in adults

**Goal #1** Reduce substance use/abuse among adults

**National Alignment**

Healthy People 2020: Reduce substance abuse to protect the health, safety, and quality of life for all, especially children. Healthy People 2020: Reduce illness, disability and death related to tobacco use and secondhand smoke exposure.

**State Alignment**

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**Objective 1-1** In Cerro Gordo County, reduce the heavy alcohol consumption rate from 21.5% to 19.5% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2006-2012	21.5%	2021	19.5%

Report Date  
May 24, 2017

Year  
multi

Value  
22%

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:

Report Date  
Jul 2, 2018

Year  
multi

Value  
22%

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: It is difficult to begin work on this as heavy alcohol use is so embedded in the culture.

Report Date  
May 8, 2019

Year  
2016

Value  
22%

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: Work on this objective has not progressed over the past year; there are no updates to present.

**Strategy 1-1.1** Increase outreach and education on adult binge drinking through environmental strategies, identification and referral to treatment

Strategy Type  
Counseling & Education

Who's Responsible  
Prairie Ridge Integrated Health Services

Target Date  
06/31/18

Report Date  
May 24, 2017

Progress on Strategy

Complete     On track     Off track     No progress

Progress notes: Not begun yet; moved target date ahead one year.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> Jul 2, 2018	<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:

Strategy 1-1.2 Determine why adults are consuming alcohol heavily (as defined by data source) Strategy Type

Who's Responsible Prairie Ridge Integrated Health Services Target Date Jun 30, 2018

<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead one year.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u>	<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:

Strategy 1-1.3 Adopt use of SBIRT throughout Mercy system and independent providers; make referrals out (this applies to the next objective as well) Strategy Type Clinical Intervention

Who's Responsible Mercy North Iowa Target Date Dec 31, 2017

<u>Report Date</u> May 24, 2017	<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: Wholly owned Mercy clinics are all participating in use of SBIRT.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u>	<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:

Strategy 1-1.4 Promote and encourage use of adult coping skills via available counseling and treatment Strategy Type Counseling & Education

Who's Responsible Prairie Ridge Integrated Health Services Target Date Jun 30, 2018

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes:

Report Date  
Jul 2, 2018

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 1-1.5 Bring awareness of alcohol use/abuse with the adult population

Strategy Type  
Counseling & Education

Who's Responsible  
Prairie Ridge Integrated Health Services

Target Date  
Dec 31, 2018

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Moved target date ahead two years. This is being impacted currently through youth influence. Several Youth Task Force groups at the schools have their own Action Teams to bring awareness to issues in the school about alcohol, drugs & violence.

Report Date  
Jul 2, 2018

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:

Objective 1-2 In Cerro Gordo County, reduce the adult smoker percentage from 19.6% to 16% by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2006-2012	19.6%	2021	16%

Report Date  
May 24, 2017

Year  
2015

Value  
16%

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:

Report Date  
Jul 2, 2018

Year  
2016

Value  
14%

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:

Report Date

May 8, 2019

Year

2017

Value

14%

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:

Strategy 1-2.1 Develop a standard plan of care to identify tobacco/nicotine (T/N) users, address T/N use and refer for services; the plan should be applicable to multiple organizations

Strategy Type

Clinical Intervention

Who's Responsible

Mercy North Iowa

Target Date

Dec 31, 2018

Report Date

May 24, 2017

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Moved target date ahead 2 years. Mercy is working on this through Trinity as part of their Tobacco 21 advocacy.

Report Date

Jul 2, 2018

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Tobacco Free North Iowa (Mercy, PH, PRATS) have been meeting since June 2017. Overall goal of committee is to develop a comprehensive tobacco & nicotine cessation plan. Focus areas are on patient screening & referral, enhancing provider prescriptions of NRT, identifying cessation services that best meet the needs of the community, & policy/systems change. Current progress: adding an action plan into the EHR (hospital and clinical based) workflow once a patient is identify as a tobacco user to initiate referral into cessation services, developing a formal tool for providers to use when prescribing NRT for patients, conducted a public poll to determine best cessation services that meet the public's need (preliminary results indicating NRT is the most common service selected).

Report Date

May 8, 2019

Progress on Strategy

- Complete     On track     Off track     No progress

Progress notes: Tobacco Free North Iowa still in process of developing comprehensive tobacco & nicotine cessation plan. Subcommittee meeting to develop NRT tool for providers to use when selecting a treatment regimen (tool is at marketing for final formatting and printing). A breakout committee is looking into filling 2 gaps for patient NRT assistance (financial assistance and/or Mercy Benefit Ministry). First, to aid patients at clinical intervention with free/reduced NRT until they are enrolled with and receiving free NRT from Quitline Iowa. The second gap to be filled is for local assistance to pick up after the 8 weeks of free Quitline NRT has expired.

Strategy 1-2.2 Support & enhance the Cerro Gordo County comprehensive tobacco control program: 1) Provide assistance to the coalition to pursue programming and policies to reduce T/N use & **policy, 2) Implement a mass-reach health communication intervention to inform individual and public attitudes about T/N use and second-hand smoke; share messaging across organizations & include e-cigarette information**

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

Dec 31, 2016

Report Date

May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Tobacco Partnership is utilizing a mass media calendar to ensure saturation of quarterly tobacco prevention messages. The Cerro Gordo County Public Health Tobacco Coordinator is sending out Statewide Coalition information to the Partnership & the Partnership is campaigning together for advocacy issues.

Report Date

May 8, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Youth survey was developed & deployed to determine attitudes, knowledge and beliefs on JUULing/ecigs. Health Department and PRATS partnering to provide education to students, teachers, and parents about the devices. Survey data was distributed to schools and the general public. In April, a mass media campaign unfolded. We are currently providing individual classroom presentations. (577 middle and high school students from MCAHS, MCHS, and West Fork MS, were educated on the risks of electronic smoking with JUUL- Vaping in Plain Sight presentation). We continue to do work site outreach and one site held an educational session with 35 adults. Also, a Preschool/Child Care provider training was completed by 20 providers. Training was designed to educate them on policy essentials surrounding tobacco and like products and was very educational.

Strategy 1-2.3 Promote and expand existing evidenced-based cessation services (e.g. Freedom from Smoking) by training more individuals to teach as well as increasing & enhancing screening to improve referrals & attendance

Strategy Type

Clinical Intervention

Who's Responsible

CGCDPH

Target Date

Dec 31, 2016

Report Date

May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Prairie Ridge & the Cerro Gordo County Department of Public Health are holding quarterly Freedom from Smoking clinics. The CGCDPH is convening a group to use quality improvement techniques to increase participation and completion of FFS. 1 person at Wellsource and 1 from North Iowa Transition center were trained in FFS. North Iowa Transition Center is looking at providing this as well. We are investigating holding classes at Community Kitchen in conjunction with other wellness initiatives.

Report Date

Jul 2, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: A tobacco newsletter is being developed for dispersing at quarterly intervals to community partners, other agencies and local leaders. First edition to be revealed Nov 2017. The newsletter has shifted to a bi-annual circulation, next edition in June 2018. SFH marketing campaign held in Sept 2017.

Report Date

May 8, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Mayo Clinic Tobacco Cessation Treatment Training has been researched and

discussed as a potential cessation opportunity. Another option, Courage to Quit was introduced by Trinity and is being explored; MercyOne surveyed local and potential cessation facilitators from 5 area agencies. The results will assess interest and direction in the program and the potential for progress in providing cessation services in North Iowa. Courage to Quit (CtQ) training is in the planning stages.

Strategy 1-2.4 Write relevant **policies** (i.e. a retailer/outlet maximum number policy) and advocate for change Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes:

Report Date  
Jul 2, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Our Tobacco Partnership (Coalition) has a Strategic Plan developed that complements the IDPH tobacco grant work plan. The Plan is highly focused on advocacy. Partners received their first 'how to advocate training' in May 2018. Members are signing up for ASC CAN to educate and inform themselves as well as begin advocating for current legislative priorities at the state level. Public Health is in the process of assessing the prevalence of ordinances state and area wide; ordinances will be evaluated for potential local use.

Report Date  
May 8, 2019

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Coalition members are currently assessing levels of support in city and county governments. Two ordinance options are being considered for moving forward. The Cerro Gordo County Supervisors unanimously approved a TF/NF resolution for the Law Enforcement Center property in December. Coalition members are working to help the City of Mason City with revisions to their policy.

Strategy 1-2.5 Lobby to pass Tobacco-21 through Trinity Health across Iowa Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Mercy North Iowa

Target Date  
Jan 31, 2020

Report Date  
May 24, 2017

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes:

Report Date  
Jul 2, 2018

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes:

Report Date  
May 8, 2019

Progress on Strategy  
 Complete    On track    Off track    No progress

Progress notes: Coalition continues to support Tobacco 21 whenever possible to maintain some top of mind awareness in communities; the coalition is watching Albert Lea, MN, as they are working toward implementing Tobacco 21 in the city. The recent surge of juul use in teens and the number of area towns that have adopted the policy are positive support for the success of the project.

Strategy 1-2.6 Research and review existing family-focused cessation programming. If relevant, consider implementing in Cerro Gordo County & target homes with parents who smoke

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

Report Date  
May 24, 2017

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:

Report Date  
Jul 2, 2018

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

Progress notes: Health Department staff provided a TF/NF Childcare Provider presentation, Smoke Free Homes and Quitline Iowa information at Community Baby Shower on October 9th. Staff also presented to ~120 childcare providers about TF/NF policy standard and offer of free and complete technical assistance in policy development and implementation.

Report Date  
May 8, 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: Quitline does now offer coaching and materials for family members of patients in the program. We provided education packets and provider education to 21 area in-home child care providers. North Iowa Community Action Organization's Head Start (HS) program has adopted a cessation protocol with all HS families. Home visitation staff has been trained in the Basics of Nicotine Addicton and Tobacco Cessation and Brief Tobacco Intervention Skills. Staff will include a tobacco use screening tool during their in home health assessment, offer Quitline materials and education as well as make fax referrals directly to Quitline as appropriate. Referrals began taking place in Sept/Oct 2018. Initial data from the HS initiative showed that in Cerro Gordo County alone: 43% Cerro Gordo of the homes visited have someone who uses tobacco; 19% of those were referred, and 1% accepted Quitline materials. This data shows that continued interventions during family home visitation is essential.

Strategy 1-2.7 Prevent youth from starting via after-school programs and supporting in-school curriculum

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Aug 31, 2017

Report Date  
May 24, 2017

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: A local school district researching tobacco prevention curriculum for K-12. In November all the PE/Health Teachers received tobacco statistics to share with their classes during the Great American Smoke Out campaign. "Hidden In Plain Sight" room displays have been held in the region to increase parent and staff awareness of emerging products and how tricky they and their paraphernalia are designed. Prairie Ridge's block grant moved some funding to early prevention. With this, they identified at-risk kids to teach the nurtured heart approach and interpersonal skills in k-4th grade. They have served 500 sessions to date.

Report Date  
Jul 2, 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: Hidden in Plain Sight was hosted at multiple sites. The IDPH Tobacco Grant has initiatives that are early youth focused - Childcare and Preschools (CC/PS) and young families. To date North Iowa Christian School, 4 Registered Child Development homes, and 3 Licensed CC/PS Centers have approved TF/NF grounds and facilities policies. Family education materials went out to 587 area families.

Report Date

May 8, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: MCYTF facilitated Red Ribbon Week activities at the middle school level in Mason City schools. Coalition bumped up efforts in promoting RRW through various venues, (FB live, social media posts, etc.). Public Health and Prairie Ridge are currently working to educate youth and adults about the risks of using electronic nicotine delivery systems (ENDS) in classrooms, etc. The coalition implemented a student survey on how best to get this information to them (e.g. at school, in person, on paper). Over 50% of students suggested it be done in school during a class time or in an assembly format. Juul education was implemented and outreach to PTO and other school interactions, the discussions have begun about full staff training, student/parent diversion programming, and cessation.

# Community Priority

## Asthma hospitalization rates for those aged 5-64

**Goal #1** Reduce asthma hospitalizations

National Alignment

State Alignment

Healthy People 2020: Promote respiratory health through better prevention, detection, treatment, and education efforts.

--

**Objective 1-1** In Cerro Gordo County for those aged 5-64, reduce emergency department asthma visit rate from 165.3 per 10,000 to 145 per 10,000, by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2015	165.3	2021	145

Report Date

Year

May 8, 2019

2017

Value

34.18

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: The data source changed; for this update, it includes all ages and all genders. Rate is per 10,000.

**Strategy 1-1.1** Work with area asthmatics to understand their barriers to controlling asthma (e.g. financial, understanding of medication use, proper nebulizer treatment, second hand smoke etc.)

Strategy Type

Counseling & Education

Who's Responsible

CGCDPH

Target Date

Jun 30, 2018

Report Date

May 24, 2017

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: Not begun yet; moved target date ahead one year.

Report Date

Jul 2, 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:

Report Date

May 8, 2019

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:

**Strategy 1-1.2** Develop a plan of care for asthma control addressing the barriers; the plan of care should include: 1. environmental risk assessment, 2. training/education for healthcare providers, 3. education for schools, & 4. education for homes

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

CGCDPH & Mercy North Iowa

Target Date

Dec 31, 2018

<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead one year.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 8, 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:

Strategy 1-1.3 Seek funding for and pilot the action plan/plan of care Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible CGCDPH Target Date Jun 30, 2018

<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead one year.

<u>Report Date</u> Jul 2, 2018	<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:

<u>Report Date</u> May 8, 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:

Strategy 1-1.4 Develop an education campaign for asthmatics to include: Environmental affects (tobacco smoke, air quality, pest control, soft materials, etc.), exercising, & air quality Strategy Type  
Counseling & Education

Who's Responsible CGCDPH Target Date Dec 31, 2018

<u>Report Date</u> May 24, 2017	<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: Little work complete - moved target date ahead one year. Mercy had specialized respiratory personnel working with at-risk people in their homes to prevent emergency department usage.

<u>Report Date</u> Jul 2, 2018	<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: Work and relationship building continues with property management throughout CG County. Thirty-six sites surpassed being smoke free and are completely TF/NF inside all buildings/structures This means an additional 328 TF/NF rental units are now available in CG County; (TF/NF includes any kind of smoke or vapor derived from any plant and any kind of tobacco or look alike product;) Smoke free (and TF/NF) homes reduce exposure to secondhand smoke considerably. Since 7/1/17, 2 new sites have become TF/NF.

Report Date

May 8, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes:

# Community Priority

## Adult heart disease

**Goal #1** Improve cardiovascular health for adults

National Alignment

State Alignment

Improve cardiovascular health and quality of life through prevention, detection, and treatment of risk factors for heart attack and stroke; early identification and treatment of heart attacks and strokes; and prevention of repeat cardiovascular events.

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**Objective 1-1** With a large aging population, maintain Cerro Gordo County coronary heart disease death rate at 188.54 per 100,000.

Baseline Year	Baseline Value	Target Year	Target Value
2015	188.54	2021	188.54

Report Date  
Jul 3, 2018

Year  
2012-2016

Value  
127.2

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:

**Strategy 1-1.1** Identify and assess current heart disease education in Cerro Gordo County

Strategy Type

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

Report Date  
May 24, 2017

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes: Not begun yet; moved target date ahead six months.

Report Date  
Jul 3, 2018

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes:

Report Date  
May 16, 2019

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes:

**Strategy 1-1.2** Implement a community awareness campaign including community education and shared messaging among partners. Marketing visuals will emphasize cost-benefit of physical activity programs/services

Strategy Type

Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Jan 30, 2018

<u>Report Date</u> May 24, 2017	<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: Annually, during February (Hearth Health Month), the Cerro Gordo County Department of Public Health implements a community awareness campaign.

<u>Report Date</u> Jul 3, 2018	<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: Annually during February, the Cerro Gordo County Department of Public health implements a community awareness campaign - Heart Health Month Promotions (Facebook Live Videos, Radio Interviews, Social Media posts)

<u>Report Date</u> May 16, 2019	<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: Heart Health Month Promotions 2019: • Wear red the first Friday of the month – February 1st  
 • Developed and posted a heart disease risk quiz on our website that provided education by the risk factors they indicated  
 • Developed screens on heart disease and prevention efforts for the waiting room screen  
 • 4 week action heart health plan was posted on our social media sites  
 • Rolled out JUUL and tobacco prevention education  
 • Highlighted heart disease and how it relates to gut health  
 • Completed press release and newsletter to highlight the various items listed above

Strategy 1-1.3 Support and enhance current heart disease programs that prevent risk factors (high blood pressure & cholesterol, tobacco use, physical inactivity & poor nutrition)

Strategy Type  
Counseling & Education

Who's Responsible  
All

Target Date  
Jan 30, 2018

<u>Report Date</u> May 24, 2017	<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
------------------------------------	---

Progress notes:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.4 Develop & ensure a heart disease specific care path is followed by all entities including referrals for risk factors noted above (Long Term Care, Hospitals, home care, clinics, fitness facility, etc.)

- Ensure that the care path is evidence based: health risk assessment & feedback combined with health education programs (reduce risk of

cholesterol & blood pressure)

Strategy Type  
Clinical Intervention

Who's Responsible  
Mercy North Iowa

Target Date  
Jan 30, 2018

<u>Report Date</u> May 24, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.5 Work with worksites to select high-impact strategies for cardiovascular health promotion:

Strategy Type  
Environmental / Policy / Systems Change

- High blood pressure & cholesterol management (health insurance coverage for no or low costs for control medications and home-monitoring)
- Tobacco Control: implement no-tobacco policies & ensure insurance coverage for cessation devices
- Nutrition: make >50% of food and beverage choices available be healthier; subsidize healthier foods & beverages
- Physical Activity: provide environmental supports for physical activity, provide individual or group activity for employees

Who's Responsible  
CGCDPH

Target Date  
Jan 30, 2018

<u>Report Date</u> May 24, 2017	<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: The Cerro Gordo County Department of Public Health offers worksite wellness services to other organizations.

<u>Report Date</u> Jul 3, 2018	<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: Workplace Wellness Awards & Recognition Program (WWARP) released for 2nd year (July 2017) and upon application, worksites will be added to distribution directory to receive emails, resources, TA, etc. regarding employee well-being and health.; Submitting proposal for Health Insurance Coverage services to Kingston for health coaching, diabetes prevention program classes, nutrition consultations offered by CGCDPH (July 2017)    Quitline services and Smoke Free Homes

information in the form of incentives and flyers was dispersed to all worksites nominated for the WWARP. YMCA, Principal Financial, and Fareway Food Stores of Iowa implemented TF/NF workplace policies during this period.

<u>Report Date</u> May 16, 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: Public health worked to add 6 more worksites to the list that have TF/NF policies in the County. Staff presented to 40 Human Resource Assoc. of North Iowa members on components of employee wellness program and offered policy, system and environmental change examples to implement in workplace.

Strategy 1-1.6 Identify barriers to access to healthy food and fitness activities & address these Strategy Type

<u>Who's Responsible</u> CGCDPH	<u>Target Date</u> Dec 31, 2017
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<u>Report Date</u> May 24, 2017	<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: Not begun yet; moved target date ahead five months.

<u>Report Date</u> Jul 3, 2018	<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: Diabetes prevention program Baseline and Post Program surveys indicate little to no barriers to fitness activities other than lack of motivation.

<u>Report Date</u> May 16, 2019	<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:

# Community Priority

## Child abuse

**Goal #1 Increase safe, stable, nurturing relationships and environments for children.**

National Alignment

Healthy People 2020: Prevent violence and reduce its consequence.

State Alignment

**Objective 1-1** By 2021, reduce the child abuse rate from 24.1 per 1,000 population to 21.1 per 1,000 population in Cerro Gordo County.

Baseline Year	Baseline Value	Target Year	Target Value
2009-2013	24.1	2021	21.1

Report Date

Jul 3, 2018

Year

2017

Value

25

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: During this past year, Wellsources, the state-designated mental health regional agency closed, leaving the area to scramble to provide mental health services. These strategies will likely be removed or revised in the next year.

**Strategy 1-1.1** Adopt the CDC's Essentials for Childhood Framework

Strategy Type

Who's Responsible

All

Target Date

07/31/2016

Report Date

May 24, 2017

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes:

**Strategy 1-1.2** Build awareness to 1.) adopt the vision to assure safe, stable, nurturing relationships and environments for every child, and 2.) make the connection with alcohol/drug abuse

Strategy Type

Counseling & Education

Who's Responsible

Wellsources & Prairie Ridge Integrated Health Services

Target Date

Jun 30, 2017

Report Date

May 24, 2017

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes:

**Strategy 1-1.3** Identify all development and social-emotional screening tools that are being used to assess children ages 0-5 (e.g. Ages & Stages)

Strategy Type

Clinical Intervention

Who's Responsible

Wellsources

Target Date

06/30/2017

Report Date  
May 24, 2017

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes: Wellsource compiled all screening tools in the area and are creating a matrix of tools.

Strategy 1-1.4 Develop a system to gather and synthesize relevant data from the tools & identify critical screening gaps

Strategy Type  
Clinical Intervention

Who's Responsible  
Wellsource

Target Date  
Dec 31, 2017

Report Date  
May 24, 2017

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes: United Way is researching the use of data collection and reporting systems.

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes:

Report Date  
May 16, 2019

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes:

Strategy 1-1.5 Promote use of screening in healthcare & other settings and ensure that the data collected is used

Strategy Type  
Clinical Intervention

Who's Responsible  
Wellsource & Prairie Ridge Integrated Health Services

Target Date  
Jun 30, 2018

Report Date  
May 24, 2017

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes: Collaborators are currently seeking grant sources to implement this for children ages 2-17.

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes:

Report Date  
May 16, 2019

Progress on Strategy  
 Complete  
 On track  
 Off track  
 No progress

Progress notes: NICA0 has a program called First Five that works with physicians to identify children under five with developmental delays and get them referrals they need.

Strategy 1-1.6 Support the use of Nurtured Heart Approach (NHA) and other programs for children, parents, caregivers, teachers and other stakeholders

Strategy Type  
Counseling & Education

Who's Responsible  
North Iowa Community Action Organization

Target Date  
Jul 31, 2018

Report Date  
May 24, 2017

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: North Iowa Community Action Organizaiton offers HeadStart (Mason City) and preHeadStart (Clear Lake) which are programs that teach parents and children. PBIS is used with children and trains parents (Mason City); Character Counts (pillars) used in Clear Lake. Schools also use TCIT& PCIT (teacher/parent, child interaction therapy to change behaviors);

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: NICA0 has recently been funded for a counseling project to work with families who have “closed” child abuse cases from DHS; they will work with each family who signs up for this program to try to stop recidivism. In March, 2018 several community organizations are hosting a screening of Paper Tigers. This film examines the promise of trauma informed communities.

Strategy 1-1.7 Support NHA area trainings & other trainings that specifically focus in 1.) increasing parenting skills, 2.) increasing self-calming abilities, and 3.) increasing emotional capability - encourage attendance for parents and caregivers

Strategy Type  
Counseling & Education

Who's Responsible  
North Iowa Community Action Organization

Target Date  
Jul 31, 2018

Report Date  
May 24, 2017

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: Francis Lauer Youth Services offered NHA series workshops (10/11/16, 10/18/12 & 10/25/16); Mercy personnel are being trained quarterly and the coordinator ensures it complements motivational interviewing. Community partners grant provides parenting skills (more 1-on-1); continual NHA trainings. Held a Coaching Boys in to Men training (character building - how boys interact with females/males to reduce violence and consent and increase respect).

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: United Way bringing back Women United –They are funding mindfulness training offered in the Mason City School (train 10 teachers); There were free screenings of the documentary “Paper Tigers.” It is a film that highlights how using Trauma Informed Care can help those dealing with Adverse Childhood Experiences (ACES). The CGCDPH offers training to at-risk youth to teach life skills, confidence, decision making, and pregnancy prevention, etc.

Report Date  
May 16, 2019

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: Health Dept. employees took mental health first aide training and Nurtured Heart Approach training.

Strategy 1-1.8 Inventory current & support promising practice or evidence based parenting programs

Strategy Type

Who's Responsible  
Prairie Ridge Integrated Health Services

Target Date  
Jun 30, 2017

<u>Report Date</u> May 24, 2017	<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: There have been several youth mental health training that is free and open to the community. In February 2017, there is a nurtured heart approach specifically for parent training. Wellsource offers NO DRAMA, a discipline/parenting class

<u>Report Date</u> Jul 3, 2018	<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:

Strategy 1-1.9 Teach children to deal with stress through school-based and health care interventions

Strategy Type  
Counseling & Education

Who's Responsible

Wellsource

Target Date

Dec 31, 2019

<u>Report Date</u> May 24, 2017	<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: Wellsource provides prevention activities in school funded by County Social Services. 1. The One on One Mentoring Program operates under the Mason City Youth Task Force. The purpose of the One on One Mentoring Program is to provide mentoring relationships, for youth, which promote relationship building and social skill development, thereby reducing high-risk behaviors. Youth in grades K-12th grade may be in the program. The average match duration is 3.75 years.

<u>Report Date</u> Jul 3, 2018	<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: CGCDPH offers training to at-risk youth at the Alternative High School. The evidence-based curriculum offers lessons on stress management. As a service project the students then worked with children at a local pre-school to talk about stress and made "stress bottles" with the children to use for stress management.

<u>Report Date</u> May 16, 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: Personal Responsibility Education Program provided through the Cerro Gordo County Department of Public Health to: Mason City Alternative High School, Four Oaks and Francis Lauer which focuses on teens making responsible, informed decisions to lead safe and healthy lives. Suicide, dating violence, bullying and stress management are discussed.

Strategy 1-1.10 Develop a model to show opportunities for building resiliency along the continuum (determine all points in life for intervention) along with hand-offs to different agencies

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible

Wellsource

Target Date

Jul 31, 2018

<u>Report Date</u> May 24, 2017	<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: In process: area psychologists are working on a matrix for early screening which leads to early diagnosis and intervention. They are trying to expand from autism, behavioral, etc to ID or DD to actually see what child's comprehensive needs are.

Report Date

Jul 3, 2018

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes:

Report Date

May 16, 2019

Progress on Strategy

Complete    On track    Off track    No progress

Progress notes:

# Community Priority

## Older adults safe at home with support

**Goal #1** Improve the health, function & quality of life of older adults

National Alignment

Healthy People 2020: Improve the health, function and quality of life of older adults.

State Alignment

Iowa State Plan on Aging, Goal 2: Enable Iowans to remain in their own homes with high quality of life for as long as possible through the provision of home and community-based services, including supports for family caregivers

**Objective 1-1** By 2021, create and implement an aging-in-place, financially supported model in Cerro Gordo County.

Baseline Year	Baseline Value	Target Year	Target Value
2015	0	2021	1

**Strategy 1-1.1** Develop a vision statement and definition for aging-in-place

Strategy Type

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2017

Report Date  
May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

**Strategy 1-1.2** Assess current in-home care providers and services offered that help keep people in their homes; include home maintenance. Provide a report of current services and gaps in service

Strategy Type

Who's Responsible  
CGCDPH

Target Date  
Jan 31, 2018

Report Date  
May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: A list has been turned into a model of aging

Report Date  
Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: We've partnered with the Iowa Initiative for Sustainable Communities to get the ball rolling on our Aging in Place progress. The Health Communication Campaigns course researched and compiled a listing of all providers and services available to those aging in their homes.

**Strategy 1-1.3** Work with the community to build support for aging-in-place models. Inform community about steps they can take to age in place or help others: focus on preventive measures, improve environments, increasing safety in neighborhoods; also educate about this initiative

Strategy Type  
Counseling & Education

Who's Responsible

CGCDPH

Target Date

Jun 30, 2018

Report Date

May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The Health Director has been working with multiple CEOs, Directors, Presidents, etc of area organizations to build community support for his aging in place model. Citizen, Dr. Thoreson, has also been working with NIACC to develop an education centered focus on aging in place that mirrors Hospice's success. In Spring of 2017 several grant opportunities have been passed to the Health Director for consideration and in April of 2017, Opportunity Village, NIACC and the Health Department applied collaboratively for a grant opportunity to fund the model.

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Health Director met with community stakeholders 7/18/2017. PIO presented to the Daughters of the American Revolution on 10/11/2017. Students from the University of Iowa in the Health Communication Campaigns course have met with community members and conducts surveys, informal focus, groups, and general conversation about the aging in place process.

Strategy 1-1.4 Commence a group of organizations (e.g. Elderbridge) and the target population to develop an aging-in-place strategic plan

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

Mar 31, 2018

Report Date

May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Report Date

May 16, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Strategy 1-1.5 Develop a model & include provision of public policies to re-vamp property tax for seniors

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

Jun 30, 2018

Report Date

May 24, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes:

Report Date  
Jul 3, 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: The Health Department has a current model for aging in place.

Objective 1-2 In Cerro Gordo County, reduce the number of emergency department visit falls among older adults (65-84) from 3,975 to 3,775 per 100,000 population.

Baseline Year	Baseline Value	Target Year	Target Value
2015	3975	2021	3775

Report Date  
Jul 3, 2018

Year
2011-2015
Value
3570

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:

Report Date  
May 16, 2019

Year
2011-2015
Value
3827.47

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: From County Health Snapshot - IDPH Tracking Portal

Strategy 1-2.1 Support and/or implement older adult, community-based fall prevention initiatives to include exercise-based, home modification and multifaceted interventions

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2019

Report Date  
May 24, 2017

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:

Report Date  
Jul 3, 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: The Area Agency on Aging offers these classes

Strategy 1-2.2 Develop a system between hospital discharge and home setting assessment inspection

Strategy Type  
Clinical Intervention

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2018

Report Date  
May 24, 2017

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:

Report Date  
Jul 3, 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: The Health Department is using a grant to offer a small subset of expanded opportunities past traditional in-home care.

<u>Report Date</u> May 16, 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: Still working on this collaboration between hospitals, home care agencies, healthy homes initiatives, etc. A barrier is not having funding to support this.

Strategy 1-2.3 Increase the use of fall risk assessment & risk reduction in the target populations' homes

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2018

<u>Report Date</u> May 24, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

# Community Priority

## Carbon monoxide exposure

**Goal #1** Increase access to safer housing

National Alignment

State Alignment

Healthy People 2020: Promote health for all through a healthy environment

--

**Objective 1-1** By 2021, reduce the emergency department carbon monoxide poisoning visit rate from 19.07 per 100,000 population to 10 per 100,000 population in Cerro Gordo County.

Baseline Year	Baseline Value	Target Year	Target Value
2015	19.07	2021	10

Report Date

Jul 3, 2018

Year

2011-2015

Value

19.11

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: multi-year data now available; no change in 2019 from IDPH Tracking Portal

**Strategy 1-1.1** Advocate for a bill in legislature to increase carbon monoxide detector requirements in homes

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

6/31/18

Report Date

May 25, 2017

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: SF2219: Carbon monoxide detectors will be required in all Iowa single-family homes and apartment buildings as of July 1, 2018, including existing structures and new construction.

Report Date

Jul 3, 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: Rules were adopted February 2018 that require the State Fire Marshal to follow and enforce the guidelines & require installation of carbon monoxide alarms in the following structures that have fuel-fired heater or appliance, fireplace or attached garage: existing single-family dwellings, single-family rental units & multiple unit residential buildings; single-family dwellings and single-family rental units and multiple-unit residential buildings begun on or after July 1, 2018. A program of inspections and enforcement penalties are required.

**Strategy 1-1.2** Work with insurance companies to change their **policy** to allow for discount on premiums if you can prove it

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

CGCDPH

Target Date

6/31/18

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.3 Educate the public on the dangers of carbon monoxide poisoning and sources of it to increase awareness of, demand for, and appropriate use of detectors. The messages will be delivered through multiple channels, one of which must be mass media, to provide multiple opportunities for exposure

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2016

<u>Report Date</u> May 25, 2017	<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: The Cerro Gordo County Department of Public Health (CGCDPH) Public Information Officer and Healthy Homes Program Coordinator created a press release to build community awareness. In the Fall of 2016, KIMT and the Globe Gazette published stories in conjunction with CGCDPH regarding carbon monoxide awareness and prevention. Likewise, the Healthy Homes Program Coordinator has created an educational flyer for County residents. This flyer is posted on the CGCDPH website.

<u>Report Date</u> Jul 3, 2018	<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: Health Department staff continue to provide an annual awareness campaign for carbon monoxide.

Strategy 1-1.4 Locate funding to purchase and give-away carbon monoxide and/or combination detectors

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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: Through the Lead Hazard Control HUD Grant funding, all assisted homes will be provided carbon monoxide detector(s). Also, NICA0 & NIACOG have grant programs for low-income persons/families to replace furnaces & water heaters.

<u>Report Date</u> Jul 3, 2018	<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: Through the Lead Hazard Control HUD Grant funding, all assisted homes will be provided carbon monoxide detector(s). Also, NICA0 & NIACOG have grant programs for low-income persons/families to replace furnaces & water heaters.

Report Date

May 16, 2019

Progress on Strategy

Complete     On track     Off track     No progress

Progress notes: Completed and continued for assisted Lead Hazard Control funded homes. They receive carbon monoxide detectors in the immediate vicinity of each sleeping area in the home if they do not have detectors present (as new rental code from July 2018 requires). We applied for a CG Community Foundation grant to purchase & distribute carbon monoxide detectors, smoke detectors, fire extinguishers, and medication lock boxes.

# Community Priority

## Sub-standard housing

**Goal #1** Increase access to safer housing

National Alignment

Healthy People 2020: Promote health for all through a healthy environment

State Alignment

**Objective 1-1** By 2021, reduce the proportion of substandard housing in Cerro Gordo County from 24.51% to 22%.

Baseline Year	Baseline Value	Target Year	Target Value
2009-2013	24.51%	2021	22%

Report Date

May 25, 2017

Year

2011-2015

Value

23.23%

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: See progress notes in strategies. No updated data available in 2019.

**Strategy 1-1.1** Assess current code requirements for cities and rural areas in Cerro Gordo County

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

CGCDPH

Target Date

Dec 31, 2018

Report Date

May 25, 2017

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes: Not begun yet; moved target date ahead one year.

Report Date

Jul 3, 2018

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes: This work began in July of 2017, but due to staff turnover was discontinued

Report Date

May 16, 2019

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes:

**Strategy 1-1.2** Locate and/or create GIS Mapping of substandard housing, socioeconomic factors, housing age, HUD supported homes & other pertinent health factors (Prioritize by highest percentage Census tracts N&W MC-1<sup>st</sup>, N&E MC-2<sup>nd</sup>, then county-wide)

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

CGCDPH

Target Date

Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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: Several layers have been created for the County including: nuisance properties, home value <\$40,000, multi-unit housing, poverty level, race, % of population younger than 5 years, vacant housing, % lacking kitchens, % lacking plumbing, % built before 1980. Housing personnel are using this data to prioritize highest-need areas. This data informs targeted outreach for the HUD healthy homes & lead based hazard control grant.

Strategy 1-1.3 Provide targeted education and/or training for landlords, tenants and owners regarding housing concerns in identified area(s)

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2018

<u>Report Date</u> May 25, 2017	<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: Targeted education held for landlords regarding bed bug control, treatment, and guidance with tenants during Bed Bug Awareness Week, June 2016.

<u>Report Date</u> Jul 3, 2018	<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: Continually expanding: Lead & Healthy Homes education is continually being targeted to homeowners, property owners, and tenants (especially families with children). Lead awareness/education event are occurring 4X/year. Door hangers, radio ads, facebook ads, and direct mailings are sources of marketing for this targeted education/resources. Smoke Free Homes media campaign Aug-Sept 2017 via radio and bench ads, Public Health screen; Channels 1 & 4 and YMCA screens run continuously from July through October, handouts at National Night Out (100) and North Iowa Fair (est 15,000 overall traffic); 500 family education packets have been assembled for young childcare/preschool families.

<u>Report Date</u> May 16, 2019	<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: Targeted education continues for the Lead & Healthy Homes Program (Cerro Gordo County Lead Hazard Control Program). The newest method was an open house/informational meeting targeted specifically to homeowners and those that may have grandchildren visiting the home. A new television commercial was also created in September 2018 to advertise the program in addition to our previous marketing methods.

Strategy 1-1.4 Seek funding sources to address healthy homes (including lead) issues for residents via methods that are evidence based

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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: Several funding sources were investigated and the Cerro Gordo County Department of Public Health (CGCDPH) wrote and was awarded a 3 year HUD lead-based paint control & healthy homes grant. The grant began 10/3/2016 addressing lead-based paint and healthy homes issues in targeted low-income housing. In the

first few months, policies and procedures were written and marketing commenced. By early 2017, enrollment of homes began and in March, inspections and home remediation began. CGCDPH has applied for and was awarded additional funding for match to aid residents in repair. Weatherization is continuing their work on low-income homes to increase energy efficiency and increasing home safety (air quality, carbon monoxide, smoke detectors, etc.)

<u>Report Date</u> Jul 3, 2018	<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: HUD funding will run through at least October of 2019; community partner One Vision is working to clean up homes in blighted area and there is a North End Mason City initiative working on built environment initiatives.

<u>Report Date</u> May 16, 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: Work continues to maintain current funding and seek new sources.

Strategy 1-1.5 As necessary, work with local officials to develop **policy** and methods for enforcement

Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2018

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.6 Partner with traditional and non-traditional area agencies to pool resources and funding to address substandard housing needs

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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: For the HUD project, the Cerro Gordo County Department of Public Health is partnering with NIACOG Housing Trust (they conduct repairs/upgrades for safety and energy efficiency), Landlord's Association, Hy-Vee & Comfort Suites on the implementation of the HUD project.

<u>Report Date</u> Jul 3, 2018	<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: Health Department staff continue to expand partnerships via United Way of North Iowa, City of Mason City and those listed before.

# Community Priority

## Individual disaster preparedness

**Goal #1** Improve the County's ability to prepare for and recover from a major incident

National Alignment

Healthy People 2020: Improve the Nation's ability to prevent, prepare for, respond to, and recover from a major incident.

State Alignment

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**Objective 1-1** Increase from 50% to 60% the percentage of Cerro Gordo County residents who self-report they are ready for a disaster by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2015	50%	2021	60%

**Strategy 1-1.1** Involve the community, organizations, individuals in planning and a mock drill (exercising)

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

CGCDPH

Target Date

Aug 31, 2020

Report Date

May 25, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Tornado Disaster Exercise - community wide drill (5/19/2016). Foodborne Illness Mock exercise: IDPH, IDIA & CGCDPH (11/7/16); EMA mtg 1/month annually. Community meetings expanding with EMA. NICAO contracts with DHS to provide case management for after a disaster for up to 6 months.

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: National Night Out (8/1/17). Long Term Care Facility Functional Exercise (11/14/17) served on exercise planning committee, evaluator, and part of on-going long term care facility planning committee.

Report Date

May 16, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: 10/24/18 Tabletop exercise hosted by Cerro Gordo County EMA to involve various agencies within the county (law enforcement, hospital, public health, EMS, fire, DOT, Engineers Office, CERT, National Guard, sheriff's department etc.) 4/12/19 Update: Mass Care tabletop exercise held at county EOC on August 7, 2018, Functional Exercise held at the CGCDPH which focused on communication with the public and internally, held on 3/4/19. Tabletop exercise will be held on 4/25 at county EOC to include all county partners. Facebook live will be done on 5/28/19 to promote heat safety awareness day.

**Strategy 1-1.2** Market preparedness awareness, signing up for Code Red, keeping a weather radio in home & general preparedness; share messages among partners

Strategy Type

Counseling & Education

Who's Responsible

CGCDPH

Target Date

Dec 31, 2016

<u>Report Date</u> May 25, 2017	<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
Progress notes: Facebook and Twitter ads were created and made available to the public for summer safety as well as National Preparedness month. Editorials were also written and published. Radio interviews were provided in regards to these topics as well. This is a developed annual campaign that is run in September.	
<u>Report Date</u> Nov 2, 2018	<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
Progress notes: September was National Preparedness Month and our department included preparedness marketing in our social media marketing, lobby television, and radio advertising. National Preparedness Month provided opportunity to interview with a local television agency.	
<u>Report Date</u> May 16, 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
Progress notes: National Preparedness month was promoted with Facebook live video to promote awareness and encouraged folks to sign up for weather alerts to include Code Red; we also encouraged families to create go-bags. Information was posted to Facebook, and cghealth website. We also did Facebook live for cold temps (polar vortex), Facebook & Twitter ad's were done for cold temps, power outage info, flood recovery info, winter weather preparedness.	

Strategy 1-1.3 Work with families to create a communication plan and implement that in their homes

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Jun 30, 2018

<u>Report Date</u> May 25, 2017	<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
Progress notes: Information sheets provided to the public during National Night Out, presentation provided to children in Fun & Sun program to encourage family communication plans. Importance of communication plans discussed during radio interviews.	
<u>Report Date</u> Jul 3, 2018	<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
Progress notes: We continue to promote this during National Night Out and through our preparedness campaigns.	
<u>Report Date</u> May 16, 2019	<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
Progress notes: We completed a Facebook live video to promote communication plans to individuals and families. Staff provided a presentation to residents at Lakeland apartments regarding heat safety (communication plan also provided in the presentation as general preparedness message) and a presentation provided to staff at Metal Craft in regards to preparedness.	

Strategy 1-1.4 Locate funding and work with schools to prepare "go-kits" for distribution

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Aug 31, 2020

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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: We applied for a grant opportunity to help with this, but weren't funded. We did participate in National Night Out and shared items to put in a go-kit and tips on developing a communication plan.

Strategy 1-1.5 Create a preparedness app for Smartphones as a mobile resource for use during & after disaster

Strategy Type  
Counseling & Education

Who's Responsible  
CGCDPH

Target Date  
Aug 31, 2020

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.6 Support the Emergency Management Authority in organizing as a 501(c)3 for funding

Strategy Type

Who's Responsible  
CGCDPH

Target Date  
Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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 may not be a viable option. Deleted strategy

# Community Priority

## Food insecurity for adults and children

**Goal #1** Reduce food insecurity rates for adults and children.

National Alignment

State Alignment



**Objective 1-1** Reduce the Cerro Gordo County household food insecurity rate from 13.34% to 10% by 2021 by increasing access to healthy food.

Baseline Year	Baseline Value	Target Year	Target Value
2012	13.34%	2021	10%

Report Date

Year

May 25, 2017

2015

Value

12.3%

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: See strategy progress notes.

Report Date

Year

Jul 3, 2018

2016

Value

11.8

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:

Report Date

Year

May 16, 2019

2017

Value

11.1%

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:

Strategy 1-1.1 Pledge to increase access to foods in healthful ways

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

All

Target Date

Dec 31, 2016

Report Date

May 23, 2017

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:

Strategy 1-1.2 Align initiatives with the North Iowa Local Foods Coalition Strategic Plan & support each other

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

All

Target Date

Dec 31, 2016

<u>Report Date</u> May 25, 2017	<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: The Cerro Gordo County Department of Public Health Dietitian and Health Promotion Manager serve on the North Iowa Local Foods Coalition to align plans where they are able. Partner agencies work together to develop appropriate grant applications and projects.

<u>Report Date</u> Jul 3, 2018	<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: Health Department staff play key roles on several food-related coalitions. Food Advocacy Subcommittee merged with the Branding Subcommittee and will release an Awareness Campaign in August 2017 - Get To Know Your Food. Currently focusing on securing funding to support promotion of this campaign.; Local Foods Coalition Set 2018-2020 priorities, which include: Food Hub, Farm to School, Community Gardens, Food Waste & Farmer's Market Initiatives - currently assessing which priority teams CGCDPH will participate

Strategy 1-1.3 GIS map related food locations & data (listed above and additional items) to show gaps and/or needs Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH Target Date  
Jun 30, 2017

<u>Report Date</u> May 25, 2017	<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: CGCDPH is adding farmer's markets and community garden locations to Smartphone App.

Strategy 1-1.4 Develop a plan based on those needs to include at a minimum working with local grocers to increase local food purchase and sale Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH & North Iowa Food Coalition Target Date  
08/31/2017

<u>Report Date</u> May 25, 2017	<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: North Iowa Fresh (NIF) works to connect local farmers with local grocers to sell local produce within their stores. NIF & the local food coalition work closely. Opportunity Village is currently being utilized as a breakdown site, where large quantities of produce are being broken down into smaller quantities for selling.

<u>Report Date</u> Jul 3, 2018	<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: North Iowa Fresh is currently selling out of local produce and Farmer's markets are maxed out in the area (demand is outweighing supply). Supply Chain priority project (under the NI Local Food Coalition) is looking into ways to increase producers willing to join this network of growing fresh produce to be sold to grocers, restaurants, and schools. Fieldhouse Restaurant, offering a menu that is about 90% sourced locally - opened June 2017, with the support of Opportunity Village (One Vision) and the Supply Chain Priority Project.

<u>Report Date</u> May 16, 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: North Iowa Fresh is again offering an expanded CSA box program this season and will have drop-off locations in MC, CL, Garner, Belmond, Clarion (multiple locations in the larger cities like MC, CL).

Strategy 1-1.5 Bring awareness to food insecurity as an issue and speak with one voice

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
08/31/2017

Report Date May 25, 2017	Progress on Strategy <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:

Report Date Jul 3, 2018	Progress on Strategy <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:

Report Date May 16, 2019	Progress on Strategy <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:

Strategy 1-1.6 Work with the food banks to educate staff, volunteers and donators on what healthy food is and to implement environmental changes at the bank

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
CGCDPH

Target Date  
Aug 31, 2017

Report Date May 25, 2017	Progress on Strategy <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:

Report Date Jul 3, 2018	Progress on Strategy <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:

Report Date May 16, 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: 5210 Project - Community Garden gleening project will take leftover garden produce for reuse at Food Pantry in Mason City.

Strategy 1-1.7 Develop an initiative/plan to teach children to grow and eat healthy foods by working with the school systems to 1.) ensure that no child begins a school day on an empty stomach, 2.) support schools to offer healthy foods, & 3.) educate regarding what healthy food is

Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible

CGCDPH

Target Date

Jun 30, 2017

Report Date

May 25, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The Cerro Gordo County Department of Public Health (CGCDPH) is working with Clear Creek Elementary to develop a core team to support the sustainability of the school garden for education and consumption of healthy options, both in the classroom (as snacks) and in the lunchroom. The CGCDPH educated elementary children in Parks & Rec programs in Clear Lake on local produce from their school garden and also allowed them to taste test. Hope to build this program next summer. The CGCDPH was awarded a grant for the dietitian to work with childcare/preschool providers to educate on whole foods based diet, increase opportunities for healthy menu planning & to increase opportunities for education regarding gardening.

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The Health Department Dietitian is working with childcare centers to plant and pick gardens and educate children on a whole-foods based diet. We were also recently awarded a Farm-to-School planning grant for 4 area school districts.

Report Date

May 16, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: 5210 challenge with preschools and childcare on-site gardens is the focus for this year. As part of the 5210 Initiative, preschool students were also educated on foods that are full of sugar and, therefore, rot their teeth. Good oral hygiene practices were also instructed.

# Community Priority

## Mental Health Shortage Area

**Goal #1** Broaden health care to include mental health and promote health outside the medical clinic

**National Alignment**

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

**State Alignment**

**Objective 1-1** By 2021, integrate psychiatry into a holistic medical care model in Cerro Gordo County.

Baseline Year	Baseline Value	Target Year	Target Value
2015	0	2021	1

Report Date

May 25, 2017

Year

2017

Value

0

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: See strategy progress notes.

Report Date

Jul 3, 2018

Year

2018

Value

0

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: Wellsource closed this past year leaving the community in a deficit for mental health care; however several initiatives have taken place that fit in this plan. See below.

Report Date

May 16, 2019

Year

2019

Value

1

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: Prairie Ridge integrated health has hired medical providers to provide holistic care to adults they serve to include mental/behavioral health and physical health and well being. MercyOne is very close to opening their behavioral health center which will provide these combined, holistic health services as well.

**Strategy 1-1.1** Research existing models for primary & mental health integration

Strategy Type

Clinical Intervention

Who's Responsible

Wellsource & Mercy North Iowa

Target Date

Dec 31, 2017

Report Date

May 25, 2017

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes: The Wellsource executive director has a resource with multiple evidence-based models; teams are exploring the use of telemedicine as well.

Report Date

Jul 3, 2018

Progress on Strategy

- Complete    On track    Off track    No progress

Progress notes: Prairie Ridge & Mercy researched this initiative as well; Mercy broke ground on building a new wing that will serve those with mental health care needs along with primary care and local community resource needs.

Strategy 1-1.2 Select a model to utilize and develop a plan for the whole-health approach/integration

Strategy Type  
Clinical Intervention

Who's Responsible  
Wellsource & Mercy North Iowa

Target Date  
Dec 31, 2019

Report Date May 25, 2017	<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: Mercy North Iowa is building an in/outpatient psychiatry unit with space for community resources/organizations to meet with patients as well. Prairie Ridge is exploring the idea of hiring a primary care practitioner integrated into their facility.

Report Date Jul 3, 2018	<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: With the closure of Wellsource, Prairie Ridge integrated Health became the state designated mental health agency for adults. They hired a nurse practitioner to serve primary health needs of their clients. Additionally, Four Oaks has taken the adolescent/child side of Wellsource's closure and provides primary care for children. In addition, a private mental health center also has integrated primary health care into their services. Mason City is gaining a Federally Qualified Health Center which will provide holistic care as well. Instead of one site, this community now has several sites for people to be served more holistically.

Strategy 1-1.3 Pilot the integration. At a minimum the piloted project will emphasize a shift to prevention and coping versus prescription use for treatment.

Strategy Type  
Clinical Intervention

Who's Responsible  
Wellsource & Mercy North Iowa

Target Date  
Dec 31, 2020

Report Date May 25, 2017	<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:

Report Date Jul 3, 2018	<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: Not necessary - see above

Strategy 1-1.4 Bring community awareness to local mental health needs

Strategy Type

Who's Responsible  
Wellsource

Target Date  
Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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: In July 2017, the North Iowa Trauma Initiative initiated via a Telligen grant. The project brought together multiple sectors to build a trauma-informed region. It established a leadership committee, trainings and workshops per sector.

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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: Teen Outreach Program students at the Mason City Alternative High School worked on a service project for Mental Health Awareness Month. After hearing a presentation from a counselor and touring the local jail where they learned about relationship with mental health and incarceration. students will organize a Mental Health Awareness Campaign utilizing awareness posters, a radio interview and a radio PSA.

Strategy 1-1.5 Work with economic expansion leaders and legislators to make Cerro Gordo County attractive to mental health providers Strategy Type

Who's Responsible  
Wellsource

Target Date  
Dec 31, 2019

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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: Several mental health professionals were unemployed with the closure of Wellsource. Nearly all of them have found mental health positions within the community. Since then, several area counseling/therapy offices have expanded services and hired additional professionals.

<u>Report Date</u> May 16, 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:

Strategy 1-1.6 Develop relationships with schools where mental health graduates could be recruited Strategy Type

Who's Responsible  
Wellsource

Target Date  
Jun 30, 2017

<u>Report Date</u> May 25, 2017	<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: Buena Vista University has a mental health counseling program with 3 current cohorts that are working on internships and practicums within the County. 10/12 students in one cohort live in Mason City and pPlacement has happened through 4 Oaks to date.

Strategy 1-1.7 Determine expansion of mental health services at other sites where the integration is not being targeted Strategy Type  
Clinical Intervention

- Integrate use of ACES tool across multiple programs/organizations
- Investigate expansion of tele-health
- Determine a plan of action for expansion

Who's Responsible  
Wellsorce

Target Date  
Jun 30, 2017

<u>Report Date</u> May 25, 2017	<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: The Cerro Gordo County jail & mental health are working together through a therapist. This same therapist will begin working with the Mason City Police Department as a mental health liaison to divert people from jail or commitment through use of past calls for service. County Social services has the 28E agreement set up for these services. The local college is pursuing a suicide prevention grant through SAMHSA.

<u>Report Date</u> Jul 3, 2018	<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: The City of Mason City has a grant from the Bureau of Justice Assistance that's goal is to increase public safety. They are developed a collaborative plan between the Mason City Police Department and the community to improve responses & outcomes for individuals with mental illnesses/co-occurring mental health/substance use disorders who come into contact with the local justice system. They hired a Coordinator in December 2017 who began immersing herself in the community to address shared "clients" and divert them from law enforcement contact and/or emergency department use.

Objective 1-2 By 2021, expand the organizations actively engaged in the Cerro Gordo County community care coordination (CCC) model to impact better health outcomes.

Baseline Year	Baseline Value	Target Year	Target Value
2015	9	2021	18

Strategy 1-2.1 Seek funding source and/or support self-sufficiency to support the current CCC model for all partners Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Mercy North Iowa

Target Date  
Dec 31, 2019

<u>Report Date</u> May 25, 2017	<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: The Steering Team determined that they wouldn't seek funding, but would be self-sustaining. It is running at self-sufficiency currently

Strategy 1-2.2 Add new Steering Team members/stakeholders and convene at least quarterly Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Mercy North Iowa

Target Date  
Dec 31, 2019

<u>Report Date</u> May 25, 2017	<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: New members have been added; meeting quarterly.

Strategy 1-2.3 Work as a team for patient care in community based and clinical settings Strategy Type  
Environmental / Policy / Systems Change

<u>Who's Responsible</u> Mercy North Iowa	<u>Target Date</u> Dec 31, 2019
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<u>Report Date</u> May 25, 2017	<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: They host a community huddle daily for problem solving with persons as they are discharged. The focus is for proper handoffs and medication safety. The CCC is taking calls from the MC police department as a referral source.

<u>Report Date</u> Jul 3, 2018	<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: The community huddle is effective method for collaborating agencies to ensure persons are receiving care.

Strategy 1-2.4 Maintain utilization of TAV Connect for share documentation of CCC efforts Strategy Type  
Clinical Intervention

<u>Who's Responsible</u> Mercy North Iowa	<u>Target Date</u> Dec 31, 2019
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<u>Report Date</u> May 25, 2017	<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: The team is currently completing risk stratification of patients for those appropriate. They have a small pool of data and can track the patient over the continuum of care. Each patient is being organized into risk levels (e.g. critical, moderate, etc.). This is being piloted in the CCC and will connect with the law enforcement grant. This is being piloted currently (spring 2017) to ensure that primary care providers can see updated data.

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

# Community Priority

## Strengthen community partnerships

**Goal #1** Strengthen community organization and individual partnerships

National Alignment

State Alignment



**Objective 1-1** By 2021, as a partnership, change one **policy** or program to better serve constituents' needs.

Baseline Year	Baseline Value	Target Year	Target Value
2015	0	2021	1

**Strategy 1-1.1** Make a concerted effort to not duplicate programs and/or compete for funding/programming

Strategy Type

Who's Responsible

All

Target Date

Ongoing

Report Date

May 25, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The team meets at least quarterly to discuss projects, progress and issues in the community. Partners are collaborating on funding opportunities.

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The team meets at least quarterly to discuss projects, progress and issues in the community. Partners are collaborating on funding opportunities. There have been several instances where grant opportunities have been passed to partners

Report Date

May 16, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The team collaborated on a HRSA opioid prevention grant and were awarded. This will provide opportunity for the team to work together for the community. The team continues to meet quarterly.

**Strategy 1-1.2** Align agency and community strategic and/or health improvement plans; prepare a calendar of community plans

Strategy Type

Who's Responsible

Target Date

Ongoing

Report Date

May 25, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Steering Team partners are working together to determine how to merge community health assessments & health improvement plans.

Report Date

Jul 3, 2018

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Calendar is complete; next step is to conduct coordinated CHA/HIPS

Report Date

May 16, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Steering Team members are kicking off the next community health assessment

process shortly.

Strategy 1-1.3 Meet quarterly to discuss Health Improvement Plan (HIP) initiatives and other pertinent or emerging community programs, issues or strategies; publish HIP progress and other strategies' progress via combined press releases, similar social media messaging and other methods

Strategy Type

Who's Responsible  
All

Target Date  
Ongoing

Report Date  
May 25, 2017

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Meeting 11/7/2016, 11/22/2016, 1/26/2017, 4/28/2017

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Meeting: 8/8/2017, 11/22/2017, 05/09/2018

Report Date  
May 16, 2019

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: Meeting: 9/27/2018, 1/15, 2019, 3/25/2019

Strategy 1-1.4 Incorporate lessons learned, strategies and new plans on community bulletin boards and in community groups

Strategy Type

Who's Responsible  
All

Target Date  
Ongoing

Report Date  
May 25, 2017

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: HIP progress will be published via social media.

Report Date  
Jul 3, 2018

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: HIP progress will be published via social media.

Report Date  
May 16, 2019

Progress on Strategy  
 Complete  On track  Off track  No progress

Progress notes: HIP progress will be published via social media.

Strategy 1-1.5 Keep the focus on: family-oriented initiatives, youth-centered initiatives

Strategy Type

Who's Responsible  
All

Target Date  
Ongoing

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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: We seek funding for many youth-based programs/opportunities like Sensory Physical Activity Pathways and water bottle filling stations in schools, youth bike rodeo, policy, systems & environmental change at schools, childcare centers and other youth-based organizations. We also focus on developing Positive Youth Development programs in the schools and other youth-based organizations.

Strategy 1-1.6 Work on community-wide messaging and promotion initiatives as a group (e.g. something as simple as a jeans day to promote more walking) Strategy Type

Who's Responsible All Target Date Ongoing

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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: Partner with Blue Zones Mason City/Healthy Mason City to promote: Town in Tennes, Youth Bike Safety, Bike to Work Month, Healthiest State Walk, Safe Routes to School; Workplace Wellness Awards Program. Partnered with Youth Task Force, Prairie Ridge, and First Five (NI Community Action) to host the Paper Tigers showing.

<u>Report Date</u> May 16, 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: Many organizations participate in the Healthiest State Walk and 5-2-1-0 Campaign Grant initiatives. Partners include MercyOne, Mercy Clinics, CGCDPH, Community Health Center, council on governments, Healthy-Mason City, schools, City of Mason City - Active Living & Transportation Commission, Parks & Rec Depts., etc.

Strategy 1-1.7 Create a relational resource database locally to identify available resources and inventory of programs (including funding sources) to be user-friendly so organizations will actively utilize Strategy Type

Who's Responsible All Target Date 6/31/18

<u>Report Date</u> May 25, 2017	<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: United Way is working on updating 211 to be user friendly

<u>Report Date</u> Jul 3, 2018	<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:

<u>Report Date</u> May 16, 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:

Strategy 1-1.8 Research a software program, social media tool, survey, etc. to help us communicate better

Strategy Type

Who's Responsible

All

Target Date

Dec 31, 2017

<u>Report Date</u> May 25, 2017	<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:

<u>Report Date</u> Jul 3, 2018	<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: Deleted strategy

Strategy 1-1.9 Support workplaces who have wellness initiatives & encourage incentives for those who adopt changes

Strategy Type

Who's Responsible

All

Target Date

6/31/18

<u>Report Date</u> May 25, 2017	<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: The Cerro Gordo County Department of Public Health in partnership with the University of Iowa and the Maon City Chamber held the first annual workstie wellness awards recognizing area organizations who put their employee health first. This was held during a U of IA Business Leadership Network lunch.

<u>Report Date</u> Jul 3, 2018	<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: Continue Workplace Wellness Awards Program (2017 - 2nd Year); 2018-3rd Year; Met with Kingston Health & Life (insurance broker) to identify possibel employee wellness stategies that local employers can incorporate to improve employee wellness and leverage incentives and benefit programs (3/2018)

<u>Report Date</u> May 16, 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: Continued Workplace Wellness Awards and work through 5210 local campaign.