

Emmet County Health Improvement Plan

Date Updated: 6/19/2019



For additional information, CONTACT:

Name	Organization	Phone	Email
Kathy Preston	Emmet County Public Health	712-362-2490	kpreston@emmetcountya.com

Community Priority

Fall Prevention in Older Adults

Goal #1 Establish /Promote A Matter of Balance Program in Emmet County.

National Alignment

Healthy People 2020 OA-11: Reduce the rate of emergency department (ED) visits due to falls among older adults.

State Alignment

Healthy Iowans- Iowa's Health Improvement Plan 2012-16, 2015 Revisions:

Promote the use of evidence-based fall promotion strategies to community health professionals and monitor data on fall injuries and death. (Revised from original 7-1.2)

Objective 1-1 Reduce the emergency room visits for falls for people ages 65 -84 by 10% by 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2014	3934.43 / 100,000	2020	3540.60 / 100,000

Report Date
6/12/2017

Year
2015

Value
3663.62 / 100,000

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 1-1.1 Train one person as a Master Trainer in A Matter of Balance by April 1, 2015.

Strategy Type

Clinical Intervention

Who's Responsible
Emmet County Public Health

Target Date
April 1, 2015

Report Date
March 12, 2015

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Mary Moorman trained as A Matter of Balance Master Trainer on March 11-12, 2015.

Strategy 1-1.2 Train 3 people as Coaches for A Matter of Balance program by May 15, 2016.

Strategy Type

Clinical Intervention

Who's Responsible
Emmet County Public Health / Avera Holy Family Hospital

Target Date
May 15, 2015

Report Date
May 5, 2015

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: A Registered Nurse from Avera Holy Family Hospital was trained as a Coach in A Matter of Balance in Des Moines on 3/24/15 and 4 additional Coaches were trained on May 5, 2015 by Mary Moorman, MOB Master Trainer.

Report Date 6/12/2017 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: Trained an additional 5 Coaches on 5/17/2017.

Report Date 6/18/2019 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: A refresher training for the Coaches of Matter of Balance was held on 10/24/2018.

Strategy 1-1.3 Offer two Matter of Balance classes in Emmet County by August 1, 2015. **Strategy Type**
Counseling & Education

Who's Responsible Emmet County Public Health Target Date August 1, 2015

Report Date July 23, 2015 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: A Matter of Balance classes were completed in Armstrong and in Estherville by July 22, 2015.

Strategy 1-1.4 Train 3 additional Matter of Balance Coaches by May 1, 2016. **Strategy Type**
Clinical Intervention

Who's Responsible Emmet County Public Health Target Date May 1, 2016

Strategy 1-1.5 Offer 5 additional Matter of Balance classes by 2020. **Strategy Type**
Counseling & Education

Who's Responsible Emmet County Public Health / Avera Holy Family Hospital Target Date 12/31/2020

Report Date 6/12/2017 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: Offered a Matter of Balance class in May 2017. We did not have enough sign up to hold the class.

Report Date 6/13/2018 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: A Matter of Balance class was offered in 2018. We did not have enough sign up to hold the class. We have recently collaborated with Avera Holy Family Hospital for a new recruitment strategy for Matter of Balance and have been receiving referrals. We plan to hold a class within the next few months.

Report Date 6/18/2019 **Progress on Strategy**
 Complete On track Off track No progress

Progress notes: A Matter of Balance class was offered in November of 2018. We had several

referrals from Avera Holy Family Hospital, but still did not have enough people signed up to offer the class.

Strategy 1-1.6 Participate in National Falls Prevention Awareness Day annually.

Strategy Type
Counseling & Education

Who's Responsible

Emmet County Public Health / Avera Holy Family Hospital

Target Date

12/31/2020

Report Date

6/12/2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: ECPH promoted National Falls Prevention Awareness Day.

Report Date

6/13/2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: ECPH promoted National Falls Prevention Awareness Day.

Community Priority

Reduction of Alcohol Consumption

Goal #1 By 2019 will reduce underage drinking and binge drinking in Emmet County.

National Alignment

Healthy People 2020:
SA-13.1 Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-2016, 2015 Revisions:
3-1.1 Fund 12 counties with the highest need for improvement, based on indicators for underage drinking, adult binge drinking, and a combined legal consequences rate.

Objective 1-1 Decrease the percentage of Emmet County youth reporting having had a drink in the past 30 days by 5%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	15%	2019	10%

Report Date
6/12/2017

Year
2016

Value
14.8%

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: Very little progress toward goal, but have initiated MOCSY strategies.

Report Date
6/13/2018

Year
2016

Value
15%

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: No updated data - 2016 data

Report Date
6/19/2019

Year
2018

Value
11.0%

Progress on Objective

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

Progress notes: Source: The Emmet County 2018 Iowa Youth Survey

Strategy 1-1.1 Collaborate with Compass Pointe in the Iowa Partnerships for Success grant project to reduce underage drinking and binge drinking in Emmet County.

Strategy Type
Counseling & Education

Who's Responsible
Compass Pointe, Emmet County Public Health, community partners (IDPH required community sectors)

Target Date
May 15, 2015

Report Date
6/12/2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes:

Report Date
6/13/2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Continue to collaborate with Compass Pointe and community partners by participating in MOCSY to reduce underage drinking and binge drinking by youth in Emmet County.

Report Date
6/19/2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Continue to collaborate with Compass Pointe and community partners to reduce underage drinking and binge drinking by youth in Emmet County. Participated in 3 Safety Check Points with law enforcement.
 Note: Compass Pointe ceased operations on April 15, 2019.

Strategy 1-1.2 Send someone from Emmet County Public Health to the Capacity and Planning: Essential Steps to Community Change Using the SPF Training, as part of the Iowa Partnerships for Success grant project.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Public Health

Target Date
May 15, 2015

Report Date
May 13, 2015

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Kathy Preston RN attended the training in Des Moines on May 12-13, 2015.

Strategy 1-1.3 Attend and actively participate in planning meetings of the Emmet County Making Optimal Choices for Successful Youth (EmCo-MOCSY), that was formed to reduce underage drinking and binge drinking.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Compass Pointe, Emmet County Public Health, Avera Holy Family Hospital and community partners (IDPH required community sectors)

Target Date
9-29-2019

Report Date
6/12/2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Emmet County Public Health attends the EmCo- MOCSY meetings.

Report Date
6/13/2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Emmet County Public Health attends MOCSY and a staff member co-chairs the group. Participates in committee work.

Report Date
6-19-2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Emmet County Public Health staff attended MOCSY meetings, with one staff member serving as co-chair for the group. Participates in committee work. Because Compass Pointe has ceased operations as of 4-15-19, Emmet County Wellness Coalition will promote the reduction of underage drinking and binge drinking in Emmet County.

Strategy 1-1.4 Collaborate with Compass Pointe in completing the Community Assessment Workbook.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health and community partners (IDPH required community sectors)

Target Date

June 2015

Report Date

June 2015

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Community Assessment was completed by a committee from the EmCo-MOCY group.

Strategy 1-1.5 Choose community strategies to reduce underage drinking and binge drinking.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health, Avera Holy Family Hospital, and community partners (IDPH required community sectors)

Target Date

February 2016

Report Date

6/12/2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Strategies were chosen for EmCo-MOCY.

Report Date

6/28/2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Currently revising one of the strategy for EmCo-MOCY.

Strategy 1-1.6 Form committees to plan the implementation of the community strategies.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible

Compass Pointe, Emmet County Public Health, Avera Holy Family Health and community partners (IDPH required community sectors)

Target Date

Feb 25, 2016

Report Date

Feb 25, 2016

Progress on Strategy

Complete On track Off track No progress

Progress notes: Committees were formed at the EmCo-MOCY meeting held on 2-25-2016.

Strategy 1-1.7 Implement community strategies to reduce underage drinking and binge drinking in Emmet County.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible

Compass Pointe, Emmet County Public Health, and community partners

Target Date

March 2016

Report Date

6/12/2017

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: Strategies are currently being implemented.

Report Date

6/28/2018

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: Strategies are being implemented and one strategy currently being revised.

Report Date

6/19/2019

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: Strategies were implemented.

Strategy 1-1.8

Evaluation of community strategies to reduce underage drinking and binge drinking in Emmet County.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Compass Pointe, Emmet County Public Health and community partners

Target Date

9-29-2019

Report Date

6/12/2017

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:

Report Date

Jun 28, 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: Evaluation of strategies ongoing, with one strategy revision.

Community Priority

Reduction of Obesity and Physical Inactivity

Goal #1 By 2020, promote healthy behaviors among residents in Emmet County to reduce obesity and physical inactivity.

National Alignment

Healthy People 2020:
PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan 2012-2016, 2015 Revisions:

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

Objective 1-1 Decrease the percent of the population, age 20 and older, with no leisure time physical activity by 3% by the end of the year December 31, 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2012	28.2%	2020	25.2%

Report Date

6/12/2017

Year

2013

Value

25.4%

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 1-1.1 The Emmet County Wellness Coalition will meet monthly to focus on improving the health and wellbeing of the residents of Emmet County.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Emmet County Public Health, Avera Holy Family Hospital, and community partners

Target Date

12/31/2020

Report Date

6/12/2017

Progress on Strategy

- Complete On track Off track No progress

Progress notes:

Report Date

6/13/2018

Progress on Strategy

- Complete On track Off track No progress

Progress notes: The Emmet County Wellness Coalition continues to meet regularly and sponsor or support local activities to promote wellness.

Report Date

6/19/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: The Emmet County Wellness Coalition continues to meet regularly and sponsor/ support local activities to promote wellness, physical activity, and safety.

Strategy 1-1.2 The Emmet County Wellness Coalition will sponsor and/or support at least one event in the County annually to promote physical activity and reduction of obesity.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Wellness Coalition

Target Date
12/31/2020

Report Date
6/12/2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Promotion of the annual Lifestyle Challenge. Assist with community walks/runs.

Report Date
6/13/2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Promotion of the annual Lifestyle Challenge, assisted with community walks/runs, Emmet County Wellness Expo and Wellness Week, Emmet County Bike Safety event, etc.

Report Date
6/19/2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Promotion of the annual Lifestyle Challenge and assisted with community walks/runs.

Strategy 1-1.3 Emmet County Public Health will promote wellness opportunities in the County by use of email/social media.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Public Health

Target Date
12/31/2020

Report Date
6/12/2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Promoting wellness opportunities in Emmet County via ECPH Facebook page and announcements at meetings.

Report Date
6/13/2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Continue to promote wellness in Emmet County via ECPH Facebook and announcements at meetings.

Report Date
6/19/2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Promotion of wellness activities in Emmet County via announcements at meetings and ECPH Facebook page.

Strategy 1-1.4 The Emmet County Wellness Coalition will support/promote the annual Life Style Challenge.

Strategy Type
Counseling & Education

Who's Responsible
Emmet County Wellness Coalition

Target Date
12//31/2020

Report Date
6/12/2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes:

Report Date
6/13/2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes:

Report Date
6/19/2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: