

Grundy County Public Health Health Improvement Plan

Date Updated: May 28, 2019



For additional information, CONTACT:

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Community Priority

Chronic Disease

Goal #1 By 2021, Enable Community Members/ Residents with chronic diseases to assume a major role in maintaining their health and managing their chronic health condition.

National Alignment

State Alignment

Objective 1-1	Addressing chronic diseases within the communities and provide education on managing their chronic diseases to maintain and or improve their health by decreasing percentage of residents that are obese in Grundy County and diabetes prevention.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	31%	2021	29%

Strategy 1-1.1 Train staff members in the Chronic Disease Self Management- Better Choices, Better Health Program to lead classes within the communities by April 29, 2016.

Strategy Type
Clinical Intervention

Who's Responsible
Local Public Health

Target Date
Apr 29, 2016

Report Date
Mar 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Training was completed in 2016.

Strategy 1-1.2 Implement BCBH 6 week programs to residents in Grundy County that have a chronic disease, ongoing.

Strategy Type
Counseling & Education

Who's Responsible
Local Public Health

Target Date
12/31/2020

Report Date
Mar 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: The program did not have enough community interest to hold a session.

Report Date
Jul 19, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: We no longer offer this program due to to lack of community interest. Similar programs are available through other partners in the county.

Strategy 1-1.3 Provide education on Chronic Diseases such as prevention, managing and coaching to public resources provided to the residents in the County, including physician offices and clinics, ongoing.

Strategy Type
Counseling & Education

Who's Responsible
Local Public Health/Local Hospital/Community Partners

Target Date
12/31/2020

Report Date
Mar 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: After meeting with the local hospital wellness department, there are many programs available for chronic disease prevention in the community. These services are utilized by area physicians for referrals, and community members are attending.

Report Date

Jul 19, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: There are many programs available for chronic disease prevention within the Grundy County community. Grundy County Memorial Hospital offers diabetes prevention, blood pressure clinics, Just What the Doctor Ordered, Smoking Cessation classes, nutrition counseling, and other programs to meet these needs within the community. Grundy County Public Health refers patients to these programs on an as-needed basis.

Report Date

May 28, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: GCPH continues to share programs available in the county from clinics and Grundy County Memorial Hospital (GCMH). These programs are shared via social media, at Grundy Center Wellness Committee, Grundy County Community Partners and through resource and referral services.

Community Priority

Physical inactivity in youth and adults 20 and older.

Goal #1 By 2021, Increase physical activity in youth and Adults 20 and older.

National Alignment

State Alignment

Objective 1-1 Increase adult activity with in our communities will reduce the risk of developing many types of chronic diseases and cancers. 41.1 % of lowans spend five hours or more on weekends sitting in front of TV or computer screen. 27% of Grundy County residents are inactive, US Average 21% and Iowa State Average is 25%.

Baseline Year	Baseline Value	Target Year	Target Value
2015	27%	2021	24%

Strategy 1-1.1 Promote increase activity through walking and healthy eating, fun challenges that increases family activity or individually based, ongoing.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Local Public Health and Community Partners

Target Date
12/31/2020

Report Date
Mar 1, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The GC Wellness Committee meets monthly. The committee works on wellness initiatives. The community garden, field day, and workplace wellness are just a few of the activities.

Report Date
Jul 19, 2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Grundy County Public Health attends Grundy Center Wellness Committee monthly to discuss various initiatives for the community. These initiatives include work with the Community Garden, walkability within the city, and workplace wellness programs.

Report Date
May 28, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Grundy County Public Health continues to attend and participate in the Grundy Center Wellness Committee monthly to discuss various initiatives for the community. This past year, the GCWC worked with Wellmark Healthy Hometown programs to identify initiatives within the community to focus on: Eat Well (Farmer's Market, Community Garden), Move More (Connected Bicycle Network, High Visibility Crosswalks, Road Diet, Walking School Bus, Wayfinding), and Feel Better (Anti-Bullying/Social Connectedness).

Strategy 1-1.2 Promote Live Healthy Iowa- 10 week challenge and promote 5K walks/runs in the County, ongoing.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Community- Wellness Committee/Public Health

Target Date
12/31/2020

Report Date
Mar 1, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The Live Healthy Iowa 5K is scheduled for 4/8/17. The event has been promoted by community wellness partners, including public health.

Report Date

Jul 19, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Live Health Iowa 5K was scheduled in partnership with Grundy Center Wellness Committee to take place in Dike in April 2018. The Felix Grundy 5K was scheduled to take place in July 2018, in partnership with Grundy Family YMCA and Grundy Center Wellness Committee. These events are promoted by various Community Partners, including Grundy County Public Health.

Report Date

May 28, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The 2019 Live Healthy Iowa 5K took place in Dike in April. This event was in partnership with the Grundy Center Wellness Committee, GCMH, the YMCA, and other community partners. The event was shared via social media and other platforms by GCPH.

Community Priority

Healthy Lifestyles - STD Prevention

Goal #1 By 2021, Decrease the percentage of STD- Chlamydia cases in Grundy County by 3%. National Alignment State Alignment

Objective 1-1	To decrease Grundy County's number of newly diagnosed chlamydia (STD) cases. Grundy County is at 201 based on a per 100,000 population, State average is 222.61 per 100,000 and US average is 309.33 per 100,000.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	201	2021	195

Strategy 1-1.1 Provide Education and Prevention methods of sexually transmitting diseases to youth and adults in our communities through communication strategies and media campaigns. Strategy Type
Counseling & Education

Who's Responsible
Local Public Health/ Medical Clinics, Partnering with Black Hawk Health Department. Target Date
12/31/2020

Report Date
Mar 1, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Black Hawk County conducts disease outbreak follow-up for STD cases in Grundy County.

Report Date
Jul 19, 2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Black Hawk County conducts disease outbreak follow-up for STD cases in Grundy County.

Report Date
May 28, 2019

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Recently, with the assistance of the Rural Outreach Liaison, GCPH has become a condom dispensing site for Grundy County. We are continuing to work on ways to improve the program and reach more community members of its availability. We have information posted on social media and other platforms, and hope to work with any schools that do not offer education in the future.

Strategy 1-1.2 Working with community partners and schools to provide needed resources on STD Prevention and Healthy Lifestyles, ongoing. Strategy Type
Counseling & Education

Who's Responsible
Local Public Health Target Date
12/31/2018

Report Date
Mar 1, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Resources and education are available. Grundy County Public Health is currently not utilized as a community education resource for STDs.

Report Date
Jul 19, 2018

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Resources and education on STD's are available to distribute to community members through social media and other platforms.

Report Date

May 28, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: Recently, with the assistance of the Rural Outreach Liaison, GCPH has become a condom dispensing site for Grundy County. We are continuing to work on ways to improve the program and reach more community members of its availability. We have information posted on social media and other platforms, and hope to work with any schools that do not offer education in the future.

Community Priority

Community Planning

Goal #1 By 2021, increase awareness of healthcare services available in Grundy County and stronger partnerships to address healthcare access, and address safe, reliable, accessible and affordable ways to move around.

National Alignment

State Alignment

Objective 1-1	By 2021, work with Community Leaders in our County to create a smooth transition of available services and access to services for our residents in Grundy County.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	45%	2021	60%

Strategy 1-1.1 Develop a Coalition with a variety community leaders to focus on health care access, quality improvement, increase education on chronic diseases and mental health awareness and address transportation issues with Grundy County for our elderly, disabled and low income residents.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Community Leaders

Target Date
Dec 31, 2017

<u>Report Date</u> Mar 1, 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 Community Partners meeting occurs monthly. Local community service providers meet to give program updates, as well as educate the committee members on services that are available to residents of the county.

<u>Report Date</u> Jul 19, 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: The Community Partners meeting occurs monthly. Local community service providers meet to give program updates, as well as educate the committee members on services that are available to residents of the county.

<u>Report Date</u> May 28, 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: The Community Partners meeting occurs monthly. Local community service providers and businesses meet to give program updates, as well as educate the committee members on services that are available to residents of the county.

Strategy 1-1.2 Monthly meetings with community leaders to address on areas of health care access, quality improvement, chronic diseases, mental health and transportation - bringing down the road blocks, ongoing.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Community Leaders

Target Date
12/31/2020

Report Date

Mar 1, 2017

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Community Partner's meetings occur monthly.

Report Date

Jul 19, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Community Partner's meetings occur monthly.

Report Date

May 28, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Community Partner's meetings occur monthly.

Community Priority

Community Engagement

Goal #1 By 2021, Grundy County residents are connected with local resources and social supports, and participating in community life.

National Alignment

State Alignment

Objective 1-1 For Community Leaders and individuals to build ongoing, permanent relationships that will benefit our communities in Grundy County while raising awareness and visibility of services from 45% to 60% based off the community health needs assessment survey.

Baseline Year	Baseline Value	Target Year	Target Value
2015	45%	2021	60%

Strategy 1-1.1 Community leaders to engage and empower people and communities to plan and facilitate policies and programs to create a platform on care coordination and services, ongoing.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible
Community Leaders

Target Date
12/31/2020

Report Date

Mar 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Through the use of social media, wellness fairs, and events, information is available to the community. Programs are visible.

Report Date

Jul 19, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Through the use of social media, wellness fairs, and events, information is available to the community. Programs are visible.

Report Date

May 28, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Through the use of social media, wellness fairs, and events, information is available to the community. Programs are visible.

Strategy 1-1.2 Community leaders continual involvement in committee and coalition meetings, ongoing.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible
Community Leaders

Target Date
12/31/2020

Report Date

Mar 1, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Monthly meetings continue for the Wellness Committee and Community Partners.

Report Date

Jul 19, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Monthly meetings continue for the Wellness Committee and Community Partners.

Report Date

May 28, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Monthly meetings continue for the Wellness Committee and Community Partners.

