

Humboldt County Public Health Health Improvement Plan

Date Updated: May 30, 2019



For additional information, CONTACT:

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Community Priority

Promote Healthy Behaviors

Goal #1 By 2020, increase healthy behaviors among Humboldt County residents.

National Alignment

National and weight status/Physical activity/Health-related quality of life and well-being Healthy People 2020.

State Alignment

Healthy Iowans

Objective 1-1	Develop and implement a Live Healthy Humboldt County Coalition consisting of local health care providers, local businesses, community members, religious affiliates, school members and others that may be interested in improving the overall health and wellness of residents of Humboldt County.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	0	2020	1

Report Date

May 30, 2019

Year

2019

Value

1

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: The coalition has been developed and at this point consists of health care providers within the community. There is room for expansion, yet the coalition wanted to be developed with a plan/goals in place prior to expanding to other community partners.

Strategy 1-1.1 By January 1, 2017, a Live Healthy Humboldt County Coalition will be developed and a set schedule of meeting times and locations will be in place for members to meet, determine community goals, how to address the goals of the coalition along with the goals of the CHNA/HIP 2016 Plan and an agenda of how to work toward these goals without experiencing community partner burnout.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Humboldt County Public Health

Target Date

Jan. 1, 2017

Report Date

5/30/2019

Progress on Strategy

- Complete
 On track
 Off track
 No progress

Progress notes: The coalition meets the fourth Wednesday of every month at 1:00 PM. The coalition has worked on developing goals and is continuing to work on how to develop consistency with the goals to address community needs and ensure we are working in the direction of community needs and the CHNA/HIP. The goal of the Coalition is to focus on continuity of care.

Strategy 1-1.2 Once the goals of the coalition are determined, the plan of action to address these goals and set up a schedule of community events will be determined and partners will be required to work with the coalition to meet the community needs/goals.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Live Healthy Humboldt County Coalition and Humboldt County Public Health

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete
 On track
 Off track
 No progress

Progress notes: As the coalition continues to meet, we continue to develop goals and address these with the community as we can. The goal of providing continuity of care to HCMH patients has been identified and has been met.

Goal #2 By 2020, decrease the number of tobacco users and substance abuse in Humboldt County.

National Alignment

Tobacco Use/Substance Abuse

State Alignment

Addictive Behaviors

Objective 2-1	Smoking tobacco and smokeless tobacco rates will decrease from 20.3% to 18% or lower (according to the 2014 Health Indicators Report)	Baseline Year	Baseline Value	Target Year	Target Value
		2014	20.3%	2020	18%

Report Date

5/30/2019

Year

2019

Value

20.3%

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 checked="" type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: Per Webster County Health Department FY19 Partnership for Tobacco Prevention Report, Humboldt County Adult percentage has dropped to 16.1% and youth has risen to 22.3%.

Strategy 2-1.1 Freedom From Smoking training classes will be offered on at least an annual basis for the community and also will be offered to local businesses as a wellness/health incentive for employers with their employees.

Strategy Type

Counseling & Education

Who's Responsible

Humboldt County Public Health

Target Date

Jan. 1 2020

Report Date

5/30/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: There has been no progress on this strategy at this time due to training constraints within the tobacco grant. The class can be taught, but not reimbursed by the grant unless the business it is implementing the tobacco free policy then the grant will pay for the class to be held there. There has not been a community class as the last class offered did not have enough participants to hold the class. We will keep trying.

Strategy 2-1.2 The alcohol rates among adolescents and adults within Humboldt County will be decreased from 23.3% of adults to lower than the state average of 21.4%. LPHA will partner with community partners to focus in on training the effects of alcohol usage and various types of treatment options available to Humboldt County

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LPHA and community substance abuse organization

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: There has not been any progress made on being able to lower these rates, but Humboldt County Public Health has been working together with Community & Family Resources regarding substance abuse education within the community. Continuing to work with CFR on prevention programs in the community.

Goal #3 The number of community activities that are available to adults within Humboldt County will be increased at a lower rate or through community events.

National Alignment

Healthy People 2020

State Alignment

Healthy Iowans

Objective 3-1	The average percentage of adults ages 20 and older who report inactivity will decrease from 25.4% to 20%, which is lower than the state average by 2020.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	25.4%	2020	20%

Report Date

5/310/2019

Year

2019

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: Humboldt County received a financial donation to build a REC Center which has been completed. There are discounted rates for certain populations. There are numerous classes offered. The REC Center partners with the hospital, public health, and schools. Per 2019 Health Ranking Report, Humboldt County average percentage of adults ages 20 and older who report inactivity has risen to 27%.

Strategy 3-1.1 Work with various community partners to plan and offer family fun events encouraging outdoor recreation and physical activities.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Humboldt County Public Health and the developing coalition group of Live Healthy Humboldt County Coalition

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: HCMH and Humboldt County Public Health partner with local area businesses to promote Family Fun Night once a month during the Spring/Summer/Fall months, where there are various activities, a run/walk, free blood pressures and educational materials provided to the public. Anyone is invited to attend this event. There is an annual 5K event promoted by HCMH and Public Health.

Strategy 3-1.2 Encourage worksites to promote healthy activity within their workforce (walking at breaks, gym memberships, walking meetings, stairwell use, complete wellness programs and policies)

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Humboldt County Public Health

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Public Health has built a corporate health and wellness program over the past year. Within this program, there is education that is provided to the businesses about the opportunities for healthy activities; we provide wellness clinics to them onsite and encourage community wellness activities such as the Farmer's Market, 5 K run or walk opportunities; and other community events that promote wellness.

Goal #4 Decrease the percentage of adults who report physical inactivity, need to increase their water consumption and/or decrease their lack of motivation to improve their overall physical and mental health and well-being.

National Alignment

Healthy People 2020

State Alignment

Healthy Iowans

Objective 4-1 The obesity rates in adults within Humboldt County will be decreased from 32.8% to lower than the state average of 30.4% by 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2014	32.8%	2020	30.4%

Report Date

5/30/2019

Year

2019

Value

33%

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: Per 2019 County Health Ranking Report Humboldt County Obesity rates of adults has risen to 33%.

Strategy 4-1.1 Increase the availability of fresh produce offered at local food pantry.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LPHA, Humboldt County Food Pantry, Ministerial Association

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: We work with the food pantry and UDMO regarding fresh produce donations as well as Farmer's Markets checks for community members. We partner with UDMO and Ministerial Association to provide Fresh Fruit in Christmas baskets to those in need.

Strategy 4-1.2 Work with local food producers and businesses to offer locally grown fresh produce and products to Farmer's Market, Food Pantries, local grocery stores and other opportunities for residents to purchase products at reduced costs if needed.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LPHA, ISU Extension, Live Healthy Humboldt County Coalition

Target Date

Jan. 1, 2020

Report Date

5/30/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: There is fresh produce at the Farmer's Market and some donated to the food pantry. LPHA WIC program provides Farmer Market checks for fresh fruit and vegetables at Farmer's Market.

Goal #5 By 2020, decrease chronic disease among residents of Humboldt County

National Alignment

Diabetes/Cancer screenings/Health-Related Quality of Living and Well-being

State Alignment

Chronic Disease

Objective 5-1 By 2020, increase the number of types of cancer screenings available at HCMH from 4 to 8.

Baseline Year

2014

Baseline Value

4

Target Year

2020

Target Value

8

Report Date

5/30/2019

Year

2019

Value

6

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: HCMH continues to look at various ways to increase the preventative screening opportunities as well as the types of screenings that patients are seeking. This is together with the healthcare providers. At this time we provide mammograms, lung cancer screenings, colorectal screening, dermascan, colonoscopies, and PSA labs.

Strategy 5-1.1 HCMH will review the present cancer screenings that are offered within their facility and the types of payments/charges for these screenings. The additional of future screenings will be reviewed with additional needs addressed and implemented as possible.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
HCMH

Target Date
Jan. 1, 2020

Report Date
5/30/2019

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: HCMH continues to address the needs of the community with patient feedback, service line availability and the availability of providers to complete the screenings offered. At this time, the increase in various service lines has increased the potential of screenings that can be offered.

Strategy 5-1.2 There will be additional screening services with education and opportunities identified that will be offered to residents of Humboldt County when available and needed.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Live Health Humboldt County Coalition

Target Date
Jan. 1, 2020

Report Date
5/30/2019

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: HCMH continues to address the needs of the community with patient feedback, service line availability and the availability of providers to complete the screenings offered. At this time, the increase in various service lines has increased the potential of screenings that can be offered.

Objective 5-2 Diabetic education will be provided to the community residents to offer diet information, care and treatment education as well as support for people who are diagnosed with diabetes and need assistance to maintain and control. The percentage of Humboldt County residents ages 20 and above that have been diagnosed by a medical professional to have diabetes is 8.1%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	8.1%	2020	7%

Report Date
5/30/2019

Year	2019
Value	9.7%

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 checked="" type="checkbox"/> Met, trend in wrong direction	<input type="checkbox"/> Not met, trend in wrong direction		

Progress notes: The HCMH diabetic educator continues to provide community residents with diet information, care and treatment education as well as support for people who are diagnosed with diabetes and need assistance to maintain and control. The percentage of Humboldt County residents ages 20 and above that have been diagnosed by a medical professional to have diabetes is 9.7% per the CDC report.

Strategy 5-2.1 The diabetic educator at HCMH will implement community education training for newly and ongoing individuals who have been diagnosed with diabetes.

Strategy Type
Counseling & Education

Who's Responsible
HCMH Diabetic Educator

Target Date
Jan.1, 2020

Report Date

May 30, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The diabetic educator provides a weekly diabetic education class to community residents on diabetic education, the correct diet, how to monitor their blood sugars and glucose levels and also how to implement these changes on a consistent and daily basis.

Strategy 5-2.2 Diabetic support systems and groups will be implemented and maintained for any individual that is diagnosed with diabetes and needs informal supports in order to maintain healthy lifestyle to control their diabetes.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Live Healthy Humboldt County Coalition

Target Date

Jan. 1, 2020

Report Date

May 31, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The diabetic educator has been working with the group to form a formal and informal support group for each other and offering tips on how to maintain a healthy lifestyle.

Community Priority

Prevent Epidemics and the Spread of Disease

Goal #1 Improve the number of adolescent and children immunizations within Humboldt County

National Alignment: Healthy People 2020

State Alignment: Healthy Iowans

Objective 1-1 The number of adolescents that have received their full vaccinations will increase to the national goal of 90%, with public health and Humboldt County combining at 61% at this time. The number of adolescents who have been fully vaccinated with the three doses of HPV are 42% for Humboldt County with the national goal being 90%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	61%	2020	90%

Report Date
May 30, 2019

Year
2019

Value
77%

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: The number of adolescents that have received full vaccination with public health and Humboldt County at this time is increasing in percentages of adolescents that have received their full vaccination, which is 77% at this time and for HPV vaccinations it is 73%

Strategy 1-1.1 Humboldt County Public Health will partner with the local health care clinic on implementing an immunization educational opportunity for parents to be knowledgeable of the vaccinations their adolescents are in need of and how to obtain them.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
LPHA, Unity Point Clinic and HCMH

Target Date
Jan. 1, 2020

Report Date
05/30/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: There is talk within the coalition on how to make this best occur for families by partnering with the school district as well for this educational opportunity. This remains ongoing at this time.

Strategy 1-1.2 Humboldt County Public Health will partner with the local health care clinic on implementing an educational opportunity for parents to be knowledgeable of the importance of the HPV vaccination and how to obtain this vaccination for their adolescent.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
LPHA, Unity Point Clinic and HCMH

Target Date
Jan. 1, 2020

Report Date
May 30, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Public health has been working with the area providers on how to best promote the HPV vaccinations and as adolescents are coming in for school physicals, the health care providers are asking parents and encouraging the vaccinations start now.

Objective 1-2 The number of children that have received their full vaccinations will increase to the national level of 90% within public health at 64% and Humboldt County at 74%.

Baseline Year	Baseline Value	Target Year	Target Value
2014	64%	2020	90%

Report Date
May 30, 2019

Year
2019

Value
91%

<u>Progress on Objective</u>	
<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 number of children to receive their full vaccination at public health is 91% but in the county is 91%, thus overall, children are receiving their full vaccination just not necessarily at public health.

Strategy 1-2.1 Humboldt County Public Health will work with the local health care partners on being able to educate parents on the importance of childhood vaccinations, where parents can obtain these vaccinations and what the vaccinations do for their children.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
LHPA, Unity Point Clinic and HCMH

Target Date
Jan. 1, 2020

Report Date
May 30, 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: Public health works closely with the health care providers on vaccinations and the schedule of vaccinations, therefore the providers are always providing this education to parents as they bring their children in for well-baby check ups. There is an open door policy between the family practice clinic and public health on partnering together to provide the up to date vaccinations for all community residents

Community Priority

Prepare for, Respond to, and Recover from Public Health Emergency Assessment

Goal #1 Humboldt County will have one complete emergency disaster plan that covers all of Humboldt County with all local partners working together on the same goal.

National Alignment	State Alignment
Healthy People 2020	Healthy Iowans

Objective 1-1	Increase the number of Humboldt County Coalition members by doubling the present number by January 1 2018. Current members are EMA, Humboldt County Public Health and HCMH.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	3	2020	6

Report Date
May 30, 2019

Year
2019

Value
6

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: The emergency preparedness became regionalized in fiscal year 18, therefore we do not have a Humboldt County Emergency Preparedness Coalition any longer. We are part of Region 7 with public health, hospital, EMS and EMA.

Strategy 1-1.1 Identify community groups to be engaged for partnership based identified needs of the community through the training plan and needs and the community preparedness plan.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Humboldt County Coalition

Target Date
Jan. 1, 2018

Report Date
May 30, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: We have local partners that we work with daily for the emergency preparedness activities within our community. We plan and train within our own county and also within the region.

Strategy 1-1.2 Ask the identified community groups to join the Humboldt County Coalition by January 1, 2017

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Humboldt County Coalition

Target Date
Jan. 1, 2017

Report Date
May 30, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The emergency preparedness became regionalized in fiscal year 18, therefore we do not have a Humboldt County Emergency Preparedness Coalition any longer. We are part of Region 7 with public health, hospital, EMS and EMA.

Strategy 1-1.3 Meet with present coalition members to share present community preparedness plans, update as needed and work with present members and additional members on a training plan to implement the changes within the preparedness plan.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Humboldt County Coalition

Target Date
Jan. 1, 2018

Report Date

May 30, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The local partners meet as well as the regional partners to talk about sharing plans and updating as needed.

Community Priority

Strengthen the Health Infrastructure

Goal #1 Increase the usage and reduce the barriers to accessing transportation systems

National Alignment

Healthy People 2020

State Alignment

Healthy Iowans

Objective 1-1 Meet with local public transportation officials to determine how to promote their services to residents of Humboldt County. Detail out the services that Midas can provide, the hours of availability, how to obtain their services, etc. Make a brochure and provide brochure at all community events and local business offices.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2017	1

Report Date

May 30, 2019

Year

2019

Value

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: HCMH has purchased a transportation bus to assist patients to get to appointments at the hospital as well as the clinic. The bus runs Monday - Friday 8 AM - 4:30 PM. Public health has also developed a volunteer program where volunteers will drive patients to appointments, grocery store, errands, etc. There is a community transportation in town as well with MIDAS.

Strategy 1-1.1 Develop a survey with Midas Transportation staff to distribute to Humboldt County residents to determine the needs within the community

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LHPA and Midas Transportation

Target Date

Jan. 1, 2017

Report Date

May 30, 2019

Progress on Strategy

- Complete
 On track
 Off track
 No progress

Progress notes: This survey will not happen. MIDAS does not want to participate in the survey process.

Strategy 1-1.2 Analyze survey results to identify the barriers and the available resources to alleviate the barriers

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LHPA and Midas Transportation

Target Date

Jan. 1, 2018

Report Date

May 30, 2019

Progress on Strategy

- Complete
 On track
 Off track
 No progress

Progress notes: This survey will not happen. MIDAS does not want to participate in the survey process.

Strategy 1-1.3 Develop and implement plan/system for addressing transportation needs of our community

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LHPA and Midas Transportation

Target Date

Jan. 1, 2019

Report Date
May 30, 2019

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: HCMH has purchased a transportation bus to assist patients to get to appointments at the hospital as well as the clinic. The bus runs Monday - Friday 8 AM - 4:30 PM. Public health has also developed a volunteer program where volunteers will drive patients to appointments, grocery store, errands, etc. There is a community transportation in town as well with MIDAS.

Goal #2 The community of Humboldt County and residents will be more readily informed of community education opportunities and community resources.

National Alignment: Healthy People 2020

State Alignment: Healthy lowans

Objective 2-1	A resource directory will be developed and implemented to be shared with residents to identify community resources and how to outreach and obtain these resources.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	0	2020	1

Report Date
May 30, 2019

Year:
Value:

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: This is a work in progress.

Strategy 2-1.1 Live Healthy Humboldt County Coalition will obtain information from local resources within Humboldt County to obtain resource information for the directory.

Strategy Type: Address Social Determinant / Health Inequity

Who's Responsible: Live Healthy Humboldt County Coalition
Target Date: Jan. 1, 2017

Report Date
May 30, 2019

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: We are looking at ways for this to occur and how to incorporate this within the coalition.

Strategy 2-1.2 Live Healthy Humboldt County Coalition when obtaining information for local resources will also work with local businesses/resources on any community educational opportunities they could provide to Humboldt County residents. A plan will be developed to implement educational opportunities on a quarterly basis.

Strategy Type: Address Social Determinant / Health Inequity

Who's Responsible: Live Healthy Humboldt County Coalition
Target Date: Jan. 1, 2018

Report Date
May 30, 2019

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: We are looking at ways for this to occur and how to incorporate this within the coalition.