

Lyon County, Iowa Health Improvement Plan

Date Updated: 05/22/2019



For additional information, CONTACT:

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Community Priority

Increase the Physical Health and Nutrition for Lyon County Residents

Goal #1 Educate Lyon County residents on the importance of Physical Health and Healthy Nutrition

National Alignment

State Alignment

Healthy Iowans-Iowa's Health Improvement Plan 2012-2016:
Chronic Disease: A decrease in Coronary Heart Disease deaths, Target 111/100,000 (age adjusted rate) Baseline: 126/100,000 (2010 age-adjusted rate) Most Recent Data: 116/100,000 (2013 age-adjusted rate)

Objective 1-1 By December 2018, decrease Premature Death in Lyon County by 3% by increasing physical health and nutrition education to Lyon County residents.

Baseline Year	Baseline Value	Target Year	Target Value
2015	4,810	2018	4,665

Report Date
06/20/2017

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: We are moving in the right direction with this objective, however until county health reports come out in the next year we will not be able to identify that we have a trend in the right direction. We have developed two county wellness programs in which we have seen some slight improvement in participant physical activity and change in nutrition patterns.

Report Date
05/22/2019

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: We are moving in the right direction although the trend is moving slow in the direction of the target value. The public health office has increased community wellness programs in a local community to include not only middle age but also older county residents. There are two fitness facilities in our county as well available to citizens to increase physical fitness. We continue to conduct blood pressure and health education activities six times a year. These clinics increase our opportunity to education on health nutrition choices. Our agency has assisted in the development and implementation of a county employee wellness program. This has increased the capacity of education and identification of physical health improvements for the employees.

Strategy 1-1.1 Conduct community blood pressure clinics in each of the Lyon County communities; offer clinics to county businesses and civic groups as well as conduct at county health fairs.

Strategy Type
Clinical Intervention

Who's Responsible
Health Services of Lyon County

Target Date
Feb 23, 2016

Report Date

06/20/2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Our agency has conducted blood pressure clinics in which we provided blood pressure screenings for 102 citizens throughout Lyon County in which we referred 28 county residents to a medical provider for further monitoring of blood pressure and two of the 28 were referred to our Lyon County Resource Advocate to assist with getting health insurance marketplace and they were able to obtain medication to assist in lowering their blood pressure and also decrease their cholesterol levels. We had 30 residents that were pre-hypertensive and we provided them with information on nutritional and physical activity changes that would be able to assist them in decreasing their risk for high blood pressure.

Report Date

05/22/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Our agency continue to conduct blood pressure clinics throughout the county. In FY18-19 we conducted 294 blood pressure screenings and health education clinics in the county. The blood pressure clinics led our agency to develop a Resource Advocate program to link county residents to medical insurance and have access to medical care for risk of hypertension, cardiac disease and risk of stroke. This program has allowed county residents to identify the risks associated with high blood pressure, as well as identify Public Health as a resource for their health needs.

Community Priority

Unintentional Injuries

Goal #1 Decrease unintentional injuries of people ages 65 and older in Lyon County	National Alignment	State Alignment
		Healthy Iowans- Iowa Health Improvement Plan 2012-2016, 2015 revisions: 7-1.2: Promote the use of evidenced 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 rate of hospitalizations for unintentional injuries of people ages 65 and old from 4.93/1,000 to 3.50/1,000 by December 2021	Baseline Year	Baseline Value	Target Year	Target Value
	2009-2013	4.93	2021	3.50

Strategy 1-1.1 Train one person in an approved Fall Prevention Program by December 2016

Strategy Type
Clinical Intervention

Who's Responsible
Health Services of Lyon County

Target Date
12/31/2016

Report Date
06/20/2017

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: This objective is off track in that we have had a reduction in staff which did not allow us the opportunity to send someone to fall prevention training. We are in communication with a collaborative partner with hopes to utilize them to teach the fall prevention classes in our community while we work on community education.

Strategy 1-1.2 Increase community/county awareness of fall safety prevention to Lyon County residents by conducting mini education sessions to senior civic groups, assisted living, senior and mentally challenged residential living, and at community/county health fairs.

Strategy Type
Counseling & Education

Who's Responsible
Health Services of Lyon County

Target Date
12/31/2016

Report Date
06/20/2017

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: We are on track with this strategy, but it has been slow moving. To initiate a more consistent process with increasing awareness of fall safety prevention we have made this part of our admission assessment with every homemaker client as they fall within the age group of those at-risk for fall injuries. We have been able to conduct 5 fall risk assessments thus far. We have conducted education sessions with our Dinner Date group and assisted living centers. Our agency has presented our services to the local hospital for follow-up evaluations for any clients they have discharged from therapy services as well as home care services to assist in decreasing re-hospitalizations of patients. Another key to this goal is working closely with medical providers in and near our county to utilize our agency as a collaborative partner in reducing the risk of unintentional injuries related to falls.

Report Date
05/22/2019

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: Our agency hired additional staff to assist in the education of accidental injuries

and reducing the risk of falls. We have been able to conduct fall safety checklist education it individuals within our home visitations programs. We are able to identify safety hazards and offer recommendations to prevent injuries. We have increased our assessments in the past couple to year from 5 to over 20.