

Mitchell County Health Improvement Plan

Date Updated: May 28, 2019



For additional information, CONTACT:

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|---------------|--|--------------|--------------------------|
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Community Priority

Health Choices and Behaviors

Goal #1 By 2020, reduce the incidence of obesity in residents of Mitchell County.

National Alignment

State Alignment

Healthy Living

Objective 1-1 Decrease obesity rates in Mitchell County by 3%

| Baseline Year | Baseline Value | Target Year | Target Value |
|---------------|----------------|-------------|--------------|
| 2014 | 28% | 2020 | 25 |

Report Date
05/31

Year
2017

Value
30%

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: According to the County Health rankings our current rate is 30%. The current state average is 31% which is higher than the national average of 26%.

Report Date
Jun 4, 2018

Year
2018

Value
31%

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: According to the County Health rankings our current rate is 31%. The current state average is 32%. The top US performers are at 26%.

Report Date
06/03/2019

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: Mitchell County is ranked overall the 9th Healthiest County in Iowa out of 99 counties. According to the County Health rankings our current rate is 33%. The current state average is 31%.

Strategy 1-1.1 By 2020, Mitchell County Home Health Care will collaborate with community partners to improve health choices and behaviors in Mitchell County.

Strategy Type
Counseling & Education

Who's Responsible

Target Date

Mitchell County Home Health Care and Public Health and Community Partners 01/01/2020

Report Date
05/31/2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: We have not coordinated with community partners however the Cedar River Complex continues to offer fitness classes and facility.

Report Date
Jun 4, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: To date, MCHHCPH has not coordinate or collaborated with community partners to improve health choices and behaviors in Mitchell County. Fitness Centers are located in St. Ansgar, Stacyville, and Osage with fitness classes also offered in St.

Ansgar and Osage and the Stacyville library. The CRC in Osage provides a variety of wellness educational events and is open to the public. Mitchel Coun

Report Date

Jun 3, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: Mitchell County Wellness Committee has provided healthy education to Mitchell County employees. They are requiring Annual physicals and biometric screenings as well as requiring all county employees to attend at least 2 healthy lunch and learns throughout the year. Fitness Centers are located in St. Ansgar, Stacyville, and Osage with fitness classes also offered in St. Ansgar and Osage and the Stacyville library. The CRC in Osage provides a variety of wellness educational events and is open to the public. The county also provides county employees a 10% discount with a payroll deduction option for the CRC fitness center in Osage. Mitchell County Home Health care & Public health provide monthly BP clinics in all surrounding communities as well as promotes healthy living on our facebook page.

Community Priority

Texting and Driving

Goal #1 By 2020, educate the citizens of Mitchell County on the dangers of texting and driving.

National Alignment

Injury and Violence Prevention

State Alignment

Prevent Injuries and Violence

Objective 1-1 Increase the percentage of Mitchell County students who are educated and promote awareness of the dangers of distracted driving with collaboration with three Mitchell County Schools and drivers education classes.

| Baseline Year | Baseline Value | Target Year | Target Value |
|---------------|----------------|-------------|--------------|
| 2014 | 0% | 2020 | 75% |

Report Date

05/31

Year

2017

Value

Progress on Objective

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

Jun 4, 2018

Year

2018

Value

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: o date, MCHHCPH has not collaborated with the three county schools and drivers education classes to educate and promote awareness on the dangers of distracted driving including texting and driving.

Report Date

06/03/2019

Year

2019

Value

Progress on Objective

- | | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" 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: Mitchell County Public Health, Mitchell County Sheriffs Office, Osage City Police, St. Ansgar City Police, as well as the Drivers Education programs in Mitchell County educates the importance of the dangers of distractive driving to all youth and adults in the county. We have promoted this awareness on our facebook page.

Strategy 1-1.1 By 2020, Educate and promote awareness on the dangers of distracted driving including texting and driving. Collaborate with the three county schools and drivers education classes.

Strategy Type

Counseling & Education

Who's Responsible

Mitchell County Home Health Care and Public Health, schools, and drivers education instructors.

Target Date

01/01/2020

Report Date

May 31, 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: We have not coordinated efforts for this measure.

Report Date

Jun 4, 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: To date, MCHHCPH has not collaborated with the three county schools and drivers

education classes to educate and promote awareness on the dangers of distracted driving including texting and driving.

Report Date

06/03/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Mitchell County Public Health, Mitchell County Sheriffs Office, Osage City Police, St. Ansgar City Police, as well as the Drivers Education programs in Mitchell County educates the importance of the dangers of distractive driving to all youth and adults in the county. We have promoted this awareness on our facebook page.

Community Priority

Air Quality

Goal #1 Identify sources of indoor air quality concerns in Mitchell County residents by 2020.

National Alignment

Environmental Health

State Alignment

Environmental Health

Objective 1-1 By 2020, a minimum of 60 houses annually in Mitchell County will be tested for radon.

| Baseline Year | Baseline Value | Target Year | Target Value |
|---------------|----------------|-------------|--------------|
| 2015 | 50 | 2020 | 60 homes |

Report Date

05/31

Year

2017

Value

60

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: Homes in Mitchell County continue to be tested, education materials are available. According to Mark Ross County Sanitarian approx. 60 kits have been sold from his office in the last year.

Report Date

Jun 4, 2018

Year

2018

Value

57

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: Homes in Mitchell County continue to be tested, education materials are available. According to Mark Ross County Sanitarian approx. 57 kits have been sold from his office in the last year.

Report Date

Jun 3, 2019

Year

2019

Value

61

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: MCHHCPH promoted Radon Awareness Month via social media, providing the public with information about the health hazards of radon exposure, and promotion and information regarding low cost radon kits available for purchase from the county sanitarian at the Mitchell County Courthouse or Mitchell County Home Health care & Public Health. In FY19 the county has sold 61 Radon kits.

Strategy 1-1.1 Increase radon awareness in Mitchell County residents by promotion and education during Radon Awareness Month and selling radon testing kits through Mitchell County Home Health Care and Public Health and Mitchell County Sanitarian office.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Mitchell County Home Health Care and Public Health and Mitchell County Sanitarian.

Target Date

1/1/2020

Report Date

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Mitchell County Home Health Care and Public Health as well as the Mitchell County Sanitarian office continue to offer radon test kits for \$6.00. Education materials are also available.

Report Date

Jun 4, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: MCHHCPH will promote Radon Awareness Month via social media, providing the public with information about the health hazards of radon exposure, and promotion and information regarding low cost radon kits available for purchase from the county sanitarian at the Mitchell County Courthouse.

Report Date

06/03/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: MCHHCPH promoted Radon Awareness Month via social media, providing the public with information about the health hazards of radon exposure, and promotion and information regarding low cost radon kits available for purchase from the county sanitarian at the Mitchell County Courthouse or Mitchell County Home Health care & Public Health. In FY19 the county has sold 61 Radon kits.

Community Priority

Immunizations

Goal #1 Increase vaccination rates of Mitchell County residents.

National Alignment

Immunization and Infectious Disease

State Alignment

Immunization and Infectious Disease

| | | | | | |
|---------------|--|---------------|----------------|-------------|--------------|
| Objective 1-1 | Increase the percentage of Mitchell County adults greater than 18 years of age in IRIS that receive the annual seasonal influenza vaccine from 28% to 33% by 2020. | Baseline Year | Baseline Value | Target Year | Target Value |
| | | 2014 | 28% | 2020 | 33% |

Report Date
Jun 4, 2018

Year
2018

Value
29%

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
06/03/2019

Year
2019

Value
30%

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: FY2019 Influenza season saw an increase to 30% vaccination rate for adults. While this does not meet the objective, it is an improvement from our baseline.

Strategy 1-1.1 Offer seasonal influenza clinics throughout Mitchell County each year as vaccine supply allows. Educate on and promote the importance of receiving the annual influenza vaccine.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible

Mitchell County Home Health Care and Public Health Care and Community Partners.

Target Date

01/01/2020

Report Date
Jun 4, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Continue to promote Influenza clinics, order more vaccine as we are able to, and educate the communities regarding the importance of prophylactic vaccination.

Report Date
06/03/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: We continue to promote Influenza vaccine and clinics. FY19 Influenza season we provided more opportunities for clinics including evening and weekend clinics. We promoted more on social media as well. FY18 our agency gave 671 flu vaccines, FY19 we gave 884 vaccine, giving us an increase of 213 influenza vaccines given.

Community Priority

County Preparedness

Goal #1 By 2020, increase the percentage of people in Mitchell County that are prepared for man made or natural disaster.

National Alignment

Preparedness

State Alignment

Preparedness and Response

| | | | | | |
|---------------|--|---------------|----------------|-------------|--------------|
| Objective 1-1 | Increase the percentage by 25% of Mitchell County residents who report being prepared for an man made or natural disaster by 2020. | Baseline Year | Baseline Value | Target Year | Target Value |
| | | 2015 | 50% | 2020 | 75% |

Report Date

Jun 4, 2018

Year

2018

Value

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: To date, no measurable progress has been made.

Report Date

06/03/2019

Year

2019

Value

Progress on Objective

- | | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" 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: Our agency has promoted the Public Notification system for Mitchell County. In the event of an emergency or severe weather, an alert will be sent to the phone number and/or email address provided by voice, text and/or email. We have promoted through our facebook page and helped our home health patients sign up. During a couple natural emergencies such as power outage, ice storms, and snow blizzards we reached out to residents of the community to help find oxygen tanks, shelters, blankets, etc. We provided ice melt to our staff when they to go home health patients to avoid falls on the ice.

Strategy 1-1.1 Educate and promote preparedness with the use of social media, newspapers, and community partners.

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Mitchell County Home Health Care and Public Health Care and Community Partners.

Target Date

01/01/2020

Report Date

Jun 4, 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: To date, no progress has been made.

Report Date

06/03/2019

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: Our agency has promoted the Public Notification system for Mitchell County. In the event of an emergency or severe weather, an alert will be sent to the phone number and/or email address provided by voice, text and/or email. We have promoted through our facebook page and helped our home health patients sign up. During a couple natural emergencies such as power outage, ice storms, and snow blizzards we reached out to residents of the community to help find oxygen tanks, shelters, blankets, etc. We provided ice melt to our staff when they to go home health patients to avoid falls on the ice.

Community Priority

Education

Goal #1 Educate and provide support to Mitchell County residents affected by Medicaid Managed Care Organizations

National Alignment

State Alignment

| | | | | | |
|---------------|--|---------------|----------------|-------------|--------------|
| Objective 1-1 | By 2020, increase the number of Mitchell County residents that voice understanding of Medicaid Managed Care Organizations. | Baseline Year | Baseline Value | Target Year | Target Value |
| | | 2015 | NA | 2020 | 20% |

Report Date
05/31

Year

Value

Progress on Objective

| | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" 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: Mitchell County Home Health Care and Public Health continues to educate clients and residents of Mitchell County.

Report Date
Jun 4, 2018

Year

Value

Progress on Objective

| | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input checked="" 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: Mitchell County Home Health Care and Public Health continues to educate clients and residents of Mitchell County. Progress not measurable.

Report Date
06/03/2019

Year

Value

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: Again as there are more changes to the MCOs we continue to educate clients and residents of Mitchell County. We help our patients to fill out paperwork and decide which MCO is best for their medical needs. We also continue to help patients who could use Medicaid that does not yet receive the Medicaid coverage and refer them to Mitchell County Social Services to get them signed up. Progress not measurable. 11.6% of our county is on Medicaid.

Strategy 1-1.1 Mitchell County Home Health Care and Public Health nurses and staff will educate and give guidance to clients and Mitchell County residents that are affected by Medicaid MCO changes.

Strategy Type
Counseling & Education

Who's Responsible
Mitchell County Home Health Care and Public Health

Target Date
01/01/2020

Report Date
08/31/2017

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: Mitchell County Home Health Care and Public Health continues to educate residents and clients of Mitchell County on Medicaid MCO's and the changes and or requirements.

Report Date

Jun 4, 2018

Progress on Strategy

Complete On track Off track No progress

Progress notes: Mitchell County Home Health Care and Public Health continues to educate residents and clients of Mitchell County on Medicaid MCO's and the changes and or requirements.

Report Date

06/03/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Again as there are more changes to the MCOs we continue to educate clients and residents of Mitchell County. We help our patients to fill out paperwork and decide which MCO is best for their medical needs.