

Montgomery County Health Improvement Plan

Date Updated: June 3, 2019



For additional information, CONTACT:

Name	Organization	Phone	Email
Sue Drake	Montgomery County Public Health	712-623-4893	publichealth@montgomerycoia.us

Community Priority

Obesity

Goal #1 By 2021, reduce the amount of obesity in the county from 32% to 30%.

National Alignment

Following the Healthy People 2020, reduce the amount of obesity of children in the county by 2%

State Alignment

According to the Healthy lowans report, it shows that there is a higher obesity rate in the lower income. We would like to lower that by 2% by nutrition and activities.

Objective 1-1 Partner with the local YMCA to include some free activities for children and their parents by 2%.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	2

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: The last 2 years there are free family fun nights at the YMCA every month during the school year. There is a program through the hospital for summer exercise programs with speaker. The high school also has a strength and conditioning class during the summer that is free for the kids.

Strategy 1-1.1 By 2021, increase the number of low income families and children participating in activities through the YMCA by 2%.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible
Live Well Montgomery County

Target Date
Jan 1, 2021

Strategy 1-1.2 By 2021, increase the number of grants applied for by 2 grants to bring more information about healthy living

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible
Live Well Montgomery County

Target Date
Jan 1, 2021

Report Date
06/03/2019

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: The group applied and received a grant through HyVee to boost the family garden and help sustain it. The group purchased fencing, tools, mulch, compost. The group also got a grant for a kids garden. It is \$10 a kid, they do the planting, education, harvesting of their own garden.

Strategy 1-1.3 By 2021, continue doing the Walking School Bus in all towns located in the county and increase the length of time from 1 week to 2 weeks in the fall.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible
Live Well Montgomery County

Target Date
Jan 1, 2021

Report Date
06/03/2019

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: The walking school bus in Villisca runs well. They do it in the spring and fall. This past year didn't go well in Red Oak because the school is under construction. The walking school bus should resume this next school year.

Strategy 1-1.4 By 2021, have monthly promotion on healthy living at the local WIC and MCH program.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Montgomery County Public Health

Target Date
Jan 1, 2021

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: Montgomery County Public Health puts out information at WIC on healthy behaviors. The topics include dental hygiene, nutrition, quit smoking and vaccinations.

Strategy 1-1.5 By 2021, sustain interpreter services in the county to reach our Hispanic population with health living.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Montgomery County Public Health

Target Date
Jan 1, 2021

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: MCPH keeps a contract annually with an interpreter.

Community Priority

Lead

Goal #1 By 2021, decrease high lead levels in the county by 2%.

National Alignment

According to Healthy People 2020, decrease the confirmed lead cases by 2%. Montgomery Counties rate is 3.3%.

State Alignment

According to the Healthy Iowans, Montgomery County is one of the top 6 counties in the state with high lead. By 2021, decrease by 2%.

Objective 1-1 Reduce high lead by passing a lead ordinance for the county by 2017.

Baseline Year	Baseline Value	Target Year	Target Value
2016	3.3%	2017	1.3%

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: A lead ordinance was passed by county supervisors 1/22/2016.

Strategy 1-1.1 By 2021, sustain a lead media campaign for the county annually during lead prevention month.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Montgomery County Public Health

Target Date

Jan 1, 2021

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: Each year for lead prevention month, a media campaign is run in both newspapers and use the radio.

Strategy 1-1.2 Continue educating medical professionals in drawing lead levels and managing lead at home. Also educating WIC providers and home visiting programs to manage lead at home.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Montgomery County Public Health

Target Date

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: RN at public health had a meeting with Methodist Physicians Clinic, lab techs, nurses, doctors, on lead and all aspects on November 9, 2018. Several sessions with the lab techs at the clinics and hospitals to stress the importance to send lead levels to state of Iowa.

Strategy 1-1.3 Annually, have a display at the county fair to educate fairgoers on the dangers of high lead.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible
Montgomery County Public Health

Target Date
Jan 1, 2021

Report Date
06/03/2019

<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: Each year we have a display at the fair. It includes information on lead testing and the dangers of high lead.

Strategy 1-1.4 Become involved in the State Lead Forum to update the lead program in the state of Iowa and an employee will attend.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Montgomery County Public Health

Target Date
Jan 1, 2021

Report Date
06/03/2019

<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: MCPH nurse was asked to be on the State Lead Forum. She attended and attends all trainings put out for the state.

Community Priority

Dentists

Goal #1 By 2021, increase the availability of dentists in the county by 1 dentist that will accept Medicaid.

National Alignment

According to Healthy People 2020, increase low income families accessibility for dental care by 2%.

State Alignment

According to Healthy Iowans, Montgomery County has very few dentists. By 2021, increase the number of dentists by 1.

Objective 1-1 Increase the availability of dentist that take Medicaid in the county.

Baseline Year	Baseline Value	Target Year	Target Value
2016	3	2021	4

Report Date

06/03/2019

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: There are currently 3 dentist in the area and no dentist takes Medicaid.

Strategy 1-1.1 Continue working with ISmile Coordinator in Taylor County and promoting dentists to locate in Montgomery County.

Strategy Type

Counseling & Education

Who's Responsible

Montgomery County Public Health

Target Date

Jan 1, 2021

Report Date

06/03/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: MCPH does fluoride varnish to all preschoolers in the county under direction of Tara Weed.

Strategy 1-1.2 Montgomery County will try to provide a nurse to apply fluoride varnish to all the preschoolers in the county once a year. Going to twice a year by 2021

Strategy Type

Long-Lasting Protective Intervention

Who's Responsible

Montgomery County Public Health

Target Date

Jan 1, 2021

Report Date

06/03/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: MCPH started providing fluoride varnishes to preschoolers two times a year in the spring of 2017. A contract nurse is used.

Strategy 1-1.3 Montgomery County will keep a current list of the dentists in Southwest Iowa and provide to WIC, IZ clinics, MCH clinics and health fairs.

Strategy Type

Counseling & Education

Who's Responsible

Montgomery County Public Health

Target Date

Jan 1, 2021

Report Date

06/03/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The clerical staff at MCPH annually updates the dentist list and provides it to WIC, IZ, EHS and MCH.