

# Poweshiek County and Grinnell Regional Medical Center

## Health Improvement Plan

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For additional information, CONTACT:

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# Community Priority

## Access to Mental Health Services

**Goal #1** Poweshiek County residents will have improved mental health through access to providers and services.

### National Alignment

Improve mental health through prevention and by ensuring access to appropriate, quality mental health services. ( Healthy People 2020)

### State Alignment

Increase access to services and supports for individuals experiencing a mental health crisis. (Healthy Iowans :revised from 2014 objective 8)

**Objective 1-1** The Poweshiek County mental health provider ratio of 1 provider per 1100 population will reach the Iowa level of 830 population per provider by 2019.

Baseline Year	Baseline Value	Target Year	Target Value
2015	1/1100	2019	1/830

**Strategy 1-1.1** Capstone Mental Health Clinic will open in Grinnell by September, 2016 with one provider available daily for mental health services.

### Strategy Type

Environmental / Policy / Systems Change

### Who's Responsible

Capstone Mental Health Clinic

### Target Date

9-1-2016

### Report Date

May 12, 2017

### Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Mental Health services began at Capstone in Grinnell in the fall of 2016.

### Report Date

May 16, 2017

### Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Capstone now has 2 full time Physician Assistants, 2 Licensed Mental Health social workers, 2 Licensed Mental Health Counselors, and staff who do screening for disorders such as Dementia.

### Report Date

July 31, 2017

### Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Central Iowa Community Services is having Public meetings to build shared understanding of Mental Health services to build on services available in the 10 county area. These meetings are open to the public and will be shared with all communities.

### Report Date

Jan 1, 2018

### Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Capstone has began group counseling sessions that are being offered to current patients. Capstone is also looking at other providers and services for the community.

**Strategy 1-1.2** Use student loan repayment as a recruitment tool to bring new providers to the Poweshiek County area.

### Strategy Type

Environmental / Policy / Systems Change

### Who's Responsible

Capstone Mental Health Clinic

### Target Date

9-1-2017

Report Date

May 16, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Capstone as started providing Mental Health providers some tuition assistance through the National Health Corps as they are a considered a Rural Clinic. Two Physician Assistants were recruited using the tuition assistance.

Strategy 1-1.3 Grinnell College will implement tele psych services for students who need counseling by March, 2017

Strategy Type

Clinical Intervention

Who's Responsible

Grinnell College

Target Date

12-31-2017

Report Date

May 16, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Grinnell College Student Health began Tele Psych services in October of 2016 through the University of Iowa. They also have visiting Doctorial students who come to Grinnell College. In addition they have three counselor available for students.

Strategy 1-1.4 The STEPP program will have mental health education provided during group sessions by July 1, 2018.

Strategy Type

Counseling & Education

Who's Responsible

Community Mental Health providers

Target Date

7-1-2018

Report Date

May 12, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Lauren Tuggle, Master of Public Health student completed a project in which she developed a Mental Health Tool Kit for school staff to use that is targeted to Middle school age. Healthy Homes a provider of counseling for students added group sessions for parents in April, 2017.

Report Date

May, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Various Mental Health literacy programs are being held in the Poweshiek County community in May, 2019 such as Mental health First Aide and Lose Your Mind virtual reality.

Strategy 1-1.5 Poweshiek County members and providers will form a task force to look at unmet needs for mental health services

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Poweshiek County providers and community members

Target Date

Nov 1, 2017

Report Date

Jan 1, 2018

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: The Grinnell Area Mental Health Consortium was formed by Dr. JR Paulson. The group is looking at Mental Health needs in the community as well as funding for the projects.

# Community Priority

## Health Education programs for schools and community

**Goal #1** Increase the quality, availability, and effectiveness of health education for school age and adult population in Poweshiek County.

### National Alignment

Increase the quality, availability, and effectiveness of educational and community-based programs designed to prevent disease and injury, improve health, and enhance quality of life. (Healthy people 2020)

### State Alignment

Healthy Growth and development. Where possible align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the healthiest state in the nation. (Healthy Iowans)

**Objective 1-1** Decrease the Poweshiek County adult smoking rate from 17% to 14% by 2019. (From County Health Rankings 2016)

Baseline Year	Baseline Value	Target Year	Target Value
2016	17%	2019	14%

**Strategy 1-1.1** Health education pamphlets will be put in libraries of Poweshiek County

**Strategy Type**  
Counseling & Education

Who's Responsible  
Grinnell Regional Public Health

Target Date  
Jun 1, 2017

Report Date  
May 12, 2017

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** Kami Walters, Tobacco Prevention grant RN has given several programs to adults and to youth in Poweshiek County in 2016. Health Fairs in Poweshiek County including STEM Health Fair included tobacco education for youth and their parents.

Report Date  
Jan 1, 2018

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** The Poweshiek County Resource directory kept at the Drake Library in Grinnell was updated to include the latest contact information for service organizations in December, 2017

Report Date  
Jan 1, 2018

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** A Youth Mental Health First Aide course was offered at Grinnell Regional Medical Center on November 30th, 2017. This was sponsored by Grinnell Regional Public Health.

**Strategy 1-1.2** Virtual backpacks (online resource for parents to reference including educational materials on health)

**Strategy Type**  
Address Social Determinant / Health Inequity

Who's Responsible  
Public schools, Public Health, MICA

Target Date  
1-1-2018

Report Date **Progress on Strategy**  
 May 12, 2017  Complete  On track  Off track  No progress

Progress notes: ISU graduate students developed digital information for the Grinnell Newberg schools in conjunction with Grinnell Regional Public Health. These informational newsletters that covered diet and exercise and parent/child activities.

Report Date **Progress on Strategy**  
 May 2019  Complete  On track  Off track  No progress

Progress notes: A "Mini Market" was held by the Grinnell Chamber for students so they could shop in this Mini Farmers Market.

Objective 1-2	Reduce the alcohol-impaired driving deaths in Poweshiek County from 16% to 14% by 2019. (From County Health Rankings 2016)	Baseline Year	Baseline Value	Target Year	Target Value
		2016	16%	2019	14%

Strategy 1-2.1 Bring education to the adolescent and teenage population of Poweshiek County concerning drug and alcohol abuse. Strategy Type  
 Counseling & Education

Who's Responsible Target Date  
 Satuci, school nurses, Public Health 10-30-2017

Report Date **Progress on Strategy**  
 May 12, 2017  Complete  On track  Off track  No progress

Progress notes: Discussion will be held at the Healthy Choices Coalition to discuss progress towards this strategy during the July, 2017 meetings.

Report Date **Progress on Strategy**  
 Jan 1, 2018  Complete  On track  Off track  No progress

Progress notes: SATUCI ( Local Substance abuse agency)has been doing education sessions at the Grinnell Middle school and attended the Middle School Health Fair in October, 2017

# Community Priority

## Water and Air Quality for Poweshiek county;

**Goal #1** Better health for Poweshiek County residents through improving air and water quality.

**National Alignment**

Promote health for all through a healthy environment( Healthy People 2020)

**State Alignment**

Environmental Health: Air and Water quality is addressed.( Healthy Iowans)

**Objective 1-1** Air quality measurements for particulate matter in Poweshiek County will decrease from 10.6 to 9.5. ( from County Health rankings, 2016)

Baseline Year	Baseline Value	Target Year	Target Value
2016	10.6	2019	9.5

**Strategy 1-1.1** Gather air quality data to present to the Board of Health

**Strategy Type**  
Environmental / Policy / Systems Change

Who's Responsible  
Public Health

Target Date  
Jun 1, 2018

Report Date  
May 12, 2017

**Progress on Strategy**

Complete
  On track
  Off track
  No progress

Progress notes: This objective will be studied in 2018 by Public Health and Board of Health.

**Objective 1-2** All drinking water in for residents of Poweshiek County will be at or below the EPA water standard of 10 milligrams per liter(mg/L) of nitrate-nitrogen (nitrate-N)

Baseline Year	Baseline Value	Target Year	Target Value
2017	7.0	2019	6.0

**Strategy 1-2.1** Collect water quality data from Water systems in Poweshiek County and report to the Poweshiek County Board of Health

**Strategy Type**  
Environmental / Policy / Systems Change

Who's Responsible  
Public Health

Target Date  
Jan 1, 2018

Report Date  
May 12, 2017

**Progress on Strategy**

Complete
  On track
  Off track
  No progress

Progress notes: Information gathered and presented during the May, 2017, Poweshiek County Board of Health on water quality in the State of Iowa and the problem with Nitrates in drinking water. Discussed what studies have found such as increase in Thyroid, and bladder cancer. Also birth defects can be traced back to high nitrate levels. County Sanitarian will bring well testing and stream testing results from Poweshiek County to the Board of Health.

Report Date  
Jan 9, 2018

**Progress on Strategy**

Complete
  On track
  Off track
  No progress

Progress notes: Mindy Sieck from the Poweshiek County Conservation agency came to the Board of Health meeting and presented the water quality study completed for the "Little Bear Creek" project in Poweshiek County. She also presented some mitigation efforts being started.

Strategy 1-2.2 Educate the public in Poweshiek County on the ways to reduce nitrate run off into the water system.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Public Health

Target Date

Oct 1, 2018

Report Date

May 12, 2017

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: This has been researched by ISU graduate students and discussed the March 2017 Board of Health. Will look at ways to educate the public to make informed decisions.

# Community Priority

Affordable and adequate Health Care for Poweshiek county residents including transportation, pharmaceuticals, visiting specialists and insurance

Goal #1	All Poweshiek County residents will have access to affordable and adequate Health Care.	National Alignment	State Alignment			
		Create social and physical environments that promote good health for all ( Healthy People 2020)	Address health access and barriers in rural and agricultural communities. ( Healthy Iowans)			
Objective 1-1	Provide twoTelehealth specialties in Grinnell by June 2018.	Baseline Year	Baseline Value	Target Year	Target Value	
		2016	2	2018	4	
Strategy 1-1.1	Partner with Unity Point or University of Iowa to bring Tele health services in Grinnell	Strategy Type Clinical Intervention				
	Who's Responsible Grinnell Regional Medical Center	Target Date 1-1-2018				
	Report Date May 17, 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: Grinnell Regional Medical Center is exploring with Unity Point and the University of Iowa for specialties that could be provided by Telehealth.					
	Report Date Jan 1, 2018	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: Grinnell Regional ER is using Telehealth for specialties. Grinnell Regional Medical Center is providing space for the Primary Health Care to bring a Mobile Clinic to Grinnell for Reproductive Health and STD testing and treatment which began in November of 2017.					
Objective 1-2	Add two resources to increase availability of Pharmaceuticals, access to Insurance, and low cost health care	Baseline Year	Baseline Value	Target Year	Target Value	
		2016	2	2019	4	
Strategy 1-2.1	Create and phone app to spread awareness of resources in the community for affordable health care and drug costs.	Strategy Type Address Social Determinant / Health Inequity				
	Who's Responsible Grinnell Regional / Grinnell College	Target Date Dec 1, 2017				
	Report Date May 18, 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: Grinnell College students had been working on this project in 2016 . Will attempt to get information on this project and if it was completed.					

Report Date  
Jan 9, 2018

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: This is no longer a project for Grinnell College. May look at another partner for the project.

Strategy 1-2.2 Distribute resource information by directory booklet/ link on school and GRMC website Strategy Type  
Address Social Determinant / Health Inequity

Who's Responsible  
Grinnell Regional/ MICA

Target Date  
Jul 1, 2017

Report Date  
May 12, 2017

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: MICA volunteer updated Poweshiek County resource directory in January, 2017 which is now posted on the Drake library web site in Grinnell and the Grinnell Regional Medical Center web site.

Report Date  
May, 2019

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: The Marion County Maternal Child Health program has created a resource book for Poweshiek County that can be handed out to all Public Health clients. This resource book is updated yearly.

Objective 1-3	Increase transportation options such as Peoplerides for rural residents to come to Grinnell by May 2019.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	1	2019	3

Report Date  
May 18, 2017

Year  
2017

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: Discussion held with Peoplerides. They have not made any changes to the transportation services provided in Poweshiek County and do not plan to make changes due to funding restrictions.

Strategy 1-3.1 Start a volunteer transportation register for providing rides to medical appointments. Strategy Type  
Environmental / Policy / Systems Change

Who's Responsible  
Local Churches/ Service groups/ Grinnell Regional

Target Date  
1-1-2018

Report Date  
Jan 1, 2018

Progress on Strategy  
 Complete     On track     Off track     No progress

Progress notes: Grinnell Errand Service has been started that will provide transportation in Grinnell for \$5. This couple will also take residents to out of town appointments for a fee.

Report Date

May, 2019

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: The Presbyterian Church in Grinnell does offer volunteers to transport people in the community who do not have other options available. That is the only church who offers this service.

Strategy 1-3.2 Compile a list of medical transportation options and advertise this in the community

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

Grinnell Regional

Target Date

7-1-18

Report Date

May 16, 2017

Progress on Strategy

Complete  On track  Off track  No progress

Progress notes: Discussed with People Rides transportation options and plans for any changes. PeopleRides staff report that they run the van in Grinnell from 8am to 2pm, Monday through Friday. There are no plans to change this schedule or add additional rides.

# Community Priority

## Obesity of children and adults

**Goal #1** Promote healthy diet and exercise for the achievement and maintenance of health body weights.

### National Alignment

Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. (Healthy People 2020)

### State Alignment

Healthy Growth and development. Where possible align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the healthiest state in the nation. (Healthy Iowans)

**Objective 1-1** Reduce the Poweshiek County obesity rate from 31% to 26% by 2019.

Baseline Year	Baseline Value	Target Year	Target Value
2012	31%	2019	26%

**Strategy 1-1.1** Extend the "Fit Kid's program to families in Poweshiek County

**Strategy Type**  
Counseling & Education

Who's Responsible  
Schools in Poweshiek County

Target Date  
2-1-2018

Report Date  
5-1-17

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** The Healthy Choices Coalition had a presentation from Chuck Long and Dr. Amy Michelle Willcocksen from Live Health Iowa at the May, 2017 meeting where community partners were invited to discuss how obesity rates and eating can be improved in Poweshiek County. Further meetings with other stakeholders will be organized in the future to explore options for our community.

Report Date  
Jan 1, 2018

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** Grinnell Schools were using AmeriCorps members who introduced children to new healthy foods and exercise.

Report Date  
May, 2019

Progress on Strategy

Complete
  On track
  Off track
  No progress

**Progress notes:** The Grinnell PTO has created a program to encourage children to exercise call the Mileage club. The children get rewards after running so many laps during recess. The PTO also organizes a "Tiger Trot" for the children yearly.

**Strategy 1-1.2** Partner with Poweshiek County providers to collect information on weight, BMI and then start a family center for weight management.

**Strategy Type**  
Clinical Intervention

Who's Responsible  
Grinnell Regional Medical Center and Public Health

Target Date  
2-1-2018

Report Date

May 16, 2017

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: No progress on this strategy