

TAMA COUNTY

Health Improvement Plan

Date Updated: June 3, 2019



For additional information, CONTACT:

Name	Organization	Phone	Email
Linda Rosenberger	Tama County Public Health & Home Care	641-484-4788	lrosenberger@tamacounty.org

Community Priority

High rate of heart disease and related deaths in adult population

Goal #1 By 2020, decrease the rate of heart disease related deaths in Tama County.

National Alignment

Healthy People 2020 HDS-2 Reduce coronary heart disease deaths.

State Alignment

Healthy Iowans 4-1.15 Institute a program for obese women at the Iowa Correctional Institution for Women to reduce the the risk of cardiovascular disease.

Objective 1-1 By 2020, the rate of heart disease related deaths in Tama County will be decreased by 11 points.

Baseline Year	Baseline Value	Target Year	Target Value
2015	114.4	2020	103.4

Report Date
Jun 3, 2019

Year
2015

Value
89.6

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: With a change in Director, current data may be derived from differing source than original report. Current value is lower than target value, however, this may be due to difference in data source.

Strategy 1-1.1 Develop a media campaign to distribute education to the public regarding the risk factors for heart disease and healthy interventions.

Strategy Type
Counseling & Education

Who's Responsible
Tama County Wellness Coalition/Tama County Public Health

Target Date
Sep 30, 2016

Report Date
Jun 3, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Wellness Coalition disbanded. TCPH&HC Director retired in January 2019, new Director looking at reorganizing the Wellness Coalition

Strategy 1-1.2 Collaborate with Tobacco Prevention Specialists to initiate policy and practice change by employers in Tama County that will reduce tobacco use by employees.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Tama County Wellness Coalition/Tama County Public Health

Target Date
Dec 30, 2016

Report Date
Jun 3, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: TCPH&HC does work with Pathways in the Supporting Kids in Prevention program, however, has not worked on the above strategy.

Community Priority

Lack of exercise/physical activity in adult population

Goal #1 Reduce the proportion of adults in Tama County who engage in no leisure time physical activity by 2020.

National Alignment

Healthy People 2020 PA-1 Reduce the proportion of adults who engage in no leisure time physical activity.

State Alignment

Healthy Iowans 2012-2016, 6-1.26 Increase by 2% Iowans' overall participation rate in more physically active, natural-resources-based outdoor recreation activities as listed in Iowa's Statewide Comprehensive Outdoor Recreation Plan.

Objective 1-1 By 2020, the proportion of adults in Tama County who engage in no leisure time physical activity will be reduced by 10%.

Baseline Year	Baseline Value	Target Year	Target Value
2015	32%	2020	22%

Report Date
Jun 3, 2019

Year
2015

Value
25.1%

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: Data from most current Health indicators Report shows a decrease from past data

Strategy 1-1.1 Collaborate with local fitness and outdoor recreational committees and organizations to develop outdoor physical activity programming and events.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Tama County Wellness Coalition/Tama County Public Health

Target Date

Jun 30, 2016

Report Date
Jun 3, 2019

Progress on Strategy

<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input checked="" type="checkbox"/> Off track	<input type="checkbox"/> No progress
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Progress notes: The Wellness Coalition has disbanded. Staff are currently fellows in the Walking College and will be working to develop new activities.

Strategy 1-1.2 Collaborate with local employers to develop and implement a physical activity program for employees.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Tama County Wellness Coalition/Tama County Public Health

Target Date

Dec 30, 2016

Report Date
Jun 3, 2019

Progress on Strategy

<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input checked="" type="checkbox"/> Off track	<input type="checkbox"/> No progress
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Progress notes: TCPH&HC worked closely with ISU students to develop a employee health program for county Employees, not yet implemented. Once approved and implemented this model could be shared with local employers to promote employee health.