

Van Buren County Health Improvement Plan

| Identified Need | Goal | Strategies | Action Cycle | Responsible Party | Completion Date |
|--|---|---|---|--|---|
| <p>Access to Care</p> <ul style="list-style-type: none"> • Mental Health • Transportation • Use of Services • Family Practice Providers & Specialist | <p>1. Mental Health- Decrease number of poor mental health days reported on the County Health Rankings from 3.3 days to 3 days by June 2021.</p> <p>2. Transportation - Decrease the number of residents reporting transportation as an issue on the Community Health Needs Assessment survey from 10.5% in 2018 to 8% in 2021.</p> <p>3. Providers- Increase specialties in clinic by two additional needed services</p> | <ul style="list-style-type: none"> • Continue attending SEIL meetings • Increase the awareness of the services available in VBC • Increase early interventions • Improve education on mental health • Support Children’s Mental Health and Wellbeing Collaborative (CMHWC) • Make the services better known • Develop understanding of how to use the transportation services available • Evaluate needed services and sources of available providers | <ul style="list-style-type: none"> • Report back to staff • Educate VBCH Providers, nurses and staff about available services • VB School District train staff in Suicide Prevention Screening • Provide Postpartum Depression Screenings during well baby visits • Provide information at Kid’s Fair • Share CMHWC promotional materials throughout VBC. • Add information on how to access services in detail in the Community Directory • Add how to access transportation information to local websites • Provide information at Kid’s Fair • Promote ambulance availability for transportation for home-bound patients to appointments • Recruit and retain providers | <ul style="list-style-type: none"> • VBCH & Public Health • VBCH • VB School • VBCH • VBC Child Abuse Prevention Council • VBC Child Abuse Prevention Council, Healthy Villages • VBCH, Child Abuse Prevention Council • VBCH • 10-15 Transit, VBC Child Abuse Prevention Council • VBCH • VBCH | <ul style="list-style-type: none"> • Oct 2019 • July 2019 • Oct. 2019 • Oct. 2019 |

| Identified Need | Goal | Strategies | Action Cycle | Responsible Party | Completion Date |
|---|---|---|---|--|---|
| <p>Chronic Disease</p> <ul style="list-style-type: none"> • Reduce the impact of Chronic Disease | <p>1. Overall Wellness. Increase Wellness Visits at VBCH Clinic by 3% in 2021 from 571 visits in 2018.</p> <p>2. Diabetes- Increase the number of patients attending the Diabetic Management Classes from an average of 10 people in 2018 to an average of 12 people in 2021.</p> <p>3. Cancer Detection- Increase the number of early detection screenings by 3% each in 2021. There were 337 Mammograms and 92 Colonoscopies completed in 2018 at VBCH.</p> | <ul style="list-style-type: none"> • Promote Wellness Visits at VBCH to residents. • Increase awareness of fitness opportunities • Expand the VBC Trails for exercise opportunities • VBCH send out reminders to patients about classes • Promote Diabetes Classes • Educate patients on Diabetic screenings • VBCH send out reminders to patients for well visits | <ul style="list-style-type: none"> • Create promotional materials about Wellness Visits. • Increase promotion for free fitness centers. • Educate residents on walking trails through Healthy Villages. • Yearly, add Healthy Villages brochure to trail heads and the Villages of Van Buren brochure boxes. • Expand the Sunset Trail to connect to the Ferguson Ball Complex. • Maintain the reminder system to send out notices about upcoming classes to patients • Promote diabetes classes through Public Health • Updating system to send out wellness screening reminders • Update system to send out wellness screening reminders | <ul style="list-style-type: none"> • VBCH Clinics • Healthy Villages • Healthy Villages • Healthy Villages • VB County Trails Association • VBCH • VBCH & Public Health • VBCH • VBCH | <ul style="list-style-type: none"> • Aug. 2019 |

| Identified Need | Goal | Strategies | Action Cycle | Responsible Party | Completion Date |
|--|---|---|--|--|---|
| Healthy Weight | <p>1. Increase the percentage of 2nd graders with a normal weight BMI from 22% in 2018 to 50% in 2021</p> <p>2. Reduce the number of overweight/obese adults in VBC from 35% in 2018 to 33% in 2021 reported by the County Health Rankings.</p> | <ul style="list-style-type: none"> • Add pediatrician to clinic staff • Increase awareness of well child visits • Obesity program • Promote youth physical activity opportunities • Promote healthy eating • Obesity program • Promote adult physical activity opportunities | <ul style="list-style-type: none"> • Maintain pediatrician • Promote at Kids Fair • Look at creating an obesity program at VBCH • Live Healthy Iowa track meet, Runners club, Kids Heart Challenge, and local track meet • Maintain salad bar at school • Look at creating an obesity program at VBCH. • VBC Trails, exercise class and fitness centers | <ul style="list-style-type: none"> • VBCH • VBCH • VBCH • Van Buren School Physical Education Teachers • Van Buren School • VBCH • Healthy Villages | <ul style="list-style-type: none"> • July 2019 |
| Alcohol, Tobacco, & Drug Services (getting people to services) | <p>1. Nicotine use in Van Buren County- Decrease the percentage of 11th graders who state they have smoked one or more cigarettes in the past 30 days from 12% in 2018 to 10% in 2021 based on the Iowa Youth Survey. Decrease the percentage of 11th graders who state they have used e-cigarettes in the past 30 days from 30% in 2018 to 25% in 2021 based on the Iowa Youth Survey. Decrease adult smoking rates from 15% in 2018 to 13% in 2021 based on the County Health Rankings.</p> | <ul style="list-style-type: none"> • Continue the YLC program at Van Buren schools • Create Nicotine and Alcohol Free Park Policies • Increase referrals to Nicotine Intervention | <ul style="list-style-type: none"> • Hold monthly YLC meetings at the middle school and high school • Educate city councils on Nicotine and alcohol policies • Train med staff and providers on how to talk to youth and adult patients about quitting and making referrals | <ul style="list-style-type: none"> • VBCH • VBCH, SAFE Coalition • VBCH | |

| Identified Need | Goal | Strategies | Action Cycle | Responsible Party | Completion Date |
|------------------------------|--|---|---|---|--|
| | <p>2. Substance Abuse- Decrease percentage of 11th graders who state they have had one or more drinks in the past 30 days from 18% in 2018 to 15% in 2021 based on the Iowa Youth Survey.</p> <p>3. Prescription Drugs- Decrease the number of opioid prescriptions per 100 people from 91.3-111.9 in 2016 to 69.3-76.9 in 2021 reported by Iowa Department of Public Health Bureau of Substance Abuse.</p> | <ul style="list-style-type: none"> • Continue the YLC program at Van Buren Schools • Complete Drug Take Back Days • Pain Management program • Community Education | <ul style="list-style-type: none"> • Hold monthly YLC meetings at the middle school and high school. • Hold Drug Take Back Days every 6 months • Promote/Educate drop box • Promote Pain Management program • Have 95% of patients in the pain management program sign a pain agreement • Create promotional materials on opioids | <ul style="list-style-type: none"> • VBCH • Law Enforcement • SAFE Coalition/Public Health/VBCH • VBCH Clinic • VBCH • VBCH | |
| Early Childhood Intervention | <p>1. Maintain number of well-child visits at VBCH Rural Health Clinics.</p> <p>2. Lead Levels- Increase the number of children 6 years of age and younger tested for blood lead levels from 67% in 2018 to 75% in 2021. Based on VBC School Kindergarten Lead Level Report.</p> | <ul style="list-style-type: none"> • Increase awareness of well-child visits • Send reminders of well-child visits • Lead reminder/ follow-up system | <ul style="list-style-type: none"> • Promote at Kids Fair • Promote during Sports Physicals • System for reminders • Promote at Kids Fair • System for reminders | <ul style="list-style-type: none"> • VBCH • VBCH • VBCH • VBCH, Van Buren School Nurses | <ul style="list-style-type: none"> • July 2019 • July 2019 |

| Identified Need | Goal | Strategies | Action Cycle | Responsible Party | Completion Date |
|-----------------|--|--|---|---|---|
| | 3. Immunizations- Increase the number of 2 year olds that are up to date on their immunizations from 61% in 2017 to 63% in 2021 as reported by the Iowa Immunization Programs Annual Report. | <ul style="list-style-type: none"> • Increase awareness of well-child visits • Send reminders of well-child visits • Continue vaccination clinics | <ul style="list-style-type: none"> • Promote at Kids Fair • System for reminders • Promote vaccination clinics | <ul style="list-style-type: none"> • VBCH • VBCH • VBC Public Health | <ul style="list-style-type: none"> • July 2019 |