

Winneshiek County Health Improvement Plan

Date Updated: 5/31/2019



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Community Priority

Promote Healthy Behaviors

Goal #1 Increase access to services and supports for individuals experiencing mental health and/or behavioral health symptoms by 2020.

National Alignment

Healthy People MHMD-9.1; 9.2

State Alignment

Healthy Iowans 8-1.4; 8-1.5

Objective 1-1 Create and establish a Mental Health Coalition for Winneshiek County.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2017	1

Report Date

May 31, 2019

Year

2019

Value

2019

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: Access to mental health care in Winneshiek County has become increasingly challenging. Our local Gundersen Clinic has a psychiatrist on site but, the wait time for an appointment is over 6 months out. Clinic representatives realize the need is great and discussions are in the works for recruitment for an additional psychiatrist. The local Winneshiek Medical Center clinic has a psychiatrist and a psychologist on staff. Our agency is not aware of clients with a "mental health" diagnosis who seek mental health assistance there. Northeast Iowa Behavioral Health does not have an onsite psychiatrist but, rather use one via telehealth. The bigger issue is medication prescriptions as the telehealth psychiatrist will not sign prescriptions or plans of care for agency mental health clients. Winneshiek Medical Center is currently conducting their newest CHNA and mental health has been identified as a top priority. It will be interesting to see partnership work that comes from this.

Strategy 1-1.1 Request community partners to become founding members of a Mental Health Coalition.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Winneshiek County Public Health, Gundersen Health Systems, Winneshiek Medical Center, Northeast Iowa Behavioral Health

Target Date

January 2017

Report Date

May 31, 2019

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: The psychiatrist at NEIBH provides care through telehealth and at the local private clinics, the schedules are full. The thought of pulling providers away from client appointments to sit in a meeting trying to determine how to help does not seem to be appropriate in the short term but, would potentially be beneficial in the long run. Schools have now been charged with having access to mental health professionals available for their students. The Decorah Community School District has begun to take a closer look at the needs of the students related to mental health services.

Strategy 1-1.2 The Mental Health Coalition will assist in defining mental health for children and adults.

Strategy Type

Clinical Intervention

Who's Responsible

Mental Health Coalition

Target Date

Jan 1, 2018

<u>Report Date</u> May 31, 2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
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Progress notes: A Mental Health Coalition has not been organized. Mental health services are now being offered in the school districts.

Objective 1-2	Increase the awareness of existing services and support systems available within the county	Baseline Year	Baseline Value	Target Year	Target Value
		2016	0	2017	2

<u>Report Date</u> May 31, 2019	<u>Year</u> 2019	<u>Progress on Objective</u> <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
<u>Value</u> 2019		

Progress notes: The local clinics provide local media with spotlights on health, including mental health issues occasionally throughout the year. The Decorah Community School District Board of Education was recently made aware of the variety of mental health issues existing within the walls of the buildings that the staff are dealing with on a daily basis. Behavioral interventionists are now in place in each of the buildings. There is discussion occurring about potentially adding a therapist or someone with additional training in mental health to the school staff.

Strategy 1-2.1 Market and distribute community resource directories, safety cards, warm/hot lines and other technologies. Strategy Type
Counseling & Education

Who's Responsible
Mental Health Coalition and Community Partners

Target Date
July 1, 2017

<u>Report Date</u> May 31, 2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: The local Chamber of Commerce annually puts together a Reference Guide. This Guide contains business marketing advertisements. Healthcare is included. The Emergency Preparedness Coalition has also secured disaster safety pamphlets that is available for distribution at various events. Although these resources may not directly deal with the mental health crisis, the resources and contact information is listed for concerned persons. Hotlines would typically be managed through various entities. 211 service brochures are available as well.

Strategy 1-2.2 Develop messages to empower community members to reduce their reported stress levels. Strategy Type
Counseling & Education

Who's Responsible
Mental Health Coalition

Target Date
July 1, 2017

<u>Report Date</u> May 31, 2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: There is not a concentrated effort of messaging encouraging the general public to reduce their stress. The Decorah High School re-arranged their class schedules starting with the 2018-19 school year to a block-type schedule. Students had reported being stressed out in completing homework, meeting class requirements and understanding course material due to the amount of work, the complexity of the course, and the fact that 90% of the high school students are in two or more extra-curricular activities. Due to the new block schedule, students have reported less stress and more opportunities to complete course work during school hours with accessibility to teachers. Teachers have also noted they have more dedicated instructional time which they believe also contributes to noted decreased student stress.

Strategy 1-2.3 Explore and analyze jail diversion and emergency room use diversion related to mental health crises. Strategy Type
Clinical Intervention

Who's Responsible Target Date
Mental Health Coalition, Winneshiek County Law Enforcement, Winneshiek Medical Center Emergency Room doctors, nurses and ambulance personnel. July 1, 2018

Report Date Progress on Strategy
May 31, 2019 Complete On track Off track No progress

Progress notes: The Winneshiek County Sheriff is using a program called Stepping Up to help with jail diversion. No further information has been shared about this program.

Goal #2 Increase healthy menu options for consumers within 2 years.

National Alignment
Healthy People NWS-8; 9; 10.4; 11.4; 14; 15.1; 15.2; 16; 17.2; 19

State Alignment
Healthy Iowans 6-1.-1; 6-1.25; 6-1.26

Objective 2-1 Develop a central repository site for consumers to find easy, economical and healthy recipes.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2018	1

Report Date Year
May 31, 2019
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 continues to be accessibility to healthy, easy meals through free publications available at the local grocery stores.

Strategy 2-1.1 Work with local dietitians to create 2-3 weeks of menu options of meals consisting of convenient, economical and easy foods that children and parents often purchase with limited funds. Strategy Type
Clinical Intervention

Who's Responsible Target Date
WCPH, local dietitians from health care facilities within the county, WIC staff Jan 1, 2017

Report Date Progress on Strategy
May 31, 2019 Complete On track Off track No progress

Progress notes: Our local WIC clinic had put together some simple recipes for their clients.

Strategy 2-1.2 Work with local dietitians to create 2-3 weeks of menu options of meals for 1 or 2 people. Strategy Type
Clinical Intervention

Who's Responsible Target Date
WCPH, local dietitians from healthcare facilities within the county, Northeast Iowa Area Agency on Aging Jan 1, 2017

Report Date Progress on Strategy
May 31, 2019 Complete On track Off track No progress

Progress notes: There are some simple recipes for 1-2 people found in the Area Agency on Aging quarterly newsletter. There are also free publications available at the local grocery stores that include recipes.

Strategy 2-1.3 Create a small cookbook of the created menu options and make it available for consumers. Strategy Type
Counseling & Education

Who's Responsible

WCPH

Target Date

Jan 1, 2018

Report Date

May 31, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: It is not cost-effective for the agency to produce a cookbook as there are many cookbooks already circulating in the community.

Strategy 2-1.4

Work with a Nutrition Intern from a college or university to determine a "Buy This, Not That" approach using a valid assessment tool such as NEMS-V to various boxed or frozen convenience foods to be included in the cookbook.

Strategy Type

Clinical Intervention

Who's Responsible

WCPH

Target Date

Jan 1, 2017

Report Date

May 31, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: There is the potential of a small Hy-Vee store moving into the area which would increase competition and the availability of healthy foods for purchase.

Community Priority

Prevent Against Environmental Hazards

Goal #1 Provide community education and outreach about indoor air quality issues related to radon by 2018.	National Alignment	State Alignment
	Healthy People 2020 EH-14, 15, 16.8, 16.9	Healthy Iowans 5-1.4; 5-1.8;-1.9; 5-1.10

Objective 1-1 Maintain radon education program at WCPH.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	1	2018	1

Report Date
May 31, 2019

Year
2019

Value
2019

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: Radon kits continue to be sold at WCPH and in local hardware stores. Several consumers continue to seek expert advice on radon mitigation.

Strategy 1-1.1 Explore opportunities and options for the potential implementation of a county-wide ordinance for radon resistant new home construction.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
WCPH and radon mitigators

Target Date
Jan 1, 2018

Report Date
May 31, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Consumers are aware of radon issues in the area and ask for radon resistant new construction, if desired, when working with general contractors but, the agency does not see the development of an ordinance for radon resistant new construction within the county.

Strategy 1-1.2 Create and distribute county specific radon educational brochure.

Strategy Type
Counseling & Education

Who's Responsible
WCPH

Target Date
Jan 1, 2017

Report Date
May 31, 2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Agency was able to secure some brochures from IDPH. They are available at the agency for the general public and we hand them out when we sell consumers a radon test kit along with a list of certified mitigators in the area.

Strategy 1-1.3 Continue to encourage radon testing among Winneshiek County residents.

Strategy Type
Counseling & Education

Who's Responsible
WCPH and community partners

Target Date
Jul 1, 2016

<u>Report Date</u> May 31, 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
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Progress notes: During January the local radio stations run radon testing advertisements. There are also area contractors who do radon mitigation and they run their own advertisements encouraging testing.

Goal #2 Provide community education and outreach on safe drinking water issues by 2018	<u>National Alignment</u> Healthy People EH 4; 5; 16.8; 16.9	<u>State Alignment</u> Healthy Iowans 5-1.9; 5-1.10
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Objective 2-1	Through 2018, Winneshiek County Environmental Health will test 175 private wells per year using Grants to Counties funds.	<u>Baseline Year</u>	<u>Baseline Value</u>	<u>Target Year</u>	<u>Target Value</u>
		2015	137	2018	175

<u>Report Date</u> May 31, 2019	<u>Year</u> 2019	<u>Value</u> 2019	<u>Progress on Objective</u> <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
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Progress notes: The GTC program continues to be successful. For calendar year 2018, 175 water test kits were sold. The rural county residents know to contact the County Sanitarian for water test kits because some return annually for a water test kit, others find out through word-of-mouth, there are foster homes, and new daycare start-ups.

Strategy 2-1.1	Increase awareness among homeowners in Winneshiek County of Grants to Counties funds available for well water testing.	<u>Strategy Type</u> Counseling & Education
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Who's Responsible
Winneshiek County Environmental Health and WCPH

Target Date
Jan 1, 2018

<u>Report Date</u> May 31, 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
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Progress notes: Although this strategy has not yet been scheduled to begin, the County Sanitarian has no problem using up all his test kits and more for water testing. When the county experiences lots of rain or flooding events, the awareness is present for rural homeowners to have a water test done.

Community Priority

Improve Communication, Provide Education and Motivate Community Members

Goal #1 Provide community education and outreach on CHNA identified health priorities and other population health needs over the next five years.

National Alignment

Healthy People 2020 HC/HIT 3, 7, 9, 13.1

State Alignment

Healthy Iowans 4-1.2; 4-1.14; 6-1.1; 6-1.26; 6-1.28; 7-1.1; 7-1.2; 7-1.5; 7-1.8

Objective 1-1 Provide the general population with messages related to health needs and priorities at least quarterly.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2017	1

Report Date

May 31, 2019

Year

2019

Value

2019

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 various health organizations constantly are producing health messages and distributing them through the various local media.

Strategy 1-1.1 Facilitate quarterly meetings of the CHNA focus groups to develop outreach messages.

Strategy Type

Clinical Intervention

Who's Responsible

WCPH

Target Date

Jan 1, 2016

Report Date

May 31, 2019

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: The CHNA focus groups are not meeting to develop outreach messages. There are enough health messages and monthly health observances that are used by the various entities that it's really not worth taking up people's time to have yet another meeting.

Objective 1-2 Provide general population with monthly motivational health messaging related to identified self-reported healthy behaviors persons indicated they would like to start.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2017	1

Report Date

May 31, 2019

Year

2019

Value

2019

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: WCPH does live radio spots twice a month and paid radio ads which are useful to provide health information messaging to consumers. The general public often mentions "we heard you on the radio." There is no data to determine if consumers are utilizing the information we share.

Strategy 1-2.1 Utilize agency social media to link people to various health promotion resources.

Strategy Type

Counseling & Education

Who's Responsible

WCPH and community partners

Target Date

Jan 1, 2017

Report Date

May 31, 2019

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: WCPH has individuals that are Agency Facebook administrators who do post various health related resources. The agency needs to learn how to use Twitter and additional social media platforms.