

Des Moines County Health Improvement Plan

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For information about this plan:

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Topic 1

Obesity and Diabetes

Obesity and Diabetes

Goal 1

By 2022, decrease Obesity and Diabetes rates in Des Moines County

Alignment with National Plans

According to the CDC, National Diabetes Prevention Program—or National DPP—was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States.

One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

<https://www.cdc.gov/diabetes/prevention/about.htm>

Alignment with State/Other Plans

In October 2017, Iowa implemented a public-private partnership initiative with the Healthiest State Initiative and the Iowa Department of Public Health promotes healthy eating and active living for children and families.

<https://idph.iowa.gov/5210>

Obesity and Diabetes

Objective 1.1

Reduce Obesity rates from 37% to 35% by 2022 in Des Moines County.

Baseline Year	Baseline Value	Target Year	Target Value
2020	Adult Obesity in Des Moines County 37% compared to state average of 33%	2022	Reduce Adult Obesity in Des Moines County by 2% to 35%

Data Source and Location

County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/app/iowa/2020/rankings/des-moines/county/outcomes/overall/snapshot>

Obesity and Diabetes

Strategy 1.1-1

Promote and educate community of the benefits of the National Diabetes Prevention Program.

Strategy Source and Location

In 2018 Des Moines County Public Health began to offer the National Diabetes Prevention Program (NDPP). Increase community awareness of program benefits through outreach to healthcare providers, wellness fairs, social media and newsprint.

Strategy Type: Community-focused

Who's Responsible

Des Moines County Lifestyle Coaches and public health staff.

Target Date

12/31/2022

Obesity and Diabetes

Goal 2

By 2022, increase access to physical activity opportunities

Alignment with National Plans

According to the CDC Division of Nutrition, Physical Activity and Obesity: Providing and promoting places for people to be physically active may increase public use of these facilities as well as help boost peoples' physical activity levels. This can include creating and improving walking trails, building exercise facilities, and providing access to existing facilities.

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/physicalactivity.html>

Alignment with State/Other Plans

The Iowa Department of Public Bureau of Nutrition and Physical Activity works to improve access to physical activity following guidance from The Centers for Disease Control and Prevention (CDC). Environmental approaches strive to make healthy behaviors easier and more convenient for Americans. Program efforts target communities, worksites, early care and education (ECE), and schools.

<https://idph.iowa.gov/nutrition-physical-activity/initiatives-and-resources/physical-activity>

Obesity and Diabetes

Objective 2.1

By 2022, decrease physical inactivity rate in Des Moines County from 27% to 24%.

Baseline Year	Baseline Value	Target Year	Target Value
2020	Physical inactivity in Des Moines County 27% compared to state average 24%	2022	Reduce physical inactivity rate by 3% to 24%

Data Source and Location

County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/app/iowa/2020/rankings/des-moines/county/outcomes/overall/snapshot>

Obesity and Diabetes

Strategy 2.1-1

Improve community access to improve physical activity rates by working collaboratively with Southeast Iowa Regional Planning Commission (SEIRPC) to identify areas to improve accessibility.

Strategy Source and Location

FY20-2021 Des Moines County Public Health received a grant in conjunction with SEIRPC to improve physical activity access in community. An initial assessment has been completed to identify locations which promote physical activity and areas where improvements could be made.

Strategy Type: Community-focused

Who's Responsible

Public Health staff

Target Date

12/31/2022

Topic 2

Mental Health and Substance Use

Mental Health and Substance Use

Goal 1

By 2025, reduce the number of overdose deaths among Iowa residents.

Alignment with National Plans

U.S. Department of Human Services; Substance Abuse and Mental Health Administration

<https://www.samhsa.gov/find-help/prevention>

Alignment with State/Other Plans

On September 1, 2019, the Centers for Disease Control and Prevention (CDC) National Center for Injury Prevention and Control (NCIPC) awarded the State of Iowa through the Iowa Department of Public Health (IDPH) a three-year Overdose Data to Action Grant.

<https://idph.iowa.gov/substance-abuse/programs/od2a>

Mental Health and Substance Use

Objective 1.1

By 2025, reduce the number of overdose deaths from 287 in 2018.

Baseline Year	Baseline Value	Target Year	Target Value
2018	287	2025	Educate on resources for substance abuse treatment options to reduce overdose deaths

Data Source and Location

Centers for Disease Control and Prevention (CDC) 2018 Drug Overdose Death Rates

<https://www.cdc.gov/drugoverdose/data/statedeaths/drug-overdose-death-2018.html>

Mental Health and Substance Use

Strategy 1.1-1

Create awareness of community programs for Mental Health and Substance Use

Strategy Source and Location

Increase community awareness of available programs for mental health and substance use treatment through wellness fairs, social media, and newspaper.

Strategy Type: Community-focused

Who's Responsible

Public Health staff

Target Date

12/31/2025

Topic 3

Poverty

Poverty

Goal 1

By 2025, Improve poverty levels in Des Moines County by connecting people to available resources and services.

Alignment with National Plans

Nationwide access to 211

<https://www.211.org/>

Alignment with State/Other Plans

United Way provides a statewide 211 service to provide lowans with information and human services referral service.

<https://www.unitedwaydm.org/211#:~:text=Who%20is%20listed%20in%20the%202021%20Iowa%20Database%3F,included.%20What%20if%20a%20caller%20doesn%27t%20speak%20English%3F>

Poverty

Objective 1.1

By 2025, close the gap between county median family income at \$64,013 compared to the state median income levels for families at \$74,794 by providing information and improving access to services and resources. <http://www.burlington.lib.ia.us/250/Des-Moines-County-Service-Directory>

Baseline Year	Baseline Value	Target Year	Target Value
2018	Median Des Moines Co. household income: \$49,977 Median Des Moines Co. Family income: \$64,013	2025	Close gap between county median income to state median incomes: Median Iowa household income: \$58,580 Median Iowa family income: \$74,794

Data Source and Location

<https://data.census.gov/cedsci/table?q=income%20date%20Iowa&tid=ACST5Y2018.S1901&hidePreview=false>

<https://data.census.gov/cedsci/table?q=income%20date%20des%20moines%20county%20Iowa&tid=ACST5Y2018.S1901&hidePreview=false>

Poverty

Strategy 1.1-1

A barrier to accessing community programs is not knowing which services are available, how to contact services and where to find the information.

Strategy Source and Location

In collaboration with the Burlington Public Library, Des Moines County Public Health provides a Community Resource Directory with current services and programs available which is accessible on-line or by contacting local health. This is an ongoing organization strategy with an increasing information.

Strategy Type: Community-focused

Who's Responsible

Public Health staff

Target Date

12/31/2025