

# Howard County Health Improvement Plan 2021-2023

Date Revised: 12/15/2020

For information about this plan:

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## Topic 1

### Health Issues

#### Health Issues

#### **Goal 1**

By December 31, 2023, increase awareness on health issues.

#### **Alignment with National Plans**

#### **Alignment with State/Other Plans**

#### Health Issues

#### **Objective 1.1**

Reduce the number of heart disease deaths in Howard County from 187 per 100,000 in 2012-2016 to 178 per 100,000 by 2023 according to Iowa Chronic Disease Report Update.

Baseline Year	Baseline Value	Target Year	Target Value
2012-2016	187 per 100,000	2023	178 per 100,000

#### **Data Source and Location**

Iowa Chronic Disease Report Update

<https://idph.iowa.gov/Portals/1/Files/HDSP/2017%20Final%20Burden%20Report%20Supplement%20-%20CHD%20in%20Iowa.pdf>

#### Health Issues

#### **Strategy 1.1-1**

Provide community outreach offering at least 10 free blood pressure checks.

#### **Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Community-focused

#### **Who's Responsible**

Amanda Reicks and Abby Nelson

#### **Target Date**

12/31/2023

Health Issues

**Strategy 1.1-2**

Partner with the fitness center to offer 1 free hour per month.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Community-focused

**Who's Responsible**

Audrey Nosbisch

**Target Date**

12/31/2023

Health Issues

**Objective 1.2**

Reduce the number of Howard County adults who are obese from 32% in 2016 to 30% by 2023 to County Health Rankings.

Baseline Year	Baseline Value	Target Year	Target Value
2016	32%	2023	30%

**Data Source and Location**

County Health Rankings

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

Health Issues

**Strategy 1.2-1**

Educate 200 elementary students on the 5-2-1-0 Healthy Choices Count.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Community-focused

**Who's Responsible**

Maya Nuss

**Target Date**

12/31/2023

Health Issues

**Strategy 1.2-2**

Increase use of telenutrition from 2 in 2020 to 4 by 2023 through social media.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Maya Nuss

**Target Date**

12/31/2023

Health Issues

**Objective 1.3**

Reduce poor mental health days from 3.6 in 2020 to 3.4 by 2023 according to County Health Rankings.

Baseline Year	Baseline Value	Target Year	Target Value
2020	3.6	2023	3.4

**Data Source and Location**

County Health Rankings

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

Health Issues

**Strategy 1.3-1**

Increase mental health service access to one additional Howard county community.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Professional/provider-focused

**Who's Responsible**

Jennalee Pedretti

**Target Date**

12/31/2023

Health Issues

**Strategy 1.3-2**

Provide education to 50 community members with a focus on educators and healthcare provider on the topics of mobile crisis response services, Your Life Iowa, Children's Crisis Stabilization services, and Intensive Residential Services.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Community-focused

**Who's Responsible**

Sue Eggerichs

**Target Date**

12/31/2023

## Topic 2

### Social Issues

Social Issues

**Goal 1**

By December 31, 2023, increase awareness on social issues.

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**Alignment with National Plans**

**Alignment with State/Other Plans**

Social Issues

**Objective 1.1**

Reduce the number of people who select poor parenting skills as a social issue on the Howard County Community Health Needs Assessment from 53% in 2019 to 48% by 2023 by increasing resources and education in the county.

Baseline Year	Baseline Value	Target Year	Target Value
2019	53%	2023	48%

**Data Source and Location**

Howard County Community Health Needs Assessment

Social Issues

**Strategy 1.1-1**

Partner with NICC to develop an educational opportunity on parenting.

**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Amy Green & Regional Health Services of Howard County

**Target Date**

12/31/2023

Social Issues

**Strategy 1.1-2**

Provide First 5 education at least 1 wellchild between the ages of 0-5.

**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Amanda Reicks

**Target Date**

12/31/2023

Social Issues

**Strategy 1.1-3**

Add limit setting to the babysitting class curriculum.

**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Professional/provider-focused

**Who's Responsible**

Nikky Shimek & Charlene Alden

**Target Date**

12/31/2023

Social Issues

**Objective 1.2**

Maintain the number of children in poverty from 14% in 2018 to 14% by 2023 according to County Health Rankings and increasing resources in the county.

Baseline Year	Baseline Value	Target Year	Target Value
2018	14%	2023	14%

**Data Source and Location**

County Health Rankings

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

Social Issues

**Strategy 1.2-1**

Share community resources at least quarterly through flyers and social media.

**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Community-focused

**Who's Responsible**

Jennalee Pedretti

**Target Date**

12/31/2023

Social Issues

**Strategy 1.2-2**

Partner with NICC to offer Finance Education class to the community annually.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Amy Green & Regional Health Services

**Target Date**

12/31/2023

Social Issues

**Objective 1.3**

Decrease the number of 11th graders who say there are people living in their home with a serious alcohol or drug problem from 18.8% in 2018 to 18% by 2023 according to the Howard County Iowa Youth Survey results.

Baseline Year	Baseline Value	Target Year	Target Value
2018	18.8%	2023	18%

**Data Source and Location**

Howard County Iowa Youth Survey [https://iowayouthsurvey.idph.state.ia.us/Portals/20/IYS\\_Reports/2/8ee75475-de80-412d-9861-0f47a75535f6.pdf](https://iowayouthsurvey.idph.state.ia.us/Portals/20/IYS_Reports/2/8ee75475-de80-412d-9861-0f47a75535f6.pdf)

Social Issues

**Strategy 1.3-1**

Partner with the schools and Helping Services to provide curriculum to at risk students.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Prevention 5 & Helping Services for Youth & Families

**Target Date**

12/31/2023

Social Issues

**Strategy 1.3-2**

Educate 150 high school students on drugs and alcohol through the Teen Maze.

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**Strategy Source and Location**

new strategy - internal data

**Strategy Type:** Individual/interpersonal-focused

**Who's Responsible**

Prevention 5 & Sue Eggrichs

**Target Date**

12/31/2023