

Louisa County Health Improvement Plan

Date Updated: August 3, 2017



For additional information, CONTACT:

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Community Priority

Promote Healthy living/prevent injuries

Goal #1 Decrease falls among elderly in Louisa County. **National Alignment** Prevent unintentional injuries and violence, and reduce their consequences. **State Alignment** Reduce the rate of emergency department visits due to falls among older adults and decrease in the hospitalization rate related to falls for those who are ages 65 and over.

Objective 1-1	Decrease number of hospitalizations due to falls among elderly in Louisa County by 5%.	Baseline Year	Baseline Value	Target Year	Target Value
		2014	211	2021	200

Strategy 1-1.1 LCPH staff will have one staff member trained as master trainer and 3 staff members trained as trainers of the Matter of Balance education program.

Strategy Type Counseling & Education

Who's Responsible LCPH Administrator, 2 RNs and 1 clerical staff member

Target Date Sep 1, 2016

Report Date Aug 2, 2017

Progress on Strategy Complete On track Off track No progress

Progress notes: Admin. completed Master Trainer course, however, no longer employed at agency. Two RNs and 1 clerical staff completed training to be MOB coaches, and remain on staff.

Strategy 1-1.2 Provide 3 free MOB classes at various locations in Louisa County to Louisa County Elderly.

Strategy Type Counseling & Education

Who's Responsible Master trainer and 3 trainers from LCPH

Target Date Jan 1, 2021

Report Date Aug 2, 2017

Progress on Strategy Complete On track Off track No progress

Progress notes: Two free classes have been held thus far.

Goal #2 Decrease the number of new cases of Diabetes Type 2 in Louisa County. **National Alignment** Reduce the annual number of new cases of diabetes in the population. **State Alignment** improve health outcomes for diabetic members

Objective 2-1	LCPH will increase the number of per-diabetics that have participated in diabetes prevention class by 5% by 2021	Baseline Year	Baseline Value	Target Year	Target Value
		2015	0	2021	5

Strategy 2-1.1 LCPH will provide CDC recognized prevent diabetes class annually.

Strategy Type Counseling & Education

Who's Responsible LCPH life style coach

Target Date 01012021

Report Date
Aug 2, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: One class was held in 2016, plans to begin 2017 class soon.

Strategy 2-1.2 Increase the number of pre-diabetics that participated in prevention class by 5% by 2021. Strategy Type
Counseling & Education

Who's Responsible
Life Style Coach

Target Date
Jan 1, 2021

Report Date
Aug 2, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: We cont. to work on recruitment for DPP class, however, it has been a struggle.

Goal #3 Increase reported physical activity

National Alignment
Increase the proportion of persons at high risk for diabetes with prediabetes who report increasing their levels of physical activity

State Alignment
Improve health, fitness, and quality of life through daily physical activity

Objective 3-1	Louisa county will increase amount of residents that report increased physical activity by 10%	Baseline Year	Baseline Value	Target Year	Target Value
		2014	30%	2021	40%

Strategy 3-1.1 LCPH will provide education to Louisa county residents regarding benefits of increased physical activity, with emphasis placed on educating those with high risk of Diabetes. Strategy Type
Counseling & Education

Who's Responsible
LCPH staff

Target Date
Jan 1, 2021

Report Date
Aug 2, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: LCPH is attempting to increase physical activity to residents through the diabetic prevention program.

Strategy 3-1.2 In collaboration with Louisa County Development Group(LCDG) and Conservation, LCPH will develop informational brochures indicating trails and accesses to "free" physical activities in Louisa County. Strategy Type
Counseling & Education

Who's Responsible
LCPH staff, members of Conservation and LCDG

Target Date
Jan 1, 2021

Report Date
Aug 2, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: Plan to check with conservation and development to see if any work has already been done with this.

Strategy 3-1.3 In conjunction with Louisa County Development group, LCPH will participate in promoting use of available trails,parks and exercise facilities Strategy Type
Counseling & Education

Who's Responsible
members of CJCD and LCPH staff

Target Date
Jan 1, 2021

Report Date

Aug 2, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes:

Goal #4 Decrease smoking rates

National Alignment

Reduce substance abuse to protect the health, safety, and quality of life for all, especially children

State Alignment

Reduction in current smoking among adults

Objective 4-1 Decrease smoking rate among Louisa County residents by 2%

Baseline Year

2015

Baseline Value

23%

Target Year

2021

Target Value

21%

Strategy 4-1.1 LCPH will partner with ADDS to provide educational services to reduce smoking rates

Strategy Type

Counseling & Education

Who's Responsible

ADDS staff, LCPH staff

Target Date

Jan 1, 2021

Report Date

Aug 2, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Staff meet with ADDS in March and May 2016 to begin collaboration.

Community Priority

Prevent Epidemics & Spread of Disease

Goal #1 Louisa County Public Health will increase influenza/pneumonia vaccines rates

National Alignment

Increase immunization rates and reduce preventable infectious diseases

State Alignment

Goal: Prevent Epidemics and the Spread of Disease

Objective 1-1 Louisa County Public Health will increase vaccination rates of influenza and pneumonia vaccine.

Baseline Year	Baseline Value	Target Year	Target Value
2014	41%	2020	45%

Strategy 1-1.1 LCPH will increase flu/pneumonia vaccine rates in Louisa County by 5%

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
LCPH RNs

Target Date
Jan 1, 2021

Report Date
Aug 3, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: This strategy doesn't make sense, it re-words the goal without giving a plan to increase rates. At this time, we offer flu/pneumonia clinics during season in each major town in Louisa County, offer them to businesses, and hold weekly clinics.

Goal #2 Decrease number of active TB cases in Louisa County.

National Alignment

Attain high quality, longer lives free of preventable disease, disability, injury, and premature death

State Alignment

Goal: Prevent Epidemics and the Spread of Disease

Objective 2-1 LCPH will continue to provide active TB surveillance. LCPH will reduce number of DOT to 5.

Baseline Year	Baseline Value	Target Year	Target Value
2014	7	2021	5

Strategy 2-1.1 In coordination with IDPH and Community Care Center of Southeast Iowa LCPH will conduct investigation of active TB, provide DOT as needed.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Designated LCPH TB Coordinator RN, CHC provider

Target Date
Jan 1, 2021

Report Date
Aug 3, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: LCPH TB RN continues to work with CHC and the state to do TB investigation and observation. Louisa Co. had 0% incidence of active TB in 2016.

Strategy 2-1.2 CPH RN will provide education, DOT and surveillance per IDPH policy/procedure

Strategy Type
Counseling & Education

Who's Responsible
Designated LCPH TB Coordinator RN

Target Date
Jan 1, 2021

Report Date
Aug 3, 2017

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes:

Goal #3 Decrease STI

National Alignment

Promote healthy sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.

State Alignment

Reduce the rate of reported cases of gonorrhea from 60 cases per 100,000 to fewer than 45 cases per 100,000.

Objective 3-1 Louisa County will reduce the number of reported STI by 16%

Baseline Year	Baseline Value	Target Year	Target Value
2014	328	2021	312

Strategy 3-1.1 LCPH will provide one school based HPV vaccine clinic, at the clinic information regarding STI will be available

Strategy Type
Counseling & Education

Who's Responsible
LCPH

Target Date
Jan 1, 2021

Report Date
Aug 3, 2017

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: LCPH has held HPV clinics in each county school school years 15/16, 16/17, and will begin again for 17/18. We return to each school for follow up shots within the year to ensure the series is completed.

Strategy 3-1.2 LCPH will make available free condoms to all without questions

Strategy Type
Clinical Intervention

Who's Responsible
LCPH

Target Date
Jan 1, 2021

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Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: LCPH has free condoms available in the office, the condoms are located in the bathroom where they can be taken discretely. We also have them available at community events we participate in.

Strategy 3-1.3 LCPH will partner with contiguous counties to increase access to sexual health clinics., as this service is not provided at LCPH.

Strategy Type
Clinical Intervention

Who's Responsible
LCPH, Muscatine County Public Health, Des Moines County Public Health

Target Date
Jan 1, 2021

Report Date
Aug 3, 2017

Progress on Strategy			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> No progress

Progress notes: Muscatine Co. continues to hold our MCH grant and provide services to our area. Representatives from Muscatine PH attend regular BOH meetings in Louisa Co. to update on programs and facilitate coordination. At this time, we do not have a STI collaboration with Des Moines Co.

Community Priority

Strengthen The Health Infrastructure

Goal #1 Louisa County Public Health increase the number of insured residents.

National Alignment

Improve access to comprehensive, quality health care services

State Alignment

Provide local boards of health and local public health agencies in Iowa with information and tools necessary to prepare for changes in the health care delivery system and to implement the changes in response to the Affordable Care Act and the new health care environment.

Objective 1-1 Louisa County Public Health will provide access to computers for residents to sign up for health insurance via "healthcare.gov" to 30% of eligible residents.

Baseline Year	Baseline Value	Target Year	Target Value
2014	0	2021	30%

Strategy 1-1.1 LCPH will provide free access to computers and assist 30% of residents with the healthcare.gov website navigation. LCPH will develop brochures that list areas that provide free access to computers to increase uninsured resident access to healthcare.gov.

Strategy Type

Address Social Determinant / Health Inequity

Who's Responsible

LCPH Staff that have completed the Certified Application Counselor (CAC) course

Target Date

Jan 1, 2021

Report Date

Aug 3, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: This work was accomplished through the Healthy Behaviors grant. Although the grant cycle has ended, LCPH continues to offer assistance to those in need of computer access, and to help with navigating websites.