

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>	<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 	<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 	<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 	<ul style="list-style-type: none"> • Oct 2019 • July 2019 • Oct. 2019 • Oct. 2019

	3. Providers- Increase specialties in clinic by two additional needed services	<ul style="list-style-type: none"> Evaluate needed services and sources of available providers 	<ul style="list-style-type: none"> Recruit and retain providers 	<ul style="list-style-type: none"> VBCH 	
<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>	<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 	<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 	<ul style="list-style-type: none"> VBCH Clinics Healthy Villages Healthy Villages Healthy Villages VB County Trails Association VBCH VBCH & Public Health VBCH 	<ul style="list-style-type: none"> Aug. 2019

	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.	<ul style="list-style-type: none"> • VBCH send out reminders to patients for well visits 	Update system to send out wellness screening reminders	<ul style="list-style-type: none"> • VBCH 	
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

<p>Alcohol, Tobacco, & Drug Services (getting people to services)</p>	<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> <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 • Create Nicotine and Alcohol Free Park Policies • Increase referrals to Nicotine Intervention <ul style="list-style-type: none"> • Continue the YLC program at Van Buren Schools <ul style="list-style-type: none"> • 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 • 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"> • Hold monthly YLC meetings at the middle school and high school. <ul style="list-style-type: none"> • 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 • VBCH, SAFE Coalition • VBCH <ul style="list-style-type: none"> • VBCH <ul style="list-style-type: none"> • Law Enforcement • SAFE Coalition/Public Health/VBCH • VBCH Clinic • VBCH • VBCH 	
---	--	---	---	---	--

Identified Need	Goal	Strategies	Action Cycle	Responsible Party	Completion Date
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> <p>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.</p>	<ul style="list-style-type: none"> • Increase awareness of well-child visits • Send reminders of well-child visits • Lead reminder/ follow-up system • 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 • Promote during Sports Physicals • System for reminders • Promote at Kids Fair • System for reminders • Promote at Kids Fair • System for reminders • Promote vaccination clinics 	<ul style="list-style-type: none"> • VBCH • VBCH • VBCH • VBCH, Van Buren School Nurses • VBCH • VBCH • VBC Public Health 	<ul style="list-style-type: none"> • July 2019 • July 2019 • July 2019