

## 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"> <li>• Transportation</li> <li>• Use of Services</li> <li>• Family Practice Providers &amp; Specialist</li> </ul>	<p>1. Mental Health- Increase Mental Health encounters by 10% by 2018 based on Optmae’s numbers given to Van Buren County CPC. July 2015-Jan 2016 numbers were: 5 Jail Diversions, 7 Urgent Care Visits, 1 Drop in Center, 4 ER Crisis/Evaluations and 7 Outpatient Counseling.</p> <p>2. Decrease the number of residents reporting transportation as an issue on the Community Health Needs Assessment survey from 10% in 2015 to 5% in 2018.</p>	<ul style="list-style-type: none"> <li>• Increase representatives at the Seil group.</li> <li>• Increase the awareness of the services available in VBC.</li> <li>• Increase early interventions.</li> <li>• Improve education on mental health.</li>   <li>• Make the services better known.</li> <li>• Develop understanding of how to use the transportation services available.</li> </ul>	<ul style="list-style-type: none"> <li>• Add a VBCH staff to the Seil group or at least start meeting with the VBC CPC regularly on these meetings.</li> <li>• Add mental health services to VBC Directory and to local websites.</li> <li>• Educate VBCH Providers, nurses and staff about available services.</li> <li>• VB School District training all staff in Suicide. Prevention Screening.</li> <li>• Provide Postpartum Depression screenings during well baby visits.</li> <li>• Offer mental health screenings and information at health fair.</li>   <li>• Add transportation services to the Community Directory.</li> <li>• Add transportation to local websites.</li> <li>• Create a Transportation Directory with steps on how to use the services.</li> </ul>	<ul style="list-style-type: none"> <li>• VBC CPC</li> <li>• Optimae</li> <li>• VBCH</li>   <li>• Healthy Villages and VBC Safe Coalition</li>   <li>• Van Buren Community School</li>   <li>• VBCH</li>   <li>• Optimae and VBCH</li>   <li>• Healthy Villages &amp; Safe Coalition</li> <li>• Local Businesses</li> <li>• Parents As Teachers</li> <li>• VBC Public Health</li> </ul>	

	<p>3. Providers- Increase the number of scheduled slots for Van Buren County Rural Health Clinics by 20 per day or 4340 per year for primary care services. In 2015 an average of 66 visits per day were completed reported by the Appointment by Statics Report (VBCH Clinic).</p>	<ul style="list-style-type: none"> <li>Evaluate current clinic schedule to gain 20 available slots per day.</li> </ul>	<ul style="list-style-type: none"> <li>Increasing the average number of patients per hour seen and increasing the average length of patient face to face time by providers.</li> </ul>	<ul style="list-style-type: none"> <li>VBC Clinic &amp; Administrative Staff</li> </ul>	
<p>Chronic Disease</p> <ul style="list-style-type: none"> <li>Cardiovascular</li> <li>Respiratory</li> <li>Stroke</li> <li>Diabetes</li> <li>Cancer</li> </ul>	<ol style="list-style-type: none"> <li>Cardiovascular Disease. Decrease Heart Disease death rates from 184.67 in 2014 to 180 in 2018 reported by the IDPH Tracking Portal.</li> <li>Respiratory Difficulties. Decrease the rate of hospitalization for pneumonia/influenza from 40 inpatients in 2015 to 35 inpatients in 2018 as reported by VBCH EPIC Patient Report.</li> <li>Stroke. Reduce hospitalization rates for stroke from 245.44 in 2014 to 240 in 2018 reported by IDPH Tracking Portal.</li> <li>Diabetes. Increase the number of patients attending the Diabetic Management Classes from an average of 12 people in 2015 to an average of 15 people in 2018.</li> <li>Cancer Detection- Increase the number of early detection screenings by 3% each. There were 359 Mammograms completed in 2014 and 63 Colonoscopy completed in 2015 at VBCH.</li> </ol>	<ul style="list-style-type: none"> <li>Increase awareness of fitness opportunities</li> <li>Expand the VBC Trails for exercise opportunities.</li> <li>Coordination of care with in home visits</li> <li>VBCH send out reminders to patients about classes.</li> <li>VBCH send out reminders to patients when they are due for screenings.</li> <li>Education on importance of early detection.</li> </ul>	<ul style="list-style-type: none"> <li>Increase promotion for Free Fitness Centers.</li> <li>Educate residents on walking trails through community walks.</li> <li>Add Healthy Villages Brochure to trail heads and the Villages of Van Buren brochure boxes.</li> <li>Expanded the Riverfront Trail to connect to the Keo Loop Trail.</li> <li>Continue in home visits to help residents with reoccurring illnesses.</li> <li>Create a reminder system to send out notices about upcoming classes to patients.</li> <li>Create system to send out screening reminders.</li> <li>Information and resources available at health fair. Along with appointment sign up.</li> <li>Public Health add information to intake packets.</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Villages</li> <li>VBC Trails Association</li> <li>VBCH and Public Health</li> <li>VBCH Clinic</li> <li>VBCH Clinic</li> <li>VBCH &amp; Public Health</li> <li>Public Health, VBCH</li> </ul>	

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Obesity	<ol style="list-style-type: none"> <li>1. Reduce the number of obese children in 2<sup>nd</sup>, 8<sup>th</sup> and 12<sup>th</sup> grades in Van Buren County by 3% in each grade by 2018. Obesity rates based on fall 2015 data from the Van Buren Community School RN report are 11% of 2<sup>nd</sup> graders, 31% of 8<sup>th</sup> graders and 30% of 12<sup>th</sup> graders.</li> <li>2. Reduce the number of overweight/obese adults in VBC from 31% in 2015 to 29% in 2018 reported by the County Health Rankings.</li> </ol>	<ul style="list-style-type: none"> <li>• Increase Healthy Food options county wide.</li> <li>• Increase awareness of fitness opportunities.</li> <li>• Expand the VBC Trails for exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Make Farmers Markets available.</li> <li>• Education families about open gym and other activities available to youth and adults.</li> <li>• Increase promotion for free fitness centers.</li> <li>• Add Healthy Villages Brochures to more locations in the county.</li> <li>• Expanded the Riverfront Trail to connect to the Keo Loop Trail.</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Villages</li> <li>• VBC School and Harmony School</li> <li>• Healthy Villages</li> <li>• Healthy Villages</li> <li>• VBC Trails Association</li> </ul>	
Alcohol, Tobacco, Drug & Mental health Services (getting people to services)	<ol style="list-style-type: none"> <li>1. Tobacco use in Van Buren County- Decrease the percentage of 11<sup>th</sup> graders who state they have smoked one or more cigarettes in the past 30 days from 15% in 2014 to 13% in 2018 based on the Iowa Youth Survey. Decrease adult smoking rates from 14% in 2013 to 12% in 2018 based on the County Health Rankings.</li> <li>2. Substance Abuse- Decrease percentage of 11<sup>th</sup> graders who state they have had one or more drinks in the past 30 days from 27% in 2014 to 25% in 2016 based on the Iowa Youth Survey.</li> </ol>	<ul style="list-style-type: none"> <li>• Continue the YLC program at both Van Buren and Harmony Schools.</li> <li>• Create Tobacco and Alcohol Free Park Policies.</li> <li>• Increase referrals to Tobacco Intervention.</li> <li>• Complete compliance checks for VBC businesses.</li> </ul>	<ul style="list-style-type: none"> <li>• Hold monthly YLC meetings at both schools.</li> <li>• Educate city councils on tobacco &amp; alcohol policies.</li> <li>• Educate the VBCH Providers on the Tobacco Intervention Program.</li> <li>• Train med staff and providers on how to talk to youth and adult patients about Quitting and making referrals.</li> <li>• Complete compliance checks twice a year at local business.</li> </ul>	<ul style="list-style-type: none"> <li>• VBCH</li> <li>• YLC, VBCH, SAFE Coalition</li> <li>• Law Enforcement</li> </ul>	

	3. Prescription Drugs- Increase the amount of prescription drugs taken back during Drug Take Back events from 25lbs in 2015 to 30lbs in 2018.	<ul style="list-style-type: none"> <li>• Complete Drug Take Back Days.</li> </ul>	<ul style="list-style-type: none"> <li>• Hold Drug Take Back Days every 6 months</li> <li>• 5th Grade classes will be educated on the dangers of over the county medications.</li> </ul>	<ul style="list-style-type: none"> <li>• Law Enforcement</li> <li>• SEIDA/Safe Coalition</li> </ul>	
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Early Childhood Intervention	<ol style="list-style-type: none"> <li>1. Early Prenatal Care- Decrease mothers with no prenatal care in the first trimester from 28% in 2014 to 25% in 2018. Reported by the IDPH Tracking Portal.</li> <li>2. Increase Well-Baby Visits from 0 in 2015 to 10% in 2018. Reported by VBCH.</li> <li>3. Lead Levels- Increase the number of children 6 years of age and younger tested for blood lead levels from 89% in 2015 to 95% in 2018. Based on VBC School Kindergarten Lead Level Report.</li> <li>4. Immunizations- Increase the number of 2 year olds that are up to date on their immunizations from 57% in 2014 to 60% in 2018 as reported by the Iowa Immunization Programs Annual Report.</li> </ol>	<ul style="list-style-type: none"> <li>• Increase knowledge of importance of prenatal care in the first trimester.</li> <li>• Look at the option for starting Well-Baby Visits again.</li> <li>• Lead- Tracking System.</li> <li>• Increase patient referrals.</li> </ul>	<ul style="list-style-type: none"> <li>• Work with local Chiropractic office to add information on prenatal care and prenatal care in the first trimester.</li> <li>• Review Well-Baby Visits and cost and options to re-establish the program.</li> <li>• Education during PAT visits and Nest about the importance of prenatal care during the first trimester.</li> <li>• Develop tracking system for lead screenings.</li> <li>• Educate Medical Staff and Providers on the importance of Lead Screenings.</li> <li>• Create a reminder notification system for lead screenings and immunizations for all children 0-6 years of age.</li> </ul>	<ul style="list-style-type: none"> <li>• VBCH, Local Chiropractors</li> <li>• VBCH</li> <li>• VBC PAT</li> </ul>	