

Howard County Health Improvement Plan 2021-2023

Date Revised: 12/15/2020

For information about this plan:

Name	Organization	Phone	Email
Audrey Nosbisch	Regional Health Services of Howard County	(563) 547-2989	audrey.nosbisch@mercyhealth.com

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

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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.

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.

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.

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**

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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.

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.

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.

Alignment with National Plans

Alignment with State/Other Plans

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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
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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.

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

Social Issues

Strategy 1.3-1

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

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

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Social Issues

Strategy 1.3-2

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

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

