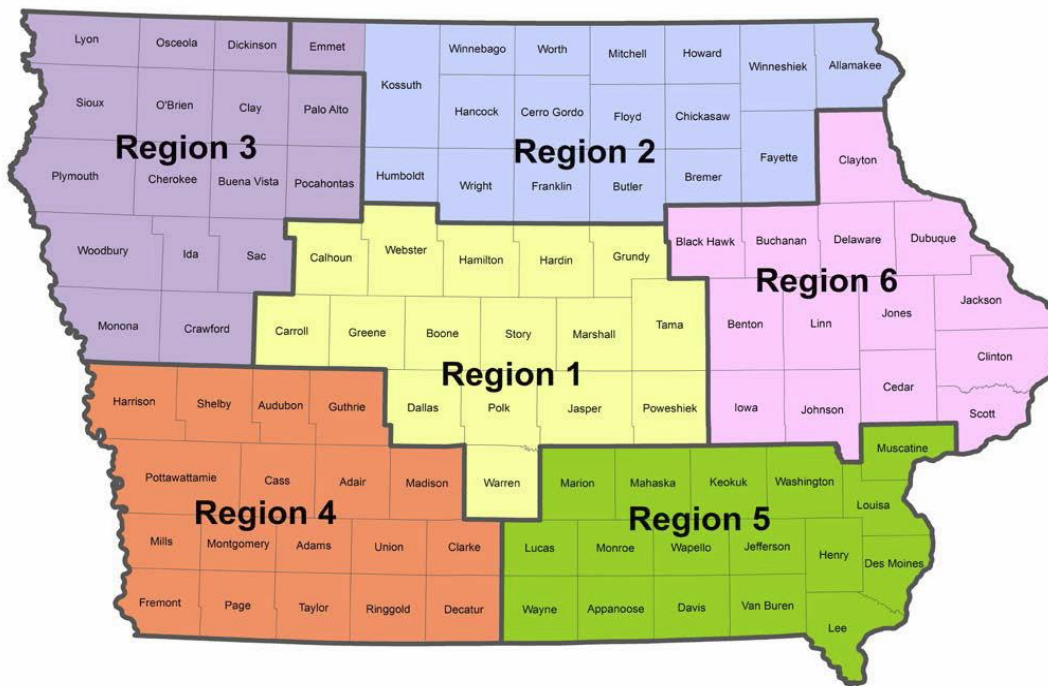


Success Stories from the CHNA & HIP 2012-2016 Final Reports



During the last five years (2012-2016), local public health agencies, led by county boards of health, organized a collaborative effort to assess their counties' health needs, prioritize them, and then mobilize stakeholders to take action. On the average, 198 people outside the local public health agencies took part in the Community Health Assessment and Health Improvement Planning (CHNA & HIP) process through such activities as participating in meetings and responding to surveys. As a culmination of this planning and implementation initiative, the agencies submitted a brief description of **one** success story to the Iowa Department of Public Health. The stories revealed that CHNA & HIP has been firmly planted in many counties; a number of ongoing community groups and coalitions were formed to become part of an essential planning infrastructure. Although there was wide variation, the top success stories related to obesity/nutrition/physical activity, substance abuse, and mental health. Documenting progress, establishing clinics/health centers, and changing policies were among the reported achievements.

Following are highlights excerpted from the final reports:

- Adams:** Teamed up with the hospital and local businesses to promote breast cancer awareness through a Fight Like A Girl campaign, displays, reminder cards to patients, and sales of PINK merchandise.
- Audubon:** From 2010 to 2014, reduced by 18% the number of 11th graders reporting alcohol use and binge drinking in the past 30 days.
- Benton:** Increased high school participation in reducing substance use by organizing advocacy/peer groups, promoting reduction of underage drinking and substance abuse through billboards and advertising in newspapers, and passing a social host ordinance.
- Black Hawk:** Using Facebook and YouTube, developed a coordinated, communicable disease messaging throughout Black Hawk County that reached the targeted population.
- Boone** Addressed mental health needs through Management of Aggressive Behavior training, mental health triage via telehealth, and assistance with location beds for placement
- Buchanan** To increase vaccine rates among the Amish community, made home visits and distributed culturally sensitive immunization brochures
- Calhoun** Organized family mental health support groups with public health staff trained by the National Alliance for Mental Illness co-funded with Rolling Hills Mental Health and Behavioral Region.
- Carroll** Developed a wellness coalition that has sponsored a 5k race, walk to wellness Wednesday, clean up days to help seniors with their yard work, and numerous educational events.
- Cass** Organized a Healthy Cass County group with monthly meetings and subcommittees such as the one reaching out to local newspapers and other media outlets to highlight subcommittees' action plans along with general wellness topics
- Cedar** Built natural and productive connections among providers through a joint project-- producing a pamphlet with hundreds of available resources.
- Cerro Gordo** Achieved full immunization for 86% of children by 24 months of age; in 2012, the percentage was 72%.
- Chickasaw** Instituted a multi-pronged obesity reduction effort that included the school board adoption of a revised Wellness Policy, an AmeriCorp member working in the schools, expansion of a bike trail around the entire city of New Hampton, formation of a Healthy Lifestyle Committee, and a Road to Weight Loss Program.

- Clarke** Garnered support for a bike rental service to be in place by 2017.
- Clay** Measured K-6 grade students in 2014-2015 school years showing that 26% were overweight or obese compared with 29% in 2013-2014--evidence that community-wide programming was having an impact.
- Clayton** To increase awareness of drug use, built a mock bedroom containing drug indicators that could be transported to such places as school functions, city gatherings, and regional partnership meetings.
- Clinton** After pilot testing, in all county elementary schools, offered a program for 350 children about healthy behaviors and documented the changes in perceptions.
- Dallas** Increased nearly 800 clients' access to care through health navigation of a network that addressed transportation, financial, food, elderly issues, housing, parenting/childcare, legal, substance abuse, mental health, and utilities.
- Davis** Working with a local licensed social worker and a marriage and family therapist, developed an emergency prescreening program to assist with assessment and placement needs during times of mental health crisis.
- Decatur** Organized a group of agencies to provide hot and healthy meals for seniors.
- Delaware** Through town hall meetings in each school district, youth groups, policies for holding festivals and events, and a social host ordinance, decreased binge drinking among 11th graders from 35% to 16%, and among 8th graders from 4% to 3%.
- Des Moines** A Lifestyle Coaching program with a trained staff member will begin in the fall of 2016.
- Dickinson** Secured a pledge from 25% of Spirit Lake citizens to improve the health of the community and a \$1.2 million investment in a park; adopted a complete street policy; and, in grocery stores, promoted fruit and vegetable consumption.
- Emmet** Developed a wellness coalition that has supported the Lifestyle Challenge, a walkability study, and a bike safety event.
- Fayette** Developed a walking school bus route in ALL school districts sustained by community volunteers.
- Fremont** Increased social skills of teens in grades 7-12 through a new curriculum for teens to educate them on safe dating relationships, preventing violence, and growing boys into mentors.

- Greene** Partnered with the Webster County Health Department to provide maternal and child health services five days a week that resulted in substantially higher rates of services, reduction in service gaps, and care coordination .
- Grundy** Increased the percent of residents who are at a healthy weight through such strategies as classes, easier and safe access to sidewalks, healthy snacks in vending machines, and access to healthy food.
- Hancock** Reduced alcohol use among 11th graders from 35% to 22%--3% lower than the goal of 25%.
- Harrison** Created a Healthy Harrison Coalition with 33 groups working together on obesity and child abuse prevention.
- Howard** Recruited a behavioral health provider that has expanded patient volume; improved accessibility with opening a Northeast Iowa Behavioral Health's downtown office; and increased school counseling services.
- Humboldt** Working with the pregnancy prevention coordinator, reduced cases of STD by 50% with educational sessions in middle school and high school health education classes.
- Ida** Increased the size of the Medical Reserve Corps from 2 to 40 and also involved the corps in flu clinics and presentations at community events.
- Jackson** Obtained the land, financing, and construction bids for a completed public-owned sewer treatment system at Leisure Lake.
- Johnson** Increased access to health care through new HIV testing locations, a new syphilis screening/testing service, partnerships with WIC/MCH offering HIV/syphilis services, and asset mapping of most vulnerable populations
- Kossuth** Involved the chair of the Kossuth County Board of Health who coordinated the Walking School Bus event and high school groups leading four participating schools.
- Lee** Through an all-out community effort, focused on reducing obesity and chronic health conditions by connecting and expanding trails, publishing a food guide, sponsoring a conference, and targeting worksites.
- Louisa** Piloted an HPV program with 13 students completing all three of the vaccine series to be followed with a clinic in other schools in the county.
- Lucas** Used the farmer's markets to teach about health, nutrition, and exercise and to distribute a brochure with a map of walking, jogging, and biking routes.

- Marion** Expanded mental health services to include the following: 24/7 telepsychiatry at two hospitals and the county jail with staffing by a social worker and psychiatrist support; bed location when needed for commitments; and expert staff engaged with families that has reduced the number of commitments.
- Marshall** Reduced the obesity rate from 28% to 25% through several initiatives including a YMCA program focused on preventing Type II diabetes, local media, strengthening the local food system, and connecting local producers to institutional buyers.
- Mills** Developed a 30-member Mills County Trails Committee that has surveyed the community, crafted trail plans, initiated fund raising, and achieved 501(c)3 status.
- Monona** Mounted a collaborative, community effort to reduce child abuse and neglect rates that included a community event, education via the media, and quarterly family group meetings.
- Muscatine** Implemented a 24/7 telepsychiatry process; integrated behavioral health and primary care on a full-time basis; offered four mental health first aid trainings; organized a children's mental health consortium; and established a website for easy access to services.
- Page** Used the library's summer reading program to reach children and their parents with wellness programs.
- Plymouth** With the help of nursing students, developed teaching tools for parents to promote well-child exams.
- Pocahontas** increased hospital mental health services which included recruitment of mental health providers, a mental health telehealth five days a week, a counselor one day a week, and a grief support group.
- Polk** Formed Eat Greater Des Moines, a new, non-profit group with a diverse membership of individuals and organizations that collaborate to build a local and regional system for healthy food.
- Poweshiek** Established a community mental health center and sustainable mental health services.
- Ringgold** Organized a youth-led coalition that put tobacco-free parks policies in place for all parks in the county.
- Scott** Implemented school-based social/emotional screenings for 4th graders in one non-public school and 17 elementary schools in four public school districts as well as trained teachers, principals, and counselors in all 18 screening schools.

- Shelby** Through collaboration with the schools, behavioral health services, public health, and mental health counselors, decreased the percentage of 11th graders who made a plan to attempt suicide from 14% in 2008 to 7% in 2014.
- Sioux** Used the height and weight data school nurses are collecting to track childhood overweight and obesity
- Story** Worked with Primary Health Care Inc. to open a Federally Qualified Health Center that has increased health care services to the targeted population.
- Taylor** Connected all providers with a child development screening tool, monthly visits by a 1st Five coordinator, and referral status reports that increased referrals from 3 to 42 families.
- Union** Recruited a psychiatrist to see patients 18 years or older.
- Warren** Reduced obesity rates from 32% in 2011 to 29% in 2015, a possible outcome of stakeholder partnerships that included business support.
- Webster** Developed a workgroup that meets weekly to coordinate services for clients accessing services from multiple providers and reduced emergency department visits and hospitalizations.
- Winneshiek** Besides holding an annual county-wide hazardous waste clean-up day, increased recycling from 1200 tons in 1996 to 2600-2800 tons of materials in FY2016.
- Woodbury** As a result of the Safe Routes to Schools initiative, improved the routes through curb ramps with truncated domes, new cross walks, directional/safety signs, new 4-way stops, sidewalk replacements, and installation of bike racks.
- Worth** Due to a major chemical fire, safely evacuated everyone in Northwood and then brought everyone back before a blizzard arrived.
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