# Scott County Health Improvement Plan 2016-2021

Scott County, Iowa

#### **Community Health Assessment & Health Improvement Plan Steering Committee**

Community Health Care, Inc. Genesis Health System Quad City Health Initiative Rock Island County Health Department Scott County Health Department UnityPoint Health - Trinity











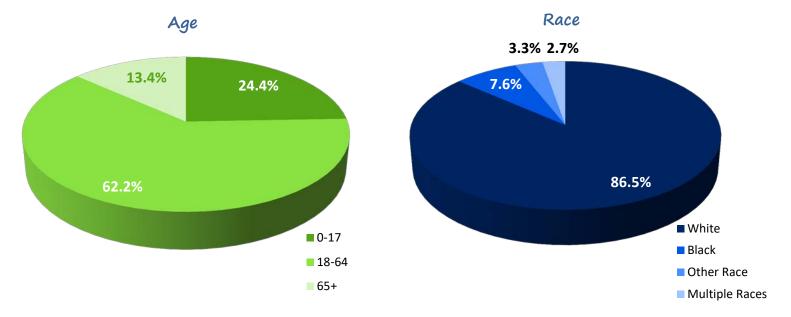


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#### Introduction

Scott County, Iowa, a county of approximately 167,080 residents, is located on the eastern border of the state of Iowa. The County is comprised of a unique make-up of metropolitan areas along the Mississippi River and agricultural and rural communities expanding to the north and west; 86.5% of Scott County residents live in the urban area while 13.5% live in a rural area. Scott County is the third largest county by population in the state of Iowa. Below are the age and racial demographics of Scott County's residents:



In addition, 5.8% of the Scott County population is Hispanic or Latino. Since the year 2000, there has been a 42.7% increase in the Hispanic population in the County. Adding to additional demographic differences among Scott County residents, currently 1.1% of Scott County residents are considered to be linguistically isolated, therefore 1.1% of the total population age 5 and older live in a home where no person age 14 or older is proficient in English (speaking only English or speaking English "very well").

The community health assessment and health improvement planning process is very important to establishing and maintaining the health of the continually changing Scott County community. This local action to promote and protect the health of Scott County residents takes place every five years. This current year's effort marked a unique opportunity to plan for health improvement on a larger scale by collaborating more extensively with area nonprofit hospitals, Genesis Health System and Unity Point Health – Trinity, who have recently been required to identify needs and create strategies for implementing change. Additional health partners included the Quad City Health Initiative, Community Health Care, Inc., and Rock Island County Health Department.

This collaborative effort has allowed the health partners to establish a common vision and plan in addressing health needs and creating a healthier Quad Cities where people can live, work, play, and raise families in the healthiest communities possible.

#### **Social Determinants of Health**

According to Healthy People 2020, "Health starts in our homes, schools, workplaces, neighborhoods, and communities". Physical and social environments need to promote good health in order to allow a community's residents to be healthy.



Healthy People 2020 Approach to Social Determinants of Health; www.healthypeople.gov/2020

The Community Health Needs Assessment process for Scott County acknowledged the Social Determinants of Health (SDOH) and identified many health needs that exist for individuals and communities as a result of these social determinants. Economic stability, health and health care, and neighborhood and built environment are addressed in the proceeding priorities and strategies of the Scott County Health Improvement Plan (HIP). One factor of economic stability, income, remains a theme that blends across all priorities for the HIP, as individuals with lower incomes more often experience barriers to physical, mental, social, and emotional wellbeing and healthy living. As strategies are implemented and collaborations are executed, socioeconomic factors and population breakdowns will be aspects that are addressed in making lasting change.

#### **Need Prioritization**

During the spring and summer of 2015, the Scott County Health Department and members of the Community Health Assessment & Health Improvement Plan Steering Committee conducted a community health needs assessment to identify health needs, health behaviors, and unique factors about the Scott County population. The initial data gathering process included a community survey to determine the health needs of utmost importance to community members; a household survey of 800 households to gather health status and health behaviors data; and secondary data analysis from a number of local, state, and national resources. For more information on this data, see Attachment 1 or visit <a href="http://www.quadcities.healthforecast.net/">http://www.quadcities.healthforecast.net/</a>.

A Stakeholder Committee was created to obtain input on priority community health needs in relation to the data gathered through the community survey, household survey, and secondary data analysis. Community members from the following sectors were invited to participate in the Stakeholder Committee and contribute to a series of meetings to prioritize the community's top health needs based on importance of addressing the need, level of interest/ability to address the need, and if the need is already being addressed in the community.

#### **Stakeholder Committee Sectors**

Business/Industry	Human Service Agencies			
Civic Groups	Judicial System			
Community Not-For-Profit Organizations	Law Enforcement			
Departments of Government	Local Board of Health			
Elected Officials	Local Health Care Providers			
Emergency Management	Local Schools and Academic Institutions			
EMS	Media			
Faith-based Organizations	Members of the General Public			
Fire Department	Other Public Health System Agencies			
Food System Stakeholders	Planning Organizations			

Throughout the stakeholder meetings, participants discussed barriers and threats to health improvement in the community. This included availability of funding, lack of community awareness, inability to act due to a variety of reasons, lack of commitment or perceived lack of commitment by community leaders, cultural and language barriers, reimbursement issues, cost, and lack of interest by the community on various topics. Community assets and resources were also discussed as planning and prioritization occurred. At the top of the list was existing community programs and coalitions addressing a variety of health issues; also included were knowledgeable providers, committed social service professionals, access to care coordination services, communityminded funders such as the United Way, community interest in sparking change, and a history of community conversation and commitment to healthy living and activities to promote health. A list of all agencies already addressing the top 16 health needs in the community was comprised to help visualize the community partners (health systems, federally qualified health center, private medical and mental health providers, county health departments, health coalitions, city and county governments, state extension services, school health programs and services, mental health programs, and

"Health is a state of complete physical, mental social well-being and not merely the absence of disease or infirmity."

Definition of health adopted from the World Health Organization

"A healthy community is one that continuously creates and improves both its physical and social environments, helping people to support one another in aspects of daily life, and to develop to their fullest potential."

Definition of healthy community adopted from the U.S. Department of Health and Human Services (as noted in Healthy People 2020 report) faith-based and community-based initiatives) already available and working to meet the health needs in the community. The existence of the Quad City Health Initiative as a community facilitator of health planning and improvement was also highlighted as a community resource for HIP implementation.

Initially, 56 health topics were selected through community and stakeholder surveys. The topics fell under the categories of promoting healthy behaviors; preventing injuries; preventing epidemics; protecting against environmental hazards; preparing for, responding to, and recovering from public health emergencies; and three strengthening the public health infrastructure categories: access to quality health services, workforce, and other needs. Following a series of meetings and surveys, stakeholders were provided a host of data regarding health status and healthy behaviors for Scott County, gathered during the community health assessment process. Stakeholders narrowed down the list of community health needs to 16 and then further to 7. The list included the following:

Top 16 Identified Needs (The later identified top 7 are noted by \*)

1	
*Access to medical providers for under- insured, uninsured, or with Medicaid health insurance	Health coverage (insurance)
Access to oral health care for low-income individuals and families	Address sexual abuse
Access to affordable medications	Address intimate partner violence (dating/physical/emotional/verbal abuse)
*Access to prenatal services	Address obesity in youth
*Increase the knowledge of the community about appropriate use of health care services (ER vs. Convenient Care vs. Primary Provider)	*Address obesity in adults (obesity needs were combined)
*Access to mental health care for youth (access to mental health needs were combined)	*Promote healthy living (healthy eating, physical activity)
Access to mental health care for adults	*Address poverty among children & adults
Address mental health needs of returning veterans	Emergency planning and response

Following lively discussion and input from providers and partners in the field, the Stakeholder Committee members voted to address the following community health needs in Scott County in the next 3-5 years:

#### Top 4 Identified Health Needs in Scott County

- 1. Increase access to mental health care for youth, adults, and veterans
- Promote healthy living
- 3. Address obesity in youth and adults
- Improve access to medical providers for under-insured, uninsured, or with Medicaid health insurance

#### Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society.

# Mental disorders are health conditions that are characterized by alterations in thinking, mood, and/or behavior that are associated with distress and/or impaired functioning. Mental disorders contribute to a host of problems that may include disability, pain, or death.

Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

- Healthy People 2020

# Increase Access to Mental Health Care for Youth, Adults, and Veterans

Scott County benefits from the presence of a community mental health center, Vera French Community Mental Health Center, within its borders. Vera French provides a variety of services including outpatient care, school-based therapy, pediatric and adult integrated health programs, supported community living, homeless outreach, and more. Genesis Health System and UnityPoint – Trinity Health System provide additional outpatient and inpatient mental health services within the Scott County community. A network of independent and private mental and behavioral health providers serve as additional mental health resources within the community.

However, throughout the community health needs assessment process and need prioritization steps, access to mental health care continued to rank as the top need to be addressed in Scott County in the upcoming years. The community health needs assessment completed determined that Scott County experiences on average 19.2 annual deaths per 100,000 population due to suicide. This is higher than the lowa and national averages of 13.7 and 12.5 respectively. Suicides in the community have trended upward over the past decade. Additionally, the extended wait time for access to an initial psychiatric evaluation at a local community mental health center was cited as an indicator of the mental health need. Currently, the average wait for an adult to receive an initial psychiatric evaluation is 53 days. For youth, 85 days is the current wait time. Challenges continue to exist in the region in attracting additional psychiatric providers, further limiting access to these needed services. Discussions for the HIP centered around how to identify barriers to access to mental health, how to create additional/new entry points to mental health services, and how to increase awareness and reduce stigma of community mental health resources.

Average wait for YOUTH to receive initial psychiatric evaluation – 85 days

	Month 1							Month 2						M	onth	3				
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30						29	30					

Average wait for ADULTS to receive initial psychiatric evaluation – 53 days

Month 1							M	onth	2					
1	2	3	4	5	6	7		1	2	3	4	5	6	7
8	9	10	11	12	13	14		8	9	10	11	12	13	14
15	16	17	18	19	20	21		15	16	17	18	19	20	21
22	23	24	25	26	27	28		22	23	24	25	26	27	28
29	30							29	30					

Following input from a number of community mental health providers, care coordination professionals, and families of individuals with mental health needs, the following community priority and action steps were created:

Responsible Partner Target Date

Goal 1	By 2021, increase collaboration to address access to Scott County.	'	rvices in						
Objective 1	(Developmental) Support the Community Mental Health Initiative to work collaboratively to reduce the wait period to receive an initial psychiatric evaluation at a local community mental health center by %.								
	Strategy 1: Convene regular meetings of the Community Mental Health Initiative.	Quad City Health Initiative	2021						
	Strategy 2: The Community Mental Health Initiative will address access and referral issues regarding mental health services.	Community Mental Health Initiative	2016						
	Strategy 3: Community Mental Health Initiative member organizations will give regular updates on efforts, working collaboratively whenever possible, to increase provider recruitment for the community as a whole.	Community Mental Health Initiative	2021						
Goal 2	By 2021, increase training and education regarding	mental health reso	ources and						
	information in Scott County.  (Developmental) Increase by two the number of educational opport	runities for providers on r	nental health						
Objective 1	services.		nental fieditif						
	Strategy 1: Support area health systems to further develop the integration of primary and mental health care.	Community Mental Health Initiative	2021						
	Strategy 2: Develop a plan to educate and train primary care providers and other community stakeholders on available mental health resources and referral protocols.	Community Mental Health Initiative	2019						
	Strategy 3: Implement a plan to educate and train primary care providers and other community stakeholders on available mental health resources and referral protocols.	Community Mental Health Initiative	2021						
Objective 2	Provide two annual community-wide activities or events to increase mental health issues.	public knowledge and a	wareness of						
	Strategy 1:  Develop and implement a social marketing campaign to educate the community about mental health issues.	Community Health Assessment Steering Committee	2021						
	Strategy 2: Provide recommendations and guidance regarding mental health legislative priorities and community needs to local and state elected officials.	Community Mental Health Initiative	2021						
Goal 3	By 2021, advocate for funding and innovative finan sustainability of mental health services in Scott Cou								
Objective 1	Increase the number of workgroups who advocate for mental health	n service funding by 1.							
	Strategy 1: Solicit individuals and groups to form an advocacy workgroup to address mental health funding needs.	Community Mental Health Initiative	2021						
	Strategy 2: Establish best practices for advocacy work.	Advocacy Workgroup	2016						
	Strategy 3: Develop an advocacy plan to address mental health funding.	Advocacy Workgroup	2017						
	Strategy 4: Educate local and state elected officials about mental health	Advocacy Workgroup	2021						

#### National Alignment

#### Healthy People 2020:

- Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.
- Objective MHMD-5: Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral.

#### National Prevention Strategy:

 Priority: Mental and Emotional Well-being, Recommendation 4: Promote early identification of mental health needs and access to quality services.

#### State Alignment

Healthy Iowans Health Improvement Plan 2012-2016:

 Objective 8-1.4: Increase access to services and supports for individuals experiencing a mental health crisis.

#### Promote Healthy Living

Healthy living is a unique public health goal, requiring both individual-level and community-level interventions. Strategies created to address promotion of healthy living must aim to change community members' perceptions of health, encourage workplaces and educational institutions to create healthy environments for workers and students, and partner with communities to support a culture of health in policies that guide everyday living.

Recent data suggests the need exists to promote healthy living policies and choices. 50.2% of Scott County residents do not get enough physical activity to meet the current physical activity recommendations; 42.5% of children are not physically active for one or more hours per day. Adults age 40 and older, lower-income residents, and African American residents were more likely to lack leisure time physical activity in the last month. Additionally, only 37.9% of Scott County adults and 57% of Scott County children report consuming 5+ services of fruits/vegetables per day. The breakdown by demographics for adults shows that women, those ages 18 to 39, very low-income, and white

Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast and colon cancer, falls, and depression. Among children and adolescents, physical activity can improve bone health, improve cardiorespiratory and muscular fitness, decrease levels of body fat, and reduce symptoms of depression.

Diet reflects the variety of foods and beverages consumed over time and in settings such as worksites, schools, restaurants, and the home. Interventions to support a healthier diet can help ensure that individuals have the knowledge and skills to make healthier choices; and healthier options are available and affordable.

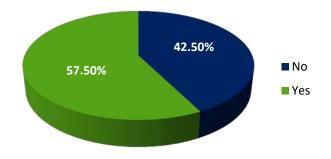
- Healthy People 2020

populations tend to come closer to consuming the recommended amounts of fruits and vegetables per day. Further, only 18 worksites in Scott County are currently Be Healthy QC worksites – worksites that have implemented evidence-based activities that promote a healthy workplace and culture of wellness.



50.2%

of adults do not get enough physical activity to meet current guidelines



Children receiving 1 hour of physical activity daily

While community partners in Scott County and Rock Island County in Illinois have aligned their efforts in recent years to address healthy living and physical activity through the **establishment of the Be Healthy QC** 

**Coalition**, community partners reinforced the need for emphasis on these priorities in the HIP to be implemented in the next 3-5 years. As a part of this emphasis, the community conversation voiced the connection between healthy living and chronic disease prevention. Efforts of the Be Healthy QC Coalition will parallel, and most likely spearhead this emphasis of the HIP, and will promote worksite wellness policies and programs, comprehensive school wellness policies, built environments that support active living, access to healthy foods, and a cross-sector health promotion campaign on health eating and physical activity.

Responsible Partner Target Date

Goal 1	By 2021, increase development and adoption of wo	orksite wellness p	rograms and
Goal I	policies in Scott County.		
Objective 1	Increase the number of worksites recognized as a Be Healthy QC Wo	orksite by 10.	
	Strategy 1: Convene regular meetings of the Worksite Wellness Be Healthy QC workgroup.	Scott County Health Department	2021
	Strategy 2: Continue outreach for the Be Healthy QC Worksite Wellness recognition program.	Worksite Wellness Be Healthy QC Workgroup	2021
Objective 2	Increase by one the number of Worksite Wellness Conferences host	ed in our community.	
	Strategy 1:  Determine conference agenda and secure speakers, date, and location.	Worksite Wellness Be Healthy QC Workgroup	2021
	Strategy 2: Promote conference to area worksites.	Worksite Wellness Be Healthy QC Workgroup	2021
Goal 2	By 2021, implement a cross-sector health promotio and active living/physical activity in Scott County.	n campaign on h	ealthy eating
Objective 1	Increase public and partner messages promoting healthy eating and	active living to 72 mes	ssages.
	Strategy 1: Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.	Be Healthy QC Coalition	2017
	Strategy 2: Develop cross-sector health messages to increase physical activity and healthy eating in Scott County.	Be Healthy QC Marketing, Branding, and Communications Committee	2016
	Strategy 3: Develop healthy eating and active living communication materials for area physicians and patient navigators.	Be Healthy QC Marketing, Branding, and Communications Committee	2021
	Strategy 4: Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.	Be Healthy QC Marketing, Branding, and Communications Committee	2017
	Strategy 5: Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.	Be Healthy QC Marketing, Branding, and Communications Committee	2017
Goal 3	By 2021, promote development and implementation wellness policies in Scott County.	on of comprehens	sive school
Objective 1	Complete in-depth wellness policy assessment of four school district	ts/schools by 2021.	
	Strategy 1: In collaboration with United Way, the School Wellness Be Healthy QC Workgroup will research available school wellness policy assessment tools.	School Wellness Be Healthy QC Workgroup	2021
	Strategy 2: Complete in-depth wellness policy assessment at four school	School Wellness Be Healthy QC	2018

districts/schools.	Workgroup	
Strategy 3:	School Wellness Be	
Analyze and provide technical assistance to schools in	Healthy QC	2021
strengthening the school wellness policies.	Workgroup	

#### National Alignment

#### Healthy People 2020:

- Goal: Improve health-related quality of life and well-being for all individuals.
- Goal: Improve health, fitness, and quality of life through daily physical activity.

#### National Prevention Strategy:

- Priority: Healthy Eating, Recommendation 2: Implement organizational and programmatic nutrition standards and policies.
- Priority: Active Living, Recommendation 4: Support workplace policies and programs that increase physical activity.

#### Address Obesity in Youth and Adults

Healthy living goes hand in hand with addressing obesity and reducing chronic disease in order to create a healthier population. Stakeholders attending the community health focus groups reiterated the importance of addressing personal health behaviors as well as worksite, school, and community-wide policies as necessary to address the multi-faceted health topic of obesity.

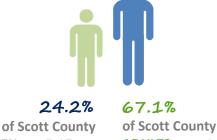
Primary data collected during the 2015 community health needs assessment process indicated that 24.2% of children age 5-17 in Scott County are considered overweight. 17.8% of children age 5-17 in Scott County are considered obese. The obesity statistic is elevated from the national average of 14.8% and fails to satisfy the associated Health People 2020 target of 14.5% or lower for children age 2-19.

The 2015 Quad Cities Community Health Assessment PRC Data Report also shows that 67.1% of Scott County adults reported being overweight; this The Nutrition and Weight Status objectives for Healthy People 2020 reflect strong science supporting the health benefits of eating a healthful diet and maintaining a healthy body weight. The objectives also emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, health care organizations, and communities....Individuals who are at a healthy weight are less likely to: develop chronic disease risk factors, such as high blood pressure and dyslipidemia; develop chronic diseases, such as type 2 diabetes, heart disease, osteoarthritis, and some cancers; experience complications during pregnancy; die at an earlier age.

- Healthy People 2020

is higher than the national average of 63.1%. Additionally, 1 in 3 Scott County adults is considered obese; this is a statistically significant increase in obesity since 2002 in Scott County.

A number of the activities supported by the Be Healthy QC Coalition will impact obesity and active living in Scott County, but stakeholders voted to keep the topic at the forefront of the HIP as a necessary mechanism to improve the community's health. Stakeholders also recognized the close connection between obesity in adults and the incidence of obesity in youth within the same families. Efforts to address adult obesity will most likely have a positive impact on weight status outcomes and knowledge for children. **Education and prevention were highlighted as prominent strategies** to impact obesity on a community-wide level and addressing the barriers to healthy weight and healthy living, including the social determinants of health, will help produce more beneficial outcomes than reactive measures to reduce the number of citizens who are currently overweight or obese.



CHILDREN age 5-17 are considered overweight (BMI in the 85<sup>th</sup> percentile or higher)

of Scott County
ADULTS reported being
considered overweight
(BMI of 25.0 or higher)

Responsible Partner Target Date

Goal 1	By 2021, implement a cross-sector health promotion campaign on healthy eating and active living/physical activity in Scott County.										
Objective 1	Increase public and partner messages promoting healthy eating and	active living to 72 unio	que messages.								
	Strategy 1: Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.	Be Healthy QC Coalition	2017								
	Strategy 2: Develop cross-sector health messages to increase physical activity and healthy eating in Scott County.	Be Healthy QC Marketing, Branding, and Communications Committee	2016								
	Strategy 3: Develop healthy eating and active living communication materials for area physicians and patient navigators.	Be Healthy QC Marketing, Branding, and Communications Committee	2017								
	Strategy 4: Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.	Be Healthy QC Marketing, Branding, and Communications Committee	2017								
	Strategy 5: Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.	Be Healthy QC Marketing, Branding, and Communications Committee	2017								
Goal 2	By 2021, promote wellness policy and environment communities and worksites in Scott County.	al improvements	in								
Objective 1	Increase the number of worksites who implemented a policy or environmental improvement identified in a workplace wellness assessment by 11.										
	Strategy 1: Identify worksites in Scott County to offer the Community Health Assessment aNd Group Evaluation (CHANGE) tool assessment and technical assistance.	Scott County Health Department	2021								
	Strategy 2: Complete the CHANGE tool assessment with identified worksites and compile a report of the findings and recommendations.	Scott County Health Department	2021								
	Strategy 3:  Present findings and recommendations to the worksites and offer technical assistance in implementing policy and environmental improvements.	Scott County Health Department	2021								
Objective 2	Increase the number of communities who implemented a policy or a community wellness assessment by 5.	environmental improve	ement identified in								
	Strategy 1: Identify communities in Scott County to offer the Community Health Assessment aNd Group Evaluation (CHANGE) tool and Walkability and Bikeability Suitability Assessment (WABSA) and technical assistance.	Scott County Health Department	2021								
	Strategy 2: Complete the CHANGE tool and WABSA with identified communities and compile a report of the findings and recommendations.	Scott County Health Department	2021								

Strategy 3:		
Present findings and recommendations to the communities and	Scott County	2021
offer technical assistance in implementing policy and	Health Department	2021
environmental improvements.		

#### National Alignment

#### Healthy People 2020:

- Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.
- Objective NWS-8: Increase the proportion of adults who are at a healthy weight.
- Objective NWS-9: Reduce the proportion of adults who are obese.
- Objective NWS-10: Reduce the proportion of children and adolescents who are considered obese.

#### National Prevention Strategy:

 Priority: Healthy Eating, Recommendation 4: Help people recognize and make healthy food and beverage choices.

#### State Alignment

Healthy Iowans Health Improvement Plan 2012-2016:

- Objective 6-5: An increase in the proportion of adults who get the recommended levels of aerobic physical activity.
- Objective 6-9: A reduction in the proportion of adults who are obese.

## Improve Access to Medical Providers for Under-Insured, Uninsured, or with Medicaid Health Insurance

Health equity and quality of life are factors that rely invariably on access to quality health care services. A focal point of quality health care services is the medical providers that make up the health care system in the Scott County community. A variety of factors affect the ability to access quality care:

- Insurance status
- Costs (insurance, co-pays, etc.)
- Lack of transportation
- Office hours that do not work for individuals and families
- Lack of providers
- Providers do not accept insurance
- Providers do not accept new patients

Access to health services means the timely use of personal health services to achieve the best health outcomes.... Lack of adequate coverage makes it difficult for people to get the health care they need and, when they do get care, burdens them with large medical bills.... Improving health care services depends in part on ensuring that people have a usual and ongoing source of care. People with a usual source of care have better health outcomes and fewer disparities and costs.... To improve the Nation's health, it is important to increase and track the number of practicing PCPs (primary care providers).

- Healthy People 2020

As a result of these factors, individuals and families may choose to, or have no choice but to, delay accessing needed health care services, possibly preventing them from detecting early warning signs or symptoms of illness before it develops into disease and detecting disease at an earlier or more treatable stage.

In 2015, 37.3% of Scott County adults reported some type of difficulty or delay in accessing health care services in the last year. Of the barriers these adults reported experiencing that prevented them from accessing care, **the three most common barriers were: getting a doctor's appointment, inconvenient office hours, and the cost of prescriptions.** In comparison to similar data gathered in 2002, Scott County has seen significant increases related to the barriers of finding a physician, difficulty getting an appointment, lack of transportation, and inconvenient office hours. For those individuals considered very low income (households with incomes less than 100% of the federal poverty level), 41.4% considered the ease of obtaining health care services to be "Fair/Poor," in comparison to "Good", "Very Good", or "Excellent."

Community stakeholders recognized the negative impact individuals lacking preventative services can have on a

community's health, health care system, and ability to achieve higher quality of life measures. Conversations further voiced the inequity that exists among accessing health care services for those with a lesser ability to pay or less access to traditional forms of health insurance.



very low-income Scott County residents considered the ease of obtaining health care to be "fair/poor"

		Responsible Partner	Target Date
Goal 1	By 2021, increase access to medical providers for u with Medicaid health insurance in Scott County.	nder-insured, uni	insured, or
Objective 1	By 2021, increase access to medical providers for under-insured, un insurance in Scott County.	insured, or with Medic	aid health
	Strategy 1: Establish or support an existing cross-sector committee that will focus on increasing access to medical providers.	Quad City Health Initiative	2021
	Strategy 2: Create a plan for gathering data to assess the availability of medical providers and health care services, identifying unserved and under-served populations and service gaps and barriers.	Future Committee Focused on Improving Access	2016
	Strategy 3: Research strategies and best practices for increasing access to medical providers and health care services for low-income and under-served populations.	Future Committee Focused on Improving Access	2017
	Strategy 4:  Develop strategies to remove barriers, create system changes to improve access to medical providers and health care services.	Future Committee Focused on Improving Access	2021
	Strategy 5: Implement strategies to assist the low-income and under-served populations in obtaining medical providers and health care services.	Future Committee Focused on Improving Access	2021

#### National Alignment

services.

Healthy People 2020:

- Goal: Improve access to comprehensive, quality health care services.
- Objective MICH-30.1: Increase the proportion of children who have access to a medical home.

#### National Prevention Strategy:

— Strategic Direction: Elimination of Health Disparities, Recommendation 2: Reduce disparities in access to quality health care.

#### **Progress Tracking**

In order to ensure progress on the above objectives and strategies is acknowledged and documented, the CHA partner organizations will maintain a HIP tracking document of the goals, objectives, and strategies included in this plan. The primary function of the tracking document will be to report activities and systems changes on the topics of mental health, obesity and healthy living, and access to health care services to stakeholders, community partners, and the public. The tracking document will also be submitted to funding and monitoring organizations, including the Iowa and Illinois Departments of Public Health, and the Internal Revenue Service for non-profit hospital community health assessment and planning compliance. Progress reports will be shared on an annual basis via a variety of means, not limited to website postings, newsletters, social media posts, and other avenues.

#### **Conclusion**

The Scott County HIP will act as a roadmap for the strategies and activities occurring within Scott County to help make it a healthier community. Collaborative efforts will be undertaken by health partners, community service providers, law enforcement, and many other sectors to make community-wide achievements in the health outcomes addressed in this plan.

While the Scott County Health Department and its five health partners participated in the creation of this plan, the plan is for the community as a whole and the input from stakeholders and the public alike are the factors that will help make health change achievable.

A great **thank you** to the community partners, community stakeholders, members of the public and others that participated in this process. The expertise, commitment, and talents of these groups are the foundation of successful efforts at community change.

#### Contact Information:

#### **Community Health Coordinator**

Scott County Health Department 600 W. 4<sup>th</sup> Street, Davenport, Iowa 52801 Phone: 563-326-8618

Fax: 563-326-8774

Email: <a href="mailto:health@scottcountyiowa.com">health@scottcountyiowa.com/health</a>



### Scott County Health Improvement Plan

2016-2021

Scott County, Iowa

2017 Annual Progress Report

#### **Community Priority**

Increase access to mental health care for youth, adults, and veterans.

Goal #1	By 2021, i	ncrease collaboration to	National Alignment	State Alignment
		ccess to mental health services	Healthy People 2020:  Goal: Improve mental health prevention and by ensuring a appropriate, quality mental his services.  Objective MHMD-5: Increase proportion of primary care fathat provide mental health treatment onsite or by paid renament on the services.  National Prevention Strategy: Priority: Mental and Emotion being, Recommendation 4: Prearly identification of mental needs and access to quality services.	Objective 8-1.4: Increase access to services and supports for individuals experiencing a mental health crisis.  The cilities eferral.  al Well-romote health
Obj		(Developmental) Support the Comm to work collaboratively to reduce the initial psychiatric evaluation at a locatenter by%.	e wait period to receive an	Baseline Baseline Target Target Year Value Year Value  2013; 53 days for adults; 85 days for youth  Target Target Target Year Value  2021 TBD
	Report Date May 31, 201	Value  TBD  Met, tr  Met, no  Met, tr  Met, tr	end in right direction of trend of trends of trends of trends of trends of the objection of the objection of the objection of trends of the objection of the obj	ot met, trend in right direction of met, no trend of met, trend in wrong direction  tinues to be the community voice for addressing er organizations include Genesis Health System, munity Mental Health Center, Robert Young is Mental Health, and Quad City Health Initiative. Eves they will address regarding mental health. Easing the number of psychiatric providers in the Eves for adults and youth to receive an initial Eas have not been collected by each provider at East yeneral health centers continue to recruit Eand psychiatric nurse practitioners. The East of psychiatric professionals, including fewer East in recruiting professionals to the Midwest and
	Strategy 1-1	.1 Convene regular meetings of the Health Initiative.  Who's Responsible Quad City Health Initiative		Strategy Type Environmental / Policy / Systems Change  Target Date  12/31/2016

Strategy 1-1.2	Establish priorit	The Community Mer	On track (a) Contrack (b) Contrack (c) Contr	The most re	cent meeting took	place on
_		tal Health Initiative			<u>Target Da</u> 12/31/20:	
	Report Date May 31, 2017 Progress notes:	Health Initiative Prioreport strategies take the four large commensure. Ro French Community Mincreasing collaborating and education Advocate for funding behavioral health seaccess to behavioral behavioral health pa		ntal health dommunity. If roviders, GenityPoint Health resourcing to provies communityioral health risis in the en	ashboard to direct The dashboard is upnesis Health Systen alth - Trinity), and Nargets address: 1 ealth services; 2) Inces and informatio de for sustainability. Measurements presentations (ex. nergency departments	and pdated by m, Genesis Vera ) ncreasing on; and 3) cy of s will track
Strategy 1-1.3	wait time for ps		portunities to reduce increase bed capacitervices.	Strategy Environm	Type nental / Policy / Sys	stems Change
	Who's Responsible Community Mer	<u>le</u> tal Health Initiative			<u>Target Da</u> 12/31/20:	
_	Report Date May 31, 2017 Progress notes:	workgroup dedicate Recent updates at G beds for adults by 10	On track () On tra	ies will not b have increas	e established at th ed the number of i	is time. npatient
		impatient unit is anti-	cipated for July 2017.			
Goal #2 By 2021, increase training and education regarding mental health resources and information in Scott County.		Head of the services and Head of the services	ional Alignment althy People 2020 Goal: Improve mental he vention and by ensuring prices. ional Prevention Strate	alth through ng access to tal health		

Priority: Mental and Enbeing, Recommendation early identification of numbers and access to quarter objective 2-1 (De	on 4: Promote mental health ality service.	Iowa Olmstead Plan for Mental Health and Disability Services: State Plan Framework, Strategic Priority No. 6: Develop frameworks for advancing the integration and coordination of primary care, mental health, substance abuse, disability, and other services.	cilities	Baseline Baseline Tar	rget Target
-	Year 2017 Value TBD	Progress on Objective  Met, trend in right direction  Met, no trend  Met, trend in wrong direction  Genesis Health System and UnityPoint behavioral health services in primary of	✓ N  N  N  t Healt	Year Value Ye 2016 TBD 20  ot met, trend in right direction of met, no trend ot met, trend in wrong direction of met, trend in wrong direction of met. Trinity continue to actively inics. This is in the form of met.	TBD  TBD  integrate ntal health
Strategy 2-1.1	locate mental h	professionals and telehealth services. services integrated into 14 sites, included Scott County, Iowa and Rock Island Color both communities.  The sealth systems to develop a model to color bealth professionals in primary care facilities.  The sealth professionals in primary care facilities.	ding Co ounty,	ommunity Health Care. These	are located in both
	Report Date May 31, 2017 Progress notes:	Progress on Strategy Complete On track  Genesis Health System and UnityPoint I behavioral health services in primary ca health professionals and telehealth serv has mental health services integrated in Care, a federally qualified health center lowa and Rock Island County, Illinois, al communities.	re clin vices. nto 14 :	- Trinity continue to actively ir ics. This is in the form of ment UnityPoint Health - Trinity curr sites, including Community Hese are located in both Scott Cou	tal rently ralth unty,
Strategy 2-1.2	on mental healt	to educate and train primary care provices in screening tools and resources.  ble htal Health Initiative		Strategy Type Clinical Intervention Target Date 12/31/2019	

Strategy 2-1.3	Implement a pla	Progress on Strategy Complete On track Off track No progress  The Community Mental Health Initiative has established a strategy to devise a plan to educate and train primary care providers and other community stakeholders on available mental health resources and referral protocols. The plan itself has not yet been established at this time.  Strategy Type Counseling & Education
_	Who's Responsib Community Men	tal Health Initiative Target Date  12/31/2021
	Report Date May 31, 2017	Progress on Strategy  ☐ Complete ☐ On track ☐ Off track ✓ No progress  The Community Mantal Health Initiative has established a strategy to device a plan.
	-	The Community Mental Health Initiative has established a strategy to devise a plan to educate and train primary care providers and other community stakeholders on available mental health resources and referral protocols. The plan itself has not yet been established at this time.
or	•	m of five annual community wide activities public knowledge and awareness of mental Parents Pa
Report Date May 31, 2017	Year 2017 Value 6+ Progress notes:	Progress on Objective     Met, trend in right direction    Not met, trend in right direction     Met, no trend    Not met, no trend     Met, trend in wrong direction    Not met, trend in wrong direction  A number of community activities took places during the last year to increase public knowledge and awareness of mental health issues. The Eastern lowa Western Illinois Trauma Informed Care Consortium (EIWITICC) hosted a community-wide screening at the Putnam Museum in June 2016 of the film "Paper Tigers" which addresses the effects of trauma on youth. The film was provided free of charge to encourage attendance by the general public.  In early 2016, the Scott County Teen Suicide Prevention Taskforce partnered with a local communications company to develop a teen suicide prevention documentary, "If You Only Knew: The Journey through Teen Depression and Suicide." The documentary aired on local network television along with the Public Broadcasting Station (PBS) to initiate a conversation in the community regarding teen suicide and prevention efforts.  EIWITICC also provided a Train the Community Resilience Coach in August 2016 to engage community providers on community resiliency and develop a sustainable program in the Quad Cities to continue to promote trauma informed practices.  The Child Abuse Council hosted a greatly successful 2017 Children Exposed to Violence Conference that had record breaking attendance and engaged community members with a large number of breakout sessions addressing mental health issues for children.  In March of 2017, Genesis Health System, UnityPoint Health - Trinity, and the United Way of the Quad Cities Area hosted a series of mental health community forums to asses the mental health, substance abuse, and intellectual and developmental disabilities needs in the community. Attendance exceeded expectations and included a wide range of community

stakeholders, services providers, and members of the public. The audience engaged in discussions regarding mental health needs within the community. Scott County Kids hosted the most recent Mental Health First Aid training in April 2017 to help engage the community regarding mental health issues and how to respond to a client, member of the public, or other individual in crisis. Participants ranged from health department staff to social service providers. The training continues to be provided multiple times a year. Develop and implement a social marketing campaign to Strategy 2-2.1 Strategy Type educate the community about mental health issues. Counseling & Education Who's Responsible **Target Date** Community Health Assessment Steering Committee 12/31/2021 **Progress on Strategy** Report Date May 31, 2017 Complete On track Off track ✓ No progress Progress notes: Mental health issues continue to be highlighted on social media, websites, and community messages by various community partners. However, a unified social marketing campaign has not yet been developed. Strategy 2-2.2 Promote the Scott County Behavioral/Mental Health Strategy Type Resource and Referral Information Guide to health Counseling & Education professionals and the public. Who's Responsible **Target Date** 12/31/2021 Community Health Assessment Steering Committee **Progress on Strategy** Report Date Complete Off track No progress ✓ On track Progress notes: The Scott County Behavioral/Mental Health Resource and Referral Information Guide continues to be promoted by community organizations as a referral and information source for professionals and the public. Scott County Kids promotes the guide at community events and trainings; the Scott County Health Department recently highlighted the guide on its social media page and as a resource for parents through its child and adolescent health program. Strategy 2-2.3 Educate local and state elected officials about mental Strategy Type health needs in our community. Counseling & Education Who's Responsible **Target Date** Community Health Assessment Steering Committee 12/31/2021 **Progress on Strategy** Report Date **✓** On track Off track May 31, 2017 Complete No progress Progress notes: As the result of carefully laid grassroots advocacy, education, and community support, Scott County recently established a one-year mental health court pilot program. While initially there was a halt on any new specialty courts in Iowa, the state of Iowa has allowed Scott County to set up the pilot project due to the community support the idea has received. The court continues to accept participants and address mental health needs and services.

The Community Mental Health Initiative continues to prioritize education of elected officials. Congressman Dave Loebsack was invited to attend the March 2017 meeting of the Community Mental Health Initiative. Members discussed mental health challenges within the community, including the shortage of providers, Medicaid concerns, and the stigma surrounding mental health. State Alignment **National Alignment** By 2021, advocate to increase funding for Goal #3 mental health services in Scott County. Iowa Olmstead Plan for Mental Health and Disability Services: State Plan Framework, Strategic Priority No. 11: Develop a plan for long term system financing. Objective 3-1 Increase the number of workgroups who advocate for mental Baseline Baseline Target Target health service funding by 1. Year Value Year Value 2016 n 2021 0 **Report Date** Year **Progress on Objective** May 31, 2017 2017 Met, trend in right direction Not met, trend in right direction Value Not met, no trend Met, no trend 0 Met, trend in wrong direction Not met, trend in wrong direction Progress notes: Various organizations within the community continue to advocacy for mental health funding for Scott County. At this time, a unified effort in the form of a workgroup has not taken place. Strategy 3-1.1 Solicit individuals and groups to form an advocacy Strategy Type workgroup to address mental health funding needs. Environmental / Policy / Systems Change Who's Responsible **Target Date** 12/31/2021 Community Health Assessment Steering Committee **Progress on Strategy** Report Date ✓ No progress May 31, 2017 Off track Complete On track Progress notes: Various organizations within the community continue to advocate for mental health funding for Scott County. At this time, a unified effort in the form of a workgroup has not taken place. Strategy 3-1.2 Educate the workgroup on best practices for advocacy **Strategy Type** work. Counseling & Education Who's Responsible **Target Date Advocacy Workgroup** 12/31/2016 Progress on Strategy Report Date On track ☐ Off track **✓** No progress May 31, 2017 Complete Progress notes: A unified advocacy effort in the form of a workgroup has not taken place.

Strategy 3-1.3	Develop a plan for advocating for an increase in mental health funding.	Strategy Type Environmental / Policy / Systems Change	
	Who's Responsible Advocacy Workgroup	<u>Target Date</u> 12/31/2017	
_	Report Date May 31, 2017  Progress on Strategy  Complete On track Off  Progress notes: A unified advocacy effort in the form of a wo	track  No progress	
Strategy 3-1.4	Educate local and state elected officials about mental health funding needs for children, adults, and veterans in our community.  Who's Responsible Advocacy Workgroup	Strategy Type Counseling & Education  Target Date 12/31/2021	
	Report Date May 31, 2017  Progress on Strategy  Complete On track Off  Progress notes:  A unified advocacy effort in the form of a wo However, a number of community leaders of elected officials regarding the need for ment funding for Scott County. Changes made by session addressing the funding inequities and financial support for mental health is conside does not resolve the need for additional men services in the regions	ontinue to educate local and state tal health and developmental disability the Iowa Legislature this current d Scott County's ability to increase its ered a step in the right direction, but	

#### **Community Priority**

Promote healthy living. (healthy eating, physical activity)

adoption and polic	ncrease development and of worksite wellness programs es in Scott County.	National Alignment  Healthy People 2020 Goals:  Improve health-related qualit and well-being for all individu Improve health, fitness, and of life through daily physical and National Prevention Strategy  Priority: Healthy Eating, Recommendation 2: Impleme organizational and programm nutrition standards and policical Priority: Active Living, Recommendation 4: Support workplace policies and prograthat increase physical activity	als. quality potivity.  Int atic es.
Objective 1-1	Increase the number of worksites re Worksite by 10.	ecognized as a Be Healthy QC	BaselineBaselineTargetTargetYearValueYearValue201618202128
<u>Report Date</u> May 31, 201	Value  Met, to  Met,	rend in right direction o trend o trend orend in wrong direction orksites were recognized as a Benbrose University, Deere & Come Church, Western Illinois University he Bi-State Regional Commission	th met, trend in right direction of met, no trend of met, trend in wrong direction.  Healthy QC Worksite in 2016. These worksites pany, Scott Community College, Our Lady of the sity - Quad Cities, Rock Island-Milan School on. Senior Star at Elmore Place was recognized as To date 26 organizations have been recognized
Strategy 1-2	.1 Convene regular meetings of th Healthy QC workgroup.		trategy Type nvironmental / Policy / Systems Change
<u>Who's Responsible</u> Scott County Health Depart		t	<u>Target Date</u> 12/31/2021
	Report Date May 31, 2017  Progress on St  Complete		ack No progress
	receives regula		up last met in April 2016. The group e Healthy QC Coalition meetings, meeting is warranted or not.

Strategy 1-1.2	Continue outrea Wellness recogn	ich for the Be Healthy QC Worksite iition program.		trategy Type ounseling &			
	Who's Responsib Worksite Wellne	<u>ble</u> ess Be Health QC Workgroup		<u>Target Date</u> 12/31/2021			
_	Report Date May 31, 2017	Progress on Strategy  ☐ Complete	Off tra	ack 🗌	No progress		
		The Be Healthy QC Worksite Wellness recommonded within our community. The Queromotes the Be Healthy QC Worksite Wellness to community partners. Information Health Initiative website. The Scott Cour Healthy QC Worksite Wellness recognition the Community Transformation Program.	uad Ci ellnes ormation ty Hea on prog	ty Health Ini s recognition on is also ava alth Departn	tiative reguland program on ailable on the nent promot	arly n monthly e Quad City es the Be	/
-	crease by one the r sted in our commu	number of Worksite Wellness Conference unity.	!S	Baseline Year 2016	Baseline Value 2	Target Year 2021	Target Value 3
<u>Report Date</u> May 31, 2017	Year 2017 Value 0 Progress notes:	Progress on Objective  Met, trend in right direction  Met, no trend  Met, trend in wrong direction  A Worksite Wellness Conference has no staff time. The Be Healthy QC Coalition	No No No No ot beer	t met, no tre t met, trend n planned fo	in wrong dir r 2017 due to	ection o lack of fu	_
Strategy 1-2.1	Determine confe	erence agenda and secure speakers, date,		trategy Type nvironmenta	al / Policy / S	ystems Cha	ange
	Who's Responsib Worksite Wellne	ole ss Be Healthy QC Workgroup			<u>Target D</u> 12/31/2		
_	Report Date May 31, 2017 Progress notes:	Progress on Strategy  Complete On track  This is currently on hold.	Off tra	ack 🗸	No progress		
Strategy 1-2.2	Promote confere	ence to area worksites.		trategy Type ounseling &			
	Who's Responsib Worksite Wellne	o <u>le</u> ss Be Healthy QC Workgroup			<u>Target [</u> 12/31/2		

	_	Report Date May 31, 2017 Progress notes:	Progress on Str Complete This is currently	On track Off	track [	✓ No progress	5	
promo	otion o	plement a cross-scampaign on hea ving/physical act	Ithy eating	National Alignment  Healthy People 2020:  Goal: Promote health and a chronic disease risk through consumption of healthful d achievement and maintena healthy body weights.  Objective NWS-8: Increase proportion of adults who are healthy weight.  Objective NWS-9: Reduce t proportion of adults who are considered by the consideration of the consid	the iets and nce of the re at a he re obese. the lered	State Alignmed Healthy Iowa Plan 2012-20 6-5: An increadults who go levels of aero 6-9: A reduction adults who are	ns Health Imp 16: ase in the pro et the recomr bic physical a ion in the pro	portion of mended activity.
Objective 2-		crease public and plug and plug active living to 7	_	s promoting healthy eating	Baseline Year 2014	e Baseline Value	Target Year 2017	Target Value 72
Report D		Year 2016 Value 135 Progress notes:	Met, no Met, tro  In 2016, 120 m active living, a ads, newspape digital and vin Healthy QC e-	end in right direction	Not met, no Not met, tro d promoting e public me rticles, You ds. The par listribution	end in wrong di g Be Healthy Qo ssages included Tube videos, ca ther messages of printed com	C and healthy I Facebook po ble and broad refer to the r	osts, local TV dcast flights, monthly Be
Strategy	2-1.1	Convene regular Branding, and C  Who's Responsib Be Healthy QC Co	ommunications ole	e Be Healthy QC Marketing, Committee.	Strategy To Counseling	ype g & Education <u>Target</u> 12/31/		

Strategy 2-1.2	Report Date May 31, 2017  Complete On track Off track No progress  Progress notes: The Be Healthy QC Coalition continues to meet three times per year.  Develop cross-sector health messages to increase physical activity and healthy eating in Scott County.  Strategy Type Counseling & Education	~		
_	Who's Responsible  Be Healthy QC Marketing, Branding, and Communications Committee  12/31/2016			
	Report Date     Progress on Strategy       May 31, 2017     ✓ Complete     On track     Off track     No progress			
	Progress notes: Messages were designed to reach multiple sectors including children, families, and general residents of the Quad Cities. Educational and outreach materials were developed including magnets, backpack pals, posters, water bottles, and character cut-outs. In addition, the messages included cable and broadcast TV ads, digital and vinyl billboards, Facebook messages, YouTube videos, and a live action video on QC Trails. This variety of methods allowed wide distribution of the messages.			
Strategy 2-1.3	materials for area physicians and patient navigators.  Counseling & Education			
_	Who's Responsible  Be Healthy QC Marketing, Branding, and Communications Committee  12/31/2017			
	Report Date       Progress on Strategy         May 31, 2017       ☐ Complete ☐ On track ☐ Off track ✓ No progress			
	Progress notes: None of the messages were developed specifically for physicians or patient navigators.			
Strategy 2-1.4	Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.  Strategy Type Counseling & Education			
_	Who's ResponsibleTarget DateBe Healthy QC Marketing, Branding, and Communications Committee12/31/2017			
	Report Date       Progress on Strategy         May 31, 2017       ✓ Complete ☐ On track ☐ Off track ☐ No progress			
	Progress notes: Healthy eating and active living messages were promoted in schools, community events, on cable/broadcast TV, on billboards, social media, and through partner organizations.			
Strategy 2-1.5	Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.  Strategy Type Environmental / Policy / Systems Change			
	Who's ResponsibleTarget DateBe Healthy QC Marketing, Branding, and Communications Committee12/31/2017			

	Report Date May 31, 2017 Progress notes:	continues to end	On track Off  Off  OC Marketing, Branding, and courage partner organization and the Be Healthy	s to promo	te healthy eating and active
Goal #3 By 20	21, promote developn	ent and	National Alignment		State Alignment
imple	ementation of comprehess policies in Scott Co	ensive school	Healthy People 2020:  Objective PA-4: Increase the proportion of the Nation's and private schools that redaily physical education for students.  Objective PA-5: Increase the proportion of adolescents aparticipate in daily school peducation.  Objective PA-6: Increase rescheduled elementary school in the United States.  National Prevention Strates.  National Prevention Strates are strengthen school and early policies and programs that physical activity.  Priority: Healthy Eating, Recommendation 2: Imple organizational and program nutrition standards and po	public equire r all he who physical egularly cool recess gy:  ote and y learning increase ement matic	Healthy lowans Health Improvement Plan 2012-2016:  Objective 6-1.9: By 2015, increase the number of Iowans Walking Assessment Logistics Kits (I-WALK) communities that encourage children to walk to school from 32 to 44.  Objective 6-1.13: By 2014, increase student participation in the School Breakfast Program by 20% from 13.7 million to 17 million meals.  Objective 6-1.18: Continue providing fresh and minimally processed Iowagrown food in school meals and snacks.
Objective 3	Complete in depth vidistricts/schools by		sessment of four school	Baseline Year 2016	e Baseline Target Target Value Year Value  0 2021 4
<u>Report</u> May 31	, 2017 2016 Value 4	Met, no	end in right direction	Not met, no	end in right direction o trend end in wrong direction completed an annual wellness
Strateg	Healthy QC Wo		y, the School Wellness Be arch available school s.	Strategy To Environme	ype ental / Policy / Systems Change

	Who's Responsible School Wellness Be Healthy QC Workgroup  Target Date 12/31/2016	
	Report Date May 31, 2017  Progress on Strategy  Complete On track Off track No progress  Progress notes: The School Wellness Be Healthy QC Workgroup, in collaboration with United Way, researched available school wellness policy assessment tools.	
Strategy 3-1.2	Complete in-depth wellness policy assessment at four school districts/schools.  Strategy Type Environmental / Policy / Systems Change	
	Who's ResponsibleTarget DateSchool Wellness Be Healthy QC Workgroup12/31/2018	
	Report Date May 31, 2017  Progress on Strategy  Complete On track Off track No progress  Progress notes: 53 schools representing all 4 districts in Scott County completed an annual wellness assessment.	
Strategy 3-1.3	Analyze and provide technical assistance to schools in strengthening the school wellness policies.  Strategy Type Environmental / Policy / Systems Change	
	Who's Responsible School Wellness Be Healthy QC Workgroup  Target Date 12/31/2021	
_	Report Date May 31, 2017  Progress on Strategy On track Off track No progress	
	Progress notes: The School Wellness Be Healthy QC Workgroup, in collaboration with United Way, continues to analyze and provide technical assistance to schools in strengthening the school wellness policies.	

#### **Community Priority**

Address obesity in youth and adults.

Goal #1	By 2021, imp	plement a cross-sector health	National Alignment	State Alignment
	promotion c	ampaign on healthy eating ving/physical activity in Scott	Healthy People 2020:  Goal: Promote health and rechronic disease risk through consumption of healthful diachievement and maintena healthy body weights.  Objective NWS-8: Increase proportion of adults who are healthy weight.  Objective NWS-9: Reduce the proportion of adults who are considered obese.  National Prevention Strategory Priority: Healthy Eating, Recommendation 4: Help precognize and make healthy and beverage choices.	the ets and nice of
Obj		crease public and partner message d active living to 72 unique messa		Baseline Baseline Target Target Year Value  2014 0 2017 72
	Report Date May 31, 2017	Value  135  Met, no Met, tr  Progress notes: In 2016, 120 n active living, a ads, newspape digital and vin Healthy QC e-	end in right direction o trend o trend end in wrong direction nessages were publicly shared and 15 partner messages. The er ads, radio ads, magazine an yl billboards, and Facebook a	Not met, trend in right direction Not met, no trend Not met, trend in wrong direction  I promoting Be Healthy QC and healthy eating and public messages included Facebook posts, local TV ticles, YouTube videos, cable and broadcast flights, ds. The partner messages refer to the monthly Be istribution of printed community reports, and community partners.
	Strategy 1-1.1	Convene regular meetings of the Branding, and Communications		Strategy Type Counseling & Education
		Who's Responsible Be Healthy QC Coalition		<u>Target Date</u> 12/31/2017

Strategy 1-1.2	Report Date May 31, 2017
_	Who's Responsible  Be Healthy QC Marketing, Branding, and Communications Committee  Target Date 12/31/2016
	Report Date May 31, 2017  Complete On track Off track No progress  Progress notes: Messages were designed to reach multiple sectors including children, families, and general residents of the Quad Cities. Educational and outreach materials were developed including magnets, backpack pals, posters, water bottles, and character cut-outs. In addition, the messages included cable and broadcast TV ads, digital and vinyl billboards, Facebook messages, YouTube videos, and a live action video on QC Trails. This variety of methods allowed wide distribution of the messages.
Strategy 1-1.3	Develop healthy eating and active living communication materials for area physicians and patient navigators.  Strategy Type Counseling & Education  Who's Responsible Be Healthy QC Marketing, Branding, and Communications Committee  12/31/2017  Report Date May 31, 2017 Progress on Strategy May 31, 2017 Complete On track Off track No progress  Progress notes: None of the messages were developed specifically for physicians or patient navigators.
Strategy 1-1.4	Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.  Who's Responsible Be Healthy QC Marketing, Branding, and Communications Committee  Report Date May 31, 2017  Progress on Strategy May 31, 2017  Complete On track Off track No progress
Strategy 1-1.5	Progress notes: Healthy eating and active living messages were promoted in schools, community events, on cable/broadcast TV, on billboards, social media, and through partner organizations.  Encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo.  Strategy Type Environmental / Policy / Systems Change

	Who's Responsible  Be Healthy QC Marketing, Brandi				mmittee	<u>Target Da</u> 12/31/201	
-	Report Date May 31, 2017	Progress on St	rategy  On track	Off	track [	No progress	
	Progress notes:	continues to en	QC Marketing, Brand courage partner orga he adoption of the Bepartner.	nization	s to promo	te healthy eating	and active
Goal #2 By 2021, pr	omote wellness	nolicy and	National Alignment			State Alignment	
environmer	ntal improvemen es and worksites	ts in	Healthy People 202 Objective PA-1: Red proportion of adults no leisure-time physological physics of the proportion of adults no leisure-time physics no leisure-	0: luce the s who en sical activition of the evelopm policies facility of	vity.  nental) rips  nental) rips  nental) for the ance	Healthy lowans Plan 2012-2016  Objective 6-1.3: the green infras sustainable deve communities th to the communi	Health Improvement  Continue funding for tructure and elopment in at are an integral part
er			no implemented a po ied in a workplace we	-	Baselin Year 2015	e Baseline Value	Target Target Year Value 2021 20
<u>Report Date</u> May 31, 2017	Year 2016 Value 6 Progress notes	Met, no Met, tr	end in right direction	on Non Non Non Non Non Non Non Non Non N	Not met, no Not met, tr t's Commu s to offer a s and three	end in wrong dired nity Transformatio workplace wellne e previous worksit	on Program worked ess assessment and
Strategy 2-1.1	Health Assessm	ent aNd Group I I technical assist ble		-	Strategy T Environmo	ype ental / Policy / Sys <u>Target Da</u> 12/31/20	<u>te</u>

	Report Date May 31, 2017 Progress notes:	Progress on Strategy  ☐ Complete   On track   Off  Staff in the Scott County Health Department's will continue its work with MEDIC EMS, Isle of Place to discuss interest in creating a culture technical assistance that staff can offer.  Technical assistance continues to be provide County, UPS Customer Center, and the City of the County	of Capri, and Senior Star at Elmore of wellness for employees and the d to the Waste Commission of Scott	
Strategy 2-1.2	worksites and c recommendation Who's Responsi		Strategy Type Environmental / Policy / Systems Change  Target Date 12/31/2021	
	Report Date May 31, 2017 Progress notes:	Progress on Strategy Complete On track Off  Three CHANGE tool assessments were completed the CHANGE Tool assessment in A and recommendations was compiled. The Completed at Isle of Capri on January 4, 2017 recommendations was compiled. Senior Stathe CHANGE Tool assessment in March 2017 compiled.	August 2016 and a report of findings HANGE Tool assessment was 7 and a report of findings and r at Elmore Place also participated in	
Strategy 2-1.3	and offer techn environmental Who's Responsi		Strategy Type Environmental / Policy / Systems Change  Target Date 12/31/2021	
	Report Date May 31, 2017 Progress notes:	Progress on Strategy  Complete On track Off  Staff from the Community Transformation Pr Department presented the CHANGE Tool res wellness committee meeting in April 2017; the forward with an employee wellness needs as assistance to create and implement the emp The CHANGE Tool recommendations were presented technical assistance in macrommendations.  Staff met with Senior Star at Elmore Place in Tool recommendations and review the compassessment results. Senior Star agreed to macchange Tool recommendations, first of which and promote Quitline Iowa.  The City of Bettendorf and the Waste Commandations committee and conducted an employee wellness c	ults at the first MEDIC EMS worksite he wellness committee agreed to move ssessment. Staff provided technical sloyee wellness needs assessment. rovided to the Isle of Capri in March oving forward with CHANGE Tool  May of 2017 to review the CHANGE bleted employee wellness needs ove forward with several of the ch is to establish a wellness committee  ission of Scott County both established	

Objective 2-2	Increase the number of communities who implemented a policy or environmental improvement identified in a community wellness assessment by 5.  Baseline Baseline Target Year Value  Year Value  2015 3 2021 8
<u>Report Date</u> May 31, 201	Progress on Objective
Strategy 2-2	
	Report Date May 31, 2017  □ Complete □ On track □ Off track □ No progress  Progress notes: The City of Long Grove was identified as a new rural area to promote environmental and policy changes. Staff continued to provide technical assistance to the City of Buffalo.
Strategy 2-2	2.2 Complete the CHANGE tool and WABSA with identified communities and compile a report of the findings and recommendations.  Strategy Type Environmental / Policy / Systems Change  Target Date Scott County Health Department  12/31/2021
	Report Date May 31, 2017  Complete Contrack No progress  Progress notes: Staff completed the CHANGE Tool assessment with Long Grove in March 2017 and compiled a report of findings and recommendations.
Strategy 2-2	Present findings and recommendations to the communities and offer technical assistance in implementing policy and environmental improvements.  Strategy Type Environmental / Policy / Systems Change

Report Date May 31, 2017 Progress notes:	Progress on Strategy Complete On track Off track No progress  The CHANGE Tool recommendations were presented to the Long Grove City Clerk in April 2017. The City Clerk shared the CHANGE Tool recommendations with City Council at the May 2017 meeting. Council approved moving forward with adopting a tobacco-free park policy, hosting a farmers market, purchasing bike racks, and collaborating with the Fire Department for chronic disease education. Technical assistance will continue to be provided as the City of Long Grove moves forward with the CHANGE Tool recommendations.  The City of Buffalo implemented a Walking Club pilot program at the Buffalo Meal Site hosted by Milestones Area Agency on Aging. The Buffalo Walking Club began
	March 15, 2016 and continued through May 13, 2016. The walking club averaged 11 participants before each meal on Monday, Wednesday, and Friday. Milestones Area Agency on Aging was also able to provide an educational session to all walkers from a Matter of Balance Master Trainer, as well as pedometers, water bottles, and safety vest for participants. On April 15, staff from the Scott County Family YMCA led the education session on stretching, warm-ups, fall prevention, and hydration.

Improve access to medical providers for under-insured, uninsured, or with Medicaid health insurance.

Goal #1	By 2021, inc	rease access to medical	National Alignment	State Alignment
Goal #1 By 2021, increase access to medical providers for under-insured, uninsured, or with Medicaid health insurance in Scott County.			Healthy People 2020:  Goal: Improve access to comprehensive, quality health services.  Objective MICH-30.1: Increase proportion of children who ha access to a medical home.  National Prevention Strategy:  Strategic Direction: Elimination Health Disparities, Recommen 2: Reduce disparities in access quality health care.	e the ve n of dation
Obje	ac	crease by one the number of catively working to increase accordividuals in the community.		Baseline YearBaseline ValueTarget YearTarget Value2016020211
	Report Date May 31, 2017	Value  Net, t  Met, t  of other area	rend in wrong direction No  No  has not materialized during the ion. Access to medical providers Community partners continue to	t met, trend in right direction met, no trend t met, trend in wrong direction first year of our health improvement plan is a vast and multi-faceted issue within the discuss the issue and how it impacts a number ee dedicated to impacting access to medical
S	Strategy 1-1.1	Establish or support an exist committee that will focus or medical providers.	_	rategy Type ddress Social Determinant / Health Inequity
<u>Who's Responsible</u> Quad City Health Initiative				<u>Target Date</u> 12/31/2021
		Community pa other areas of	on track Off track	faceted issue within the community. ue and how it impacts a number of

Strategy 1-1.2	Create a plan for gathering data to assess the availability of medical providers and health care services, identifying unserved and under-served populations and service gaps and barriers.  Strategy Type  Address Social Determinant / Health Inequity		
_	Who's ResponsibleTarget DateFuture Committee Focused on Improving Access12/31/2016		
	Report Date       Progress on Strategy         May 31, 2017       ☐ Complete ☐ On track ☐ Off track ✓ No progress		
	Progress notes: This strategy has not yet been addressed. However, data has been gathered by community partners on the number of mental health providers providing services in Scott County. This data is currently being used to strengthen the argument for a community push towards increasing mental health access.		
Strategy 1-1.3	Research strategies and best practices for increasing access to medical providers and health care services for low-income and under-served populations.  Strategy Type Address Social Determinant / Health Inequity		
	Who's ResponsibleTarget DateFuture Committee Focused on Improving Access12/31/2017		
_	Report Date       Progress on Strategy         May 31, 2017       ☐ Complete ☐ On track ☐ Off track       ✓ No progress         Progress notes: This strategy has not yet been addressed.		
Strategy 1-1.4	Develop strategies to remove barriers, create system changes to improve access to medical providers and health care services.  Strategy Type Address Social Determinant / Health Inequity		
	Who's ResponsibleTarget DateFuture Committee Focused on Improving Access12/31/2021		
_	Report Date       Progress on Strategy         May 31, 2017       ☐ Complete ☐ On track ☐ Off track       ✓ No progress         Progress notes: This strategy has not yet been addressed.		
Strategy 1-1.5	Implement strategies to assist the low-income and under-served populations in obtaining medical providers and health care services.  Strategy Type Environmental / Policy / Systems Change	$\prec$	
	Who's ResponsibleTarget DateFuture Committee Focused on Improving Access12/31/2021		
_	Report Date       Progress on Strategy         May 31, 2017       ☐ Complete ☐ On track ☐ Off track ✓ No progress		
	Progress notes: This strategy has not yet been addressed.		

# Scott County Health Improvement Plan



#### For additional information, CONTACT:

Name	Organization	Phone	Email
Tiffany Tjepkes	Scott County Health Department	563-326-8618	tiffany.tjepkes@scottcountyiowa.com

Date Updated: June 1, 2018

Increase access to mental health care for youth, adults, and veterans.

Goal #1	By 2021, inc	crease collaboration to	National Alignment	State Alignment
	address acc in Scott Cou	ess to mental health services inty.	Healthy People 2020:  Goal: Improve mental health through	Healthy lowans Health Improvement Plan 2012-2016:
			prevention and by ensuring access to appropriate, quality mental health services.	Objective 8-1.4: Increase access to services and supports for individuals experiencing a mental health crisis.
			Objective MHMD-5: Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral.  National Prevention Strategy:  Priority: Mental and Emotional Well-	experiencing a mental reduction of solutions.
			being, Recommendation 4: Promote early identification of mental health needs and access to quality services.	
Obje	to	evelopmental) Support the Com work collaboratively to reduce t itial psychiatric evaluation at a lo enter by %.	he wait period to receive an Year	Value Year Value ; 53 days for 2021 TBD
	Report Date Jun 1, 2018	Value Met,	no trend Not met, n trend in wrong direction Not met, tr	rend in right direction o trend rend in wrong direction
	Strategy 1-1.1	Convene regular meetings of the Health Initiative.		Гуре ental / Policy / Systems Change
		Who's Responsible Quad City Health Initiative		<u>Target Date</u> 12/31/2016
	-	Report Date Jun 1, 2018  Progress on S Complet		☐ No progress
		in our commu In the Spring of Foundation, Good engaged MTM our region. The the existing se	update provided in the spring of 2017, ch nity related to collaborative efforts to im of 2017, a partnership comprised of the H senesis Health System, UnityPoint Health I Services to conduct an assessment of be the purpose of the assessment was to gain ervices available in our area and to identical after the release of the report, member	aprove mental health access. Hubbell-Waterman -Trinity and United Way ehavioral health services in a deeper understanding of fy service gaps that exist.

were joined by representatives from Vera French, Family Resources and the Quad City Health Initiative (QCHI). The purpose of this meeting was to review the initial findings from the assessment and determine how best to begin implementation of the recommendations. One of the recommendations in the report is the development of a consortium of behavioral health provider agencies to develop and implement a Quad Cities Behavioral Health strategic plan.

Up until this time, the Community Mental Health Initiative was the community collaborative working to improve access to mental health services. As a result of the MTM Services study, the partnership expanded the current Community Mental Health Initiative, which was comprised of the Robert Young Center, Community Health Care, Inc., Genesis Health System, UnityPoint Health-Trinity, and Vera French. The new collaborative is known as the Community Mental Health Consortium. The membership of the newly formed group has placed special emphasis on being as inclusive as possible and includes representatives from area nonprofit organizations, both Scott and Rock Island Counties, the local mental health court, law enforcement, etc. The focus of the consortium includes 1) ongoing assessment and coordination of services including the filling of identified service gaps, 2) help remove any barriers to service in our region, 3) serve as a coordinated voice for public advocacy on behavioral health issues in the region, and 4) serve as a central point to engage all levels of funders for behavioral health both private and public.

In order for the recommendations of the MTM report to take life and move forward, community partners are currently identifying an organization to be responsible and serve as the "backbone" as well as provide the outward leadership and oversight of the yet-to-be developed strategic plan.

Strategy 1-1.2 The Community Mental Health Initiative will address access Strategy Type and referral issues regarding mental health services.

Environmental / Policy / Systems Change

Who's Responsible Community Mental Health Initiative **Target Date** 12/31/2016

Report Date Jun 1, 2018

Progress on Strategy

Complete

✓ On track

Off track

No progress

Progress notes: The Community Mental Health Consortium is currently recruiting a consultant to facilitate the consortium by engaging community participants, developing a strategic plan with goals and methods, developing an annual implementation plan, and establishing metrics to gauge progress on increasing capacity and efficiency. Once the strategic planning process takes place, goals aimed at access to mental health care will be defined and outlined.

> Additional efforts have taken place in the community related to access and referrals for mental health services. The Eastern Iowa Mental Health Region has made great strides in making crisis services available in our community. Scott County residents now have access to a 24/7 toll-free crisis line that offers access to trained providers for individuals in crisis in the community. Due to a lack of mental health providers within area hospitals, the mental health region has expanded 24/7 telehealth services to all hospitals in the Eastern Iowa Mental Health Region. The aim of this service is to ensure access and referrals are available to individuals presenting in emergency departments while in a mental health crisis situation. The region is also embedding care coordinators from local mental health centers in area hospitals in order to help with discharge after a mental health hospitalization. These wrap around services are being prioritized to ensure that those needing mental health treatment are getting access to treatment and not being discharged

where they may end up in crisis soon after or end up incarcerated. Scott County continues to struggle with wait times for access to prescribers. The Eastern Iowa Mental Health Region is helping impact this issue by working collaboratively to provide prescriber bridge appointments. This links with the telehealth services described above. Upon release from the hospital, an individual in need of medication can receive a 30-60 day supply of medication by accessing a provider through the telehealth service. The hope is that this will help stabilize the individual until they are able to get into a provider and establish care for their mental health needs. In the summer of 2017, a Certificate of Need application was approved for Strategic Behavioral Health, a mental health hospital, to be located in Bettendorf, in Scott County. It is expected that this mental health facility will provide access to more than 70 inpatient beds as well as access to outpatient services for those in the community in need of mental health services. The groundbreaking ceremony for the new facility took place in April 2018 and the facility is expected to be completed in 2019. Strategy 1-1.3 Community Mental Health Initiative member organizations Strategy Type will give regular updates on efforts, working collaboratively Environmental / Policy / Systems Change whenever possible, to increase provider recruitment for the community as a whole. Who's Responsible **Target Date** Community Mental Health Initiative 12/31/2021 Progress on Strategy Report Date Jun 1, 2018 ✓ On track Off track Complete No progress Progress notes: A subgroup of the Community Mental Health Consortium is currently meeting to develop a plan to hire a consultant for the consortium. Upon hire of a consultant to assist with consortium partner engagement, facilitation of strategic planning, and other activities related to the consortium, the larger consortium will begin meeting to determine next steps. **National Alignment** State Alignment Goal #2 By 2021, increase training and education regarding mental health resources and Healthy People 2020 Goal: Iowa Olmstead Plan for Mental information in Scott County. Goal: Improve mental health through Health and Disability Services: State prevention and by ensuring access to Plan Framework, Strategic Priority appropriate, quality mental health No. 6: Develop frameworks for services. advancing the integration and coordination of primary care, mental National Prevention Strategy: health, substance abuse, disability, and other services. Priority: Mental and Emotional Wellbeing, Recommendation 4: Promote early identification of mental health needs and access to quality service. Objective 2-1 Increase by two the number of educational opportunities for Baseline Baseline **Target Target** providers on mental health services. Year Value Year Value 2016 2021 10

Report Date Jun 1, 2018  Strategy 2-1.1	Support area he	Met, no trend	Not met, trend in right direction  Not met, no trend  Not met, trend in wrong direction  Strategy Type  Clinical Intervention
	Who's Responsil Community Mer	ole ntal Health Initiative	Target Date 12/31/2021
	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy Complete On track Off The Community Mental Health Consortium, members, is currently recruiting a consultan engaging community participants, developin methods, developing an annual implementa gauge progress on increasing capacity and e process takes place, goals aimed at access to and outlined.	It to facilitate the consortium by ing a strategic plan with goals and ition plan, and establishing metrics to fficiency. Once the strategic planning
Strategy 2-1.2	and other commended health resource	to educate and train primary care providers nunity stakeholders on available mental s and referral protocols.	Strategy Type Clinical Intervention
	Who's Responsible Community Mer	ole ntal Health Initiative	<u>Target Date</u> 12/31/2019
_	Report Date Jun 1, 2018	Progress on Strategy  ☐ Complete ✓ On track ☐ Off	track No progress
	Progress notes:	The Community Mental Health Consortium, members, is currently recruiting a consultant engaging community participants, developing methods, developing an annual implementation gauge progress on increasing capacity and exprocess takes place, goals aimed at access to and outlined.	It to facilitate the consortium by ing a strategic plan with goals and ition plan, and establishing metrics to fficiency. Once the strategic planning
Strategy 2-1.3	providers and o	an to educate and train primary care ther community stakeholders on available esources and referral protocols.	Strategy Type Counseling & Education
	Who's Responsible Community Mer	<u>ole</u> Ital Health Initiative	<u>Target Date</u> 12/31/2021

	Report Date Jun 1, 2018	Progress on Strategy  ☐ Complete ✓ On track ☐ Off track ☐ No progress
	Progress notes:	The Child Abuse Council of the Quad Cities hosted its annual Child Abuse Council Conference in March 2018. The agenda was tailored to health care, mental health, social service, and other providers and highlighted the topics of the adolescent mind, connections between traumatic experiences and sensory processes, and building resilience in children impacted by trauma.
		The Mental Health Awareness Team at St. Paul Lutheran Church in Davenport hosted a Mental Health First Aid training in April 2018. The course builds mental health literacy, helping the public identify, understand, and respond to signs of mental illness. The training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a single five-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports. The course was taught by Scott County Kids, a local agency promoting mental health awareness in the community.
		The Eastern Iowa Mental Health and Disability Services Region supported multiple Crisis Intervention Training (CIT) for local law enforcement agencies. The training promotes de-escalation and prevention strategies for law enforcement to increase the successful interactions that may take place between law enforcement and individuals in mental health crisis.
		The Region has also provided financial assistance for Trauma Informed Care training within the community. The training familiarizes members and organization in the community with adverse childhood experiences and brain trauma and follows up by providing strategies to help build resiliency in individuals and communities. The region also supports additional Trauma Informed Care trainings on the topics of re-traumatization, sensory application, and vicarious trauma, self-care, and burn out.
		community-wide activities or events to Baseline Baseline Target Target wledge and awareness of mental health issues. Year Value Year Value  2016 0 2021 10
Report Date Jun 1, 2018	Year 2018 Value 0 Progress notes	Progress on Objective  ☐ Met, trend in right direction ☐ Met, no trend ☐ Met, trend in wrong direction ☐ Not met, no trend ☐ Met, trend in wrong direction ☐ Not met, trend in wrong direction ☐ See narrative below.
Strategy 2-2.1	•	Inplement a social marketing campaign to mmunity about mental health issues.  Strategy Type Counseling & Education
	Who's Responsi Community Hea	ble Target Date Ilth Assessment Steering Committee 12/31/2021

-	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy Complete On track Off track No progress  Mental health issues continue to be highlighted on social media, websites, and community messages by various community partners. However, a unified social marketing campaign has not yet been developed. It is anticipated that the strategic plan and annual implementation plan for the newly formed Community Mental Health Consortium will include communication strategies related to mental health and access.	
Strategy 2-2.2	health legislativ		~
	Who's Responsil Community Hea	ble Target Date   Steering Committee   12/31/2021   12/31	
	Report Date Jun 1, 2018	Progress on Strategy       ☐ Complete     ✓ On track     ☐ Off track     ☐ No progress	
	Progress notes:	The Eastern Iowa Mental Health and Disability Services Region and its CEO, Lori Elam, have worked tirelessly to inform and familiarize elected officials to the mental health needs of Scott County and the larger the Eastern Iowa Mental Health and Disability Services Region. A focus of these efforts have been related to mental health funding and the per capita funding mechanism that funds these services in Iowa's regions. Recent efforts by the region have focused on House File 2456 that will provide 24/7 access centers for mental health services in Iowa's communities. Representatives of the region have noticed a shift in legislators and their increased awareness of the need for 24/7 crisis services and the importance of professionals trained to assist those in mental health crisis.  Lori Elam was also highly involved in advocating for a Certificate of Need application to be approved by the State Health Facilities Council for Strategic Behavioral Health, a mental health provider, to develop a mental health facility in Bettendorf, Iowa. Lori's efforts stressed the need for additional in-patient mental health beds, additional mental health providers, as well as additional outpatient services for the Scott County community. This multi-year process involved a number of denials from the State Health Facilities Council prior to the final approval being given in 2017.	
	vocate for fundir		
	ty of mental heal		
-	crease the numbe ealth service fundii	r of workgroups who advocate for mental ng by 1.  Baseline Baseline Target Target Year Value Year Value  2016 0 2021 0	
<u>Report Date</u> Jun 1, 2018	Year 2018 Value 0	Progress on Objective  ☐ Met, trend in right direction ☐ Met, no trend ☐ Met, no trend ☐ Met, trend in wrong direction ☐ Not met, trend in wrong direction ☐ Not met, trend in wrong direction	

	Progress notes	: See narrative below.		
Strategy 3-1.1	Solicit individuals and groups to form an advocacy workgroup to address mental health funding needs.		Strategy Type Environmental / Policy / Systems Change	
	Who's Responsil Community Hea	<u>ble</u> Ith Assessment Steering Committee	<u>Target Date</u> 12/31/2021	
_	Report Date Jun 1, 2018		f track No progress	
	Progress notes:	At this time, a unified effort in the form of a anticipated that the strategic plan and annuformed Community Mental Health Consortiand an emphasis on advocacy related to me various organizations within the community health funding for Scott County. The Easter Services Region and its CEO, Lori Elam, have to advocate for mental health services fundentire state. During the 2017 legislative seeducated and informed elected officials on capita funding cap for each region. They in fiscal viability of the regions in order to app and services. This team will continue their Legislative Interim Committee that is tasked the mental health regions to determine if the	um will include legislative strategies ental health and access. However, or continue to advocate for mental en lowa Mental Health and Disability elbeen familiar faces at the state capitol ing for the eastern lowa region and the esion, EIMHDS region representatives the importance of an increase in the performed legislators on the importance of ropriately address mental health access efforts to work with the upcoming the with reviewing the per capita caps for	
Strategy 3-1.2	Establish best p	ractices for advocacy work.	Strategy Type Counseling & Education	
	Who's Responsil Advocacy Works	<del></del>	<u>Target Date</u> 12/31/2016	
_	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy Complete On track Of  At this time, a unified effort in the form of a anticipated that the strategic plan and annuformed Community Mental Health Consortiand an emphasis on advocacy related to me various organizations within the community health funding for Scott County.	al implementation plan for the newly um will include legislative strategies ental health and access. However,	
Strategy 3-1.3	Develop an advergending.	ocacy plan to address mental health	Strategy Type Environmental / Policy / Systems Change	
	Who's Responsil Advocacy Works		<u>Target Date</u> 12/31/2017	

	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy  Complete On track Off  At this time, a unified effort in the form of a anticipated that the strategic plan and annuformed Community Mental Health Consorticand an emphasis on advocacy related to me various organizations within the community health funding for Scott County.	al implementation plan for the um will include legislative strat ntal health and access. Howey	newly egies ver,
Strategy 3-1.4		ble	Strategy Type Counseling & Education  Target Date 12/31/2022	="
	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy  Complete On track Off  At this time, a unified effort in the form of a anticipated that the strategic plan and annu formed Community Mental Health Consortic and an emphasis on advocacy related to me  However, various organizations within the comental health funding for Scott County. The Disability Services (EIMHDS) Region and its Cat the state capitol to advocate for mental howa region and the entire state. During the region representatives educated and inform of an increase in the per capita funding cap to legislators on the importance of fiscal viabilicappropriately address mental health access their efforts to work with the upcoming Legislasked with reviewing the per capita caps for determine if the funding mechanism is apprenticed.	al implementation plan for the um will include legislative stratum will include legislative stratum tal health and access.  ommunity continue to advocate Eastern Iowa Mental Health acceo, Lori Elam, have been family ealth services funding for the elected officials on the implementation of the regions. They informetly of the regions in order to and services. This team will consistative Interim Committee that in the mental health regions to	e newly egies  te for end liar faces eastern HDS ortance d

## Promote healthy living. (healthy eating, physical activity)

	adoption c	ocrease development and of worksite wellness programs of in Scott County.	National Alignment  Healthy People 2020 Goals:  Improve health-related qua and well-being for all individual i	ility of life duals. d quality il activity.	State Alignme	ent
			organizational and program nutrition standards and pol Priority: Active Living, Recommendation 4: Suppo workplace policies and prog that increase physical activi	rt grams		
Obje		ncrease the number of worksites re Vorksite by 10.	ecognized as a Be Healthy QC	Baseline Year 2016	Baseline Value	Target Target Year Value 2021 28
	eport Date un 1, 2018	Value Met, n	rend in right direction	Not met, no	end in right dire trend end in wrong di	
S	trategy 1-1.	Healthy QC workgroup.  Who's Responsible		Strategy Ty Environme		Systems Change Date
			rategy  On track Off	p receives r	_	arch 9, 2018;
S	trategy 1-1.	Wellness recognition program.  Who's Responsible		Strategy Ty Counseling	ype g & Education Target [	<u> Date</u>
		Worksite Wellness Be Health QC	Workgroup		12/31/2	2021

	Report Date Jun 1, 2018	Progress on Strategy  ☐ Complete ✓ On track	Off to	rack 🔲	No progress		
	Progress notes:	The Be Healthy QC Worksite Wellne promoted within our community. T promotes the Be Healthy QC Works newsletters to community partners. Health Initiative website. The Scott the Be Healthy QC Worksite Wellne identified in the Community Transfor Community Transformation Consult Scott County and included the Be He Companies, Cobham Mission System Eye Surgeons Associates, Le Claire P Putnam Museum, Quad Cities Cham Safety, River Bend Transit, Scott Cor Cellular.	he Quad C ite Wellne Informat County Ho ss recognifermation P ant (CTC) ealthy QC ns, Culligal olice Depa ber, Quad	City Health In ess recognition is also averalth Department of the common	itiative regul on program in vailable on th ment (SCHD) n to the work August 2017, rs to 15 work re; BITCO Insi wa Communi diacom Comr Bandits, Qua	arly monthly e Quad City promotes sites the places in urance ty Colleges nunications d City	, , S,
-	rease by one the sted in our comm	number of Worksite Wellness Confe unity.	rences	Baseline Year 2016	Baseline Value 2	Target Year 2021	Target Value
Report Date Jun 1, 2018	Year 2018 Value 0 Progress notes	Progress on Objective  Met, trend in right direction  Met, no trend  Met, trend in wrong direction  To date, a Worksite Wellness Conf Healthy QC Worksite Wellness Words another conference in 2019.	on No	ot met, no tro ot met, trend as not been h	d in wrong dir	ection  Iovember 2	
Strategy 1-2.1	Determine conf	erence agenda and secure speakers,		Strategy Type Environment	<u>e</u> al / Policy / S	ystems Cha	inge
	Who's Responsil Worksite Wellne	<u>ole</u> ess Be Healthy QC Workgroup			Target E 12/31/2		
	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy Complete On track To be completed at a later date.	✓ Off to	rack	No progress		
Strategy 1-2.2	Promote confer	ence to area worksites.		Strategy Type Counseling &	_		
	Who's Responsil Worksite Wellne	<u>ole</u> ess Be Healthy QC Workgroup			Target D 12/31/2		

	Report Date Jun 1, 2018  Progress on S Complete  Progress notes: To be complete	e ☐ On track ☑ Off track	☐ No progress
promotion of	plement a cross-sector health campaign on healthy eating ving/physical activity in Scott	National Alignment  Healthy People 2020:  Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.  Objective NWS-8: Increase the proportion of adults who are at a healthy weight.  Objective NWS-9: Reduce the proportion of adults who are obese.  Objective NWS-10: Reduce the proportion of children and adolescents who are considered obese.  National Prevention Strategy:  Priority: Healthy Eating, Recommendation 4: Help people recognize and make healthy food and beverage choices.	State Alignment  Healthy Iowans Health Improvement Plan 2012-2016:  6-5: An increase in the proportion of adults who get the recommended levels of aerobic physical activity.  6-9: A reduction in the proportion of adults who are obese.
	crease public and partner messag d active living to 72 unique mess		r Value Year Value
Report Date Jun 1, 2018	Value	no trend Not met, r	crend in right direction no trend crend in wrong direction
Strategy 2-1.1	Convene regular meetings of the Branding, and Communication.  Who's Responsible  Be Healthy QC Coalition		Type ng & Education  Target Date 12/31/2017

Progress on Strategy  Jun 1, 2018  Progress notes: The Be Healthy QC Coalition continues to meet regularly. In 2017, there were three meetings convened. There have been 2 meetings so far in 2018. Updates from committees are shared at this meeting.  The Be Healthy QC Marketing, Branding, and Communications Committee met 8 times in 2017. The work of overseeing the Be Healthy QC messages is now with the Promotion Committee, which is a new committee of the Quad City Health Initiative Board. The Promotion Committee has met 2 times so far in 2018.							
Strategy 2-1.2		Strategy Type Counseling & Education  Target Date					
_		Marketing, Branding, and Communications Committee 12/31/2016					
	Report Date Jun 1, 2018	Progress on Strategy  ✓ Complete ☐ On track ☐ Off track ☐ No progress					
	Progress notes: Over the past three years, Be Healthy QC developed and placed educational materials such as animations, posters, billboards, Facebook ads, coloring pages, cards, and magnets within the community as part of their PICH grant. Many of the messages and materials were available in both English and Spanish. The messages of "Eat right, Move more" and the QCTrails.org website were central themes in the communication effort.						
Strategy 2-1.3		y eating and active living communication ea physicians and patient navigators.  Strategy Type Counseling & Education					
	Who's Responsil Be Healthy QC N	Target Date Marketing, Branding, and Communications Committee 12/31/2017					
_	Report Date Jun 1, 2018	Progress on Strategy  ☐ Complete ☐ On track ✓ Off track ☐ No progress					
	Progress notes:	Materials have not been developed for area physicians and patient navigators at this time.					
Strategy 2-1.4	Strategy 2-1.4 Promote healthy eating and active living messages to Scott County residents in a variety of locations, avenues, and through partner organizations.  Who's Responsible Be Healthy QC Marketing, Branding, and Communications Committee  Strategy Type Counseling & Education  Target Date 12/31/2017						
_							
	Report Date Jun 1, 2018	Progress on Strategy  ✓ Complete ☐ On track ☐ Off track ☐ No progress					
Progress notes: The Be Healthy QC marketing campaign increased awareness through more the 28 million media impressions in a multi-media communication campaign carri out in the Quad Cities over the past three years. This included reaching a potential TV audience of 1,239,710; 14,508,014 total billboard impressions; more than							

880,000 Facebook ad impressions; and radio ads ran on 4 local stations with a reach of more than 154,000 people. Media distribution included Facebook/ Instagram, cable TV, broadcast TV, outdoor (digital and vinyl billboards), radio and local theaters. Educational products were distributed in the school and community sectors. Strategy 2-1.5 Encourage partner organizations to promote healthy eating Strategy Type and active living through the adoption of the Be Healthy QC Environmental / Policy / Systems Change Who's Responsible Target Date Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017 **Progress on Strategy** Report Date Jun 1, 2018 Off track ✓ Complete On track No progress Progress notes: The Be Healthy QC Coalition continues to encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo. National Alignment State Alignment Goal #3 By 2021, promote development and implementation of comprehensive school Healthy People 2020: Healthy Iowans Health Improvement wellness policies in Scott County. Plan 2012-2016: Objective PA-4: Increase the proportion of the Nation's public Objective 6-1.9: By 2015, increase and private schools that require the number of Iowans Walking daily physical education for all Assessment Logistics Kits (I-WALK) students. communities that encourage children to walk to school from 32 to 44. Objective PA-5: Increase the proportion of adolescents who Objective 6-1.13: By 2014, increase participate in daily school physical student participation in the School education. Breakfast Program by 20% from 13.7 million to 17 million meals. Objective PA-6: Increase regularly scheduled elementary school recess Objective 6-1.18: Continue providing in the United States. fresh and minimally processed lowagrown food in school meals National Prevention Strategy: and snacks. Priority: Active Living, Recommendation 2: Promote and strengthen school and early learning policies and programs that increase physical activity. Priority: Healthy Eating, Recommendation 2: Implement organizational and programmatic nutrition standards and policies. Objective 3-1 Complete in depth wellness policy assessment of four school Target Baseline Baseline **Target** districts/schools by 2021. Year Value Year Value 2016 0 2021

Report Date Jun 1, 2018  Strategy 3-1.1	Value Met, no tren	right direction N  d N  wrong direction N  School Wellness Be	lot met, trend in right direction lot met, no trend lot met, trend in wrong direct lot met, trend in wrong direct lot met, trend lot met, trend lot wrong direct lot met, trend lot met, trend lot met, trend lot met, trend lot met, lot met	tion		
	Who's Responsible School Wellness Be Healthy QC Workgroup  Target Date 12/31/2016					
	input from local scho the sample wellness p legislation has require biggest change in legi per building, instead their school wellness annually. Staff at low to show the legislativ	On track Off to Decategorization researthis research, a sample of nurses. At that time, policy and others made and schools to make chardslation is that now school just a district-wide policy assessment once a State University Exters to changes that were made this policy assessment once as the changes that were made the changes that were made the changes that were made this policy assessment once as the changes that were made the changes that were made this policy assessment once as the changes that were made the changes that were made this policy as the change of the ch	rrack No progress  Irched model wellness policie wellness plan was developed some of the school districts a minimal updates. Since then, nges to their wellness policies ols will need to have a wellne olicy. They also are required t every three years, rather tha nsion developed a crosswalk of ide. This document was prese categorization Board meeting	with adopted , s. The ess policy to submit an document ented to		
Strategy 3-1.2	Complete in-depth wellness policy ass school districts/schools.  Who's Responsible School Wellness Be Healthy QC Workg		Strategy Type Environmental / Policy / System  Target Date 12/31/2018	<u>e</u>		
	school districts only h	On track Off to	nool districts within Scott Cour nool year, the law changed so nool wellness policy assessmen ther than a district school we	now nt once		
Strategy 3-1.3	Analyze and provide technical assistant strengthening the school wellness possible School Wellness Be Healthy QC Workg	icies.	Strategy Type Environmental / Policy / Systom Target Date 12/31/202	<u>e</u>		

		_
Report Date Jun 1, 2018	Progress on Strategy  ✓ Complete ☐ On track ☐ Off track ☐ No progress	
	Once districts have completed their assessments of each school building, they are forwarded to Scott County Decategorization and are shared with staff at Iowa State University Extension to compile a county report. This report will be completed triennially after this year and will be available following the 2020/2021 school year. The superintendents at all school districts have continued to request assistance with Iowa State University Extension/Scott County Decategorization with strengthening their school wellness policies.	

Address obesity in youth and adults.

Goal #1	By 2021 im	plement a cross-sector health	National Alignment	State Alignment	
Gual #1	promotion o	plement a cross-sector health campaign on healthy eating ving/physical activity in Scott	Healthy People 2020:  Goal: Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.  Objective NWS-8: Increase the proportion of adults who are at a healthy weight.  Objective NWS-9: Reduce the proportion of adults who are obese.  Objective NWS-10: Reduce the proportion of children and adolescents who are considered obese.  National Prevention Strategy:  Priority: Healthy Eating, Recommendation 4: Help people recognize and make healthy food and beverage choices.	Healthy Iowans Health Improvement Plan 2012-2016:  6-5: An increase in the proportion of adults who get the recommended levels of aerobic physical activity.  6-9: A reduction in the proportion of adults who are obese.	
Obje		crease public and partner message d active living to 72 unique messa		r Value Year Value	
	Report Date lun 1, 2018	Value Met, no	end in right direction Not met, to trend Not met, to end in wrong direction Not met, to	trend in right direction no trend trend in wrong direction	
9	Strategy 1-1.1	Convene regular meetings of the Branding, and Communications		<u>Type</u> ng & Education	
		Who's Responsible Be Healthy QC Coalition		<u>Target Date</u> 12/31/2017	
	-	three meetings.	On track Off track  QC Coalition continues to meet regula There have been 2 meetings so far in shared at this meeting.	•	

The Be Healthy QC Marketing, Branding, and Communications Committee met 8 times in 2017. The work of overseeing the Be Healthy QC messages is now with the Promotion Committee, which is a new committee of the Quad City Health Initiative Board. The Promotion Committee has been 2 times so far in 2018. Strategy 1-1.2 Develop cross-sector health messages to increase physical Strategy Type activity and healthy eating in Scott County. Counseling & Education Who's Responsible **Target Date** Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2016 Progress on Strategy Report Date Jun 1, 2018 Complete On track Off track No progress Progress notes: Over the past three years, Be Healthy QC developed and placed educational materials such as animations, posters, billboards, Facebook ads, coloring pages, cards, and magnets in the community as part of their PICH grant. Many of the messages and materials were available in both English and Spanish. The messages of "Eat right, Move more" and the QCTrails.org website were central themes in the communication effort. Strategy 1-1.3 Develop healthy eating and active living communication Strategy Type materials for area physicians and patient navigators. Counseling & Education Who's Responsible Target Date Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017 Progress on Strategy Report Date Jun 1, 2018 Complete On track ✓ Off track No progress Progress notes: Materials have not been developed for area physicians and patient navigators at this time. Strategy 1-1.4 Promote healthy eating and active living messages to Scott Strategy Type County residents in a variety of locations, avenues, and Counseling & Education through partner organizations. Who's Responsible Target Date Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017 **Progress on Strategy** Report Date Jun 1, 2018 Complete On track Off track No progress Progress notes: The Be Healthy QC marketing campaign increased awareness through more than 28 million media impressions in a multi-media communication campaign carried out in the Quad Cities over the past three years. This included reaching a potential TV audience of 1,239,710; 14,508,014 total billboard impressions; more than 880,000 Facebook ad impressions; and radio ads ran on 4 local stations with a reach of more than 154,000 people. Media distribution included Facebook/ Instagram, cable TV, broadcast TV, outdoor (digital and vinyl billboards), radio and local theaters. Educational products were distributed in the school and community sectors.

Strategy 1-1.5	and active living the logo.  Who's Responsible Be Healthy QC Mark  Report Date Jun 1, 2018  Progress notes: The	Progress on Str	ing, and Communications Cor	Environme mmittee track [	Target Date 12/31/2017  No progress  irtner organizations to
	Q	C logo.			
environmen	omote wellness pol tal improvements s and worksites in	in	National Alignment  Healthy People 2020:  Objective PA-1: Reduce the proportion of adults who en no leisure-time physical activation of the proportion of th	nental) rips nental) rips nental) rips nental) for the ance	Healthy Iowans Health Improvement Plan 2012-2016:  Objective 6-1.3: Continue funding for the green infrastructure and sustainable development in communities that are an integral part to the communities' overall environmental, physical, and social health.
en			ho implemented a policy or ied in a workplace wellness	Baseline Year 2015	e Baseline Target Target Value Year Value  9 2021 20
<u>Report Date</u> Jun 1, 2018	( S	Met, no Met, tro Met tro Met, no	end in right direction  trend  n  end in wrong direction  n  ar, the Scott County Health De d 15 worksites to offer a worl	lot met, no lot met, tre epartment' kplace well evious wor	end in right direction o trend end in wrong direction 's Community Transformation Program lness assessment and improvement rksites were identified to receive
Strategy 2-1.1	-	t aNd Group E echnical assista	Evaluation (CHANGE) tool ance.	Strategy T Environme	ype ental / Policy / Systems Change Target Date 12/31/2021

_	Report Date Jun 1, 2018 Progress notes:	Progress on Strategy  Complete On track Off  The CTP identified Sears Manufacturing, River Cities River Bandits (QCRB) to complete the C	
		continues to work with MEDIC EMS, Isle of C	
Strategy 2-1.2	·	HANGE tool assessment with identified ompile a report of the findings and ons.	Strategy Type Environmental / Policy / Systems Change
	Who's Responsil Scott County He	<u>ole</u> alth Department	<u>Target Date</u> 12/31/2021
_	Report Date Jun 1, 2018	Progress on Strategy  ☐ Complete ✓ On track ☐ Off	track No progress
	Progress notes:	CTP staff met with Sears Manufacturing on A Manufacturing's interest in enhancing a curr increase staff participation. During this initial CHANGE tool. CTP staff met with RBFB on O culture of workplace wellness for staff and co October 11, 2017, CTP staff met with QCRB of employee wellness as a method to reduce al time staff, and to complete the CHANGE too	rent workplace wellness program to al meeting, CTP staff completed the ctober 11, 2017 to discuss creating a ompleted the CHANGE tool. On discuss QCRB interest in strengthening armingly high turn-over rates for full
Strategy 2-1.3		s and recommendations to the worksites ical assistance in implementing policy and improvements.	Strategy Type Environmental / Policy / Systems Change
	Who's Responsil Scott County He	<u>ole</u> alth Department	Target Date 12/31/2021
_	Report Date	Progress on Strategy  ☐ Complete ✓ On track ☐ Off	track No progress
	Progress notes:	Sears Manufacturing was provided CHANGE recommendations on August 23, 2017. CTP Manufacturing staff to offer technical assistatecommendations.	staff was unable to connect with Sears
		CTP staff met with RBFB on October 19, 2017 and recommendations. During this meeting, strengthening the current tobacco-free polici wellness needs assessment. CTP staff referred Tobacco Consultant and provided a variety of assessments implemented at other local working implemented an employee wellness needs a compile and review results.	RBFB expressed interest in cy and implementing an employee ed RBFB staff to the SCHD Community of employee wellness needs rkplaces. In January 2018, RBFB
		On November 3, 2017, staff met with QCRB to recommendations. CTP staff provided technicompiling results on the employee wellness. November 2017. CTP staff referred QCRB to Consultant to strengthen the tobacco-free polimplemented a progressive tobacco-free polimplemented.	lical assistance in developing and needs assessment throughout the SCHD Community Tobacco olicy. In December 2017, QCRB

nicotine, and electronic smoking device products and bans related promotions, advertisements, vending machines, etc. During a December 12, 2017 meeting with CTP staff, QCRB expressed interest in adopting a comprehensive employee wellness policy that provides guidance on several newly adopted wellness initiatives: free healthy lunch and dinners on game nights, paid flex-time for physical activity, free massages, and work-life balance during the off season. CTP staff proposed language for the comprehensive employee wellness policy that was adopted in March 2018. In April 2018, the CTP purchased QCRB two bicycle racks; the QCRB immediately installed the bicycle racks. Objective 2-2 Increase the number of communities who implemented a policy Baseline Baseline **Target Target** or environmental improvement identified in a community Year Value Year Value wellness assessment by 5. 2015 3 2021 8 Report Date Year Progress on Objective Jun 1, 2018 2018 Met, trend in right direction ✓ Not met, trend in right direction Value Not met, no trend Met, no trend Met, trend in wrong direction Not met, trend in wrong direction Progress notes: The City of Bettendorf implemented a Story Walk and participated in the Healthiest State Walk; the City of Long Grove adopted a Smoke Free Parks and Facilities Ordinance; the City of Princeton completed a CHANGE Tool assessment, sidewalk assessment and WABSA, provided Quitline Iowa information, and adopted a Tobacco-Free and Nicotine-Free Park Resolution. Strategy 2-2.1 Identify communities in Scott County to offer the Strategy Type Community Health Assessment aNd Group Evaluation Environmental / Policy / Systems Change (CHANGE) tool and Walkability and Bikeability Suitability Assessment (WABSA) and technical assistance. Who's Responsible **Target Date** Scott County Health Department 12/31/2021 **Progress on Strategy** Report Date Off track Jun 1, 2018 Complete ✓ On track No progress Progress notes: The City of Princeton was identified as a new rural area to promote environmental and policy changes. CTP staff continues to provide technical assistance to the City of Long Grove. Strategy 2-2.2 Complete the CHANGE tool and WABSA with identified Strategy Type communities and compile a report of the findings and Environmental / Policy / Systems Change recommendations. Who's Responsible **Target Date** Scott County Health Department 12/31/2021 **Progress on Strategy** Report Date Jun 1, 2018 ✓ On track Off track Complete No progress Progress notes: CTP staff completed the CHANGE Tool assessment with a Princeton City Council member on October 4, 2017. A sidewalk assessment was completed on December 12, 2017. CTP staff led two members of the public along a one-mile walk audit route using WABSA and the AARP Walk Audit Toolkit on April 24, 2018. One of the participants is wheelchair bound and serves as the Princeton Sidewalks and Trails Committee Chair. Brent Herman, Princeton Sidewalks and Trails Committee Chair

demonstrated the importance for communities of all sizes to meet Americans with Disabilities Act (ADA) requirements. Present findings and recommendations to the communities Strategy Type Strategy 2-2.3 and offer technical assistance in implementing policy and Environmental / Policy / Systems Change environmental improvements. Who's Responsible Target Date Scott County Health Department 12/31/2021 Progress on Strategy Report Date Jun 1, 2018 Complete ✓ On track Off track No progress Progress notes: CHANGE Tool results were presented at the Princeton City Council meeting on October 12, 2017. On December 14, 2017, CTP staff reviewed the sidewalk assessment results at the Princeton City Council meeting. In October 2017, CTP staff provided the City of Princeton Quitline Iowa cards to distribute at City Hall, United States Post Office, and Blackhawk Bank & Trust. CTP staff referred the Princeton Park Board Chair to the SCHD Community Tobacco Consultant to develop a tobacco-free park resolution. In April 2018, Princeton City Council approved a progressive tobacco-free and nicotine-free park resolution that prohibits the use tobacco and nicotine products at parks and outdoor recreational facilities. Along with members of the Princeton Sidewalk and Trail Committee, CTP staff presented the walk audit results at the May 10, 2018 Princeton City Council meeting. CTP staff referred the Long Grove City Clerk to the SCHD Community Tobacco Consultant to develop a smoke-free parks and facilities ordinance. In August 2017, Long Grove City Council approved a progressive smoke-free parks and facilities ordinance that prohibits all uses of tobacco and nicotine products at parks, outdoor recreational activities, and City-owned and operated facilities.

Improve access to medical providers for under-insured, uninsured, or with Medicaid health insurance.

				National Alignment		State Alignment	
Goal #1	Goal #1 By 2021, increase access to medical providers for under-insured, uninsured, or with Medicaid health insurance in Scott County.			Healthy People 2020:  Goal: Improve access to comprehensive, quality heaservices.  Objective MICH-30.1: Increproportion of children who access to a medical home.  National Prevention Stratest Strategic Direction: Elimina Health Disparities, Recomm 2: Reduce disparities in accequality health care.	ease the have	State / iligilities	
Obje		•	o increase acce	ross-sector committees ss to medical providers fo	Baseline r Year 2016	Value	arget Target Year Value 2021 1
J	Report Date un 1, 2018		Met, no Met, tr	end in right direction o trend end in wrong direction below.	Not met, no	end in wrong direct	
5	Strategy 1-1	.1 Establish or su committee the medical provide	at will focus on	ng cross-sector increasing access to	Strategy Ty Address Sc	<u>ype</u> ocial Determinant /	<sup>/</sup> Health Inequity
		Who's Responsi Quad City Healt				Target Date 12/31/202	
Report Date Jun 1, 2018 Progress notes:			Progress on St		track	No progress	
			community effortowards access Consortium, for	g implementation of the Scot orts around the topic of healt to mental health services. T rmerly known as the Commu ocus on access to care for ind	th care acce he Commur nity Mental	ss have been chan nity Mental Health Health Initiative, is	neled s
			and support. As look at the need	ntified that a gap exists relate s a result, the Scott County H ds of pregnant and new motl n needs assessment, staff are	lealth Depai hers. Follow	rtment has taken a ving the completion	n deeper n of a

sector partners to address maternal health needs in the community. Partners include Lutheran Services in Iowa (LSI) and its Parent Pals program, Genesis Visiting Nurses Association (VNA), the local federally qualified health center, the Scott County WIC program, obstetricians from The Group, as well as pregnancy resource providers. Strategy 1-1.2 Create a plan for gathering data to assess the Strategy Type Address Social Determinant / Health Inequity availability of medical providers and health care services, identifying unserved and under-served populations and service gaps and barriers. Who's Responsible Target Date **Future Committee Focused on Improving Access** 12/31/2016 Progress on Strategy Report Date ✓ On track Jun 1, 2018 Complete Off track No progress Progress notes: As described under Goal 1, community efforts continue to be aligned to address mental health care access, specifically for the unserved and under-served populations. However, partners have taken time to reset and realign their efforts as a result of findings of the MTM mental health assessment. Prior to the summer of 2017, the Community Mental Health Initiative was the community collaborative working to improve access to mental health services. As a result of the MTM Services study, the partnership expanded the current Community Mental Health Initiative, which was comprised of the Robert Young Center, Community Health Care, Genesis Health System, UnityPoint Health-Trinity, and Vera French. The new collaborative is known as the Community Mental Health Consortium. In the upcoming months, partners of the consortium will be looking to create strategic as well as annual implementation plans. These plans will be accompanied by metrics to help establish baselines as well as gauge progress in impacting mental health needs in the community. The gathering of data was the starting point for the Scott County Health Department's Maternal Health Needs Assessment. Through the use of quantitative and qualitative methods, staff gathered information on a number of maternal health priorities to determine populations that were un- and under-served as well as whether service gaps and barriers existed. Strategy 1-1.3 Research strategies and best practices for increasing Strategy Type access to medical providers and health care services Address Social Determinant / Health Inequity for low-income and under-served populations. Who's Responsible Target Date Future Committee Focused on Improving Access 12/31/2017 Progress on Strategy Report Date Off track Jun 1, 2018 Complete ✓ On track No progress Progress notes: The Mental Health Assessment report was completed by MTM Services, LLC. Consultants from MTM Services conducted various data gathering activities and provided the community with a number of recommendations to be implemented to improve access to the mental health system for all populations in the community. The strategy recommendations ranged from convening a consortium of behavioral and intellectual health providers that encompasses a wide array of service providers to the provision of gap-filling services in the community to the

creation of performance standards and benchmarks. Scott County Health Department consulted with staff at the Iowa Department of Public Health and other Maternal Health contractors throughout the state of Iowa to identify strategies and best practices for increasing access to maternal health providers and services. The strategies and best practices were incorporated as necessary as Scott County Health Department developed action plans to address the gaps identified in Scott County. The implementation of the plan is ongoing. Strategy 1-1.4 Develop strategies to remove barriers, create system Strategy Type changes to improve access to medical providers and Address Social Determinant / Health Inequity health care services. Who's Responsible **Target Date Future Committee Focused on Improving Access** 12/31/2021 Progress on Strategy Report Date Complete ✓ On track Off track Jun 1, 2018 No progress Progress notes: At the time of this report's submission, a sub-committee the Community Mental Health Consortium has hosted initial meetings to develop a plan to hire a consultant for the Consortium. Upon hire of a consultant to assist with consortium partner engagement, facilitation of strategic planning, and other activities related to the consortium, the larger consortium will begin meeting to determine next steps. Scott County Health Department has invested significant time and effort into planning and implementing strategies to improve access to services for prenatal and postpartum women. An action plan has been developed for providing maternal health services in Scott County. In alignment with the action plan, the department has hired a part-time nurse whose position is dedicated to providing health education, breastfeeding support, oral health services, and care coordination services to prenatal and postpartum women in the community. SCHD is continuing conversations with area women's health clinics to provide on-site space for SCHD's nurse to provide direct services and care coordination to women of the target population within the clinics. In addition, SCHD has entered into a contract with Genesis VNA to provide health education and address disparities to low-income prenatal and postpartum women in the community. Genesis VNA has a primary target of teen moms and serves them through its in-school programs. Strategy 1-1.5 Implement strategies to assist the low-income and Strategy Type under-served populations in obtaining medical Environmental / Policy / Systems Change providers and health care services. Who's Responsible **Target Date Future Committee Focused on Improving Access** 12/31/2021 Progress on Strategy Report Date Complete ✓ On track Off track Jun 1, 2018 No progress Progress notes: At the time of this report's submission, a sub-committee the Community Mental Health Consortium has hosted initial meetings to develop a plan to hire a consultant for the consortium. Upon hire of a consultant to assist with consortium partner engagement, facilitation of strategic planning, and other activities related

to the consortium, the larger consortium will begin meeting to determine next steps.

Scott County Health Department and community partners are actively implementing strategies identified in the maternal health action plans to assist prenatal and postpartum women in obtaining medical providers and health care services. Department staff are continuing to finalize partnerships with local health care providers to allow for maternal health direct health care services to be available through the Scott County Health Department's nurse. The nurse has also completed training as a lactation consultant and will be available to provide needed services to new moms. Presumptive eligibility services continue to be provided to prenatal and postpartum women needing access to health insurance in order to receive health care services. Additionally, an emphasis continues to be made towards providing care coordination services for this population.

Services continue to be implemented by Genesis VNA in the form of maternal health group education classes in the high school setting, networking with community partners, and assuring access to prenatal and postpartum health care for low-income women.