

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, increase collaboration to address access to mental health services in Scott County.	National Alignment	State Alignment
		<p>Healthy People 2020:</p> <p>Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.</p> <p>Objective MHMD-5: Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral.</p> <p>National Prevention Strategy:</p> <p>Priority: Mental and Emotional Well-being, Recommendation 4: Promote early identification of mental health needs and access to quality services.</p>	<p>Healthy Iowans Health Improvement Plan 2012-2016:</p> <p>Objective 8-1.4: Increase access to services and supports for individuals experiencing a mental health crisis.</p>

Objective 1-1	(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____%.	Baseline Year	Baseline Value	Target Year	Target Value
		2013; 2014	53 days for adults; 85 days for youth	2021	TBD

<u>Report Date</u>	Year
May 31, 2017	2017
	Value
	TBD

<u>Progress on Objective</u>	
<input type="checkbox"/> Met, trend in right direction	<input checked="" type="checkbox"/> Not met, trend in right direction
<input type="checkbox"/> Met, no trend	<input type="checkbox"/> Not met, no trend
<input type="checkbox"/> Met, trend in wrong direction	<input type="checkbox"/> Not met, trend in wrong direction

Progress notes: The Community Mental Health Initiative continues to be the community voice for addressing mental health needs in Scott County. Member organizations include Genesis Health System, UnityPoint Health - Trinity, Vera French Community Mental Health Center, Robert Young Center, Genesis Psych Associates, Transitions Mental Health, and Quad City Health Initiative. The group has redefined some of the objectives they will address regarding mental health. However, they will continue to address increasing the number of psychiatric providers in the community by measuring the wait time in days for adults and youth to receive an initial psychiatric evaluation. The current wait times have not been collected by each provider at this time. Both health systems and community mental health centers continue to recruit psychiatric providers including psychiatrists and psychiatric nurse practitioners. The community recognizes barriers to recruitment of psychiatric professionals, including fewer professionals entering the field and difficulty in recruiting professionals to the Midwest and Iowa in particular.

Strategy 1-1.1	Convene regular meetings of the Community Mental Health Initiative.	<u>Strategy Type</u> Environmental / Policy / Systems Change
	<u>Who's Responsible</u> Quad City Health Initiative	<u>Target Date</u> 12/31/2016

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The Community Mental Health Initiative continues to meet regularly to discuss mental health challenges in Scott County. The most recent meeting took place on March 13, 2017.

Strategy 1-1.2 Establish priorities of the Community Mental Health Initiative to address access to mental health services. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Community Mental Health Initiative

Target Date
12/31/2016

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The Community Mental Health Initiative has developed QC Community Mental Health Initiative Priority Targets and a mental health dashboard to direct and report strategies taking place within the community. The dashboard is updated by the four large community mental health providers, Genesis Health System, Genesis Psych Associates, Robert Young Center (UnityPoint Health - Trinity), and Vera French Community Mental Health Center. The priority targets address: 1) Increasing collaboration to address access to mental health services; 2) Increasing training and education regarding mental health resources and information; and 3) Advocate for funding and innovative financing to provide for sustainability of behavioral health services in the Quad Cities community. Measurements will track access to behavioral health services, behavioral health presentations (ex. behavioral health patients presenting in crisis in the emergency department), psychiatric provider recruitment, and community events.

Strategy 1-1.3 Establish a workgroup to address opportunities to reduce wait time for psychiatric evaluations, increase bed capacity, and other barriers to mental health services. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Community Mental Health Initiative

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track No progress

Progress notes: The Community Mental Health Initiative will address these issues as a group. A workgroup dedicated to these specific issues will not be established at this time. Recent updates at Genesis Health System have increased the number of inpatient beds for adults by 10 in 2016; an additional increase of 24 beds in a new geriatric inpatient unit is anticipated for July 2017.

Goal #2 By 2021, increase training and education regarding mental health resources and information in Scott County.

National Alignment

Healthy People 2020 Goal:
Goal: Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.

National Prevention Strategy:

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

State Alignment

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.

Objective 2-1	(Developmental) Increase the proportion of primary care facilities that provide mental health treatment on-site by 10%.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2021	TBD

Report Date

May 31, 2017

Year

2017

Value

TBD

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

Progress notes: Genesis Health System and UnityPoint Health - Trinity continue to actively integrate behavioral health services in primary care clinics. This is in the form of mental health professionals and telehealth services. UnityPoint Health - Trinity currently has mental health services integrated into 14 sites, including Community Health Care. These are located in both Scott County, Iowa and Rock Island County, Illinois, although the clinics serve patients from both communities.

Strategy 2-1.1 Support area health systems to develop a model to co-locate mental health professionals in primary care facilities.

Strategy Type
Clinical Intervention

Who's Responsible
Community Mental Health Initiative

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

- Complete
- On track
- Off track
- No progress

Progress notes: Genesis Health System and UnityPoint Health - Trinity continue to actively integrate behavioral health services in primary care clinics. This is in the form of mental health professionals and telehealth services. UnityPoint Health - Trinity currently has mental health services integrated into 14 sites, including Community Health Care, a federally qualified health center. These are located in both Scott County, Iowa and Rock Island County, Illinois, although the clinics serve patients from both communities.

Strategy 2-1.2 Develop a plan to educate and train primary care providers on mental health screening tools and resources.

Strategy Type
Clinical Intervention

Who's Responsible
Community Mental Health Initiative

Target Date
12/31/2019

Report Date
May 31, 2017

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: 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 2-1.3 Implement a plan to educate and train primary care providers on mental health screening tools and resources. Strategy Type
Counseling & Education

Who's Responsible
Community Mental Health Initiative

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy
 Complete
 On track
 Off track
 No progress

Progress notes: 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.

Objective 2-2	Implement a minimum of five annual community wide activities or events to increase public knowledge and awareness of mental health issues.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	0	2021	25

Report Date
May 31, 2017

Year
2017

Value
6+

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

Progress notes: A number of community activities took places during the last year to increase public knowledge and awareness of mental health issues. The Eastern Iowa 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.

Strategy 2-2.1 Develop and implement a social marketing campaign to educate the community about mental health issues.

Strategy Type
Counseling & Education

Who's Responsible
Community Health Assessment Steering Committee

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy
 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 Resource and Referral Information Guide to health professionals and the public.

Strategy Type
Counseling & Education

Who's Responsible
Community Health Assessment Steering Committee

Target Date
12/31/2021

Report Date

Progress on Strategy
 Complete On track Off track No progress

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 health needs in our community.

Strategy Type
Counseling & Education

Who's Responsible
Community Health Assessment Steering Committee

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy
 Complete On track Off track 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.

Goal #3 By 2021, advocate to increase funding for mental health services in Scott County.

National Alignment

State Alignment

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 health service funding by 1.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	0

Report Date

May 31, 2017

Year

2017

Value

0

Progress on Objective

- | | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input checked="" type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> 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 workgroup to address mental health funding needs.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Community Health Assessment Steering Committee

Target Date

12/31/2021

Report Date

May 31, 2017

Progress on Strategy

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|---|
| <input type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input checked="" type="checkbox"/> No progress |
|-----------------------------------|-----------------------------------|------------------------------------|---|

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 work.

Strategy Type

Counseling & Education

Who's Responsible

Advocacy Workgroup

Target Date

12/31/2016

Report Date

May 31, 2017

Progress on Strategy

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|---|
| <input type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input checked="" type="checkbox"/> No progress |
|-----------------------------------|-----------------------------------|------------------------------------|---|

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

Target Date
12/31/2017

Report Date
May 31, 2017

<u>Progress on Strategy</u>			
<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress

Progress notes: A unified advocacy effort in the form of a workgroup has not taken place.

Strategy 3-1.4 Educate local and state elected officials about mental health funding needs for children, adults, and veterans in our community.

Strategy Type
Counseling & Education

Who's Responsible
Advocacy Workgroup

Target Date
12/31/2021

Report Date
May 31, 2017

<u>Progress on Strategy</u>			
<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress

Progress notes: A unified advocacy effort in the form of a workgroup has not taken place. However, a number of community leaders continue to educate local and state elected officials regarding the need for mental health and developmental disability funding for Scott County. Changes made by the Iowa Legislature this current session addressing the funding inequities and Scott County's ability to increase its financial support for mental health is considered a step in the right direction, but does not resolve the need for additional mental health resources to support services in the regions..

Community Priority

Promote healthy living. (healthy eating, physical activity)

Goal #1 By 2021, increase development and adoption of worksite wellness programs and policies in Scott County.

National Alignment

Healthy People 2020 Goals:

Improve health-related quality of life and well-being for all individuals.

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.

State Alignment

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Objective 1-1 Increase the number of worksites recognized as a Be Healthy QC Worksite by 10.

Baseline Year	Baseline Value	Target Year	Target Value
2016	18	2021	28

Report Date

May 31, 2017

Year

2017

Value

26

Progress on Objective

- | | |
|--|---|
| <input type="checkbox"/> Met, trend in right direction | <input checked="" type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: Seven new worksites were recognized as a Be Healthy QC Worksite in 2016. These worksites include St. Ambrose University, Deere & Company, Scott Community College, Our Lady of the River Catholic Church, Western Illinois University - Quad Cities, Rock Island-Milan School District, and the Bi-State Regional Commission. Senior Star at Elmore Place was recognized as a Be Healthy QC Worksite in February 2017. To date 26 organizations have been recognized as Be Healthy QC Worksites.

Strategy 1-1.1 Convene regular meetings of the Worksite Wellness Be Healthy QC workgroup.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Scott County Health Department

Target Date

12/31/2021

Report Date

May 31, 2017

Progress on Strategy

- | | | | |
|-----------------------------------|--|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Complete | <input checked="" type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|-----------------------------------|--|------------------------------------|--------------------------------------|

Progress notes: The Worksite Wellness Be Healthy QC workgroup last met in April 2016. The group receives regular updates via email and at the Be Healthy QC Coalition meetings, and continues to decide every other month if a meeting is warranted or not.

Strategy 1-1.2 Continue outreach for the Be Healthy QC Worksite Wellness recognition program.

Strategy Type
Counseling & Education

Who's Responsible
Worksite Wellness Be Health QC Workgroup

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: The Be Healthy QC Worksite Wellness recognition program continues to be promoted within our community. The Quad City Health Initiative regularly promotes the Be Healthy QC Worksite Wellness recognition program on monthly newsletters to community partners. Information is also available on the Quad City Health Initiative website. The Scott County Health Department promotes the Be Healthy QC Worksite Wellness recognition program to the worksites identified in the Community Transformation Program.

Objective 1-2 Increase by one the number of Worksite Wellness Conferences hosted in our community.

Baseline Year	Baseline Value	Target Year	Target Value
2016	2	2021	3

Report Date
May 31, 2017

Year
2017

Value
0

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

Progress notes: A Worksite Wellness Conference has not been planned for 2017 due to lack of funding and staff time. The Be Healthy QC Coalition is considering a conference in 2018 or 2019.

Strategy 1-2.1 Determine conference agenda and secure speakers, date, and location.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Worksite Wellness Be Healthy QC Workgroup

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: This is currently on hold.

Strategy 1-2.2 Promote conference to area worksites.

Strategy Type
Counseling & Education

Who's Responsible
Worksite Wellness Be Healthy QC Workgroup

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy			
<input type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input checked="" type="checkbox"/> No progress

Progress notes: This is currently on hold.

Goal #2 By 2021, implement a cross-sector health promotion campaign on healthy eating and active living/physical activity in Scott County.

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.

Objective 2-1 Increase public and partner messages promoting healthy eating and active living to 72 unique messages.

Baseline Year	Baseline Value	Target Year	Target Value
2014	0	2017	72

Report Date
May 31, 2017

Year
2016

Value
135

Progress on Objective	
<input checked="" type="checkbox"/> Met, trend in right direction	<input type="checkbox"/> Not met, trend in right direction
<input type="checkbox"/> Met, no trend	<input type="checkbox"/> Not met, no trend
<input type="checkbox"/> Met, trend in wrong direction	<input type="checkbox"/> Not met, trend in wrong direction

Progress notes: In 2016, 120 messages were publicly shared promoting Be Healthy QC and healthy eating and active living, and 15 partner messages. The public messages included Facebook posts, local TV ads, newspaper ads, radio ads, magazine articles, YouTube videos, cable and broadcast flights, digital and vinyl billboards, and Facebook ads. The partner messages refer to the monthly Be Healthy QC e-newsletters, news releases, distribution of printed community reports, and announcement emails sent specifically to community partners.

Strategy 2-1.1 Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.

Strategy Type
Counseling & Education

Who's Responsible
Be Healthy QC Coalition

Target Date
12/31/2017

<u>Report Date</u>	<u>Progress on Strategy</u>
May 31, 2017	<input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress

Progress notes: The Be Healthy QC Coalition continues to meet three times per year.

Strategy 2-1.2 Develop cross-sector health messages to increase physical activity and healthy eating in Scott County. Strategy Type
Counseling & Education

Who's Responsible Target Date
Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2016

<u>Report Date</u>	<u>Progress on Strategy</u>
May 31, 2017	<input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> 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 Develop healthy eating and active living communication materials for area physicians and patient navigators. Strategy Type
Counseling & Education

Who's Responsible Target Date
Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017

<u>Report Date</u>	<u>Progress on Strategy</u>
May 31, 2017	<input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> 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 Responsible Target Date
Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017

<u>Report Date</u>	<u>Progress on Strategy</u>
May 31, 2017	<input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> 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 Responsible Target Date
Be Healthy QC Marketing, Branding, and Communications Committee 12/31/2017

Report Date
May 31, 2017

Progress on Strategy

Complete
 On track
 Off track
 No progress

Progress notes: The Be Healthy QC Marketing, Branding, and Communications Committee continues to encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo. In 2016, they were able to increase by one partner.

Goal #3 By 2021, promote development and implementation of comprehensive school wellness policies in Scott County.

National Alignment

Healthy People 2020:

Objective PA-4: Increase the proportion of the Nation’s public and private schools that require daily physical education for all students.

Objective PA-5: Increase the proportion of adolescents who participate in daily school physical education.

Objective PA-6: Increase regularly scheduled elementary school recess in the United States.

National Prevention Strategy:

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.

State Alignment

Healthy Iowans 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 Iowa-grown food in school meals and snacks.

Objective 3-1 Complete in depth wellness policy assessment of four school districts/schools by 2021.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	4

Report Date
May 31, 2017

Year
2016

Value
4

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

Progress notes: 53 schools representing all 4 districts in Scott County completed an annual wellness assessment.

Strategy 3-1.1 In collaboration with United Way, the School Wellness Be Healthy QC Workgroup will research available school wellness policy assessment tools.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
School Wellness Be Healthy QC Workgroup

Target Date
12/31/2016

Report Date
May 31, 2017

<u>Progress on Strategy</u>			
<input checked="" type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> 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 Responsible
School Wellness Be Healthy QC Workgroup

Target Date
12/31/2018

Report Date
May 31, 2017

<u>Progress on Strategy</u>			
<input checked="" type="checkbox"/> Complete	<input type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> 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

<u>Progress on Strategy</u>			
<input type="checkbox"/> Complete	<input checked="" type="checkbox"/> On track	<input type="checkbox"/> Off track	<input type="checkbox"/> 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, implement a cross-sector health promotion campaign on healthy eating and active living/physical activity in Scott County.

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.

Objective 1-1 Increase public and partner messages promoting healthy eating and active living to 72 unique messages.

Baseline Year	Baseline Value	Target Year	Target Value
2014	0	2017	72

Report Date

May 31, 2017

Year

2017

Value

135

Progress on Objective

- | | |
|---|--|
| <input checked="" type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: In 2016, 120 messages were publicly shared promoting Be Healthy QC and healthy eating and active living, and 15 partner messages. The public messages included Facebook posts, local TV ads, newspaper ads, radio ads, magazine articles, YouTube videos, cable and broadcast flights, digital and vinyl billboards, and Facebook ads. The partner messages refer to the monthly Be Healthy QC e-newsletters, news releases, distribution of printed community reports, and announcement emails sent specifically to community partners.

Strategy 1-1.1 Convene regular meetings of the Be Healthy QC Marketing, Branding, and Communications Committee.

Strategy Type

Counseling & Education

Who's Responsible

Be Healthy QC Coalition

Target Date

12/31/2017

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: The Be Healthy QC Marketing, Branding, and Communications Committee continues to meet regularly.

Strategy 1-1.2 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 Target Date
12/31/2016

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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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 Target Date
12/31/2017

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
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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. Strategy Type
Counseling & Education

Who's Responsible Be Healthy QC Marketing, Branding, and Communications Committee Target Date
12/31/2017

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input checked="" type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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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 1-1.5 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 Responsible

Be Healthy QC Marketing, Branding, and Communications Committee

Target Date

12/31/2017

Report Date

May 31, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: The Be Healthy QC Marketing, Branding, and Communications Committee continues to encourage partner organizations to promote healthy eating and active living through the adoption of the Be Healthy QC logo. In 2016, they were able to increase by one partner.

Goal #2 By 2021, promote wellness policy and environmental improvements in communities and worksites in Scott County.

National Alignment

Healthy People 2020:

Objective PA-1: Reduce the proportion of adults who engage in no leisure-time physical activity.

Objective PA-13: (Developmental) Increase the proportion of trips made by walking.

Objective PA-14: (Developmental) Increase the proportion of trips made by bicycling.

Objective PA-15: (Developmental) Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities.

State Alignment

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.

Objective 2-1 Increase the number of worksites who implemented a policy or environmental improvement identified in a workplace wellness assessment by 11.

Baseline Year	Baseline Value	Target Year	Target Value
2015	9	2021	20

Report Date

May 31, 2017

Year

2016

Value

6

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

Progress notes: Staff in the Scott County Health Department's Community Transformation Program worked during the past year to identify 15 worksites to offer a workplace wellness assessment and improvement support. Three new worksites and three previous worksites were identified to receive assistance in the implementation of improvements.

Strategy 2-1.1 Identify worksites in Scott County to offer the Community Health Assessment and Group Evaluation (CHANGE) tool assessment and technical assistance.

Strategy Type

Environmental / Policy / Systems Change

Who's Responsible

Scott County Health Department

Target Date

12/31/2021

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Staff in the Scott County Health Department's Community Transformation Program will continue its work with MEDIC EMS, Isle of Capri, and Senior Star at Elmore Place to discuss interest in creating a culture of wellness for employees and the technical assistance that staff can offer.

Technical assistance continues to be provided to the Waste Commission of Scott County, UPS Customer Center, and the City of Bettendorf.

Strategy 2-1.2 Complete the CHANGE tool assessment with identified worksites and compile a report of the findings and recommendations. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Three CHANGE tool assessments were completed during the last year. MEDIC EMS completed the CHANGE Tool assessment in August 2016 and a report of findings and recommendations was compiled. The CHANGE Tool assessment was completed at Isle of Capri on January 4, 2017 and a report of findings and recommendations was compiled. Senior Star at Elmore Place also participated in the CHANGE Tool assessment in March 2017 with findings and recommendations compiled.

Strategy 2-1.3 Present findings and recommendations to the worksites and offer technical assistance in implementing policy and environmental improvements. Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

<u>Report Date</u> May 31, 2017	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
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Progress notes: Staff from the Community Transformation Program at the Scott County Health Department presented the CHANGE Tool results at the first MEDIC EMS worksite wellness committee meeting in April 2017; the wellness committee agreed to move forward with an employee wellness needs assessment. Staff provided technical assistance to create and implement the employee wellness needs assessment. The CHANGE Tool recommendations were provided to the Isle of Capri in March 2017. Staff offered technical assistance in moving forward with CHANGE Tool recommendations.

Staff met with Senior Star at Elmore Place in May of 2017 to review the CHANGE Tool recommendations and review the completed employee wellness needs assessment results. Senior Star agreed to move forward with several of the CHANGE Tool recommendations, first of which is to establish a wellness committee and promote Quitline Iowa.

The City of Bettendorf and the Waste Commission of Scott County both established a wellness committee and conducted an employee wellness needs assessment.

Objective 2-2	Increase the number of communities who implemented a policy or environmental improvement identified in a community wellness assessment by 5.	Baseline Year	Baseline Value	Target Year	Target Value
		2015	3	2021	8

Report Date
May 31, 2017

Year
2016

Value
4

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

Progress notes: In FY16, the City of Bettendorf installed an ADA ramp and multi-recreational path at an intersection; the City of Blue Grass implemented a tobacco use policy; the City of Bettendorf passed a green space ordinance; and the City of Buffalo started a walking club. Four communities were identified and mailed letters regarding community transformation opportunities in January 2017. The City of Long Grove was identified as a new community and the City of Buffalo will continue to receive technical assistance to implement community wellness improvements.

Strategy 2-2.1 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.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

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 Complete the CHANGE tool and WABSA with identified communities and compile a report of the findings and recommendations.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

Complete On track Off track 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 2-2.3 Present findings and recommendations to the communities and offer technical assistance in implementing policy and environmental improvements.

Strategy Type
Environmental / Policy / Systems Change

Who's Responsible
Scott County Health Department

Target Date
12/31/2021

Report Date

May 31, 2017

Progress on Strategy

Complete

On track

Off track

No progress

Progress notes: 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.

Community Priority

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

Goal #1 By 2021, increase access to medical providers for under-insured, uninsured, or with Medicaid health insurance in Scott County.

National Alignment

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.

State Alignment

Objective 1-1 Increase by one the number of cross-sector committees actively working to increase access to medical providers for individuals in the community.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	1

Report Date
May 31, 2017

Year

Value

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

Progress notes: This objective has not materialized during the first year of our health improvement plan implementation. Access to medical providers is a vast and multi-faceted issue within the community. Community partners continue to discuss the issue and how it impacts a number of other areas of health. However, a committee dedicated to impacting access to medical providers has not been established.

Strategy 1-1.1 Establish or support an existing cross-sector committee that will focus on increasing access to medical providers.

Strategy Type
Address Social Determinant / Health Inequity

Who's Responsible
Quad City Health Initiative

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: Access to medical providers is a vast and multi-faceted issue within the community. Community partners continue to discuss the issue and how it impacts a number of other areas of health. However, a committee dedicated to impacting access to medical providers has not been established.

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 Responsible
Future Committee Focused on Improving Access

Target Date
12/31/2016

Report Date
May 31, 2017

Progress on Strategy

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 Responsible
Future Committee Focused on Improving Access

Target Date
12/31/2017

Report Date
May 31, 2017

Progress on Strategy

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 Responsible
Future Committee Focused on Improving Access

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

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

Who's Responsible
Future Committee Focused on Improving Access

Target Date
12/31/2021

Report Date
May 31, 2017

Progress on Strategy

Complete On track Off track No progress

Progress notes: This strategy has not yet been addressed.