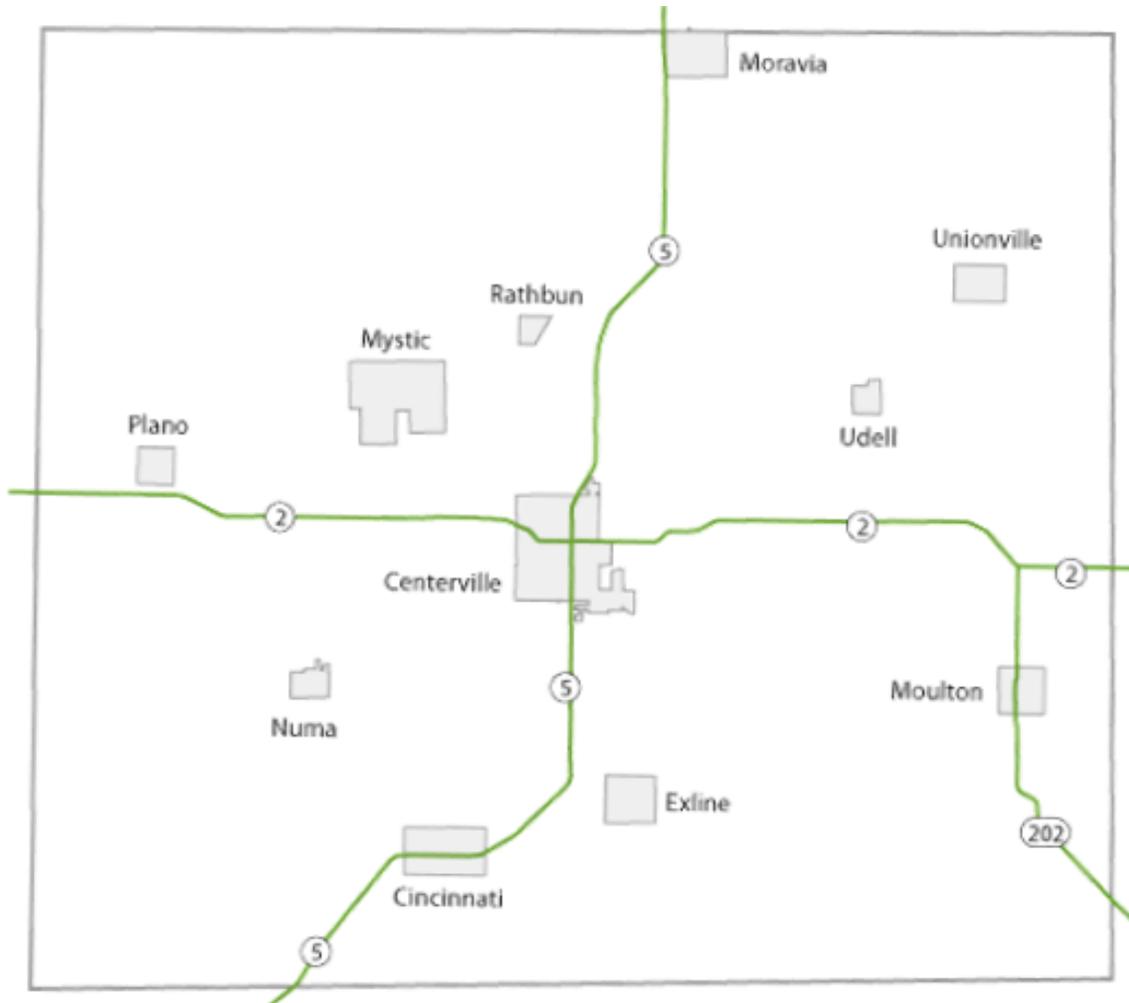


Appanoose County Public Health 2023 Community Health Improvement Plan

Developed October 2023



Appanoose County Public Health

209 E. Jackson St., Centerville, IA 52544

"Improving the Health of Appanoose County"

Table of Contents

At-a-Glance Summary	Page 3
Appanoose County Public Health	Page 4
Appanoose County Board of Health	
Appanoose County Public Health Mission Statement	
Services Provided by Appanoose County Public Health	
The Community Served	Page 5
Significant Health Needs Top 10	Page 6
Community Assessment and Significant Needs	Page 7
2023 Implementation Strategy	Page 8
Health Needs and Targeted Strategies	Page 9-16
Mental Health	Page 9
Substance Abuse	Page 10
Poverty	Page 11
Obesity	Page 12
Awareness of Healthcare Services	Page 13
Vaccine Rate	Page 14
Family Planning / Sexual Education	Page 15
Health Apathy/Chronic Diseases	Page 16

At-a-Glance Summary

<p>Community Served</p> 	<p>Appanoose County, in Southeast Iowa, population of 12,094 (US census bureau 2022 est.) that includes the county seat of Centerville and outlying communities of Cincinnati, Exline, Moravia, Moulton, Mystic, Numa, Plano, Rathbun, Udell, and Unionville.</p>		
<p>Prioritized significant health needs identified from the 2022 Community Health Needs Assessment</p> 	<p>The significant community health needs Appanoose County Public Health and their partners intend to address and that form the basis of this document were identified in the 2022 Community Health Needs Assessment (CHNA). Priority needs identified, in order of ranking, are:</p> <table border="0" data-bbox="415 663 1430 909"> <tr> <td data-bbox="415 663 857 909"> <ul style="list-style-type: none"> • Mental Health • Substance Abuse • Poverty • Obesity </td> <td data-bbox="857 663 1430 909"> <ul style="list-style-type: none"> • Awareness of Healthcare Services • Vaccine Rates • Family Planning / Sexual Education • Health Apathy / Chronic Diseases </td> </tr> </table>	<ul style="list-style-type: none"> • Mental Health • Substance Abuse • Poverty • Obesity 	<ul style="list-style-type: none"> • Awareness of Healthcare Services • Vaccine Rates • Family Planning / Sexual Education • Health Apathy / Chronic Diseases
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<p>Strategies and Programs to Address Needs</p> 	<p>Appanoose County Public Health and our community partners intend to take actions and dedicate resources to address these needs:</p> <ul style="list-style-type: none"> • Connecting people to resources that can help them. • Assess initiatives to improve substance abuse recovery in our community. • Continue providing resource information for individuals regarding transportation, housing, and food insecurity. • In collaboration with partners, reduce the county obesity prevalence through individualized nutrition counseling/exercise and follow up guidance; as well as promote exercise opportunities in the county. • Collaborate with healthcare education institutions to promote and educate future healthcare workers, improving access to care. • Strengthen community trust in vaccines. • Inform and educate the public on topics related to sexual health. • Collaborate to improve community knowledge of healthcare services/resources in the county through creation of an easily accessible information directory. 		
<p>Anticipated Impact</p> 	<p>As public health professionals, we will collaborate with local partners to promote services and resources in our community, thus improving access, health equity, and equality. Appanoose County Public Health's mission statement is: "We strive to promote physical health and prevent disease, injury, and disability. We protect and improve the health of individuals, families, and our community."</p>		
<p>Planned Collaboration</p>	<p>Appanoose Community Care Services, Appanoose County, Appanoose County Backpack Program, Appanoose County Collaboration Council, Appanoose County Conservation, Appanoose County Community Services (Mental Health Agency of Southeast Iowa), Appanoose County Family Alliance, Appanoose County General Assistance, Appanoose County ISU Extension & Outreach, Appanoose County Lord's Cupboard, Appanoose County Sheriff's Office, Appanoose County Trails, Appanoose County Veteran's Affairs, APC Food Pantry, PACT (Chamber of Commerce & Economic Development), Care for Yourself – Breast & Cervical Cancer Early Detection Program, Care Initiatives, Caregivers Home Health,</p>		



Centerville Community Betterment, Centerville Community Schools District, Centerville Municipal Housing Agency (Oaklawn Apartments), Centerville Police Department, Centerville Rotary Club, Centerville Senior Lofts, Centerville Specialty Care, Chariton Valley Housing Trust, Chariton Valley Medical Clinic, City of Centerville, Common Ground Interfaith Alliance of Appanoose County, Community Improvement Coalition, Crisis Intervention Services, Curious Kids Preschool and Child Care Center, Drake Public Library, EveryStep Hospice & Home Care, Family Crisis Center, Farmer's Market, Food Bank of Iowa Mobile Pantry, Golden Age Care Center, Hy-Vee Pharmacy Centerville, Indian Hills Community College, Iowa Department of Health and Human Services, Kid's World Daycare and Preschool, Living Waters Ministerial Association, Maple Grove Senior Living, MercyOne Centerville Hospital, MercyOne Centerville Medical Clinic, Milestones Area Agency on Aging, Moravia Community School District, Moulton-Udell Community School District, National Alliance of Mental Illness (NAMI) of Appanoose County, NEST, New Hope Loan Closet, Optima Life Services & Recovery and Resource Center, Owl Pharmacy, Pediatric Clinic, Plano Christian Church, Rathbun Area YMCA, River Hills Community Health Center, Senior Life Solutions, Shamrock Heights Apartments, SIEDA Community Action, 10-15 Regional Transit, Transitional Healthcare Coalition, Walmart Pharmacy Centerville, Women, Infant and Children's (WIC) Program (American Home Finding Association).

Appanoose County Board of Health

Appanoose County Public Health (ACPH), located in Southeast Iowa, is governed by the Appanoose County Board of Health, established in March 1960.

Appanoose County Public Health Mission Statement

As public health professionals, we strive to promote physical health and prevent disease, injury, and disability. We protect and improve the health of individuals, families, and our community.



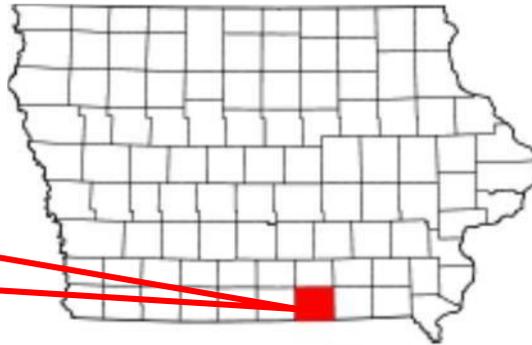
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Services currently provided by ACPH include:

- Health Promotion and Education-includes a variety of educational workshops and trainings to multiple agencies and organizations as well as providing information over the phone and via social media.
- Iowa Disease Surveillance System (IDSS)- complete reports, investigations, and follow up for infectious diseases as directed by the Iowa Department of Public Health Table of Reportable Communicable and Infectious Diseases.
- Vaccines for Children (VFC)- provide vaccines at no cost to children that are eligible for the VFC program.
- School/Licensed Day Care immunization audits- Per Iowa Code 7.4, Local Public Health Agencies (LPHAs) conduct annual audits of immunization records for students enrolled in licensed childcare centers and public, private, and parochial students in kindergarten through 12th grade.
- Vaccine clinics- ACPH provides multiple vaccines to meet the health needs of the public, including influenza and COVID-19 clinics.
- Additional services include: Blood pressure clinics, Iowa Care for Yourself Program, and sliding scale nursing visits.

The Community Served

Appanoose County has a population of 12,094 (US census bureau 2022 est.) The area is mostly rural, agricultural, and industrial. There is a large portion of low-income families as well as elderly and disabled individuals. In 2023 Robert Wood Johnson Health Rankings, Appanoose County ranked 98 out of 99 counties, rating it second in Iowa's least healthy counties. ([Appanoose, Iowa | County Health Rankings & Roadmaps](#)) With a high level of poverty compared to the rural norm, social determinants can have a direct negative impact on healthcare needs.



- Appanoose County is predominately a rural community located in south central Iowa on the border of Missouri. It is located 90 minutes from Des Moines and 3 hours from Kansas City. With its lack of proximity to an urban area, Centerville is considered a regional retail center, despite the socioeconomic issues that impact the area. Although it is in an agricultural area, the community is not solely dependent on the agricultural economy and houses an industrial area that accounts for approximately 2000 jobs.
- The population of Appanoose County is 12,094 (based on 2022 data). 23.6% of the population is over 65 years old with 5.6% under the age of 5. Children in single parent households make up a total of 20.7% compared to the rural norm of 18.3%.
- Appanoose County is in an economically stressed area and is overall ranked the 2nd least healthy county in Iowa (2023 Robert Wood Johnson County Health Rankings). The county ranked 98th in Health Outcomes, 96th in Health Factors and 75th in Physical Environmental Quality out of 99 counties in Iowa.
- According to the 2021 US Census Bureau quick facts, the average per capita income (\$26,703) is significantly lower than the state's average of \$34,817. 24.2% of the population is over age 65. The number of individuals in poverty is 17.0%, as compared to the state average of 11.1%, and the number of children in poverty is 21.5%.
- According to DataUSA in 2022 the percentage of the population who lack adequate access to food was 13.7%. The percentage of the adult population 18 and older that reports a BMI greater than 30 was 38%, and the percentage of population with adequate access to a location for physical activity was 50.8%.
- According to DataUSA the percentage of adults who are current smokers is 21.2%. The percentage of binge drinking is 21.5%, with 33.3% of driving deaths involved alcohol impairment. According to YourLifeIowa Appanoose County has the 5th highest annual methamphetamine-related treatment admission rate in the state.
- CountyHealthRankings.org (2023) reports the prevalence of heart disease in Appanoose County as 6.3% vs the State of Iowa at 5.4%. The Iowa Department of Public Health tracking portal (2021) reports the prevalence of diabetes in adults as 9.9% in Appanoose County, compared to the State of Iowa at 9.7%.

Significant Health Needs

The Community Health Needs Assessment identified the top 10 significant health needs listed in the table below. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being. Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available on the [ACPH Website](#).

Significant Health Need	Description
1. Mental Health (Diagnosis, Treatment, and Aftercare)	Crisis, Diagnosis, Treatment, Aftercare, and Providers.
2. Drugs/Substance Abuse	Drug and Alcohol Prevention, Emergency/Crisis, and Treatment.
3. Healthcare Staffing	Access to Physicians both Immediate and in the Future.
4. Poverty	High Poverty and Social Factors Contribute to Leading Causes of Death, Including Heart Attacks, Strokes, and Cancer.
5. Obesity (Nutrition/Exercise)	Nutrition and Exercise.
6. Awareness of Healthcare Services	Coordinate Communication to the Public regarding existing healthcare services and how to access.
7. Vaccine Rates	Appanoose County is below the national vaccine goals set by the U.S. Department of Health and Human Services.
8. Family Planning / Sexual Education	The options for a dedicated family planning provider are extremely limited. Sexual education is lacking in our community schools.
9. Health Apathy / Owning Your Own Health	Taking personal responsibility for your own health outcomes based on your lifestyle.
10. Chronic Diseases	Diagnose, Treat, Aftercare, and Compliance with plan of care.

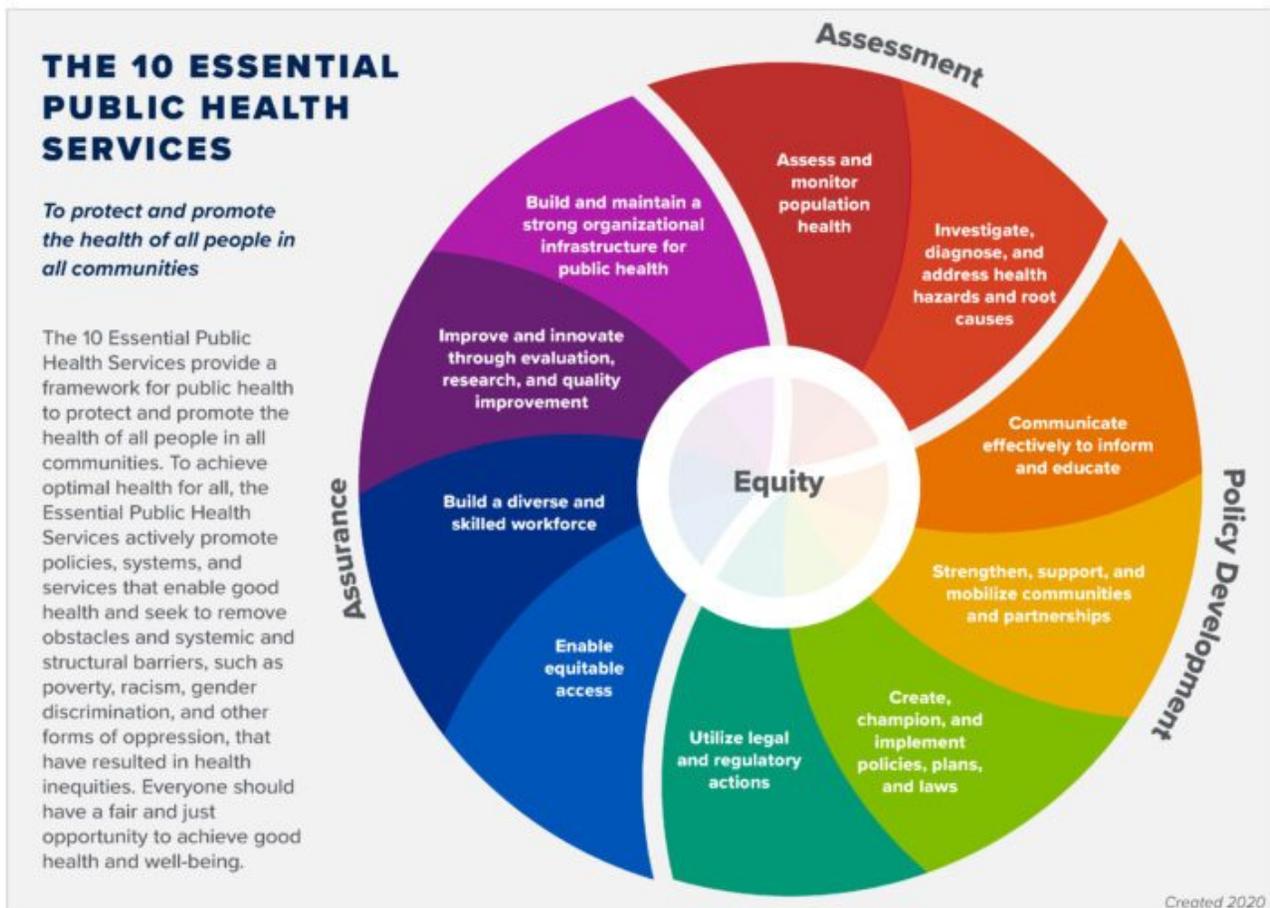
2023 Implementation Strategy

This section presents strategies and program activities that Appanoose County Public Health and community partners intend to deliver, fund, or collaborate on to address significant community health needs over the next three years, including resources for and anticipated impacts of these activities.

Planned activities are consistent with current significant needs and our mission and capabilities. Appanoose County Public Health may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

We used community input and recommendations to develop this implementation strategy including participation by 222 individuals on the community survey of needs, as well as representatives from: Mental Health, Emergency Medicine, Public Health Department, Case Managers, Senior Care, Consumer Advocates, Housing, Insurance, Law Enforcement, Pharmacy, Clinics, Elected Officials, Parents/Caregivers, Media, Clergy, Education, Business/Merchants, and Community Members/Volunteer Leaders.

In an attempt to eliminate health disparities and ensure health equity across our targeted strategies, we were careful to be mindful of the 10 Essential Public Health Services (seen below) as we developed our Implementation Strategy.



Health Need and Targeted Strategy

1	Mental Health (Crisis/Emergency, Diagnosis, Treatment, Aftercare, Providers)	
Anticipated Impact (Goal)	Initiatives to address mental health in Appanoose County are anticipated to result in: support of local mental health coalition continued meetings, increase community knowledge about the many mental health services and how to appropriately access, onsite evaluations by mental health counselors to assist ER physician.	
Strategy or Program	Summary Description	
Mental Health Services Coordination	<ul style="list-style-type: none"> Collaborate with the many mental health providers and services in Appanoose County to streamline access and promote information and awareness about mental health options available in the county. 	
Participate on the Appanoose County Mental Health Coalition (AMHC)	<ul style="list-style-type: none"> Active participation in the monthly coalition meeting. Support National Alliance on Mental Illness (NAMI) mental health activities in the community. 	
Planned Resources	Appanoose County Public Health to assist with the development of a Community Resource guide and promote the document. Provide staff time for planning & participation on the Appanoose Mental Health Coalition (AMHC). Provide meeting room space monthly for the AMHC as needed. Crisis counselors in the ER with Infinity Care and Integrated Telehealth Partners at MercyOne.	
Planned Collaborators	Appanoose County Public Health, Appanoose County Coordinator of Disability Services, Appanoose County Family Alliance, AMHC, Appanoose County Sheriff, Centerville Community Betterment, Infinity Health, First Resources Corporation, New Hope Counseling Center, Optima Life Services & Recovery and Resource Center, Paula Gordy LISW-LLC, River Hills Community Health Center, Sieda Community Action, Senior Life Solutions, Southern Iowa Mental Health Center Mobile Crisis Unit.	

2 Substance Abuse	
Anticipated Impact (Goal)	Initiatives to address substance abuse in Appanoose County are anticipated to result in: support of local substance abuse services, increase community knowledge about substance abuse resources, and how to appropriately access these programs.
Strategy or Program	Summary Description
Actively Engage with the Appanoose County Collaboration Council (ACCC)	<ul style="list-style-type: none"> Designate a public health representative to actively participate with the Appanoose County Collaboration Council (ACCC).
Information Sharing about Local Substance Abuse Problems.	<ul style="list-style-type: none"> Assess local initiatives to improve substance abuse recovery and provide information to the community.
Promote Safe Disposal of Medications.	<ul style="list-style-type: none"> Provide medication disposal kits to the public. Provide information regarding medication disposal drop box locations in our community.
Assess Extent of Drug Problem in the County	<ul style="list-style-type: none"> If valuable, seek opportunities to expand our wastewater testing to include illicit drugs. Open communication with community partners to stay informed of current substance abuse emerging issues.
Planned Resources	Provide staff time for planning & participation on the Appanoose County Collaboration Council, provide free medication disposal kits to the community, educate the public about medication drop box locations, and look for opportunities to fund wastewater testing for illicit drugs.
Planned Collaborators	Appanoose County Collaboration Council, Appanoose County Public Health, Appanoose County Law Enforcement, Appanoose County Coordinator of Disability Services, City of Centerville, Centerville Fire and Rescue, First Resources Corporation, Optimae Life Services, MercyOne Centerville, SEIDA Community Action Agency, River Hills Community Health Center, and Southern Iowa Mental Health Mobile Crisis Team.

3 Poverty	
Anticipated Impact (Goal)	We will collaborate with community groups to address the social determinants of health care while continuing to promote policies, local resources, and initiatives.
Strategy or Program	Summary Description
Connecting Uninsured Individuals to Local Options to Access Health Insurance.	<ul style="list-style-type: none"> Distribute Iowa Medicaid applications. Refer residents to River Hills Community Health Center (FQHC) for assistance with health insurance applications. Refer community members to Milestones Area Agency on Aging (AAA) Options Counselors.
Assist Those with Food Insecurity	<ul style="list-style-type: none"> Promote our Community Fridge program. Disseminate information about the various local food banks and Optimae Resource Center Lunch. Distribute Iowa HHS SNAP applications. Connect individuals with the local WIC program. Inform public about the SIEDA community gardens.
Improve Housing and Safe Rental Accommodations.	<ul style="list-style-type: none"> Support local initiatives to build affordable housing. City rental inspection program to increase the options for quality rental units.
Connect Individuals with Transportation Opportunites.	<ul style="list-style-type: none"> Educate citizens about transit bus rides, Mon - Fri 1 - 5 pm. Inform Iowa Medicaid users of the free 10-15 transit options. Free rides to appointments for veterans.
Planned Resources	Provide staff time to source donations for our community fridge. Consider possible funding opportunities through grants. Attend rental inspection program meetings.
Planned Collaborators	Alliant Energy, American Home Finding, APC Food Pantry, Appanoose County Collaboration Council, Appanoose County Public Health, Appanoose County Law Enforcement, Appanoose County Coordinator of Disability Services, Chariton Valley Planning and Development, City of Centerville, Centerville Fire and Rescue, Eat Greater Des Moines, First Resources Corporation, IHHS Department of Human Services, Lord's Cupboard, MercyOne Centerville, Milestones Area Agency on Aging, Optimae Life Services, PACT, River Hills Community Health Center, SEIDA Community Action Agency, and 10-15 Transit.

4 Obesity	
Anticipated Impact (Goal)	Our planned objectives to reduce obesity in our community will be to promote increased physical activity, opportunities for exercise, and increase public knowledge of proper diet and exercise.
Strategy or Program	Summary Description
Promote the Iowa Youth Survey	<ul style="list-style-type: none"> Encourage Superintendents of the schools in Appanoose County to allow students to participate in the Iowa Youth Survey (IYS). This gives insight into the current physical activity behaviors of school-age children. Use data from the IYS to assess the current physical activity rates of our youth. Disseminate data with community stakeholders.
Support Local Exercise Initiatives	<ul style="list-style-type: none"> Encourage Appanoose County Conservation program to find ways to connect/expand trail system and promote with signage, mapping, and QR codes.
Promoting Physical Activity Options to Community Members.	<ul style="list-style-type: none"> Effectively communicate local resources to influence and improve the health of community members.
Planned Resources	Results of the Iowa Youth Survey from Iowa Department of Health and Human Services. Appanoose County Conservation programs. Collaborating with Rathbun Lake Area YMCA, SNAP Fitness, Schools in Appanoose County, Iowa Department of Natural Resources, City of Centerville, American Academy of Pediatrics, CDC, and MercyOne Weight Management Clinic.
Planned Collaborators	Appanoose County Public Health, Appanoose County Conservation, Centerville Community Schools, City of Centerville, Iowa Department of Health and Human Services, Indian Hills Community College, Iowa Department of Natural Resources, MercyOne Centerville, MercyOne Weight Management Clinic, Moravia Community Schools, Moulton-Udell Schools, PACT, Rathbun Lake Area YMCA, SNAP Fitness, and Transitional Health Care Coalition.

5

Awareness of Healthcare Services

Anticipated Impact (Goal)	Increase the public's knowledge of current healthcare services throughout the county, with an easy to access guide, and ongoing publicity.
Strategy or Program	Summary Description
Assist with the Creation Comprehensive Community Resource Guide	<ul style="list-style-type: none"> • Promoting Appanoose and Centerville Together (PACT) is developing a community resource guide that includes healthcare services information. • Encourage the development of a resource directory mobile app. • Collaborate with American Home Finding Association to ensure a comprehensive resource guide.
Remain a Trustworthy Source of Information for the Community	<ul style="list-style-type: none"> • Continue to provide accurate information to all inquirers.
Promote Comprehensive Resource Guide to the Community.	<ul style="list-style-type: none"> • Share hard copy resource guides and direct individuals to digital versions as appropriate.
Planned Resources	Actively participate in the planning and development of resource guides, hard copy and digital. Encourage a mobile application option of the resource guide.
Planned Collaborators	American Home Finding Associaton, Appanoose County Public Health, MercyOne Medical Center, City of Centerville, PACT (Chamber & Economic Development)

6 Vaccine Rates	
Anticipated Impact (Goal)	Promote awareness of current vaccine rates in addition to educating best practices.
Strategy or Program	Summary Description
Share County Vaccine Rates	<ul style="list-style-type: none"> ● Share county vaccine rates as required for state immunization grant funding. ● Present rates to Local Board of Health members and local health care providers. ● Share county vaccines rates on social media platforms.
Inform Best Practices Concerning Immunizations	<ul style="list-style-type: none"> ● Maintain a strong knowledge-base of current vaccine recommendations. ● Provide evidence-based communications from trusted sources.
Address Vaccine Misinformation	<ul style="list-style-type: none"> ● Strengthen community trust by effectively communicating vaccine rationals.
Planned Resources	Champion Advisory Committee on Immunization Practices (ACIP) recommendations. Sharing vaccine rates obtained from the Iowa Immunization Registry Information System (IRIS) with local healthcare providers and other community stakeholders.
Planned Collaborators	ACIP, Appanoose County Board of Health, Appanoose County Public Health, Chariton Valley Medical Clinic, IRIS, MercyOne Clinic, MercyOne Medical Center, Pediatric Clinic, River Hills Community Health Center, Vaccines for Children Program (VFC).

7 Family Planning / Sexual Education	
Anticipated Impact (Goal)	To connect individuals with preventative and reproductive health services and provide education.
Strategy or Program	Summary Description
Promote Local Resources for Family Planning	<ul style="list-style-type: none"> • Refer individuals to River Hills Community Health Center (RCHC), the local agency who holds the Title X Family Planning Program contract. Services include screenings, testing and treatment, pregnancy diagnosis and counseling, • Support protected sexual activity by offering free condoms to the public through our office. • Encourage MercyOne to seek out a women's health provider
Educate Citizens about Healthy Sexual Activity	<ul style="list-style-type: none"> • Collaborating with various organizations to effectively inform and educate the public on topics related to sexual health. • Maintain a variety of resource and referral material.
Planned Resources	Provide staff time to maintain up-to-date knowledge and resources, stock prophylactic supplies, and educate the public.
Planned Collaborators	Appanoose County Public Health, CDC, Iowa Department of Public Health - Bureau of HIV, STI, & Hepatitis, Merck Bio-pharmaceuticals, MercyOne Centerville, MyIACondoms.org, PrepIowa.org, River Hills Community Health Center.

8

Health Apathy (Own Your Own Health) / Chronic Diseases

Anticipated Impact (Goal)	Citizens of Appanoose County will be accountable to implement measures that improve or maintain their own health.
Strategy or Program	Summary Description
Encouraging Annual Physicals	<ul style="list-style-type: none"> ● Sharing recommendations from trusted healthcare resources via social media. ● Educating the importance of good habits that can impact healthy outcomes. ● Assess for barriers to care and how to resolve them.
Promote Local Health Care Opportunities	<ul style="list-style-type: none"> ● Keeping the public informed of local classes/educational opportunities that may influence their health. ● Using appropriate channels of communication to inform of available transportation options. ● Connect individuals to funding options for healthcare coverage.
Updated Community Resource Guide	<ul style="list-style-type: none"> ● Share hard copy resource guides and direct individuals to digital versions as appropriate. ● Effectively communicate local resources to influence and improve the health of community members.
Planned Resources	Staff time provided to collaborate with local healthcare entities, sharing information on ACPH social media and web site, work with American Home Finding to update the Community Resource Guide.
Planned Collaborators	Appanoose County Public Health, American Home Finding Association, CDC, Chariton Valley Medical Center, Iowa Department of Public Health, MercyOne Centerville, River Hills Community Health Center.