

**CARROLL COUNTY
2023 - 2028 COMMUNITY HEALTH IMPROVEMENT PLAN AND FOCUS AREAS**

HEALTH IMPROVEMENT PRIORITIES	FOCUS AREAS
BUILT ENVIRONMENT	<ol style="list-style-type: none"> 1. Transportation 2. Nutrition and physical activity
ACCESS TO PRIMARY CARE and MENTAL/BEHAVIORAL HEALTH	<ol style="list-style-type: none"> 3. Navigating available health resources 4. Mental Health and substance abuse disorders
<p>Note: Health education/literacy was selected as a key strategy for all priorities and focus areas.</p>	

Resources

National Health Plans:	<ul style="list-style-type: none"> ➤ Healthy People 2020 (http://www.healthypeople.gov/2020) ➤ National Prevention Strategy (http://www.cdc.gov/Features/PreventionStrategy)
Sources for Evidence-Based Strategies:	<ul style="list-style-type: none"> ➤ The Community Guide (http://www.thecommunityguide.org/index.html) ➤ NACCHO Model Practice's Database (http://www.naccho.org/topics/modelpractices/database/index.cfm) ➤ County Health Rankings & Roadmaps (http://www.countyhealthrankings.org/) ➤ County Health Rankings Choosing Effective Policies and Programs http://www.countyhealthrankings.org/sites/default/files/Choose%20Effective%20Policies%20%26%20Programs%20Guide.pdf
Additional Carroll County Resources:	<ul style="list-style-type: none"> ➤ Carroll County Directory of Human Services <ul style="list-style-type: none"> ○ https://www.newopp.org/media/cms/Carroll_County_Resource_Directory_2_3D22BC3C423FE.pdf ➤ New Opportunities ➤ St. Anthony Regional Hospital ➤ McFarland Clinic Carroll ➤ Manning Regional Healthcare Center ➤ Iowa HHS SHA Healthy Iowans: Iowa State Health Assessment June 2022 ➤ Iowa HHS SHIP Iowa's 2023-2027 State Health Improvement Plan

**Carroll County Health Improvement Process
Action Plan**

Date Created: September 2023

Date Reviewed/Updated:

PRIORITY AREA: Built Environment; Access to Primary Healthcare and Mental/Behavioral Health Services
GOAL: Carroll County Public Health will implement and promote programs that support residents in achieving a healthy diet, increased physical activity, increased transportation options within the county, betterment of residents' mental health and reduced substance abuse. Carroll County Public Health will implement and promote dedicated health navigation services to county residents to address their individual needs.

PERFORMANCE MEASURES How We Will Know We are Making a Difference		
Short Term Indicators	Source	Frequency
<i>By the end of 2025, identify potential local transportation partners and work with local entities to determine the populations and locations needing transportation assistance.</i>	SHA	Annually
<i>By the end of 2025, promote healthy eating habits and physical activity within school-aged children.</i>	ECBP-01	Annually
<i>By the end of 2025, work with New Opportunities to promote, enhance, and distribute the Carroll County Resources Handbook.</i>	National Prevention Strategy	Annually
<i>By the end of 2025, promote the mental health providers and variety of services offered within the county.</i>	MHMD-07	Annually
Long Term Indicators	Source	Frequency
<i>By 2028, reduce transportation barriers for county residents seeking access to health services.</i>	EH-02	Every 5 years
<i>By 2028, increase education on the benefits of health nutrition and being active at all ages.</i>	SHIP	Every 5 years
<i>By 2028, improve health navigation services to county businesses and residents.</i>	HC/HIT-R01	Every 5 years
<i>By 2028, increase educational materials to county residents on mental health disorders and substance abuse.</i>	MHMD-07	Every 5 years

OBJECTIVE #1: Carroll County Public Health will work towards reducing transportation barriers within the county.					
BACKGROUND ON STRATEGY Source: Iowa Department of Health and Human Services SHA SHIP; Healthy People 2030, National Prevention Strategy Policy Change (Y/N): N					
ACTION PLAN					
Activity	Target Date	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
Identify local transportation partners.	2025	Staff time; community collaboration	Carroll County Board of Health	Identify resources within the county	
Set regular meetings with transportation partners.	2025	Staff time; community collaboration	Carroll County Board of Health	Build working relationships for continued partnership	

Work with local entities to determine the populations and locations needing transportation assistance.	2025	Staff time	Carroll County Board of Health	Identification of transportation gaps and priorities	
Identify state/national funding sources that could be accessed to reduce transportation barriers	2025	Staff time	Carroll County Board of Health	Knowledge of funding options to develop grant strategy	
Promote available transportation services.	2025	Staff time	Carroll County Board of Health	Increase awareness of transportation options/availability	
Evaluate progress	2028	Staff time; Community collaboration	Carroll County Board of Health	Reduced Barriers for accessing health services for county residents	

OBJECTIVE #2: Carroll County Public Health will implement and promote programs that support residents in achieving a healthy diet and increased physical activity.

BACKGROUND ON STRATEGY

Source: Iowa Department of Health and Human Services SHA SHIP; Healthy People 2030, National Prevention Strategy Policy Change (Y/N): N

ACTION PLAN

Activity	Target Date	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
Partner with Manning Regional Healthcare Center on their Obesity, Nutrition, and Exercise initiative.	2023	Staff time; Travel	Carroll County Board of Health	Education and community partner collaboration	
Identify other county partnerships/programs already working towards similar goals and collaborate on initiatives.	2025	Staff time	Carroll County Board of Health	Partnerships will increase initiative efforts and outreach	
Promote healthy eating habits and physical activity within school-aged children.	2025	Staff time	Carroll County Board of Health	Education, create healthy habits, encourage parent involvement	
Provide education on the benefits of health nutrition and being active for non-school-aged residents.	2028	Staff time	Carroll County Board of Health	Increase awareness and education amongst all age populations	

OBJECTIVE #3: Carroll County Public Health will implement and promote dedicated health navigation services to county residents to address their individual needs.

BACKGROUND ON STRATEGY

Source: Iowa Department of Health and Human Services SHA SHIP; Healthy People 2030, National Prevention Strategy Policy Change (Y/N): N

ACTION PLAN

Activity	Target Date	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
Compile a thorough county resources handbook.	2025	Staff time	Carroll County Board of Health; In partnership with Partnerships for	Connect county residents with the appropriate resources	

			Protecting Families.		
Work with New Opportunities to promote, enhance, and distribute the Carroll County Resource Handbook	2025	Staff time	Carroll County Board of Health; In partnership with Partnerships for Protecting Families.	Collaboration with local organization to bring awareness to resources	
Research health navigation training opportunities and standard protocols	2025	Staff time	Carroll County Board of Health	Obtain any required/recommended health navigation training; implement protocols to ensure a successful navigation program.	
Complete necessary education to increase health navigation services	2026	Staff time	Carroll County Board of Health	Increased health navigation competency	
Develop and implement health navigation program	2027	Staff time	Carroll County Board of Health	Reduced barriers for residents accessing health services.	
Work with county partners to continuously monitor resource handbook for updates/changes.	2028	Staff time	Carroll County Board of Health	Assurance of accurate information released to the public.	
Promote health navigation services to county businesses and residents.	2028	Staff time; Travel	Carroll County Board of Health	Increase knowledge and recognition of health navigation; increase utilization of health navigation resources.	

OBJECTIVE #4: Carroll County Public Health will work toward reducing the number of residents reporting having problems with work or daily life and reducing substance use disorder rates in Carroll County.

BACKGROUND ON STRATEGY
Source: Iowa Department of Health and Human Services SHA SHIP; **Healthy People 2030, National Prevention Strategy Policy Change (Y/N):** N

ACTION PLAN					
Activity	Target Date	Resources Required	Lead Person/Organization	Anticipated Product or Result	Progress Notes
Promote mental health providers and variety of substance use disorder treatment services offered within the county.	2025	Staff time; County Resource Guide	Carroll County Board of Health	Educate county residents on availability of services	
Provide educational materials and state/national available resources through the public health website to county residents on mental health disorders and substance use disorders.	2028	Staff time; Community outreach; Travel	Carroll County Board of Health; in partnership with Carroll County NAMI.	Increase knowledge of the variety of mental health disorders and how to seek help.	
Supporting local anti-stigma campaigns.	2028	Staff time	Carroll County Board of Health in partnership with New Opportunities.	Increase knowledge on mental health and substance use disorder stigmas to promote understanding and acceptance.	

Prepare “grab and go” folders of resources that can be handed out to a client that would need a resource packet of information on mental health or substance use disorders.	2028	Staff time; Printing materials	Carroll County Board of Health	Increase understanding and access to available resources.	
Upon release of Iowa HHS SHIP 2023 goals and objectives for reducing behavioral health stigma, mental health disorders and substance use disorders in Iowa, convene a workgroup to align with state objectives to determine gaps and potential educational outreach and trainings.	2028	Staff time	Carroll County Board of Health	Increase knowledge amongst county residents and providers on stigma reduction, mental health and substance use disorders.	

ALIGNMENT WITH STATE/NATIONAL PRIORITIES			
State: SHA Healthy Iowans: Iowa State Health Assessment June 2022			
State: SHIP Iowa's 2023-2027 State Health Improvement Plan			
Healthy People 2030: https://health.gov/healthypeople			
National Prevention Strategy: https://www.hhs.gov/sites/default/files/disease-prevention-wellness-report.pdf			
Obj #	State	Healthy People 2030	National Prevention Strategy
1. <i>Transportation</i>	The transportation choices communities and individuals make can affect health through less active living, poor air quality, and traffic crashes. (SHA)	Increase trips to work made by mass transit — EH-02	Providing affordable, accessible transportation options and safe and navigable streets helps people, especially older adults, people with disabilities, and those with low incomes, to live safely in their communities, reach essential destinations (e.g., grocery stores, schools, employment, health care, and public health services), and lead more rewarding and productive lives.
2. <i>Nutrition and physical activity</i>	To reduce barriers to affordable, nutritious foods for all people in Iowa. (SHIP) To increase engagement in active living among all people in Iowa. (SHIP)	Reduce the proportion of adults with obesity — NWS-03 Increase the proportion of adolescents who participate in daily school physical education — ECBP-01	Lead or convene city, county, and regional food policy councils to assess local community needs and expand programs (e.g., community gardens, farmers markets) that bring healthy foods, especially locally grown fruits

			and vegetables, to schools, businesses, and communities. Support schools and early learning centers in meeting physical activity guidelines.
<i>3. Health Navigation</i>	Health equity is crucial to a vibrant state; however, many communities and specific groups have experienced generations of isolation from opportunity. (SHA)	Increase the health literacy of the population — HC/HIT-R01	Bring together professionals from a range of sectors (e.g., transportation, health, environment, labor, education, and housing) with community representatives to ensure that community health needs are identified and that those needs and barriers are addressed.
<i>4. Mental Health and Substance Abuse</i>	To reduce behavioral health stigma in Iowa. (SHIP) For youth and young adults in Iowa, strategies to prevent substance use disorders can reduce related health problems and prevent deaths. (SHA)	Increase the proportion of people with substance use and mental health disorders who get treatment for both — MHMD-07	Ensure that those in need, especially potentially vulnerable groups, are identified and referred to mental health services. Educate youth and adults about the risks of drug abuse (including prescription misuse) and excessive drinking.

DESCRIBE PLANS FOR SUSTAINING ACTION

Partnerships with county organizations working towards similar goals will provide a strong foundation for continued action. Bi-monthly Board of Health meetings provide the opportunity for check-ins on goals/activities and identify opportunities for improvement.