

COMMUNITY HEALTH IMPROVEMENT PLAN

2022



Provided by Cherokee Regional



**Top
4**

Health Priorities

CHEROKEE COUNTY

COMPLETION TIMELINE:
2023-2025

1

**Teen
Pregnancy and
Parenting**

2

**Substance
Abuse**

3

**Mental
Health**

4

**Chronic Disease
Prevention and
Awareness**

**Health
Priority
#1**

Teen Pregnancy and Parenting

GOAL: Decrease teen pregnancy rates.

GOAL: Increase education on parenting topics related to mental and physical health.

PLAN: Increase awareness of safe sex practices and social supports; group education and outreach.

January 2023-June 2023	July 2023-December 2023	January 2024-June 2024	July 2024-December 2024
Create content to be shared on safe sex practices and partner with local individuals to gather ideas for presenting the information in a way that will be heard.	Connect with local partners including schools and local businesses to present content to the teenage population.	Update content to include the most up to date information.	Connect with local partners including schools and local businesses to present content to the teenage population.
Create content to be shared on parenting topics such as breastfeeding, nutrition, physical activity, discipline, and safe sleep.	Create a plan for implementing outreach education; such as bi-monthly meetings in each rural community where parents can gather to learn about these topics and begin educating.	Connect with local partners including but not limited to churches, food pantries, and physician offices to create awareness of the outreach programming.	Update content and evaluate the effectiveness of the ongoing educational opportunities within the community.

MEASUREMENT:

- Decrease percentage of teen pregnancies (15-19years) from 57.9 per 1000 births to 55 per 1000 births.
- Reach 200 parents through educational outreach programs on parenting topics.

**Health
Priority
#2**

Substance Abuse

GOAL: Decrease rates of alcohol, vaping, and illicit drug use.

PLAN: Increase awareness of effects of substance abuse and awareness of cessation services

January 2023-June 2023	July 2023-December 2023	January 2024-June 2024	July 2024-December 2024
Create content to be shared on the effects of substance abuse and awareness of cessation services. Partner with local individuals to gather ideas for presenting the information in a way that will be heard.	Connect with local partners including schools and local businesses to present content to the teenage population.	Connect with local partners including but not limited to churches, food pantries, and physician offices to create awareness in the adult population.	Update content and evaluate the effectiveness of the ongoing educational opportunities within the community.

MEASUREMENT:

- Decrease excessive drinking rate from 24.7% to 23%.
- Decrease the rate of 11th graders answering the question: Have you ever used an e-cigarette, JUUL, vape-pen, e-hookah, modbox, or other electronic cigarette from 34% in the Iowa Youth Survey to 30%.
- Reach 350 students with educational outreach programs.

**Health
Priority
#3**

Mental Health

GOAL: Increase awareness of local mental health resources.

GOAL: Increase community outreach and education.

PLAN:

- Continue involvement in Suicide Prevention Coalition.
- Increase education on signs and symptoms of suicide and mental health stigma.

January 2023-June 2023	July 2023-December 2023	January 2024-June 2024	July 2024-December 2024
Attend all scheduled coalition meetings and come up with an educational outreach plan for the year of 2023. To include trainings on mental health stigma and suicide signs and symptoms.	Create content to be shared on the signs and symptoms of suicide and mental health and the availability of local resources. Partner with local individuals with lived experience to gather ideas for presenting the information in a way that will be heard.	Connect with local partners including but not limited to churches, schools, food pantries, and physician offices to create awareness in the adult and student populations.	Update content and evaluate the effectiveness of the ongoing educational opportunities within the community.

MEASUREMENT:

- Decrease number of suicides from a rate of 15.4 per 100,000 to 13 per 100,000.
- Increase the number of followers on the Cherokee County Suicide Coalition Facebook page increased to 350 followers from 241.
- Reach 300 individuals with educational outreach programming.

Health Priority #4

Chronic Disease Prevention and Awareness

GOAL: Decrease percentages of chronic illnesses.

GOAL: Increase community outreach and education.

PLAN:

- Increase awareness of risk factors, family history, labs, and blood pressure monitoring.
- Increase environmental supports; awareness of accessible and free resources to improve movement and nutrition.
- Increase outreach for free or reduced health screens.

January 2023-June 2023	July 2023-December 2023	January 2024- June 2024	July 2024-December 2024
Create content to be shared on the importance of risk factors, family history, labs, and blood pressure monitoring.	Connect with local partners including but not limited to churches, food pantries, and local businesses to create information distribution.	Update content to include the most up to date information.	Connect with local partners including schools and local businesses to present content to the teenage population.
Create a plan for implementing outreach education; such as health fairs and community events.	Connect with local partners including but not limited to churches, food pantries, and local businesses to create information distribution.	Update content and evaluate the effectiveness of the ongoing outreach opportunities within the community.	Update content to include the most up to date information.

January 2023-June 2023	July 2023-December 2023	January 2024- June 2024	July 2024-December 2024
Continue outreach with Healthy Hometown and other wellness partners to increase environmental access to improve movement and nutrition.	Increase awareness of environmental facilities to improve movement and nutrition; such as events on the trails and publicity of the farmers market and community garden.	Create content to present at community events promoting local resources and nutritional recipes- improving awareness of local resources and accessibility.	Update content and evaluate the effectiveness of the ongoing educational opportunities within the community.

MEASUREMENT:

- Decrease obesity rates from 35.1% to 34% and physical inactivity rates from 24.2% to 23%.
- Screen 200 individuals for high blood pressure and routine lab work.
- Decrease Medicare individuals with Hypertension from 58.7% to 57% and Hyperlipidemia from 46.4% to 45%