

CHICKASAW COUNTY PUBLIC HEALTH & HOME CARE SERVICE

Community Health Improvement Plan

2023



TABLE OF CONTENTS

Table of contents.....	2
Introduction and Methods.....	3
Access to Health Care	4
Aging in Place.....	5
Youth Mental Health	6
Healthy Homes	7

Introduction and Method

Statement of Purpose: In April of 2022, the Chickasaw County Public Health Department completed its Community Health Needs Assessments. This process allowed us to identify the most important issues facing Chickasaw County. A CHNA committee, comprised of many key community partners, will use the Community Health Improvement Plan to direct efforts to improve the health for those who live, work, and play in Chickasaw County.

Process: Information from all sources were presented to a Planning Team and the CHNA committee. The Planning Team had the assistance of a MercyOne North Iowa facilitator. The facilitator helped the group identify a list of opportunities which would have the greatest positive impact on the community health needs assessment. Chickasaw County Public Health and Mercy One New Hampton both identified and shared their Health Improvement Projects.

For Chickasaw County Public Health when reviewing the community health needs of our county we took into consideration if there were programs already in place to address specific issues. After reviewing the data, it suggests that the significant community health needs in Chickasaw County could be grouped into larger categories so we could address more issues. We grouped them into the following categories: access to health care, aging in place, youth mental health, and healthy homes.

Top 4 Priority Health Issues:

- Access to Health Care
- Aging in Place
- Youth Mental Healthy
- Healthy Homes

The CHNA Committee continues to meet to develop a health improvement plan that is related to each of the strategic issues.

Priority Health Issue # 1: Access to Health Care

Goal: Increase access to health care and educate the public about resources that are available in Chickasaw County.

Objective:

- Identify health resources available to county residents
- Provide education on preventable health screenings
- Identify available resources that provide preventable screenings
- Identify assistance programs to help with preventable screenings

Strategies:

- Develop and disseminate a health care resource guide to individuals living in Chickasaw County.
- Develop and disseminate education on preventable health screenings
- Collaborate with Mercy One New Hampton on a health screening/mammogram assistance program.

Priority Health Issue # 2: Aging in Place

Goal: To improve or maintain quality of life.

Objective:

- Self-monitoring Program Education
- Blood Pressure monitoring
- Community food assistance/outreach
- Advanced Directives

Strategies:

- Investigate the possibility of collaborating with Mercy One New Hampton and HEARTCorps to implement evidence-based interventions that improve cardiovascular health, educate, and inspire community member to adopt healthy behaviors.
- Partner with local businesses and Mercy One to provide blood pressure screenings and education.
- Reach out to Iowa Café program on expansion to Chickasaw County
- Provide education and resources for food assistance programs
- Partner with Mercy One on implementing the Five Wishes Program to Chickasaw County residents.

Priority Health Issue # 3: Youth Mental Health

Goal: Address a variety of youth mental health issues to help with overall well-being of our youth.

Objectives:

- Raise awareness about youth mental health
- Reduce youth mental health stigma
- Provide education on youth mental health resources
- Work with schools on programs to address mental health issues and/or factors related to suicide prevention such as bullying.

Strategies:

- Develop and disseminate educational resources on mental health issues
- Collaborate with schools in Chickasaw County on education on different youth mental health issues
- Partner with Everybody Hurts to locate speakers and programs to bring into Chickasaw County.

Priority Health Issue # 4: Healthy Homes

Goal: To address health related hazards in the home and promote healthy and safe homes.

Objective:

- Raise awareness about different health related hazards in the home.
- Provide education on health hazards in the home and prevention measures.
- Increase radon testing in Chickasaw County
- Increase water testing in Chickasaw County
- Identify a process and resources for individuals with high lead levels

Strategies:

- Provide education to county residents on different health hazards in the home.
- Promote sales of radon testing by going out in the community to provide education and sell tests.
- Identify resources to utilize if high lead levels are detected in individuals in our county.
- Identify a process to follow if an individual in our county has a high lead level.
- Provide education to local providers on processes/resources if high lead levels are indicated in an individual.