



HealthyJoCo
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JOHNSON COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

2023 - 2028

Johnson County Public Health

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Iowa City, Iowa 52240

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ABOUT HEALTHYJOCO

HealthyJoCo is a community health assessment (CHA) and community health improvement plan (CHIP) effort in Johnson County and is largely supported by Johnson County Public Health and members of the Core Committee.

HealthyJoCo follows the National Association for County and City Health Officials (NACCHO)'s Mobilizing for Action through Planning and Partnerships (MAPP 2.0) framework. MAPP 2.0 is a community-driven strategic planning process for improving community health.

The MAPP 2.0 process includes an assessment phase of telling the community story by conducting the three following assessments: Community Partners Assessment (CPA), Community Status Assessment (CSA), and Community Context Assessment (CCA).

HealthyJoCo prioritizes top health issues and focuses to complete this Community Health Improvement Plan (CHIP). The CHIP is part of MAPP 2.0 Phase 3, which aims to continuously improve the community. This CHIP will be a living document and updated over time.

VISION

HealthyJoCo strives for Johnson County to be a diverse community where all have the resources, access, and opportunity to thrive in a resilient, safe, and inclusive community. We also strive to be a community where institutions and community members actively work together to deconstruct silos and address health inequities through partnerships, collaboration, and power-sharing.

MISSION

To evaluate, promote, and improve the health and well-being of those who live, work, learn, and play in Johnson County.

VALUES

- 01** Inclusive
- 02** Collaborative
- 03** Transparent
- 04** Progressive
- 05** Genuine



PURPOSE OF THE COMMUNITY HEALTH IMPROVEMENT PLAN

The Community Health Improvement Plan (CHIP), guided by the framework provided by the National Association of County and City Health Officials' Mobilizing for Action Through Planning and Partnerships 2.0, serves as a strategic blueprint and guidance for enhancing the overall well-being of our community. The CHIP coordinates collaborative efforts across various sectors to effect positive changes.

The primary purpose of this plan is to systematically enhance the quality of life within our community by addressing gaps and inequities, while taking into account the resources and assets already existing in the community. Conceptually, it is a means to ensure equitable opportunities for health for all members of our community.

Involvement from community partners is an essential part of the plan. Much of the work requires an approach that recognizes there are many local experts within each health priority area that should be relied upon for expertise. Collaboration with individuals with expertise, lived experience, and overall interest in the priority areas is important in the planning and implementation of health interventions.

JOHNSON COUNTY, IOWA COMMUNITY HEALTH PRIORITIES 2023 - 2026

After careful consideration through a community survey, partner survey, and partner discussion, the following 4 health priorities listed below were chosen. A special consideration of Community Health Resources, Health Education & Literacy will be integrated throughout each of the 4 priorities.



**TOP 4 COMMUNITY HEALTH
PRIORITIES**

KEY OF DEFINITIONS USED

While creating the action plan for each health priority, common terms used in the document can be defined as:

Effect

The change as a result of implementing the strategy.

Indicator

Unit of measurement for each goal and strategy

Resources

Educational material, supplies, and or program events that'll be necessary to achieve strategy.

Strategy

Overall action taken to address the priority area goal.

HEALTH PRIORITY & PRELIMINARY PLAN

Healthcare Quality, Access and Affordability

Healthcare Quality: The following definition is directly from the Agency for Healthcare Research and Quality (AHRQ). Read more about Quality [here](#):

The Institute of Medicine defines health care quality as "the degree to which health care services for individuals and populations increase the likelihood of desired health outcomes and are consistent with current professional knowledge." There are domains associated with health care quality from the Institute of Medicine (IOM), and they are listed below:

- **Effectiveness:** Relates to providing care processes and achieving outcomes as supported by scientific evidence.
- **Efficiency:** Relates to maximizing the quality of a comparable unit of health care delivered or unit of health benefit achieved for a given unit of health care resources used.
- **Equity:** Relates to providing health care of equal quality to those who may differ in personal characteristics other than their clinical condition or preferences for care.
- **Patient centeredness:** Relates to meeting patients' needs and preferences and providing education and support.
- **Safety:** Relates to actual or potential bodily harm.
- **Timeliness:** Relates to obtaining needed care while minimizing delays.

Expanding on equity, this issue profile encompasses the inclusion efforts in regard to cultural and language resources that are implemented throughout healthcare centers for underrepresented communities in Johnson County. These efforts are a practice to provide everyone equal access to opportunities and aid for those experiencing gaps in diversity, equity, and inclusion (DEI) initiatives.

- **Discrimination** in the healthcare setting can be defined as negative actions or lack of considerations given to an individual or group that occurs because of a preconceived and unjustified opinions.
- Barriers to health are factors that prevent an individual, population, and/or community from acquiring access to health services and/or achieving best health.

HEALTH PRIORITY & PRELIMINARY PLAN

Healthcare Quality, Access and Affordability

Healthcare Access

Access to health care is "the timely use of personal health services to achieve the best health outcomes" (IOM, 1993).

Healthcare insurance contributes to access, as well as having a primary care provider. Limiting barriers to health care, like transportation, help access.

Healthcare Affordability

Healthcare affordability refers an individual's ability to pay for health care at a reasonable cost. Reasonable can look different in different circumstances, and depends on factors such as an individual's socioeconomic status and health insurance coverage, to name a few.

Johnson County, IA Data Snapshot



22% of Johnson County residents do not have a primary care provider.



86% of Johnson County residents have health insurance coverage.



However, 65% of Hispanic, Latino residents report not having health insurance coverage.



15% report that cost prevented a healthcare visit. Of those individuals, 22% reported their condition they were seeking healthcare for worsened.



4 Healthcare Quality, Access, & Affordability

[Visit the Healthcare Quality, Access & Affordability Issue Profile to learn more](#)

HEALTH PRIORITY & PRELIMINARY PLAN

Healthcare Quality, Access and Affordability

Strategies

- Coordinate at least one annual preventative care service day to offer health screenings and evaluation from various organization especially for uninsured and under insured population
- Foster initiatives to build Community Health Worker and care coordination capacity
- Create a social media campaign to increase the knowledge on how to find services, programs and resources for their health

Effect

- Offer standard wellness check-ups to community members with limited access to healthcare facilities
- The CWH will be able to bridge the gap between providers and community
- Support community members ability to navigate through the health care system

Resources

To be determined in 2024

Partners

To be determined in 2024

Indicators

To be determined in 2024

HEALTH PRIORITY & PRELIMINARY PLAN

Mental Health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.(1)

Johnson County, IA Data Snapshot

6.6 average poor mental health days

18% of Johnson County residents reported frequent mental distress (14 or more days of poor mental health) in 2022.

Lack of an adequate number of facilities and providers—particularly inpatient beds—as well as challenges in referring patients with specific and complex needs, were both recurring themes in our Community Context Assessment focus groups.

Iowa ranks among the worst states in the nation for mental healthcare — 47th in psychiatrists, 44th in mental health workforce availability and 51st (including the District of Columbia) in the ratio of state psychiatric beds to residents. 2



9 Mental Healthcare

[Visit the Mental Health Issue Profile to learn more](#)

1 <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

2 <https://namiowa.org/iowa-must-act-to-alleviate-mental-health-care-deficit/>

HEALTH PRIORITY & PRELIMINARY PLAN

Mental Health

Strategies

- Assess youth mental health in Johnson County by December 2024
- Continue supporting ongoing efforts from Systems of Care
- Collaborate with the Community Outreach Coordinator to build trusting relationships between community members and law enforcement

Effects

- Identify the health needs of young adults in Johnson County
- Provide assistance towards the goals of the group
- Improve partnerships with law enforcement, mental health specialist and public health

Resources

To be determined in 2024

Partners

To be determined in 2024

Indicators

To be determined in 2024

HEALTH PRIORITY & PRELIMINARY PLAN

Housing

A healthy home is one that is affordable and of good quality. It should be safe and free from physical harm. (1) Unstable housing can lead to poor physical and mental health outcomes for individuals.

- **Home:** the place where you live most of the time/the majority of the year
- **Affordable Housing:** Housing in which a household pays no more than 30% of their monthly income.(2)
- **Quality Housing:** The physical structure of a home and the quality of the social and physical environment in where it is located. (3)

Johnson County, IA Data Snapshot

34% of renters report being extremely cost burdened, spending 50% or more of their income on housing.

2022 Johnson County Community Status Assessment

A community partner that specializes in mental health services, recognizes the relationship between lack of housing and mental health status - “As mental health care and affordable housing in our community is, as you all know, like really brutal and we just see [in our work] that intersection between both houseless[ness] and housing insecurity or lack of quality housing and mental health symptoms kind of being pushed into crisis.”



5 Built Environment: Housing

[Visit the Built Environment: Housing Issue Profile to learn more](#)

1. <https://www.rwjf.org/en/insights/our-research/2011/05/housing-and-health.html>

2. <https://archives.hud.gov/local/nv/goodstories/2006-04-06glos.cfm>

3. <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/quality-housing>

HEALTH PRIORITY & PRELIMINARY PLAN

Housing

Strategies

- Provide support and promotion of current community housing initiatives
- Research current local and statewide policies impacting housing quality and affordability in Johnson County
- Develop training and education for Johnson County landlords to foster better relationships with tenants

Effects

To be determined in 2024

Resources

- Information and education on health of housing
- training of mental health first aid
- Training opportunities for equity and cultural humility

Partners

To be determined in 2024

Indicators

To be determined in 2024

1. <https://www.rwjf.org/en/insights/our-research/2011/05/housing-and-health.html>
2. <https://archives.hud.gov/local/nv/goodstories/2006-04-06glos.cfm>
3. <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/quality-housing>

HEALTH PRIORITY & PRELIMINARY PLAN

Food Security

The U.S. Dept. of Agriculture provides the following definitions to describe an individual's or family's level of food access. ¹ Food insecurity describes a range of food limitations; it includes hunger and skipped meals but is also used to describe the variety and nutritional quality of accessible food.

Food Security

High food security: no reported indications of food-access problems or limitations.

Marginal food security: one or two reported indications—typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.

Food Insecurity

Low food security: reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.

Very low food security: reports of multiple indications of disrupted eating patterns and reduced food intake.

Johnson County, IA Data Snapshot

19%

of Johnson County residents reported that they have skipped or reduced the size of their meals due to cost in the past 12 months.

2022 Johnson County Community Status Assessment

8%

of Johnson County residents reported going at least an entire day without food in the past month.

2022 Johnson County Community Status Assessment



12 Food Security

[Visit the Food Security Issue Profile to learn more](#)

¹ United States Department of Agriculture Economic Research Service. Definitions of Food Security: Ranges of Food Security and Food Insecurity. 2022. <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security/>

HEALTH PRIORITY & PRELIMINARY PLAN

Food Security

Strategies

- Support existing efforts to promote food access and increase connections between local food
- Facilitate access to state and federal food assistance programs and benefits by developing resources and trainings to inform the community
- Ongoing assessment of gaps in food systems
- Identify policies that impact food security and educate policymakers on food security trends

Effect

- Improve community member's ability to recognize and utilize local food sources
- Increase number of eligible community members to receive assistance to purchase food
- Emphasize the importance of access to food for community members
- Raise awareness of food insecurity in Johnson County

Resources

- Host workshops to prescreen and begin application for SNAP for eligible community members
- Refer community members to food resources in the county
- Promote Farmer's market vouchers

Partners

To be determined in 2024

Indicatoras

To be determined in 2024

NEXT STEPS & TIMELINE

The Community Health Improvement Plan is a living document that will be updated on the HealthyJoCo website at www.healthyjoco.com.

The next steps for the HealthyJoCo team is to recruit individuals interested in the health priorities to participate in a subcommittee and develop a detailed action plan for the priority; including indicators, who will be responsible and dates.





THANK YOU!

This Community Health Improvement Plan is still in progress. If you would like to get involved, please contact us!



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