



Monroe County Public Health

Mission: To protect and improve the health and safety of the people of Monroe County by assuring the conditions in which people can be healthy, promoting physical and mental health, and preventing disease, injury, and disability.

Vision: A safe, healthy community to live, work and raise a family.

Process: We had in-person meetings with the local hospital and rural health clinic provider staff and the local chamber and business community to present the data and received feedback about priority and focus areas as well as areas of strength and success for our community. Obesity, Mental Health/Substance Use-Misuse and Reproductive Health were the identified issues that we have decided to target without our Community Health Improvement Plan.

For additional information, Contact:

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Community Priority

Obesity	
Goal: The obesity rate for Monroe County will be trending down from the current 38% adult rate by FY 2027.	
Strategy or Program	Goal & Summary Description
Annual Community Walk	MCPH Sponsored spring run/walk at the Albia Reservoir.
Healthy Recipe Swap	Social Media based partnership to encourage and disseminate health recipes and food information.
Fun Run/Walk for Restoration Days	Partnership with Albia Mainstreet Chamber and businesses to support and encourage a fun run/walk in early spring with the newly invigorated Restoration Days.
Exercise/Nutrition Community Support Group	Social Media based local support and resource group founding and moderating of the forum for public interaction and partnership. Use of the site for encouragement, ideas and collaboration for exercise and nutrition improvements. <i>(Goal to obtain at least 30 followers/participants.)</i>
Planned Resources	MCHC Health Coach & Health Coach Assistant. Monroe County Public Health. Youth Sports programs and leadership. Hard court. Sarver's Fitness Center. Walking trail. Albia Reservoir. Parks/playgrounds. Aquatic center. Hy-Vee Dietitian.
Planned Partnerships	ACSD. Monroe County Health & Wellness Coalition. MCHC Health Coach & Health Coach Assistant. Albia Mainstreet Chamber.

Mental Health/Substance Use-Misuse	
Goal: To decrease the stigma of mental health and substance use/abuse disorders and to increase the awareness of available supports and resources.	
Strategy or Program	Goal & Summary Description
Lifeskills (5th & 6th grade)	Completion of classroom sessions from the Lifeskills curriculum with the ACSD school counselor and a public health nurse, both trained for Lifeskills

	instruction, within the 5 th and 6 th grade classrooms. Topics of instruction include anger management, drug use/abuse, alcohol/tobacco/nicotine, stress management, communication, assertiveness, media influence and self-esteem.
DARE	Police department sponsored content within the ACSD to promote drug free lifestyles.
Dr. Rebecca Thomas & Paula Gordy Counseling & Infinity Health	Counseling services that are available within Monroe County. Local awareness campaigns on the radio, on social media and within the local newspaper.
Mental Health Month Campaign	Public Health fostered campaign for Mental Health awareness.
Planned Resources	PH Facebook page. Albia Iowa Happenings Facebook page. Local healthcare providers. 988 resources and information. Your Life Iowa resources and information.
Planned Partnerships	MCHC, Dr. Thomas, Paula Gordy, Infinity Health. Katie Fisher, Monroe County Mental Health Services Liaison.

Reproductive Health	
Goal: STD/STI rates will be trending down along with teenage pregnancy rates by FY2027.	
Strategy or Program	Goal & Summary Description
ACSD Sex-Ed	Provision of sex ed and pubescent development education as well as healthy relationship development annually to students within the 9-12 th grade public school system.
Free Condoms	Free condoms and other barrier method devices available publicly in no-contact, judgment-free areas for public pick up and within community businesses that are willing to partner. Availability will be publicized on social media.
Social Media Campaign-Safe Sex & Healthy Relationship Choices	Transmission based risk factor education via social media.

Planned Resources	HHS provided free barrier method protection.
Planned Partnerships	River Hills. ACSD.