

Union County 2022 Health Improvement Plan

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For information about this plan:

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Topic 1

Substance Abuse

Substance Abuse

Goal 1

Decrease substance misuse in Union County.

Alignment with National Plans

Healthy People 2030, Reduce Substance Misuse of Drugs and Alcohol. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/drug-and-alcohol-use>)

Reduce the proportion of people aged 21 years and over who engaged in binge drinking in the past month — SU-10

Reduce the proportion of people who had alcohol use disorder in the past year — SU-13

Reduce the proportion of people who had drug use disorder in the past year — SU-15

Alignment with State/Other Plans

Bureau of Substance Abuse - IDPH Integrated Provider Network (<https://hhs.iowa.gov/substance-abuse/Integrated-Provider-Network>)

Reduce substance use and gambling problems through public education, evidence-based prevention, and early intervention services.

Increase remission and recovery from substance use disorders and problem gambling through timely, accessible, ongoing, and effective treatment services.

Substance Abuse

Objective 1.1

Reduce heavy drinking (Men: 14+ drinks per week, Women: 7+ drinks per week).

Baseline Year	Baseline Value	Target Year	Target Value
2018-21	12.9%	2023-2026	Less than 12.9%

Data Source and Location

Iowa BRFSS data 2018-2021 (<https://hhs.iowa.gov/brfss>)

Substance Abuse

Strategy 1.1-1

Increase awareness of local, state and national substance misuse services, such as Quitline and Your Life Iowa.

Strategy Source and Location

Programs Exist. Increase promotion throughout CHA/CHIP cycle.

Strategy Type: Professional/provider-focused

Who's Responsible

Greater Regional Health, Public Health, Crossroads

Target Date

1/1/2027

Substance Abuse

Strategy 1.1-2

Host in-person events to educate the public on dangers of substance abuse. Union County Public Health will work with community partners to host in-person training to promote solutions for substance misuse through 2027.

Strategy Source and Location

Utilize existing programs and develop programming with local, state and national partners.

Strategy Type: Individual/interpersonal-focused

Who's Responsible

Union County Public Health

Target Date

1/1/2027

Substance Abuse

Objective 1.2

Establish a coalition that meets regularly to establish resources and guide substance abuse use work in Union County.

Baseline Year	Baseline Value	Target Year	Target Value
2022	No Coalition.	2023	Coalition meeting.

Data Source and Location

Substance abuse/Mental Health meeting Coalition minutes.

Substance Abuse

Strategy 1.2-1

Greater Regional Health, Public Health will collaborate with Crossroads and other mental health agencies in Union County and other organizations to help collaboration and resource sharing.

Strategy Source and Location

New Program.

Strategy Type: Community-focused

Who's Responsible

Greater Regional Health, Public Health, Crossroads

Target Date

12/31/2023

Topic 2

Mental Health

Mental Health

Goal 1

Improve mental health in Union County.

Alignment with National Plans

Healthy People 2030, Improve Mental Health. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders>)

Alignment with State/Other Plans

Iowa's Health Improvement Plan 2023-2027. (<https://hhs.iowa.gov/healthy-iowans/plan>)

Access to care: Behavioral Health.

Strengthening Relationships.

Mental Health

Objective 1.1

Increase of the number answering none to the question: For how many days during the past 30 days was your mental health not good?

Baseline Year	Baseline Value	Target Year	Target Value
2018-2021	57% answering no not good mental health days in the last 30 days.	2023-2026	Greater than 57% answering no not good mental health days in the last 30 days.

Data Source and Location

Iowa BRFSS data 2018-2021 <https://hhs.iowa.gov/brfss>

Mental Health

Strategy 1.1-1

Increase awareness of local, state and national services, such as Your Life Iowa. Promote state and national programs via social media, news outlets, and events such as farmers markets, the county fair, etc.

Strategy Source and Location

Existing programs.

Strategy Type: Community-focused

Who's Responsible

Greater Regional Health-Union County Public Health

Target Date

12/31/2024

Mental Health

Strategy 1.1-2

Increase programming opportunities to address poor mental health days in Union County. Examples of programs: Crossroads has targeted schools with a new program called reconnecting youth, Union County Public Health is targeting group classes such as Better Choices, Better Health to help manage poor mental health days. This will be ongoing throughout CHA/CHIP cycle.

Strategy Source and Location

New programs and existing.

Strategy Type: Individual/interpersonal-focused

Who's Responsible

Greater Regional Health-Public Health, Mental Health Coalition

Target Date

12/31/2024

Mental Health

Objective 1.2

Establish a Coalition that meets regularly to establish resources and guide mental health work in Union County.

Baseline Year 2022	Baseline Value No Coalition	Target Year 2023	Target Value Coalition meeting.
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Data Source and Location
Substance abuse/Mental Health meeting Coalition minutes.

Mental Health

Strategy 1.2-1

Greater Regional Health, Public Health will collaborate with Crossroads and other mental health agencies in Union County and other organizations to help collaboration and resource sharing.

Strategy Source and Location
New Program.

Strategy Type: Community-focused

Who's Responsible
Greater Regional Health, Public Health, Crossroads

Target Date
12/31/2023

Topic 3

Obesity and Overweight

Obesity and Overweight

Goal 1

Reduce obesity rate in Union County.

Alignment with National Plans

Healthy People 2030, Reduce overweight and obesity by helping people eat healthy and get physical activity. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity>)
Reduce the proportion of children and adolescents with obesity — NWS-04
Reduce the proportion of adults with obesity — NWS-03

Alignment with State/Other Plans

Iowa's Health Improvement Plan 2023-2027. (<https://hhs.iowa.gov/healthy-iowans/plan>)
Goal 1: To reduce barriers to affordable, nutritious foods for all people in Iowa.
Goal 2: To increase engagement in active living among all people in Iowa.

Obesity and Overweight

Objective 1.1

Reduce obesity rate lower than 35%.

Baseline Year 2022	Baseline Value 35% obesity rate	Target Year 2027	Target Value Less than 35% obesity rate
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Data Source and Location
County Health Rankings, Union County 2022

Obesity and Overweight

Strategy 1.1-1

Conduct health education campaigns and education programs targeting everyone throughout the lifespan and all social economic statuses to ensure access and education of healthier food options. Educate via in-person meetings, social media, news outlets, and events such as farmers markets, the county fair, etc.

Strategy Source and Location

New programming promoting resources and new developments during the CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health, Local Coalition

Target Date

1/1/2027

Obesity and Overweight

Strategy 1.1-2

Promote food assistance options for located in Union County, (food pantries, SNAP, WIC, etc.).

Strategy Source and Location

Existing. To be completed throughout CHA/CHIP cycle.

Strategy Type: Demographic/socioeconomic-focused

Who's Responsible

Union County Public Health, Local Coalition

Target Date

1/1/2027

Obesity and Overweight

Objective 1.2

Maintain or increase number of residents that response yes to: During the past month, other than your regular job, did you participate in any physical activities or exercises?

Baseline Year	Baseline Value	Target Year	Target Value
2018-2021	74.7%	2023-2026	Greater than 74.7%

Data Source and Location

Iowa BRFSS data 2018-2021 <https://hhs.iowa.gov/brfss>

Obesity and Overweight

Strategy 1.2-1

Promote recreational events and programming to the community via social media, news outlets, and events such as farmers markets, county fair, etc. Fill gaps in programming as needed.

Strategy Source and Location

Existing. To be completed throughout CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health.

Target Date

1/1/2027

Obesity and Overweight

Objective 1.3

Establish a collation that meets regularly to establish food and health resources and guide food and nutrition related work in Union County.

Baseline Year	Baseline Value	Target Year	Target Value
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2022

No Coalition.

2023

Coalition Meeting

Data Source and Location

Meeting minutes.

Obesity and Overweight

Strategy 1.3-1

Greater Regional Health, Public Health will collaborate with community partners in Union County to gather programming and funding opportunities with partners to help support sustainable programs and access to foods in Union County. Lead group identified Southern Iowa Resource Conservation and Development.

Strategy Source and Location

New program.

Strategy Type: Community-focused

Who's Responsible

Southern Iowa Resource Conservation and Development, Greater Regional Health, Public Health

Target Date

12/31/2023

Topic 4

Leading causes of death before 75

Leading causes of death before 75

Goal 1

Decrease leading causes of Death under age 75 in Union County.

Alignment with National Plans

Healthy People 2030. (<https://health.gov/healthypeople/objectives-and-data/browse-objectives>)

Reduce new cases of cancer and cancer-related illness, disability, and death.

Improve cardiovascular health and reduce deaths from heart disease and stroke.

Prevent injuries.

Improve respiratory health.

Increase vaccination rates.

Alignment with State/Other Plans

Leading causes of death before 75

Objective 1.1

Improve Union County's years of potential life lost before age 75.

Baseline Year

2022

Baseline Value

Ranked 99/99 Counties in Iowa

Target Year

2027

Target Value

Ranking greater than 99/99 of counties in Iowa.

Data Source and Location

County Health Rankings, Union County 2022

Leading causes of death before 75

Strategy 1.1-1

Identify and promote cancer prevention and screening programs in Union County. Educate importance of screening and resources available.

Strategy Source and Location

Currently Exist, Expand programming. Promote during CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health

Target Date

1/1/2027

Leading causes of death before 75

Strategy 1.1-2

Identify and promote annual checkups, "knowing your numbers" for cardiovascular disease prevention and screening and screening programs in Union County. Educate importance of screening and resources available.

Strategy Source and Location

Current programs exist, expand programming. Promote during CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health

Target Date

1/1/2027

Leading causes of death before 75

Strategy 1.1-3

Provide programming and education to community to improve survival related to accidents.

Strategy Source and Location

Currently Exist, expand programming. Promote during CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health

Target Date

1/1/2027

Leading causes of death before 75

Strategy 1.1-4

Promote and increase accessibility of vaccinations in Union County to prevent respiratory illness.

Strategy Source and Location

Currently Exist, expand programming. Promote during CHA/CHIP cycle.

Strategy Type: Community-focused

Who's Responsible

Union County Public Health

Target Date

1/1/2027