

WORTH COUNTY

COMMUNITY HEALTH IMPROVEMENT PLAN (2024-2026)



Community Health Assessment and Improvement Plan (CHA CHIP)

CHA CHIP has more than a 30-year history in Iowa and represents vital local action to promote and protect the health of Iowans, according to the Iowa Department of Health and Human Services. At least every five years, local public health assures a community-wide process takes place to identify the most important factors affecting health in the community and to plan strategies to build on strengths and work on gaps. These CHA CHIP discussions form the foundation for statewide planning and action to improve the health of all who live, work and play in Iowa.¹

The health and wellness priorities for Worth County were identified by the community during the Community Health Assessment (CHA) process in 2022 and 2023. A Worth County Community Health Improvement Plan (CHIP) for 2024-2026 has been developed to address the priorities identified and to take action. The improvement plan (CHIP) will be a working document that will be implemented and monitored over the next few years. This improvement plan will be an ongoing effort by Worth County Public Health, other organizations, and the community to support and improve health, wellness, and quality of life in Worth County.

“Enhance the quality of life within our community through innovative public health initiatives.”

WORTH COUNTY PUBLIC HEALTH-MISSION STATEMENT

The following were identified as top priorities for Worth County during the 2022-2023 Community Health Assessment (CHA) process. For the 2024-2026 Worth County Community Health Improvement Plan (CHIP), the highlighted priorities below will be the areas of focus.

Top Health Issues

Cancer & Obesity

Top Concerns

Mental Health & Substance Use/Misuse

Top Accessibility Issues

Access to Mental Health Services & Access to Childcare/Daycare

Top Areas Needing Improvement

Mental Health Resources/Awareness & Family Support/Resources

Top Environmental Health Concerns

Public Drinking Water & Private Well Water

Areas Needing Improvement for Emergency Preparedness

Household readiness in emergency situations

Four Priority Areas for the Worth County Community Health Improvement Plan

1. Physical Health: Obesity

- ❖ Obesity rates in Worth County were 35.1% in 2022¹.
- ❖ In 2020, 23% of adults in Worth County reported participating in no physical activity outside of work².

2. Mental Health: Awareness, Resources, Access to Services

- ❖ In Worth County, adults with frequent mental distress was 13.2%¹.
- ❖ In Worth County, deaths of despair prevalence was 42.1/100,000 people, in Iowa it was 34.7/100,000 people, and in the United States it was 47.5/100,000 people (2022)¹.

3. Environmental Health: Drinking Water

- ❖ About 1 in 8 Americans get their drinking water from a private well (2022)³.
- ❖ In the United States about 1 in 5 sampled private wells were found to be contaminated at levels that could affect health (2022)³.

4. Emergency Preparedness: Household Readiness

- ❖ Results from our Worth County survey showed that 38.29% of households said that they were not prepared for an emergency situation, 35.59% said that their household had discussed a central meeting place, 27% said that they had practiced a fire drill at home, 36.49% said that they keep a list of current medications in their home, and 37.39% said that they keep a contact list with emergency phone numbers in their home.

¹ <https://www.usnews.com/news/healthiest-communities/iowa/worth-county>

² <https://www.countyhealthrankings.org/explore-health-Rankings/iowa/worth? year=2023>

³ <https://www.cdc.gov/nceh/ehs/about.html>

Physical Health: Obesity

GOAL

To improve the physical health and wellbeing of the people in Worth County.

Objective #1

Throughout 2024-2026, promote physical activity in the community to reduce the number (23% in 2020) of Worth County adults that report NO physical activity outside of work.

Strategies

1. Encourage and support physical activity in the community.
2. Develop and implement activities to promote exercise among different populations.

Objective #2

Throughout 2024-2026, encourage and support healthy lifestyles to show a decrease in the obesity rate (35.1% in 2022) for Worth County.

Strategies

1. Provide education and support to the community in maintaining a healthy lifestyle.
2. Educate and encourage a healthy diet.
3. Develop and implement activities to promote healthy lifestyles in the community.

{Lead Organization: Worth County Public Health}

{Collaborative efforts from other organizations/coalitions/partners as needed}

Community Priority #2

Mental Health: Awareness, Resources, Access to Services

GOAL

To increase public awareness and knowledge of mental health care in Worth County.

Objective #1 & #2

Throughout 2024-2026, educate on mental health care to reduce the number of Worth County adults who report frequent mental distress (13.2% in 2022) and reduce the deaths of despair prevalence (42.1/100,000 people in 2022) for Worth County.

Strategies

1. Educate the community on mental health resources and services available.
2. Provide information to the community about mental health.
3. Work with our partners to promote mental health services.

{Lead Organization: Worth County Public Health}

{Collaborative efforts from other organizations/coalitions/partners as needed}

Environmental Health: Drinking Water

GOAL

To increase awareness of the importance of safe drinking water in Worth County.

Objective #1

Throughout 2024-2026, increase water testing service utilization in Worth County by promoting safe drinking water.

Strategies

1. Educate the community on safe drinking water.
2. Promote and educate on water testing services in Worth County.

{Lead Organization: Worth County Public Health}

{Collaborative efforts from other organizations/coalitions/partners as needed}

Emergency Preparedness: Household Readiness

GOAL

To increase the level of emergency preparedness in Worth County households.

Objective #1

Throughout 2024-2026, increase household emergency planning in Worth County.

Strategies

1. Educate the community on the importance of emergency preparedness
2. Inform the community on what they can do to prepare their household for an emergency
3. Create and send out an annual survey with household readiness questions

{Lead Organization: Worth County Public Health}

{Collaborative efforts from other organizations/coalitions/partners as needed}

Worth County Public Health Annual Evaluation Tool for the 2024-2026 CHIP

INDICATOR	BASELINE	End of 2024	End of 2025	End of 2026
Physical Health: Obesity				
Decrease obesity rates in Worth County	35.1% (2022-usnews.com)			
Decrease the % of adults in Worth County reporting participating in no physical activity outside of work	23% (2020-county health rankings.org)			
Mental Health: Awareness, Resources, Access to Services				
Decrease the % of Worth County adults with frequent mental distress	13.2% (2022-usnews.com)			
Decrease the % of deaths of despair in Worth County	42.1/100,000 people (2022-usnews.com)			
Environmental Health: Drinking Water				
Increase number of well water tests completed in Worth County	84 tests (2022)			
Emergency Preparedness: Household Readiness				
Decrease the % of households that said they were NOT prepared for an emergency situation	38.29% (222 surveys, 2022-2023)			
Increase the % of households that said they had discussed a central meeting place	35.59% (222 surveys, 2022-2023)			
Increase the % of households that said they had practiced a fire drill at home	27% (222 surveys, 2022-2023)			
Increase the % of households that said they keep a list of current medications in their home	36.49% (222 surveys, 2022-2023)			
Increase the % of households that said they keep a contact list with emergency phone numbers in their home	37.39% (222 surveys, 2022-2023)			

Worth County Public Health Quarterly Evaluation Tool for the 2024-2026 CHIP

Evaluation Questions:

1. Did we implement strategies listed in our improvement plan?
2. What strategies/activities were completed?
3. What impact did the strategies/activities have on the community and were they successful?
4. What data is available for the improvement plan, and what does the data show?
5. Are there any changes that need to be made with our plan?