



2024 Health Improvement Planning

Health Issue	Goal to Improve	Access Focus	January-March 2024	April-June 2024	July-September 2024	October-December 2024
1. Mental health and mental health disorders	Decrease poor mental health days	Access to mental health providers	Partnered with Omaha VA to bring "Ask the Question" campaign to Burgess Clinics and FMC.	Promoted the 988 mental health number through social media and community partners. Promoted MH walk-in clinic for those that are waiting to be seen by a therapist	Worked with Horn Physicians Clinic to identify veterans and promote 988. Worked with Horn providers on when to refer to mental health or crisis intervention.	
		Social supports; increase provider training/ education	Worked with NAMI Southwest Iowa to bring Support Groups to Monona County. Started program called Unlocking Brain Fitness for Dementia Prevention	Worked with Funeral Directors to access more information on suicide and helping families cope when losing someone to suicide	Worked with Horn Physicians Clinic to identify veterans and promote 988. Worked with Horn providers on when to refer to mental health or crisis intervention.	
2. Overweight & Obesity	Increase opportunities to improve overall health Increase awareness of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physicians	Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physicians	
		Barrier reduction - individual motivation	Started 5 2 1 0 program in West Monona School and Unlocking Brain Fitness (Dementia Prevention)	Created a program called "Diabetes Prevention" that is free for all participants	Promoted Diabetes services and Free Diabetes Prevention Program. Started 5210 program for 2nd and 4th graders at MVAO and Whiting schools.	
		Structural environment supports - sidewalks, facilities, trails	Worked with the City of Onawa on creating a walking trail	Worked with the City of Onawa on creating a walking trail	Halted to due to staff turnover.	
3. Older adult health/ aging issues (arthritis, hearing/vision loss, etc)	Improve utilization of preventative health resources and services	Access to PCP for aging assessments	Promoted heart health month and wellness checkups.	Promoted routine wellness visits and men's health month for screenings	PH became a Vaccines for Adults site to provide influenza vaccines to those who are uninsured.	
		Support services available to reduce health risks; HH, Area on Aging, PACE, etc.	Started dementia prevention class in Onawa; Unlocking the keys to Dementia Prevention	Promoted specialty services such as colonoscopies, diabetes prevention, orthopedic services, etc.	Promoted vaccines to prevent hospitalization with COVID, Influenza, and RSV. Started Dementia Prevention Program in Mapleton	
4. Cancer	Improve utilization of preventative health resources and services	Awareness of risk factors-family history, labs, etc	Promoted colorectal cancer screening through computer software.	Promoted men's health month and routine visits for early cancer detection	Promoted healthy lifestyle choices to help prevent cancer and other diseases. Promoted Dementia Prevention Program in Mapleton	
		Partnerships with health promotion	Promoted annual wellness visits and chronic care management for medicare patients	Promoted men's health month and routine visits for early cancer detection and chronic care management for medicare patients	Promoted breast cancer awareness month and the risks of not getting routine check-ups.	
		Increase access to health care specialists				