

## County Health Improvement Plan

On November 4, Community Health Partners convened a meeting of county stakeholders to develop a Health Improvement Plan (HIP) based on our countywide Community Health Needs Assessment (CHNA). Jane Schadle, IDPH's Executive Officer/Health Promotion Chronic Disease Prevention, facilitated the group of 22 health and human service professionals from across Sioux County who were asked to consider the operational question: **over the next 3 years what strategies should we use to address the health needs of Sioux County residents?**

The group considered the population health needs identified in the CHNA, and through a consensus process identified 8 priority health issues to address as a county. The eight issues are:

- Active Living & Healthy eating
- Community resource and referral networks
- County Transportation system
- Effective funding relationships
- Environmental health (housing)
- Increased and improved daycare options
- Integrated prevention and education services (ACEs)
- Translation and interpretation services

Participants were asked to choose at least one of the priority issues and to work in a small group to develop a one year work plan to implement the priority.

Since the HIP session, CHP has contacted the participants and has scheduled follow-up meetings with the small groups move forward implementing the work plans in the county. The day-long session was the culmination of a year-long collaborative assessment process that included the county's 4 hospitals, community focus groups, health care professionals and members of the general community.

Implementing the work plans developed at the session will require continued collaboration and partnering as we strive to make **Sioux County a healthier place for all our residents to live, work, learn and play.**





## 5210 "Brain Breaks"

Kids who are given opportunities to be active are better prepared to learn! **Healthy Orange City Coalition** and **Let's Go 5-2-1-0** teamed up with the staff at Orange City Christian School (OCCS) to offer two different opportunities for their students to be active. First, OCCS hosted a school-wide Storywalk in October. Second, teachers received activity break cards developed by the Healthy OC Coalition to use in their classrooms. The cards feature a 1-3 minute activity that can be used to transition between subjects, to redirect focus or to energize. If you are interested in the activity cards, a Storywalk, or more information about your community's coalition, contact [letsgo@siouxcountychp.org](mailto:letsgo@siouxcountychp.org).



## Deb's certification

Deb VanderPlas, Director of Public Health Services, passed the exam to become certified in public health (CPH) through the National Board of Public Health Examiners. The certification demonstrates a mastery of core and cross-cutting competencies in public health. Deb joins the first cohort of Bachelor's prepared nurses with 5 or more years of public health experience to achieve certification.

## This is Public Health

CHP staff members are ready to begin a new year of collaborating with our community partners to promote and protect the health of all residents of Sioux County. The photo below, on display in our conference room, illustrates some of our public health highlights of the past year.

CHP will formulate a formal strategic plan in early spring. The recently completed CHNAHIP will provide a foundation for our strategic plan which will focus on collaborating to make Sioux County a healthy place for everyone to live, learn, work, and play. Jane Schadle from IDPH will facilitate the planning sessions.



## Family-Wise

In December the Healthy Families staff was trained in the use of Family-Wise, a web-based computer software program that will make documentation more consistent and efficient. The software also creates and maintains the reports we will need for our next Healthy Families America accreditation process and site visit in 2017.





## APHA Conference

The 143rd annual American Public Health Association Meeting and Expo was held in Chicago in November. Deb VanderPlas served as the representative for Iowa at the APHA Governing Council sessions. The conference was a week filled with presentations of the latest PH research, national speakers and networking with regional leaders in public health. A highlight of the conference was Iowa's receipt of the Award for Advocacy from the APHA. Deb notes, "The conference affirmed the work being done by CHP, our community partners, and the Iowa Public Health Association. The collaborative efforts with our community partners to address health issues in our communities will positively affect the health of individuals as well as our communities."

## Collaborating With Local Policy Makers

Members of the CHP staff met with State Senator Randy Feenstra to share our Annual Report, the results of our HIP and our plans for continuing our collaborative projects with the hospitals and other service agencies in Sioux County.

CHP held its annual joint meeting with the Sioux County Board of Health and Board of Supervisors on December 9, 2015. We shared our Annual Report and a fiscal update and presented our county-wide Health Improvement Plan.



**E-Cigarettes & Vaping: How much do you really know?**

**By the Numbers:**

- A 15 ml. bottle of liquid nicotine is capable of killing 4 small children
- Almost 8,000 unique flavors of liquid nicotine
- 466 brands of e-cigs on the market
- Over 8,500 vape shops in the U.S.
- \$ spent on advertising up 1200%

**What do you really know?**

Are they really safer than regular cigarettes?

Do users really just exhale "water vapor?"

Can they really help people quit smoking?

Learn the facts!

**QUITLINE IOWA**  
1-800-QUIT-NOW

Proposed with funding from the Iowa Department of Public Health Division of Tobacco Use Prevention and Control

The Northwest Iowa tobacco Free Coalition presented a seminar: "E-Cigarettes & Vaping: How much do you really know?" at the Sioux Center Health Hospital on January 14, 2016. For more information on the seminar, to schedule a presentation in your agency, or to learn more about tobacco prevention efforts in northwest Iowa. Contact Shay Davis or Teri Box at [chp.siouxcountychp.org](mailto:chp.siouxcountychp.org)



## Housing

Community Health Partners was one of several community partners the Northwestern College's senior social work class asked several community partners for possible topics to investigate for their senior research class. A lack of affordable and clean housing emerged as a county wide community health need during CHP's CHNA process, so CHP suggested this as a topic for further study. The class researched the housing situation in Sioux County with a focus on Orange City. The class presented their research findings and a proposed plan in Orange City at a public meeting attended by members of the Sioux County Board of Supervisors, city planners, local business people, Orange City's mayor and members of the general public.



## Adult Health Fair

On October 28 Community Health Partners joined with Promise CHC, Sioux Center Health and the Latino Health Coalition (LHC) to host a health fair targeting Latino adults. The event came about at the request of the Latino Health Coalition who say that while most children in their communities receive adequate health care, many adults have undiagnosed and untreated health conditions. The health fair included free hemoglobin A1c testing, and blood pressure, BMI, Dermascan, and vision screenings. Other health care professional participants included audiology, mental health, behavioral health, domestic violence, and tobacco prevention. More than 50 adults were screened and several were referred for follow-up. Northwestern and Dordt College Spanish majors assisted with interpretation. The Rock Valley members of the LHC are planning a similar event in conjunction with Hegg Memorial Hospital in Rock Valley in the spring.



## ACEs Workshop

CHP's Healthy Families staff attended a day-long conference on Adverse Childhood Experiences (ACEs) featuring Dr. Robert Anda, one of the primary ACEs researchers. ACEs (incidents during childhood that harm social, cognitive and emotional function) have been linked to serious negative health outcomes like diabetes, heart disease and depression and increased risky behaviors like smoking and drug use. ACEs are preventable social determinants of health, and their negative effects can be mitigated by home visitation programs like Healthy Families which support and strengthen families and help parents understand how their past experiences can impact family and child health. Further ACEs training is being planned county-wide as part of the Sioux County HIP. For more information go to [www.cdc.gov/violenceprevention/acestudy](http://www.cdc.gov/violenceprevention/acestudy)



## Emergency Response to Power Outage



During a recent power outage in Sioux Center, members of the Sioux County Emergency Preparedness Coalition provided assistance for residents impacted by a loss of electricity during a stretch of frigid weather. Sioux County EMA set up an emergency shelter in collaboration with the American Red Cross. Sioux Center Health secured supplies from a neighboring hospital for a relocation shelter for an at risk elderly population. CHP bi-lingual staff and Dordt College Spanish majors went door to door to inform non-English speaking residents about how to cope with the power outage and the availability of emergency shelter.



Community Health Happenings is distributed quarterly by Community Health Partners. Submissions to future newsletters are always welcomed.



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