

SIM Updates

Sioux County's year 2 SIM healthcare transformation efforts are in full swing as we approach the end of quarter 2 of the grant cycle. As the Integrator Organization, Community Health Partners convenes monthly meetings of the SIM Steering Team, which includes clinic managers and hospital representatives from the 4 health care systems in the county, Promise CHC, and public health. Priorities of the Steering Team this quarter are: identify a provider champion in each organization; develop a data gathering and submission process; and strategize how to address diabetes (the clinical focus of the grant this year) using patient data and best-practice methods.



The second focus area of SIM is social **determinants of health** (SDOH), those things like education, income, lack of insurance, housing, and language barriers that impact health and accessing health care. The SIM project continues to emphasize how integral population health and SDOH are to attaining and maintaining good health of individuals and communities. Our Community Care Coordinators, embedded in our 4 healthcare systems and at Promise CHC and CHP, continue to work with patients on identifying needs related to social determinants and to connect these patients to available community resources. The care coordinators also play a key role in identifying patients at risk for diabetes and referring them to appropriate community resources.

CHNA/HIP

CHP convened its biannual county-wide CHNA/HIP workgroup update on October 4. Members from each workgroup (child-care, housing, mental health, translation and interpretation, Healthy Sioux County, and transportation) presented an update on the work of the past 6 months and strategized on goals and objectives for the next year. Some highlights include:

Mental Health/ACES

- Hegg Memorial Hospital presented Adverse Childhood Experience (ACES) training to its staff. One provider who attended commented, "if this isn't mandatory, it should be." Other hospitals in the county are discussing offering the training.

Translation and Interpretation

- On-staff interpreters are now available at 3 hospitals
- 1 interpreter has attained certification in medical interpretation.

Transportation

- One town plans to pilot a volunteer Uber-style service to provide transport to and from medical appointments.

Housing:

- The group is working with a local college to produce a video to facilitate communication between landlords and tenants.

Healthy Sioux County

- Following a busy summer of *5210 Let's Go* children's programming, Healthy Sioux County once again promoted participation in Iowa's Healthiest State Walk. Partners planned walks in Hull, Orange City, and Sioux Center.
- The Orange City group is planning a November workplace wellness event for small businesses.

La Escuelita

CHP received parent education funding to design and implement **La Escuelita**, a **Family Literacy Program** for Spanish speaking families with children aged 3-4 years.

La Escuelita aims to help parents gain the literacy and parenting skills they need to become full partners in the education of their children in preschool and beyond by empowering parents to use their native language and cultural practices to promote their children's literacy at home and in school while improving their own literacy level in their native language.

Teaching/learning strategies include large group story time (where reading aloud is modeled for parents), modeling learning strategies and parent-child interaction through a hands-on activity, and traveling backpacks filled with learning activities to support reading and language development for parents and children to work on together throughout the week.

The project is a collaborative effort including guest teachers from around the county and volunteers from Dordt College, CHP, Waldorf College, Sioux Center High School, and Kinsey Elementary. The class meets every Friday from 11-1 in the



PROTECT US ALL FROM COLD & FLU

GET A FLU SHOT

WASH YOUR HANDS

STAY HOME WHEN SICK

CHP SIoux COUNTY **Community Health Partners**

Flu Shots

Community Health Partners encourages the community to protect their families from influenza by getting a flu shot for everyone in their home. CHP has flu shots available at their regularly scheduled monthly immunization clinics for children ages 6 months to 18 years who are VFC (Vaccines for Children) eligible. CHP also reminds the community that flu shots are available at all of the local medical clinics in the county.

Community Resource Guide

CHP has updated our Sioux County Community Resource Guide. Visit our website at siouxcountychnp.org/community-resources-directory/ to check it out. If your agency is not listed in the guide, and you would like to be, please contact us. If your agency's information changes, please contact us with the changes so we can keep this guide as up to date as possible.



Resource connections include:

- Abuse/Substance Abuse
- Fitness/Healthy Living
- Housing/Insurance
- Mental Health
- Employment and Education
- Social connection
- Food/Nutrition

Anyone who has needs can use community care coordination.

There are no income, age, or financial restrictions.

Tobacco Use Prevention

The why?COALITION continues to make good progress in reducing the impact of tobacco use in the 5 county area. A major goal over the last 3 years has been to ensure that every school in the 5 counties we serve has an updated Tobacco-Free/Nicotine-Free Policy. Currently 29 of 36 schools have updated TF/NF policies, which prohibit all traditional tobacco products and electronic devices on school grounds. Shay Davis, our Tobacco Prevention Advocate, was invited to speak on a panel at the annual Tobacco Contractor's Conference in Ankeny about the success he had in getting so many schools to update to a TF/NF policy.

The why?COALITION has forged partnerships with Dutch Mill Pharmacy and Lewis Drug, which has 8 pharmacies in our 5 counties. The coalition placed Quitline Iowa stickers on pharmacy bags to promote cessation among their customers.



For more information on the **why? Coalition**, contact Shay Davis, Tobacco Use Prevention Coordinator at shay.davis@siouxcountychnp.org.



CHP received funding to offer short-term in-home parent education for families in Sioux County with children ages 0-5. The program, **Steps to Success**, offers weekly home visits for up to 12 weeks for families with specific needs,

including discipline, bonding and attachment, language acquisition, preschool readiness, and toilet training. Home visitors will use evidence-informed curricula and will connect families to any available community resources they may need. The classes are free and voluntary. English and Spanish speaking home visitors are available.

For more information contact Kim Westerholm at kim.westerholm@siouxcountychnp.org or visit our website www.sioxcountychnp.org

Emergency Preparedness

Members of the Sioux County Emergency Preparedness Coalition were asked to meet with the directors of local long-term care facilities regarding new CMS requirements for emergency preparedness planning. Coalition members provided resources and lessons learned for emergency response plans, policies & procedures, communication plans as well as implementation of exercises in individual facilities.



It's OFFICIAL! Healthy Families Sioux County is **reaccredited** with the national Healthy Families America organization for another 4 years. Accreditation with Healthy Families America ensures that our program demonstrates the highest standards of quality for home visiting and working with families to ensure our children are happy, healthy, loved and developmentally ready for school. Our passionate and dedicated group of Family Support Specialists includes: Niki Kredit, Sarah VanWyk, Kelly Reyes, Jessica Diaz, and Kim Westerholm.

For more information on Healthy Families, or to make a referral, please contact Kim Westerholm at: kim.westerholm@siouxcountychnp.org or visit our website www.sioxcountychnp.org

Audits

Community Health Partners helps ensure that all children in Sioux County have up to date immunizations to protect them from communicable diseases. CHP has begun its annual process of auditing the immunization records of all children in the county who are enrolled in daycare, preschool, or grades K-12 .

Breastfeeding Coalition

The **Northwest Iowa Breastfeeding Coalition** will hold its quarterly meeting on **November 9 at 9:00 AM** in the Fruited Plain Café in Sioux Center. The group includes breastfeeding support specialists from Hegg, Orange City Area Health System, Sioux Center Health, Promise CHC, WIC/Maternal Child Health, and CHP. Initiating and sustaining breastfeeding are strategies Sioux County has identified to combat childhood obesity. *For more information or if you wish to attend, contact Kim Westerholm at kim.westerholm@siouxcountychp.org.*



Volunteer Award

Kim Westerholm was recently honored to receive one of the 600 Individual Governor's Volunteer Awards granted this year by governor Kim Reynolds. Kim received the award for her service on the Advisory Council for the state's Office of Minority and Multicultural Health.



ALICE Training

CHP employees and their neighbors in the Department of Human Services sponsored and attended an ALICE training. ALICE offers proactive strategies to improve chances of surviving an active shooting event. CHP and DHS are working with the county safety committee on additional measures to improve the security of the 2 offices.

Diabetes Prevention Program

Prevent Diabetes Sioux County, a joint project between CHP, Hawarden Regional Healthcare, Hegg Memorial Health Center, Orange City Area Health System and Sioux Center Health was a great success for the first cohort of participants. At our final meeting, we celebrated successes including the group losing more than 300 pounds over the course of the year-long program. Participants reported feeling better, improved blood sugar tests, and confidence in continuing healthy habits beyond the program. Our second cohort, meeting in Orange City has passed the six-month mark with similar successes and the 2017 Sioux Center group is continuing to meet weekly to support the lifestyle changes that participants are committed to making. For more information about the program or to find out when the next cohort will begin, contact Prevent Diabetes Sioux County at: preventdiabetes@siouxcountychp.org.



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



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Community Health Partners
211 Central Ave SE
Orange City, IA 51041
(712)737-2971
chp@siouxcountychp.org
www.siouxcountychp.org