SIOUX COUNTY Community Health Partners

Community Health Happenings

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Board of Health News—Barbara Top honored for 30 years of Service

The Sioux County Board of Supervisors, Sioux County Board of Health and CHP recently recognized **Barbara Top** for her 30 years of service on the Sioux County Board of Health. Barbara's selfless service and great wisdom continue to serve the people of Sioux County well as she works to promote and improve the health of all who live, learn, work and play in our communities.

CHP thanks **Sunday Ford** for 3 years of service on the Sioux County Board of Health. We have appreciated her insight and guidance in the planning and delivery of public health services. **Jeanene Kuiper** from Hawarden is the new Board of Health appointee replacing Sunday.

All Schools in Sioux County Tobacco Free/Niotine Free

After 5 years of ongoing efforts on the part of Shay Davis, Tobacco Use Prevention Advocate and Teri Bos, Tobacco Prevention Educator, for Sioux and, 4 surrounding counties, the end of February marked the date when all 15 schools, both public and private, in Sioux County could be deemed **tobacco-free/nicotine-free**. All 15 schools have now formally adopted tobacco -free/nicotine-free policies for their buildings and grounds. Current tobacco-free/nicotine-free policies include prohibiting the use of all tobacco products and electronic tobacco devices. Click here for a link to a recent newspaper article with more information.

SIM Update

The Sioux County SIM Community Care Collaborative (C3) Project is entering its third year. SIM year 3 brings a renewed focus on improving outcomes for Sioux County residents at risk for or living with diabetes. The SIM Steering Team, comprised of provider representatives from the four hospitals and the community health center in Sioux County, will work this year to reach those who are at risk for diabetes but may not know it and work closely with diabetes education and diabetes management providers to identify patients who might benefit from care coordination. The Project will also continue to focus on engaging the wide variety of community providers who help people in Sioux County address social determinants of health--a wide variety of needs that may not typically be addressed in a healthcare setting including food insecurity, mental health, housing, and transportation.

Farewell

CHP bade a sad farewell to 2 longtime team members recently. Cheryl Heimstra, administrative assistant (and CHP employee for over 20 years) retired to spend more time with her family. Shay Davis has begun a new job after 7 years serving 5 northwest Iowa counties as the Northwest Iowa Tobacco Use Prevention Advocate.

Congratulations!

Jessica Diaz, bilingual Healthy Families Family Support Specialist and Community Care Coordinator, her husband Bernardo, and children Nayibe and James welcomed baby David to their family in January. Jessica recently returned to work after her maternity leave.

HIP Group Updates

Healthy Sioux County is gearing up for the annual **5-2-1-0** Summer Programs throughout Sioux County. Look for more information on local programming through recreation and library notices or on the *Let's Go Sioux County* facebook page. Another upcoming event is *Wags and Whiskers 2018* planned for April 14th at the Orange City Bark Park. Bring your pet and join the fun at 10:00 am with a presentation from the Sioux County Sheriff's K-9 Unit, a brief pet and pet person walk, and an invitation to participate in the Live Healthy Iowa Strut Your Pup Challenge *#wagsandwhiskers2018 .*

The translation and interpretation CHNA/HIP workgroup has begun working collaboratively to develop a county-wide plan for assessing competence and ensuring a consistent and approved skill set for medical interpreters in our health care organizations. The work group is also working with Northwestern College to offer regularly scheduled 12 hour Basic Interpretation workshops and the 40 hour Medical Interpreter workshop required for certification by the state of Iowa.

For more information please contact Kim Westerholm: kim.westerholm@siouxcountychp.org

Community Health Needs Assessment

Community Health Needs Assessment (CHNA) activities are ongoing at CHP. Identified community needs are the basis for our strategic health planning and program evaluation. We are preparing to begin initial steps toward another community health needs assessment in conjunction with our 4 local hospitals and Promise Community Health Center in the spring.

Healthy Families Sioux County™

Healthy Families recently received a donation from the MO-CHA Kiwanis to purchase washable backpacks for our Family Support Specialists to take on their home visits. Each backpack will be filled with the items necessary to complete a lesson: a developmental toy, a teaching prop, supplies for an activity, a book on the topic being presented, and the laminated lesson pages from our *Growing Great Kids* curriculum for staff to use each time they take the backpack into a home. Bringing a nicely filled backpack to home visits will promote literacy and school readiness, helping our families establish a language rich culture for their children and empowering parents as they become more comfortable with the things associated with school—backpacks, books, and teaching/learning tools. *For more information about Healthy Families, contact Kim-Westerholm @ Kim.westerholm@siouxcountychp.org.*

Diabetes Prevention Program

We all know how hard it is to change eating and exercise habits and how frustrating it can be to know what one should do and still not do it. Habit or lifestyle change is hard work and nearly impossible to do alone. **Prevent Diabetes Northwest Iowa** continues to help participants change habits in no small part because of the positive effect of being part of a group. Each participant brings ideas, support, and knowledge to share with others, as participants work together through the ups and downs of persisting with making healthy choices and developing healthy habits. One of the most rewarding moments for a DPP coach is when a participant describes having a few "really bad days" but then renews her commitment to developing healthy habits. Sharing these moments and receiving encouragement along the way is one of the best parts of Prevent Diabetes Sioux County.

If you are interested in starting your lifestyle change, or want to refer someone who might consider joining the next group, contact preventdiabetes@siouxcountychp.org to receive more information.

Breastfeeding Coalition

The Northwest Iowa Breastfeeding Coalition, a group of breast feeding support specialists, OB and child health practitioners, and interested community members, meets quarterly to discuss best practices, to reflect on cultural practices surrounding lactation and breast feeding, and to develop strategies to encourage the Baby Friendly Hospital initiative in northwest Iowa. Anyone interested in more information or in attending a meeting should contact Kim Westerholm @ or check out the Coalition facebook page.

CHP Immunization Clinic Location Change

CHP is now holding immunization clinics at our office , 211 Central Ave SE, in Orange City, on the 3rd Tuesday (10:30-12:30) and 3rd Thursday (3:30-5:30) of each month. Vaccine is available for children ages 2 months to 18 years who are VFC eligible. Click on the door to view a tool to help familes decide where to go for shots in Sioux County.

La Escuelita

The Family Literacy class continues to meet every Friday from 11-1 in the Sioux Center Early Head Start building. As many as 14 families attend the classes where parents and children work together on literacy activities like group story time, hands-on story related activities, games, and verbal parent-child interaction. The teaching/learning sessions are led by guest teachers including a parent of pre-schoolers. A county-wide meeting will take place on April 27 to discuss plans for sustaining the program beyond this grant year.

For more information on Escuelita, or if you wish to attend the planning meeting on April 27, please contact Kelly Reyes @ kelly.reyes@siouxcountychp.org.

Epi Update

Allan Lynch, Iowa Department of Public Health Tuberculosis Control Specialist, visited Sioux County in December to talk with health care providers at a local healthcare facility about TB diagnosis and treatment. He also visited with CHP Epi staff about recent TB activity in Sioux County and current best practice standards for TB control.

Joint Meeting Held

CHP held its annual joint Board of Health/ Board of Supervisors meeting in December. We shared our annual report and recent trends in staffing and expenses. We also shared our ongoing strategic prevention and health improvement plan for Sioux County including our healthcare transformation ef-

Meeting with our Legislator

The CHP leadership team met with State Senator Randy Feenstra in January before the legislative session began to discuss areas of interest and concern for public health in general and Sioux County in particular. We shared our strategic plan for county-wide collaborative obesity prevention and the need to continue funding children's health services and early childhood initiatives.

CHP Mission Statement:

Partnering to promote and improve the health of all who live, learn, work, and play in Sioux County.

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

www.facebook.com/SiouxCountyCHP

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