

Happy 2015

Community Health Partners looks ahead to 2015 as a time of embracing the new opportunities and challenges that will arise as the work and responsibilities of local public health agencies continue to evolve. In the midst of change, we remain true to public health’s core mission of reducing the leading causes of preventable death and disability, with a special emphasis on underserved populations and health disparities.

National demographic trends are mirrored in the shifting make-up of our local communities as our population ages and as racial and ethnic diversity increases. Public Health will focus on the needs of our fastest growing populations. We will develop new strategies that address their needs as we broaden our scope and collaborate with community partners to effectively and efficiently work to prevent disease and confront and reduce health disparities.

We look forward to partnering to promote and protect the health of all residents of Sioux County in 2015!

Pictured left to right: Teri Bos, Sarah Van Wyk, Jessica Diaz, Shay Davis, Debi Bishop, Jackie Covey, Robin Van Zandbergen, Kim Westerholm, Angela Kroeze-Visser, Niki Kredit, Cheryl Hiemstra, Deb Vander Plas and Kelly Reyes.



Staff news



CHP bade farewell to Hannah Nykamp, Administrative Assistant, as she moved to Kansas where she and her husband will pursue new careers. Community Health Partners welcomes Debi Bishop as our new full-time Administrative Assistant. Debi brings many years of administrative expertise to our office, as well as a helpful and cheerful spirit.

Veteran’s Day

CHP provided blood pressure screenings at Orange City’s annual Veteran’s Day breakfast. We had the opportunity to do cardio-vascular health teaching to many of the 60 people who were screened for hypertension. *(PH Standard: Promote Healthy Behaviors)*





Healthy Families

Kelly Reyes, Niki Kredit and Kim Westerholm completed the week-long **Parent Survey for Community Outreach** training in Sioux City. They will now be

responsible for all intake and screening of potential Healthy Families referrals in Sioux County. Completion and implementation of this training will help ensure adherence to the HFA standards for accreditation.

Kim Westerholm successfully completed **Strengthening Family Support Through Supervision**, a blended on-site/on-line course through the University of Iowa. Healthy Families standards require intensive supervision and support of staff as they work closely with families in difficult situations. *(PH Standard: Administration, Workforce)*

BOH/BOS Joint Meeting

The Sioux County Board of Health and Board of Supervisors met on November 26th for their annual joint meeting. CHP presented our Annual Report, and Martin Guthmiller, president of the CHP Board of Directors, presented the 2014 fiscal report. The joint meeting is a good opportunity to publically discuss community health needs and public health's goals and vision as we move forward. *(PH Standard: Governance)*

Healthy Sioux County Coalitions



Community members in Orange City and Rock Valley participated in the state-wide Healthiest State Walk on October 8. Coalition members promoted the 5210 theme during the walk.

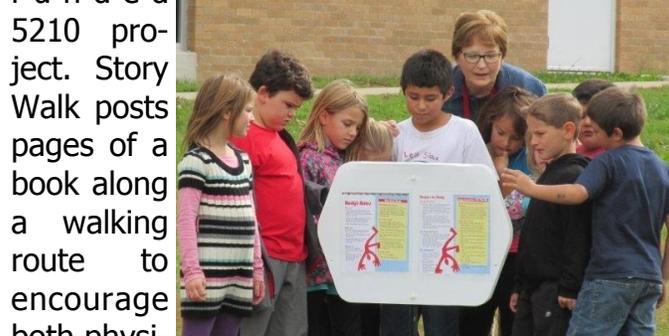
The Orange City and Sioux Center Community groups are planning a **5210 Family Challenge** in



January. Families may participate via Facebook or Email in weekly 5210-based family-focused health challenges. Some of the weekly challenges include: trying one new vegetable, eating 4 meals a week at home together, and doing a physical activity

once a week as a family.

The Hawarden and Ireton Community Coalitions launched Story Walk projects on 10/16 in both communities. The Coalitions' Story Walk projects are a continuation of the Wellmark Foundation Small Community Grant f u n d e d



5210 project. Story Walk posts pages of a book along a walking route to encourage both physical activity and literacy. Elementary school teachers and students, elected officials, and interested community members participated in the events in both towns. 3 other Sioux County communities plan to launch Story Walk projects in the spring. CHP will house a lending library of bilingual books for communities to use on the walking routes.



Latino Health Coalition

The Latino Health Coalition (LHC) partnered with Sioux Center Health to provide basic anatomy and physiology sessions in Spanish for coalition and community members. The session on reproductive health was facilitated by Jeanne Kleinhesselink, DNP, and was very well-attended. Providing reproductive health information to immigrant women helps to meet goals of our 2011-2015 Health Improvement Plan.

Members of the LHC travelled to Storm Lake to join with the Buena Vista County Coalition for a Region 3 *Building/Sustaining Multi-cultural Coalitions Workshop* facilitated by UNI professor Dr. Mark Grey. Both coalitions are at critical junctures as they make plans to address health concerns within their immigrant communities. *(PH Standard: Promote Healthy Behaviors, Community Assessment & Planning)*



Tobacco

Shay Davis and Teri Bos, CHP's tobacco prevention advocates, have been making presentations in middle and high schools throughout the 5 county Northwest Iowa Tobacco Free Coalition (NWITFC) region. As of December they have presented to 669 students. They have also made tobacco prevention presentations to the cub scouts, the boy scouts, a youth football league, and at the Sioux County Fair.

The NWITFC is also focusing their efforts on recruiting businesses to declare themselves nicotine-free. *(PH Standard: Promote Healthy Behaviors)*



Healthy Choice/Easy Choice

Orange City Area Health System's cafeteria recently started listing the calorie counts for each food item served. Employees and guests have used this to help make better (and quick) choices at meal times. They have also started putting out a display case of healthy snacks that employees can purchase on breaks: things like 100 calorie snack packs, fresh fruit, and fruit cups in their own juice.



Olivia Chapman, RN;BSN Diabetes Educator says, "Now it is just as easy for employees to grab a healthier option for break time, rather than something from the cake/dessert display. Our water and crystal lite drinks are always free to all as well!" *(PH Standard: Promote Healthy Behaviors)*



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@siouxcountychnp.org
www.siuoxcountychnp.org