

**2013** brought with it many challenges and opportunities for health care providers, including us at CHP. We held fast to our mission and vision in the face of budget cuts, new mandates, and the uncertainties of a changing health care system as we strengthened partnerships, increased collaboration, and promoted and protected the health of all residents of Sioux County. We are very fortunate and thankful to have supportive boards, community partners and community members and dedicated and passionate staff. We look forward to the opportunities 2014 will bring to work with our partners to support and promote healthy and active lifestyles in all our Sioux County communities.

(PH Standard: Promote Healthy Behaviors)



Top, left to right: Niki Kredit, Deb Vander Plas, Shay Davis, Jackie Covey, Sarah Van Wyk, Cheryl Hiemstra.  
Bottom, left to right: Julia Schroeder, Angela Kroese Visser, Jessica Diaz, Robin Van Zandbergen, Hannah Nykamp.  
Not pictured: Kelly Reyes, Kim Westerholm

## Latina Health Coalition

On Saturday, January 11, members of the Latina Health Coalition (LHC) and CASA of Sioux County will partner with immigration reform advocates in Storm Lake for the **Immigration Potluck for the 4th Congressional District of Iowa**. Di Daniels (Storm Lake) and Kim Westerholm (CHP) are both members of the Office of Minority and Multicultural Health's (OMMH) Advisory Board for Region 3. The purpose of the event is to share effective strategies through lectures, panel discussions, and networking for welcoming, serving and empowering our immigrant neighbors so that they can flourish in our local communities.

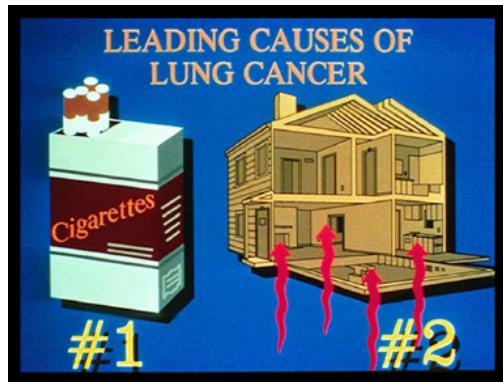
On February 11, the LHC and OMMH are sponsoring a luncheon event, **Lament into Dancing**, in conjunction with Northwestern College and CASA, featuring Rev. Alexia Salvatierra, a Lutheran pastor, author, and community organizer. Rev. Salvatierra will address local immigrant women about social justice, empowerment, and community organizing at the grass roots level. For more information on either of these events, contact Kim by emailing [kim.westerholm@siouxcountychp.org](mailto:kim.westerholm@siouxcountychp.org) or calling 712-737-2971.

(PH Standard: Promote Healthy Behaviors)



## Radon in January

January is Radon Awareness Month. CHP will promote radon testing of all homes through the use of print and social media outlets. **Radon test kits will be available again at all city offices throughout the county and at the CHP office.** Cost is \$6. For more information on radon and radon mitigation, please contact CHP by visiting our website: [www.siouxcountychp.org](http://www.siouxcountychp.org) or calling our office at 712-737-2971. (*PH Standard: Protect Against Environmental Hazards*)



## Immunization Program

CHP's immunization program finished up their **flu shot campaign** in October. Flu clinics were held in 11 Sioux County communities, and 955 vaccinations were administered. Dordt and Northwestern nursing students participated in the effort.

The immunization program also focused on ensuring adolescents are current on vaccination requirements and recommendations. 140 adolescents were notified to return to fall clinics in order to continue the series of vaccinations they received at adolescent clinics held in July and August.

Immunization **card audits** have been completed in the schools and have begun in the daycares and preschools. The daycares and school audits will be completed by the

end of January.  
(*PH Standard: Prevent epidemics and the spread of disease*)



*Packing up before an immunization clinic in December.*

## Network Grant

CHP worked closely with our hospital network partners and a team of grant writers from Avera to submit a **Rural Health Network Development** grant application in December. The project proposal outlines specific ways the network will address childhood obesity collaboratively county-wide. The proposal addresses items in CHP's strategic plan with CHP's vision and the Triple Aim (better quality of care, better population health, and decreased cost of health as prevention) as guiding principles for the network.

(*PH Standard: Community Assessment and Planning*)

## Healthy Families

The Healthy Families program ended the calendar year on a strong note with all our staff back from leave and with numerous new families enrolled. Thanks to generous community members, we were able to provide our families with Christmas gifts. Healthy Families empowers families to become actively involved in their communities. One of our Healthy Families mothers who had received gifts from a Giving Tree project last year organized a gifting project for other families in need this year. (*PH Standard: Promote Healthy Behaviors*)



## NWC Students' Ad Class

The senior marketing class at Northwestern College worked with CHP on a branding/marketing strategy project for our **community health promotion coalitions**.



The students provided us with some interesting suggestions for promoting the coalitions and offered good strategies for using social media effectively.

*(PH Standard: Promote Healthy Behaviors)*

## Coalition Activity

During the last three months, the **Orange City, Sioux Center, and Rock Valley** community groups of the Coalition for a Healthy Sioux County have been busy planning the first steps toward addressing childhood obesity within each community. The **Sioux Center** group has decided to focus on developing a summer activity promotion program and a similar program was discussed by the **Rock Valley** group. A longer term goal for the **Sioux Center** group is connecting with the Sioux Center Trails Council to develop programming and infrastructure changes to promote active transportation. The **Orange City** group has begun planning for a social marketing campaign aimed at encouraging families to develop and maintain healthy habits.

Look for details for each community program in early spring or better yet, join in the project by attending a community group meeting. The latest meeting dates and times can be found on our Facebook page: [www.facebook.com/healthysiouxcounty](http://www.facebook.com/healthysiouxcounty) *(PH Standard: Promote Healthy Behaviors)*

## BOS/BOH meeting

In November, CHP held their annual joint BOH/BOS meeting. CHP presented the **Annual Report** to the boards and shared the strategic plan and vision for the next year. The agenda and the annual report are configured to reflect the public health standards. Both boards were reminded that part of the strategic plan is compliance with the public health standards. To view the annual report, go to the CHP website: [www.siouxcountychp.org](http://www.siouxcountychp.org), and click on "About Us". *(PH Standard: Governance)*

## Healthy Choice, Easy Choice

According to CHP's CHNA data, fewer than 25% of adults in Sioux County eat the recommended minimum of 5 fruits and vegetables per day. CHP has responded by providing fruit in the break room for our employees. Every Tuesday a local grocery store delivers our fruit for the week. The healthy



snack options have been enthusiastically received by the staff. *(PH Standard: Community Assessment/Promoting Healthy Behavior)*

## Tobacco Program

The Northwest Iowa Tobacco Coalition (NWITFC) joined in the holiday spirit in Orange City this year by participating in the downtown **Festival of Trees**. The NWITFC tree featured Quitline Iowa cards as ornaments and invited viewers to take a card.



**Quitline Iowa** provides phone and web coaching to help tobacco users quit. The New Year may be the perfect time to think about quitting, and help is only a phone call or website away. 1-800-QUITNOW or [www.quitlineiowa.org](http://www.quitlineiowa.org). *(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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