

### 5210/Wellmark Grant

Research indicates that up to 50% of health is a result of social determinants. Things like income, childhood experiences, stress levels, access to fresh fruits & vegetables, access to transportation, safe places to play, and exercise all influence our health even more than the health care we receive after we get sick. Our health happens where we live, work, learn, and play.



CHP was recently awarded a Wellmark **Small Community Grant** to combat childhood obesity through the implementation of a summer activity program modeled after summer reading program and through a coordinated, culturally-, and geographically-specific social marketing campaign. Programming has adapted materials from **Let's Go**

**5210.** The county-wide program is being implemented in unique ways in each of each of the four participating communities as each community has come to the table with different ideas and resources. The four local hospitals and interested community members have participated in planning and implementing the programs through the Coalition for a Healthy Sioux County community level groups.



Community wide support for Let's Go 5210 and the prevention of childhood obesity has been demonstrated through generous donations from local businesses and civic groups. Community based prevention strategies and community partnerships allow us to impact our health before we need medical care - in the places where we live, work, learn, and play.

For more information on the Coalition for a Healthy Sioux County, Let's Go Sioux County, or your community coalition, contact Angela Kroeze-Visser by emailing [angela.kroezevisser@siouxcountychnp.org](mailto:angela.kroezevisser@siouxcountychnp.org) or calling 712-737-2971.

*(PH Standard: Promote Healthy Behaviors)*

### Responding to Needs in Communities!



Many communities were affected by recent storms & flooding. CHP staff volunteered at sandbagging events, offered resources to city offices on how to clean up after the storms, consulted with healthcare providers on recommendations for protecting members of the community during clean up, donated food, and assisted in transferring Tdap boosters from a neighboring hospital to a medical clinic when the demand in the community exceeded their supply. Assisting communities in responding to and recovering from emergency events is an essential public health function.

*(PH Standard: Prepare for, Respond to, & Recover from Public Health Emergencies)*



### Lead Grant/New Software

CHP was **awarded an IDPH grant** to continue providing Childhood Lead Poisoning Prevention services in a 5 county region. Grant activities include follow-up of lead poisoned children, nutrition and lead remediation counseling, and inspection, monitoring, and clearance of lead contaminated properties in Lyon, O'Brien, Osceola, Plymouth, and Sioux Counties. New software at the state level should expedite data entry and facilitate smooth operation of the lead poisoning prevention program.

*(PH Standard: Protect Against Environmental Hazards)*



### Northwest Iowa Tobacco Free Coalition

On June 10 & 11, Shay Davis, the NWITFC Coordinator, shared information on Quitline, second- and third-hand smoke, cessation strategies, the limited free Nicotine Replacement Therapy (NRT) product, and electronic cigarettes and how they fit into the company's **changing tobacco policy** to 108 employees at Agropur, a local manufacturing company.

NWITFC also participated in the **Dordt College Discovery Days**. Shay and potential nursing students engaged in various educational activities related to Quitline Iowa and the negative health effects of tobacco and e-cigarettes.

For information regarding tobacco prevention, cessation, or tobacco policies at the workplace, please contact Shay Davis by emailing [shay.davis@siouxcountychn.org](mailto:shay.davis@siouxcountychn.org) or calling 712-737-2971. *(PH Standard: Promote Healthy Behaviors)*

### Welcome!

#### Welcome to Teri Bos, RN, BSN!



Teri, a Northwestern College graduate, will be working part-time in CHP's Immunization, Tobacco, and MCH programs. Teri is a former Spanish teacher. Teri has two children, and her husband, Matt, is the sports information director at Northwestern College. *(PH Standard: Workforce)*



### Healthy Families

#### Prevent Child Abuse Conference

The Healthy Families Sioux County staff attended the state **Prevent Child Abuse Conference in Des Moines** in April. Infant and child mental health, social determinants of health, strengthening families through collaboration, and protective factors were among the important topics discussed. *(PH Standard: Promote Healthy Behaviors)*



### Adolescent Vaccination Updates



In 2012, only 1% of adolescents served by CHP were up to date with the recommend adolescent vaccinations. Following a parent awareness campaign as well as active outreach efforts, the number of **up to date adolescents has risen to 38%! Five vaccines** are included in the newest recommendations. If you are not sure if your adolescent is up to date, contact your healthcare provider or Community Health Partners.

*(PH Standard: Prevent Epidemics & the Spread of Disease)*

## Public Health Conference

Kim Westerholm spoke at the **annual Iowa Governor's Conference on Public Health** in April. She was part of a panel presentation discussing collaboration on community health needs assessments between local public health offices and local hospitals. *(PH Standard: Community Assessment)*



## Latina Health Coalition

CHP partnered with the Latina Health Coalition and the University of Northern Iowa to present a **Violence in the Workplace workshop** in Sioux Center. The workshop was presented in Spanish and was interactive with presenters and participants acting out various workplace scenarios and different outcomes for the scenarios. The presentation was developed by Dr. Jennifer Cooley, professor at UNI, and will soon be available for viewing and use at the U.S. Department of Justice website.



CHP partnered with the Latina Health Coalition and the Sioux Center Public Library to celebrate **Dia de Los Niños (Day of the Child) and Dia de los Libros (Day of Books)** on April 30th. Over 100 children and their parents attended the event which featured reading bilingual stories, eating healthy snacks, and creating cultural crafts.



Members of CASA and the Latina Health coalition attended a meet and greet event in LeMars where we spoke with Texas Governor



Rick Perry & Iowa Governor Terry Branstad about immigration and education policies. *(PH Standard: Promote Healthy Behaviors/Governance)*

## ATV Safety

CHP taught ATV Safety at the Progressive Agriculture Safety Day held at the Sioux County Fairgrounds in Sioux Center on June 19. During the day, groups of 10-15 children rotated between nine, 15-minute ag safety learning sessions. Many participants shared stories about people they knew who had been involved in an ATV accident. Participants learned safe and responsible use of ATVs, including the following topics: appropriate protective gear to wear while riding, age appropriate ATV size, and hazards associated with ATVs. Each participant attempted to lift 3 different sizes of 4-wheelers to illustrate how difficult it can be to free self if trapped under an overturned ATV. *(PH Standard: Prevent Injuries)*



## CHNA Grant

CHP successfully authored a **Community Health Needs Assessment (CHNA) Learning Opportunity** grant awarded by IDPH. The grant allows CHP and Sioux County's four hospitals to collaborate on four skill-building educational opportunities related to CHNA, to develop county-wide and hospital-specific CHNA implementation plans, and to conduct a county-wide and hospital-specific community health needs assessment. CHP will sponsor a CHNA and Implementation Strategy Workshop on July 9 in Orange City. Independent Community Benefits Consultant, Patsy Matheny, and Teresa Miller from the Avera Health System will be the featured speakers. *(PH Standard: Community Assessment)*

## Healthy Choice, Easy Choice

The Sinclair Convenience Store in Orange City now offers healthy lunch and snack items to go. Options include freshly prepared fruit and vegetables, reduced fat sandwiches, salads, and low fat yogurt. **Make the healthy choice an easy choice!** *(PH Standard: Promote Healthy Behavior)*



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

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