

Collaboration

As we health care professionals determine how our services will evolve as the Affordable Care Act continues to be implemented, one message is clear: partnerships and collaboration are essential to ensure that all people receive the highest quality health and prevention services possible. Our health is determined by where we live, learn, work, and play. The multiple determinants affecting our health can be most effectively addressed collaboratively. Health care professionals, teachers, local businesses, city planners, transportation authorities, churches, and community members must work in collaboration to reap the benefits of a healthier population.

The Coalition for a Healthy Sioux County, the 4 local hospitals, and 5 communities, (1 in each of the school districts) in Sioux County are collaborating to address the identified county health issue of childhood obesity. As described previously, The Coalition for a Healthy Sioux County is working on forming community level coalition groups throughout the county to engage community members to focus on health initiatives in the places where they live, learn, work, and play. Orange City, Rock Valley, and Sioux Center have had their initial meetings. Community coalitions will also be started in Hawarden and Hull. For more information on how to participate in your own community's group, contact Angela Kroeze Visser at Community Health Partners by calling 712-737-2971 or emailing angela.kroezevisser@siouxcountychp.org.

(PH Standard: Promote Healthy Behaviors)



Latina Health Coalition

On August 1 the Latina Health Coalition held a **"Caminata,"** or walk for health. 42 adults and 45 children met on the Orange City Puddle Jumper Trail for a walk to the center of the trail where they were provided with information about the health benefits of walking and physical activity, a pedometer, a healthy lunch, and active games for the children.

On August 8 the LHC held a **"Back to School" event** at which they distributed school supplies to children. Funds for the project were raised by the coalition members collaborating with the Sioux Center Pizza Ranch for a tip night.

On October 29, the LHC will present **"Alma y Cuerpo" (Body and Soul)**, an educational workshop on the importance of spiritual care in one's overall health. For more information on LHC events, contact Kelly Reyes at Community Health Partners by emailing: kelly.reyes@siouxcountychp.org or calling 712-737-2971. *(PH Standard: Promote Healthy Behaviors)*



World Breastfeeding Week

CHP observed World Breastfeeding Week (August 1-7) by acknowledging our local establishments who declared themselves "breastfeeding friendly." A breastfeeding friendly establishment agrees to provide an environment where nursing mothers and their children can comfortably breastfeed in a clean, comfortable space (not a bathroom). Sioux County has 12 BFF establishments. Look for the BFF sticker on the door! If you would like more information or are interested in becoming a BFF establishment, please call

Community Health Partners at 712-737-2971.

(PH Standard: Promote Healthy Behaviors)



Welcome!

CHP is thrilled to announce the addition of 3 babies this past quarter.

Niki Kredit, RN, BSN welcomed Josiah into her family in July. Josiah joins siblings Claire, Isaac, Jeremiah, and Precious in the Kredit household.



Kelly Reyes, BA, Family Health Advocate, welcomed twins into her family in September. Abigail and Rebecca join big brothers Jaciel and Anthony.



Niki and Kelly were instrumental in starting breastfeeding peer support groups in Sioux Center and Orange City respectively. *(PH Standard: Promote Healthy Behaviors)*

Graduation!

Deb Vander Plas, Community Health Services Director, completed the Great Plains Public Health Leadership Institute at the University of Nebraska. The goal of the yearlong course is to enhance leadership knowledge, skills, attitudes, and competencies in the public health workforce. The scholars met three times during the year and attended monthly call in sessions. For her final project, Deb (far right) and five other scholars developed a tool kit for local grocers and farmers to use collaboratively to increase the availability of fresh fruits and vegetables in parts of Omaha with no access to fresh produce. Congratulations to Deb and the graduating scholars of the Institute!

(PH Standard: Workforce)



Flu Clinics

A flu shot remains the best protection against the influenza virus. CHP started our annual community flu shot clinics in September. As of October 14, we will have offered flu vaccines in 11 towns in Sioux County.

Everyone 6 months and older should get a flu shot. The cost is \$30.00 per dose for everyone over age 19. If you are Medicare Part B eligible, please take your Medicare card with you. For those age 18 and younger who are on Medicaid or who do not have health insurance that covers flu shots, there is no charge; however a \$12 donation is suggested to help cover costs. Visit www.siouxcountychp.org for dates and locations nearest you. *(PH Standard: Prevent epidemics and the spread of disease)*

Get the Flu Shot!



Emergency Preparedness

Community Health Partners, local emergency rescue teams, local fire departments, and the local hospitals recently participated in an emergency preparedness drill at a local manufacturing plant, Diamond Vogel Paint. Participants practiced their emergency response plans, including the transfer of mock victims to a nearby Orange City Area Health System. The drill allowed community partners to practice, evaluate, and update emergency response plans and better understand each other's role in responding to disasters. *(PH Standard: Public Health Emergencies)*

Healthy Choice, Easy Choice

Contributed by Amanda Wiggins, Wellness Coordinator, Sioux Center Community Hospital

One small way to encourage the employees and visitors of the Sioux Center Community Hospital & Health Center to live a life of healthy eating was to give our vending machine in the hospital a little makeover. Taking the NEMS-V red-yellow-green guidelines into consideration and offering at least 30% healthier options, we asked our vendor to swap out a few of the typical vending machine items for some healthier alternatives, making 38% of the options a smarter choice. In addition to the vending machine renovation, our dining room has also seen some changes with the addition of healthier grab 'n go items such as fresh fruit and veggies boxes and even homemade granola bars. While these may seem like minor changes, they have been well received and people are appreciating the new options.

(PH Standard: Promote Healthy Behaviors)



New options include Nutri-Grain, Fiber One, and Special K bars



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

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