

SIM/C3 Updates



Sioux County's SIM/C3 healthcare transformation efforts continue to attract statewide attention. We were invited to present at the **Iowa Healthcare Collaborative Learning Collaborative** in Altoona on 11/9. The panel presentation entitled: *Working Together/Making a Difference: Care Coordination in a Rural Environment* described Sioux County's partnerships and Care Coordination model, care coordination activities and community partnerships in Sioux County, and our plan and goals for sustaining and enhancing the model. Participating on the panel were: Angela Kroeze Visser, Sioux County SIM Health Improvement Coordinator, Martin Guthmiller, CEO Orange City Area Health System and president of the CHP Board of Directors, Teri Bos, Jessica Diaz, and Amanda Wiggins, Community Care Coordinators. Video of the entire presentation is available at: <http://iha.mediasite.com/mediasite/Play/762a9b11b68646da80297dd4d0f33d8a1d>.

Kim Westerholm and Angela Kroeze Visser participated in a public health panel, which included IDPH Director Gerd Clabaugh and other Iowa Sim recipients discussing "Population Health in Action" at the **Annual Public Health Colloquium** in Iowa City on November 30th.



In November, CHP participated in a **SIM strategic planning event** facilitated by Sarah Pavelka of the Iowa Healthcare Collaborative. Sarah worked with the entire CHP staff to identify organizational strengths and opportunities for improvement in the following areas: leadership, governance, strategy, client and customer, evaluation, process management and improvement, and workforce. We gleaned new and important strategic insights to help us as we move forward with the SIM health care transformation efforts in Sioux County.



Countywide Health Improvement Planning

In December CHP convened Sioux County's second annual county-wide **Health Improvement Planning Meeting**. At the annual meetings service providers and interested community members gather to follow up on the needs identified in the CHNA and the work that is being done to address those needs county-wide. This year we invited Chris Espersen from the Iowa Primary Care Association to lead a discussion on social determinants of health (SDOH). The group discussed building on current strengths (including the SIM steering committee and existing networks and workgroups), local resources, tool development and leveraging financial resources.

Members of each SDOH work group (housing, child care, transportation, health literacy, healthy living) met to set goals and objectives and prioritize activities for the coming year.

Addressing social determinants of health will have a significant positive impact on the health of a wide variety of community members and stakeholders.

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Alliance for Integrated Medication Management (AIMM)

In December Lindsey Sorge from the Alliance for Integrated Medication Management (AIMM) met with Sioux County SIM team members. She affirmed the community resource network currently in place. She recommended "bringing patients to goal" by focusing on comprehensive medication management. We have invited a clinical pharmacist from one of our partnering hospitals to join the Steering Team and plan to explore models of integrated comprehensive management and care pathways.

For more information on the Sioux County SIM/C3 healthcare transformation project, or to join a work group addressing the social determinants of health identified through CHP's Community Health Needs Assessment, please contact CHP at chp@siouxcountychnp.org or visit www.siuoxcountychnp.org and click on the "get involved" button.

HIP Group Updates

Healthy Sioux County community groups are actively planning for spring and summer activities.

- In **Orange City**, we anticipate sharing "Healthy Habits" every month through school newsletters as well as working with the Orange City Parks and Recreation Department to promote movement in the winter months.
- In **Hull**, discussions have started for the summer 5-2-1-0 Let's Go program and encouraging healthy workplaces.
- In **Sioux Center**, we anticipate a partnership with the All Seasons Center for a summer 5-2-1-0 program.
- All of the groups, including **Rock Valley and Hawarden** are actively recruiting new members who are interested in making their community healthier.



Send an e-mail to letsgo@siouxcountychnp.org to get connected to a group in your community or to share your ideas for a healthy community.

Radon

In January, CHP spread the word about the importance of testing homes for Radon. The following information was shared on FB, in newspapers, and via community newsletters: Radon levels vary around the country, but in Iowa radon levels are especially high.

- An estimated **400** deaths per year in Iowa are caused by radon-induced lung cancer, about the same number of annual death as seen in Iowa for traffic fatalities.
- Iowa **leads** the nation in the percent of homes with high radon levels.
- EPA surveys in Iowa have found that **7 in 10 homes in Iowa** contain high radon concentrations.
- The average indoor radon concentration in Iowa is more than **six times** the national average.



Radon test kits are available through Community Health Partners and at city offices throughout Sioux County. The cost of the test is \$10. Directions are included in the kit. Results and follow up recommendations are mailed directly to your home or are available online. More information for homeowners as well as a list of certified radon mitigation specialists in Iowa can be found at www.idph.iowa.gov/radon/fix.

Healthy Families

Healthy Families Sioux County has provided in-home evidence informed parent education and support for over-burdened and under-resourced families in Sioux County since 2001. Research has proven that establishing long-term trusting relationships while working with families leads to improved health and educational outcomes for the children in those families. We recently celebrated with one of our single moms who graduated from high school, found full time employment and has her daughter enrolled in a licensed daycare.



For more information on the Healthy Families Sioux County program contact: Kim Westerholm at kim.westerholm@siouxcountychnp.org or visit our website www.sioxcountychnp.org

Tobacco Use Prevention

Shay Davis, Tobacco Prevention Advocate, shared a number of model policies regarding Nicotine Free Agencies with licensed daycares in an easy to personalize PDF format. Two Licensed Daycares now have updated policies. Shay will continue to reach out to daycares in our 5 county region.

Sioux Falls, SD-based Lewis Family Drug has pharmacies in 8 communities in the why?Coalition service area. The Why?Coalition recently reached out to *Health Connect* of South Dakota (an independent source of free health information for individuals, families and communities) to inquire if they would be interested in working with the why?Coalition to encourage Lewis Family Drug to consider a "No Sale" policy or a Tobacco Free / Nicotine free Policy at a minimum. *Health Connect* is interested in working with the why?Coalition in approaching Lewis Family Drug. The interstate collaboration with *Health Connect* will begin early in Q3.

For more information on the why?Coalition, contact Shay Davis, Tobacco Use Prevention Coordinator at shay.davis@siouxcountychnp.org.



NW Iowa Breastfeeding Coalition

The **NW Iowa Breastfeeding Coalition** meets quarterly to strategize ways to encourage women to initiate and continue breast feeding, as well as to offer support to professionals who work with



lactating women. Areas of discussion at our most recent meeting included: tongue/frenulum clipping, using Skin-to-Skin immediately after baby's birth, prenatal breast feeding classes, post-partum BF education, and classes for fathers who wish to support breast feeding. The group also researches and discusses cultural

norms regarding breastfeeding, most recently the idea of hot/cold balance that impacts how long many Latino women breast feed. For more information, or to become a member, contact Niki Kredit at niki.kredit@siouxcountychnp.org or check out our Facebook page (<https://www.facebook.com/BreastfeedingFriendlySiouxCounty>)



BOS/BOH Joint Meeting

CHP held its annual joint meeting with our Boards of Health and Supervisors on December 7. We presented our annual update of public health services and activities, an update of our SIM/C3 activities, and our plans for the upcoming year.

Diabetes Prevention Program

Participants in the first session of Prevent Diabetes Sioux County are entering the second half of the year-long program! During the first part of the program, the group met weekly to support changes like eating healthier, reducing stress, and getting more physical activity. Beginning in February, participants will meet together monthly to continue to support one another in making lifestyle changes. Planning team members from each of the four hospitals and CHP are finalizing plans for the next session of Prevent Diabetes Sioux County beginning in the spring.

For more information, to refer a potential participant or to register for the program contact preventdiabetes@siouxcountychp.org or call Community Health Partners at 712-737-2971.



New Immunization Requirement

Beginning this fall, all students entering 7th and 12th grade will be required to be up to date with their meningococcal vaccine series. Community Health Partners is working with area schools and medical clinics to inform parents about immunization requirements and ensure students are up to date when school starts in the fall.

For more information see: <https://www.cdc.gov/meningococcal/index.html>



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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