

## An Ounce of Prevention

While individual lifestyle choices impact our health, a broad set of social and environmental factors—some of them beyond our control—directly affect our health and can limit our ability to make healthy lifestyle choices. For many people, the healthy choice is not even a possibility. As the focus of health care is shifting to integrating primary health care (treating people already ill) and population health (preventing illness and improving the health of the community as a whole), medical and public health professionals are addressing social environmental factors that influence individual and population health.

Regular physical activity is a key prevention measure. Regular physical activity is linked to better health outcomes, including obesity prevention and improved mental health (both identified as priority health indicators by the Rural Health Network upon completion of our CHNA) and can even prevent the onset and recurrence of breast cancer. People with access to outdoor spaces to be physically active tend to report better health.

Here in Sioux County, nearly 1 in 3 adults report not meeting the 30 minutes per day recommended minimum guidelines for moderate physical activity. Lack of recreational space and opportunities for physical activity



were identified as barriers to health in the recent Community Health Needs Assessment (CHNA) completed by Community Health Partners and our 4 Sioux County hospitals. About 1 in 4 people in Sioux County live further than 5-10 walking minutes from a park or 5-10 minutes driving distance from a recreational facility.

Community Health Partners, and the Coalition for a Healthy Sioux County, invited community members to join in the 5<sup>th</sup> annual statewide **Healthiest State Walk** (<http://www.iowahealthieststate.com/healthiest-state-walk>) on October 7. Community members from Hawarden, Hull, Orange City, Rock Valley, and Sioux Center walked together in their communities in support of health promotion and breast cancer prevention.

You can do something to improve your own health and the health of your community. Commit to making regular exercise a daily part of your life, and encourage others to do the same. Join the Sioux County Trails committee or a community trails committee. Participate in the Coalition for a Healthy Sioux County at the county or community level. Working together we can help make the healthy choice possible—and perhaps easier—for more people in our communities.





## Coalition for a Healthy Sioux County

The **Coalition for a Healthy Sioux County** community groups continue to meet to plan and implement health improvement activities in towns around the county. Each community's activities are unique to the needs and resources of the community. 3 communities implemented summer **5210** programs through community rec departments for the second year. The Orange City group developed an **activity packet** for teachers to use during the school day to increase students' physical activity in the classroom setting. For information on the activity packet or about collation activities in your community, please contact Angela Kroeze Visser by calling 712-737-2971 or emailing [letsgo@siouxcountychnp.org](mailto:letsgo@siouxcountychnp.org).



### Get a flu shot! Wash your hands! Stay home when sick!

CHP distributed posters with this simple influenza prevention message to businesses, churches, schools, and daycares in Sioux County. The message was also included on our flu shot reminder postcards.

To copy and/or distribute the poster click here: 

## Sioux County Emergency Preparedness Coalition

Sioux County joined 15 other NW Iowa counties in a full scale exercise to test preparedness plans for distribution of emergency medical supplies. County EMA, hospital staff, and local public health staff gathered in Storm Lake where a semi-trailer filled with medical supplies was off loaded and broken down for distribution to each county. EMA staff practiced incident command roles, public health administrators determined what supplies were needed for each county, and hospital and public health staff gathered and repackaged supplies for distribution to their respective counties. The exercise provided the Sioux County Emergency Preparedness Coalition an excellent opportunity to practice and evaluate local emergency response plans.





## Grants Received



Community Health Partners was again awarded the Iowa Department of Public Health grants to provide childhood lead poisoning prevention and tobacco prevention services in Lyon, O'Brien, Osceola, Plymouth, and Sioux Counties in NW Iowa.

## Community Health Needs Assessment (CHNA)

**Jonn Durbin**, Planning Manager from the Iowa Department of Public Health, travelled to Sioux County to provide guidance and insight on data collection and interpretation of local health data and indicators. Representatives from 3 local hospitals and CHP attended the session. CHP plans to develop a county-wide community surveillance report based on current health data to share quarterly with local partners.

The **CHNA workgroup** continues to meet quarterly. In September the group clarified the county-wide health needs identified as priorities the group can address collaboratively. Obesity and Recreational Activities have been combined and relabeled "Healthy Eating and Active Living." Sioux County's county-wide health indicators are:

- Healthy Eating/Active Living
- Mental Health
- Translation and Interpretation
- Health Education Opportunities

CHP will host a county **Health Improvement Plan (HIP)** session to be facilitated by Jane Schadle, Executive Officer/Health Promotion Chronic Disease Prevention at IDPH, on November 5 from 8:30-4:30. The HIP is the next step in the CHNAHIP process and will provide key stakeholders who participated in the CHNA an opportunity to help develop Sioux County's Health Improvement Plan for the next 3 years. For more information, please contact Angela Kroeze Visser by calling 712-737-2971 or emailing [chp@siouxcountychp.org](mailto:chp@siouxcountychp.org).

## Tobacco

Tobacco Prevention Advocates Teri Bos and Shay Davis, with the Northwest Iowa Tobacco Free Coalition (NWITFC), are working with schools to update Tobacco-Free policies to Nicotine-Free policies. Teri and Shay have helped educators identify the need for the policy change within their individual schools.

Teri and Shay provided teacher in-service training on **Electronic Smoking Devices/Vaping** in Le Mars Community Schools, West Sioux Middle & High Schools, Rock Valley Christian Middle School, and Sibley/ Ocheyedan Middle & High Schools recently. Many teachers have reported being unfamiliar with the many available electronic devices prior to the training. The vaping board they use as an educational tool has received much positive feedback in NW Iowa and across the state.





## Latino Health Coalition

The Latino Health Coalition (LHC) partnered with Northwestern College to present a class on **First Aid for Parents**. Tatum Geerdes, Nursing Instructor at Northwestern College, provided information on and demonstrated techniques for responding to injuries and emergency situations parents may encounter.

The LHC identified the need for a health screening event for adults in the Latino community. Sioux Center Health, Promise Community Health Center and Community Health Partners responded to the need and are collaborating to offer a **Latino Health Fair for Adults** on October 28 between 2-6 p.m. at the HOME Building in Sioux Center. For more information on the Latino Health Coalition contact Kelly Reyes at 712-737-2971 or emailing [chp@siouxcountychnp.org](mailto:chp@siouxcountychnp.org) or click [here](#) to view the flyer for the event.

## QI

Jackie Covey recently attended the Intermediate Quality Improvement Training workshop sponsored by the Iowa Department of Public Health in Des Moines along with 25 other public health professionals from across the state. Topics covered include: useful QI tools and steps to take to formalize QI practice by creating an agency QI structure.

## Breast Feeding

CHP noted World Breastfeeding Week in August with a reunion of women and children who are, and have been, part of our breast feeding peer support groups. Women shared breast feeding experiences and expertise and discussed the importance of promoting breast feeding as a means of long term population health through obesity prevention.



CHP facilitates the newly formed **Sioux County Breast Feeding Coalition**. The coalition includes OB nurse managers, lactation consultants and educators from 3 Sioux County hospitals and from CHP, and Mid-Sioux Opportunity. The coalition plans to work together to increase the number of peer breast feeding support groups in Sioux County and to use social media to promote and prolong breast feeding.

## Healthy Choice/Easy Choice



Farmers Co-Op in Sioux Center provides free fruit, granola bars, sack lunches, and water for employees and farmers working long hours during harvest. By making the healthy choice the easy choice, the healthy and easily accessible snacks may help prevent injuries and keep farmers alert during this busy time of the year.



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

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