



Community Health Happenings



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Certification



Jessica Diaz, one of CHP's bilingual Family Support Specialists and a care coordinator, passed the requisite exam to gain her credentials as a Certified Medical Interpreter. Jessica is now one of only four certified medical interpreters in Sioux County.

Congratulations, Jessica!

Hello to Anna

CHP is pleased to introduce Anna Daumer, our new Program Assistant. Anna manages the front office and assists program coordinators with many aspects of public health service delivery. Anna is a graduate of Northwestern College, a traveler to New Zealand, a fiction writer and a lover of dogs.



Farewell to Deb



CHP bade a sad farewell to Deb Vander Plas, Director of Public Health Services, who retired July 1 to spend more time with her family after more than 40 years of service as a nurse, 29 of them in Public Health. Deb's expertise in epidemiology and immunizations was notable amongst her coworkers and her public health colleagues throughout northwest Iowa. She also served on the American Public Health Association's governing board. A reception was held to honor Deb and her commitment to service, advocacy, and population health. Jackie Covey, Director of Operations and Finance, and Kim Westerholm, Director of Community Health Services, have assumed leadership responsibilities at CHP.



HIP Workgroups

The **HIP Housing Workgroup** completed the filming of a video intended to support good communication between renters and property owners, especially for newcomers to Sioux County. The video is recorded in Spanish (with English subtitles) and will be used in a workshop for new immigrants to Sioux County and in other contexts. The video will be available for anyone to use through a YouTube link. The video was filmed by Prairie Grass Productions/Dordt College and produced by Community Health Partners ,Promise CHC, and CASA of Sioux County.

The **Translation and Interpretation Workgroup** is facilitating a sub-group of health care interpreters and translators who now meet monthly to discuss issues in their field and their organizations and to plan educational opportunities for local interpreters.

The **5210 Workgroup Healthy Sioux County** sponsored and participated in summer recreation programs and summer library programming throughout the county. 5210 events included:

- 5-2-1-0 booth at Promise FQHC Back to School Block Party (photo)
- 5-2-1-0 booth at Arts on Central in Orange City
- 5-2-1-0 tracking program at the All Seasons Recreation Center for 51 participants. Each week they gave out 6 prizes. At the end of the season, participants attended a pool party with games, prizes, and free swimming.

West Nile Virus

West Nile Virus has hit the state of Iowa at the highest rate since 2003 when the state first started tracking the mosquito-borne disease. Sioux County has not been exempt. The best protection against WNV is to avoid being bitten by mosquitos.

CHP put out a press release to area newspapers. <https://siouxcountychp.org/west-nile-virus-2/>



Healthy Heroes



Healthy Heroes was a collaborative health fair/ 5k fun run/walk planned and implemented by Promise CHC, Sioux Center Health, and CHP held on September 8 in Sioux Center. 192 people participated in the 1-mile walk, many dressed in their super hero best!

Families who attended the event visited tables displaying a variety of 5-2-1-0 messaging by a dietician, public health educators, diabetes educators, I-Smile and Robin's School of Dance. At each booth participants could complete a Healthy Heroes BINGO card and exchange them for an airbrush tattoo courtesy of the All Seasons Center and an entry to win a bike from Brothers' Bike Shop.

CHNA Update

Sioux County is embarking on its second collaborative Community Health Needs Assessment with our four hospital partners. CHP has identified and met with CHNA teams at each of the four health care systems and at Promise CHC. We contracted with the Northwest Iowa Research Institute to create, disseminate and analyze a survey that they will send out to randomly selected people in Sioux County. During the next few months CHP will facilitate focus group meetings in the communities served by our hospitals to gather rich qualitative data to supplement our secondary data and the information gleaned from the surveys. CHP and the NIRI will be responsible for analyzing the data collected, and each health system partner will receive a report specific to their service area.

Diabetes Prevention Program



Prevent Diabetes Northwest Iowa recently garnered full recognition from the Centers for Disease Control (CDC). This designation identifies programs that have effectively delivered a quality evidence-based program that meets all of the standards for CDC recognition including attendance and weight loss goals for participants. Prevent Diabetes Northwest Iowa is a collaborative effort between CHP and our four county health care systems. We started our fifth cohort in September in Orange City. The spring program will be held in Hawarden. A Q&A/registration session is planned for January 17 at 5 pm at Hawarden Regional Healthcare. For more information, contact Angela Kroeze Visser: angela.kroezevisser@siouxcountychp.org.

Healthy Families

We celebrate with families many milestones and goals met in our Healthy Families program. But one of the most joyous (and sad at the same time) occasions is when a Healthy Families child begins preschool and the family graduates from the program. By the time a family graduates from the Healthy Families program parents are better equipped to:

- Respond sensitively and in a nurturing fashion to their children,
- Independently use healthy coping behaviors to manage stress,
- Be reflective of self and relationships with others.
- Provide for all aspects of child's health and wellness
- Handle crises independently.
- Maintain and use a healthy support system as needed.
- Independently set and achieve goals
- Advocate for the family and child.

For more information on the Healthy Families Program, please contact Kim Westerholm at kim.westerholm@siouxcountychp.org.



Learning Center Preschool



Family Literacy



Fourteen Spanish-speaking families completed our first *La Escuelita* family literacy class in May. *La Escuelita* is a weekly class for parents with low literacy and their preschool-aged children to work together on literacy activities and parent-child interaction and to help parents be better prepared to support their children as they enter school. CHP received DeCat funding to offer the program for a second year beginning in September. The program has garnered the support of a wide range of community members, many of whom volunteer to provide transportation, set up, clean up, assemble the backpacks children take home each week, and teach sessions of the class. Parents indicated that as a result of the program, they now read more to their children and feel better equipped to help their children succeed in preschool.

The class meets on Fridays from 11-1:00 at the

Sioux Center Early Head Start classroom. For more information, to register, or to volunteer, contact Kelly Reyes at kelly.reyes@siouxcountychp.org.

Kelly Reyes, CHP Family Support Specialist (pictured above), facilitates *La Escuelita*.

Tobacco



CHP finished the fiscal year with a flurry of tobacco activity. Teri Bos, RN, BSN, CHP's new Tobacco Prevention Coordinator, was asked by several different entities (schools, libraries, health care systems) to present on the health effects of inhaling the vapors from electronic devices (including Juuls) and the effects of nicotine on the adolescent brain and the unborn child. She also worked with the city of Remsen to update their T/F policies to include N/F on all city owned vehicles and buildings.

For more information, contact Teri Bos at teri.bos@siouxcountychp.org.



Flu Vaccine

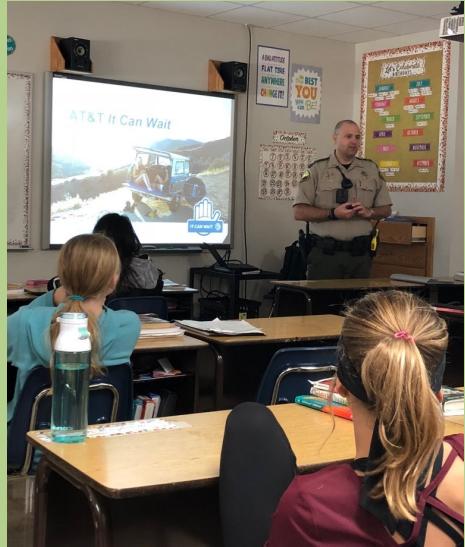
CHP held flu vaccine clinics on October 2 and 4 for VFC-eligible children. Flu vaccine will be available for VFC-eligible children at our regular immunization clinics as well. CHP encourages everyone: Get your flu shot early! Wash your hands every chance you get! Stay home and take care of yourself when you are sick!

Clinic dates and times can be found at <https://siouxcountychp.org/schedule/>.



Injury Prevention

CHP was awarded funding for a teen injury prevention program: It Can Wait: Don't Text and Drive. The program is a collaborative effort between CHP, the Sioux County Sheriff's Office and Waylon Pollema, School Resource Officer, to provide the curriculum to middle and high school students in the county. The goal is to reach at least 900 students.



School Resource Officer Waylon Pollema presenting to the Hull Christian Middle School students (pictured above).



SIM/Community Care Coordination



Pictured, left to right:

[(Back Row) Ashley Anderson: Sioux Center Health Care Coordinator, Jackie Covey: CHP Director of Operations and Finance, Rochelle Keizer: Sioux Center Health Care Coordinator, Gerd Clabaugh: Director, IDPH, Barbara Top: Sioux County Board of Health, Steve Walhof: Orange City Area Health System SIM Steering Team.

(Front Row) Jessica Diaz: CHP Care Coordinator, Angela Kroeze Visser: SIM/C3 Project Manager, Kim Westerholm: SIM/C3 Project Manager, CHP Director of Community Health Services.]

Gerd Clabaugh, Director of the Iowa Department of Public Health, paid a visit to CHP to meet with members of the SIM team to discuss health care transformation efforts in Sioux County. Sioux County BOH member Barbara Top was present at the meeting, as were Steering Team members and care coordinators from our hospital partners. The participants discussed SIM successes and areas in which they would like to continue to collaborate after SIM funding is no longer available.

The Sioux County SIM/C3 is working on a sustainability pilot using a "HighTouch" approach with selected care coordination clients with a large number of identified social determinant of health needs. Care coordinators are providing high intensity services—in the home if necessary—to the identified cohort. The project manager is tracking the cost savings to health care organizations of care coordination and identifying and addressing social determinants that impact the health of the cohort.

Upcoming Events

- *Escuelita Familiar*, a family literacy program taught in Spanish. Meets most Fridays from 11am-1pm at the Preschool Learning Center in Sioux Center.
- Immunization Clinic, Tuesday, November 13, 10:30am – 12:30pm
- Immunization Clinic, Thursday, November 15, 3:00 – 5:00pm



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