



Community Health Happenings



Legislator Meeting

CHP staff met with Randy Feenstra, our District 3 Iowa State Senator, prior to the start of the 2019 legislative session. We shared with him public health priorities including childcare, education, safe and affordable housing, home visitation for vulnerable families, and mental health (across the age spectrum). We also shared with him our plan for another collaborative community health needs assessment with Sioux County health care organizations.

Law Enforcement Opioid Reversal

The Iowa Department of Public Health (IDPH) Bureau of Substance Abuse, with support from the Iowa State Sheriffs' and Deputies' Association and the Iowa Police Chiefs Association is sponsoring a new initiative to provide every interested law enforcement officer in the state with one free naloxone (Narcan nasal) kit, as well as training for 100 stakeholders from across the state on recognizing and responding to an opioid overdose. These efforts appear to be making a difference. In 2017, there were 206 opioid-involved deaths in Iowa. Preliminary data for 2018 shows that number has dropped to 137. Any Iowa law enforcement agency (city/town/tribal police department or county sheriff's office) may request free naloxone kits by contacting the Iowa Department of Public Health at 515-281-7689. For more information about how IDPH's Bureau of Substance Abuse is addressing opioid misuse, visit <https://www.idph.iowa.gov/mat/otp>.

Staff News

CHP bade farewell to Jessica Diaz, one of our bilingual Family Support Specialists in December. We welcomed Rocio Mendez to the CHP team in February. Rocio is an RN and will work as a Family Support Specialist and Care Coordinator with Spanish-speaking families. Welcome Rocio!



Motivational Interviewing Workshop

CHP and Hegg Health Center collaborated to offer a Motivational Interviewing workshop on April 16th for healthcare employees from all areas of the health care systems in the county. Thirty people registered for the workshop which focused on equipping healthcare employees to engage patients' full participation in their own care. Dr. Becky Lang provided the half-day training funded, in part, through CHP's SIM Project Grant.



Diabetes Prevention Program

On January 31 the Northwest Iowa Diabetes Prevention Program (DPP) hosted a "Diabetes and Mental Health" workshop for mental health professionals in the area. The program aimed to help mental health providers gain an understanding of: the basics of diabetes as a medical condition, the various professionals who are part of the care for people living with diabetes, and how to work together with patients, providers and diabetes educators to ensure the best care possible.

The current Diabetes Prevention Program cohort is running in Rock Valley. The next DPP cohort will begin this fall in Sioux Center.

For more information on the DPP or to register for the cohort, please contact Angela Kroeze Visser at preventdiabetes@siouxcountychp.org

Healthy Families

Healthy Families America (HFA) is an evidence-based voluntary home visiting model designed to provide services to families beginning prenatally or at birth, through age 5. HFA uses an infant mental health/strengths-based relational approach to achieve its mission of preventing child abuse, neglect and other adverse childhood outcomes.

Kim Westerholm is part of a state-wide work group developing a state/multi-site system for HFA programs in Iowa. A multi-site system would create a central administrative entity to support local HFA single sites by providing policies, training, quality assurance, technical assistance, evaluation, and administrative guidance to assist sites in meeting HFA best practice standards and maintaining national accreditation.

For more information on Healthy Families Sioux County or to refer a family, please contact Kim Westerholm at kim.westerholm@siouxcountychp.org



Breastfeeding

The NWIBFC, a group of multidisciplinary lactation professionals, discussed the following at the quarterly meeting in April:

- Benefits of high school groups touring the hospitals and learning the basics of breastfeeding/prenatal teaching.
- Breastfeeding in the Community: Program Implementation Guide: <https://www.naccho.org/uploads/downloadable-resources/Breastfeeding-Implementation-Guide-Final-11-15-2018.pdf>
- Breastfeeding mothers' concerns that they do not make enough milk.
- Breastfeeding/formula packages given to mothers participating in WIC.
- A partnership program that WIC is initiating with a grant they have to continue to encourage mothers to breastfeed their infants exclusively and for longer periods of time.

Anyone interested in attending the quarterly NWIBFC meetings should contact Sarah VanWyk at sarah.vanwyk@siouxcountychp.org.

Community Health Needs Assessment



CHP has facilitated a collaborative community health needs assessment (CHNA) in partnership with the four Sioux County health care systems and Promise CHC. The CHNA process included a randomly distributed survey created by the Northwest Iowa Research Institute, CHP-facilitated focus groups in several communities, and the gathering and analysis of secondary data.

CHP hosted a Health Improvement Action Planning session, facilitated by Jane Schadle from Schadle Consulting, with key stakeholders on 4/16 to identify and prioritize emergent community health needs including childcare, housing, developing cultural resources, mental and dental healthcare access, and wellness services. Participants committed to various levels (awareness/support/action at some level/committee leader/ funder, or Council member) of ongoing community work in the areas identified. Completed CHNA/HIP reports will be available at the four Sioux County hospitals and CHP by the end of June. Anyone interested in participating in a work group should contact Angela Kroeze Visser angela.kroezevisser@siouxcountychp.org

Tobacco Prevention



In February Teri Bos, Northwest Iowa Tobacco Prevention Specialist, conducted a training for all Mid-Sioux Opportunity Head Start Advocates and Home Visitors to equip them to work with parents of children at risk for second-hand smoke exposure. Participants learned to: ASK about tobacco/nicotine use in the home, ADVISE parents/guardians to consider quitting for their health and the health of their children, to REFER those ready to quit for cessation counseling services. Mid-Sioux Opportunity also made a significant systems change – adding a tobacco/nicotine screening question to their Head Start Intake forms.

CHP and the why?COALITION had a booth at the Sioux Center Expo on March 20-21 to promote Quitline Iowa, TF/NF Policies, and share education on vaping/JUULing.

Teri also provided Educational Presentations on health effects and nicotine addiction as it relates to vaping/JUULing at 10 different locations throughout the multi-county service area.



SIM Update

The Sioux County SIM project concluded on April 30, 2019. The 3-year collaboration between CHP and our hospital partners resulted in several important sustainable efforts and a commitment by us all to continue to work together on prevention and health promotion efforts across the county.

The SIM Steering Team identified diabetes detection and prevention as an ongoing collaborative priority. Prediabetes and diabetes screening is occurring in more clinical and community settings. Sioux County’s CDC fully recognized Diabetes Prevention Program continues to enroll people across the county with, or prone to, prediabetes.

The SIM Steering Team approved print and radio materials focused on increasing the number of patients who access their health information using available patient portals or online electronic health records (EHRs). Increasing access to patient portals or online EHRs is a step toward engaging patients in their own healthcare.

Care coordination will continue throughout Sioux County. Since the SIM project began, each health care system in Sioux County, as well as CHP and Promise CHC, employs at least 1 Community Care Coordinator. CHP is committed to care coordination as a partnership among health care professionals, clinics, hospitals, pharmacists, mental health professionals and community services working together to provide person-centered, coordinated care.

We connect people to resources in the community, serving as a bridge to address issues that may impact health but are not usually part of the healthcare system like housing, transportation, behavioral or mental health needs, access to healthy foods or need for social connection.

Anyone who might benefit from a connection to primary care or to other service providers in Sioux County can use community care coordination. There are no income or insurance restrictions.

Events

Escuelita Familiar, a family literacy program taught in Spanish. Meets most Fridays from 11 a.m.—1 p.m. at the Preschool Learning Center in Sioux Center.

Immunization Clinic, Tuesday, May 21
2:30—5:00 p.m.

Immunization Clinic, Tuesday, June 18,
2:30—5:00 p.m.

Immunization Clinic, Thursday, July 18,
2:30—5:00 p.m.

Immunization Clinic, Thursday, August 15,
2:30—5:00 p.m.

Immunization Clinic, Thursday, September
19, 2:30—5:00 p.m.

Family Literacy



Antonio Sacre, noted children’s author and storyteller, visited CHP’s family literacy class, La Escuelita, in February. Mr. Sacre read one of his books to the class and signed copies of the book for each participant.

La Escuelita completed its second year in April with 10 families “graduating.” Families were given summer school bags containing activities and supplies to continue developing literacy skills over the summer. Families graduating from the program report they read more to their children and feel better equipped to help their children succeed in preschool. Plans to implement another session of La Escuelita in the fall are underway.

Anyone interested in volunteering to help with the program should contact Kelly Reyes kelly.reyes@siouxcountychnp.org



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