

Sioux County Community Health Improvement Plan 2023-2026

Need #2: Heart Disease Prevention/Healthy Living

Goal	Promote healthy living to decrease the prevalence of Heart Disease and other Chronic Diseases
Objective	Increase educational opportunities to promote healthy lifestyle choices in Sioux County by developing and implementing at least one <i>KEYS to Dementia Prevention</i> class each fiscal year and at least two <i>Choose Health NW Iowa</i> classes each fiscal year by FY25
Strategies:	Partner with Sioux County health care systems to develop and implement <i>Choose Health NW Iowa</i> (diabetes prevention/healthy living) classes in communities throughout Sioux County
	Provide CHP employee incentive for completion of <i>Choose Health NW Iowa</i> or <i>Keys to Dementia Prevention</i> classes
	Partner with Sioux County businesses to offer <i>Choose Health NW Iowa</i> class at their worksite or to offer employee incentive for completion
	Develop <i>Choose Health NW Iowa</i> class for Spanish-speaking population in Sioux County
	Partner with health care systems to implement <i>KEYS to Dementia Prevention</i> classes in communities throughout Sioux County
	CHP will participate in Wellness Fairs hosted by Sioux County partners to promote key healthy lifestyle messages
	CHP staff will consider how the social determinants of health impact healthy living choices for people in Sioux County and look for ways to address these
Objective	Promote physical activity among all age groups in Sioux County by engaging at least three community partners who will work with CHP on developing three physical activity initiatives by the end of FY25
Strategies:	Population Health Team will develop coordinated messaging on the health benefits of physical activity and will use various media platforms to promote the messages
	Work with community partners to promote involvement in Healthiest State Annual Walk throughout Sioux County
	Work with community partners to increase the number of gyms that accept Silver Sneakers memberships in Sioux County and increase the number of adults who know about and use Silver Sneakers memberships
	Evaluate existing initiatives or messaging aimed at limiting screen time to reduce sedentary behaviors
	Look for opportunities to partner with employee wellness programs at Sioux County businesses/industries to promote increased physical activity

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Objective	Support community members in preventing chronic diseases by increasing coordinated key health messaging on various media platforms to six per fiscal year	
	Strategies:	Population Health Team will develop coordinated messaging on chronic disease prevention and will use various media platforms to promote the messages
		Increase Sioux County health care provider referrals to <i>Choose Health NW Iowa</i> and to <i>Keys to Dementia Prevention</i> classes
		Partner with Sioux County health care systems and promote their healthy living initiatives
		Look for opportunities to partner with employee wellness programs at Sioux County businesses/industries to promote healthy living
		Look for opportunities to partner with ISU Extension & Outreach on healthy living initiatives
		Include health lesson in each session of Escuelita Familiar (Family Literacy)
		Collaborate with Sioux County schools to provide workshops to EL Newcomer students to promote healthy behaviors and to promote completion of high school diploma or GED