



2024 Health Improvement Planning

Health Issue	Goal to Improve	Access Focus	January-March 2024	April-June 2024	July-September 2024	October-December 2024
1. Mental health and mental health disorders	Decrease poor mental health days	<p>Access to mental health providers</p> <p>Social supports; increase provider training/ education</p>	<p>Partnered with Omaha VA to bring "Ask the Question" campaign to Burgess Clinics and FMC.</p> <p>Worked with NAMI Southwest Iowa to bring Support Groups to Monona County. Started program called Unlocking Brain Fitness for Dementia Prevention</p>	<p>Promoted the 988 mental health number through social media and community partners. Promoted MH walk-in clinic for those that are waiting to be seen by a therapist</p> <p>Worked with Funeral Directors to access more information on suicide and helping families cope when losing someone to suicide</p>		
2. Overweight & Obesity	<p>Increase opportunities to improve overall health</p> <p>Increase awareness of preventative health resources and services</p>	<p>Awareness of risk factors-family history, labs, etc</p> <p>Barrier reduction - individual motivation</p> <p>Structural environment supports - sidewalks, facilities, trails</p>	<p>Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physician</p> <p>Started 5 2 1 0 program in West Monona School and Unlocking Brain Fitness (Dementia Prevention)</p> <p>Worked with the City of Onawa on creating a walking trail</p>	<p>Healthy lifestyles have been promoted on social media as well as routine check-ups w/ physicians</p> <p>Created a program called "Diabetes Prevention" that is free for all participants</p> <p>Worked with the City of Onawa on creating a walking trail</p>		
3. Older adult health/ aging issues (arthritis, hearing/vision loss, etc)	Improve utilization of preventative health resources and services	<p>Access to PCP for aging assessments</p> <p>Support services available to reduce health risks; HH, Area on Aging, PACE, etc.</p>	<p>Promoted heart health month and wellness checkups.</p> <p>Started dementia prevention class in Onawa; Unlocking the keys to Dementia Prevention</p>	<p>Promoted routine wellness visits and men's health month for screenings</p> <p>Promoted specialty services such as colonoscopies, diabetes prevention, orthopedic services, etc.</p>		
4. Cancer	Improve utilization of preventative health resources and services	<p>Awareness of risk factors-family history, labs, etc</p> <p>Partnerships with health promotion</p> <p>Increase access to health care specialists</p>	<p>Promoted colorectal cancer screening through computer software.</p> <p>Promoted annual wellness visits and chronic care management for medicare patients</p>	<p>Promoted men's health month and routine visits for early cancer detection</p> <p>Promoted men's health month and routine visits for early cancer detection and chronic care management for medicare patients</p>		