

2012 POLK COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

Polk County Health Center and community partners conducted a community health assessment in 2011 to identify health problems in Polk County. The assessment identified the five most prevalent causes of death in county residents as heart disease, cancer, stroke, unintentional injuries, and chronic lower respiratory disease. The assessment identified three priority health problems that plague county residents: obesity, tobacco use, and unintentional injuries/motor vehicle accidents. Thus, this community health improvement plan is written to address the health issues identified in the community health assessment and devise strategies and goals to improve the health problems in the county.

Issue #1: Obesity- Higher rates of people in Polk County are obese, overweight, and fail to engage in regular physical activity than people statewide. Nearly 65% of adults in Polk County are either overweight or obese.

Goal #1: Lower the percentage of county residents that are overweight and/or obese.

Goal #2: Educate adults and youth about physical activity and good nutrition.

Strategy #1: Increase access to places/facilities for physical activity by Dec. 2014.

- A. Worksites and schools with access to gyms or places for physical activity
- B. Increase the number of community walking paths/tracks
- C. Increase equipment available for use at community parks/playgrounds

Strategy #2: Increase number of educational programs conducted in the community by 10% by Dec. 2014.

- A. Nutrition programs conducted for community organizations
- B. Nutrition program conducted in schools
- C. Nutrition programs conducted in worksites

Issue #2: Tobacco Use- According to a study (Center for Social Sciences and Public Policy Research), the most commonly cited factors negatively affecting air quality in Polk County were vehicle emissions, second-hand tobacco smoke, and mold.

Goal #1: Promote smoke free businesses and public areas.

Goal #2: Educate residents, especially youth, on dangers of smoking and tobacco use.

Strategy #1: Increase number of places/facilities with policies to eliminate tobacco use in facilities by Dec. 2014

- A. Workplaces
- B. Restaurants
- C. Other public places

Strategy #2: Increase number of communities or school groups advocating for tobacco free communities by Dec. 2014

- A. Train youth as advocates for schools
- B. Provide education for groups or individuals to become advocates on danger of smoking and tobacco use

Issue #3: Unintentional Injuries and Prevention- Most injuries in Polk County are caused by falling. The second highest cause of injury is motor vehicle accidents. The third leading cause of injury is burns. For falling, the population most adversely affected is children under the age of 15. For motor vehicle accidents, the population most adversely affected is 25-44 year olds. The largest number of deaths due to unintentional injuries was motor vehicle accidents.

Goal #1: Reduce and prevent injuries.

Goal #2: Provide education to prevent unintentional injuries

Strategy #1: Identify and engage local partners to address identified causes of injuries

- A. Police and Fire Departments
- B. Schools
- C. Local Health Care Providers
- D. Safe Kids of Springfield

Strategy #2: Educate citizens and local decision makers on strategies to reduce unintentional injuries by Dec. 2014.

- A. Present information to groups and individuals regarding injury prevention
- B. Use local media to help distribute information
- C. Build support for injury prevention programs through local coalitions and communities.

Issue #4: Lack of Insurance- Nearly 20% of Polk County residents lack health and/or dental insurance. This rate is higher than state and national averages. Many area dentists do not accept Medicaid for children's services. Mental health services for the uninsured have also been identified as a need.

Goal #1: Identify health care services for the uninsured

Goal #2: Provide education and resource referrals to individuals

Strategy #1: Identify local partners to work with to address services for uninsured

- A. Polk County Free Clinic and participating partners
- B. Miles for Smiles
- C. Burrell Behavioral Health
- D. SBU Physical Therapy Department

Strategy #2: Educate providers and public on need for reduced rates for care and alternate resources available for care, respectively.

- A. Present information to groups and individuals regarding the need for care of uninsured.
- B. Use local media to help distribute information on available resources
- C. Build support, for uninsured services, through local coalitions and community partners.

Data used for measuring success will be collected regarding the referral network to assure residents are receiving education and information. Data will be monitored, compiled, and documented in summaries of findings. Data results and evaluations will be available to local policy makers to assist in creating policies.