

# BLACK HAWK COUNTY FY23-25 COMMUNITY HEALTH IMPROVEMENT SUMMARY



DECEMBER 2022

## HEALTH EQUITY

A focus on the root causes of inequities are foundational for Community Health Improvement.



## FOOD INSECURITY



Meeting basic food needs first is a priority as food insecurity is a large need, even considering the pre-pandemic benchmark.

Actions should consider local as well as culturally relevant foods.

## MENTAL HEALTH & TRAUMA



Continue the focus on increasing understanding, access, and utilization through trauma-informed, culturally specific care.

COVID-19 showed us the impacts of social isolation on our mental and physical health.

## OUR APPROACH



We assess population health as well as upstream issues like living conditions, institutional, and social inequities. We involve community partners and the public to set priorities. An improvement plan is developed that includes action steps and identifies lead organizations along with timelines for implementation. Find out more about how we work together so all people can have equitable opportunities & resources to lead healthier lives.

## EMERGING ISSUES

Coalitions, organizations, and individuals are encouraged to prioritize actions increasing access to care and decreasing the rates of sexually transmitted infections.

Systems to better connect people with needed programs and services could improve health outcomes.



MERCYONE



UnityPoint Health

## FY 23-25 Black Hawk County Community Health Improvement Plan (CHIP) Summary\*

### **Priority Issue: Food Insecurity**

**Goal: Increase equitable access to healthy foods to improve the health of Black Hawk County community members.**

#### **Objectives**

1. By 2025, maintain the 2022 Double Up Food Bucks amount spent in Black Hawk County (BHC). (2022 baseline = \$80,645.)
2. By 2025, reduce the food insecurity rate for the BHC population to 9% (2020 baseline = 9.8%) and to 15.8% for Black Hawk County children under age 18 (2020 baseline = 16.8%).

### **Priority Issue: Mental Health & Trauma**

**Goal: Increase understanding, access, & utilization of mental health services through trauma-informed, culturally specific care.**

#### **Objectives**

1. By 2025, decrease the percent of respondents that indicated they could benefit from mental health services, even though they did not receive them, as measured by the Community Health Survey from 44.4% of respondents to 30%.
2. By 2025, decrease the percent of cases with a mental health diagnosis that present to the hospital Emergency Department by increasing the availability of other mental health services. (Baseline data will be available in 2023.)

### **Strategies**

#### **Coalition Building & Gap Analysis**

1. Identify an ongoing healthy food access coalition or organization to document existing programs and resources for healthy food.
2. Determine additional gaps in policies and programs related to equitable healthy food access. The gap analysis should have a health equity focus such as identifying culturally specific gaps in programming and reach related to food production, preparation, and preservation for environmental health.

#### **Increase Access for Existing Gaps**

1. Increase the number of locations that have at least one automatic water bottle filling stations available to the public or placed in targeted locations like schools.
2. Reduce local food deserts along with equitably increasing healthy food and beverage options in existing locations.

#### **Increase Education for Existing Gaps**

1. Provide consistent messaging, with a focus of long-term benefits, regarding consumption of healthy food and beverages throughout the community.
2. Provide education regarding water quality testing along with nitrate and lead rates.
3. Implement and support race, ethnicity and geographic specific integrative education for healthy eating and beverages to include community health workers and health coaches.

#### **Increase Understanding**

1. Reduce the stigma associated with seeking mental health services and increase the perception that seeking mental health services is positive and health enhancing.
2. Increase community awareness and understanding of trauma, mental health, suicide prevention, and substance abuse disorders including how to talk with someone experiencing concerns and identifying ways to get appropriate levels of help for yourself or others.

#### **Increase Access**

1. Identify community health workers and other behavioral health support workers providing navigation/connection services and determine gaps in providing this support for underserved communities. Offer training and mechanisms for collaboration including the use of care coordination systems.
2. Review the qualitative research study to better understand barriers to mental health services such as transportation, insurance, childcare, stigma, culture, distrust of institutions and/or timely access.
3. Increase timely access to appropriate levels of mental health care by advocating for additional resources including providers, crisis care, transitional services, and inpatient beds along with advocating for policy change.

*\*This summary shows the CHIP Plan as of December 2022. Click [here](#) or scan the QR code to access the full report or learn how you can be involved in implementation.*

