

Des Moines County Health Improvement Plan

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For information about this plan:

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Topic 1

Obesity and Physical Inactivity

Obesity and Physical Inactivity

Goal 1

Reduce the percentage of adults with a BMI over 30 from 36% to 35%

Alignment with National Plans

According to the CDC, (Centers for Disease Control and Prevention) The US obesity prevalence was 41.9% in 2017 – March 2020. (NHANES, 2021)

From 1999 –2000 through 2017 –March 2020, US obesity prevalence increased from 30.5% to 41.9%. During the same time, the prevalence of severe obesity increased from 4.7% to 9.2%. (NHANES, 2021)

Obesity-related conditions include heart disease, stroke, type 2 diabetes, and certain types of cancer. These are among the leading causes of preventable, premature death.

Alignment with State/Other Plans

In October 2017, Iowa implemented a public-private partnership initiative with the Healthiest State Initiative and the Iowa Health and Human Services promotes healthy eating and active living for children and families.

<https://idph.iowa.gov/5210>

Obesity and Physical Inactivity

Objective 1.1

Reduce Obesity rates from 36% to 35% by 2025 in Des Moines County.

Baseline Year	Baseline Value	Target Year	Target Value
2020	Adult Obesity in Des Moines County 36% compared to state average of 32%	2025	Reduce Adult Obesity in Des Moines County by 1% to 35%

Data Source and Location

County Health Rankings & Roadmaps

<https://www.countyhealthrankings.org/app/iowa/2020/rankings/des-moines/county/outcomes/overall/snapshot>

Obesity and Physical Inactivity

Strategy 1.1-1

Provide healthy eating habits education through the NDPP (National Diabetes Prevention Program) and Healthiest State Initiative

Strategy Source and Location

Des Moines County Public Health offers National Diabetes Prevention Lifestyle coaching.
<https://www.cdc.gov/diabetes/prevention/index.html>
<https://www.iowahealthieststate.com/>

Strategy Type: Community-focused

Who's Responsible

Des Moines County Public Health

Target Date

12/31/2025

Obesity and Physical Inactivity

Goal 2

Decrease physical inactivity rate in Des Moines County from 25% to 23%.

Alignment with National Plans

According to the CDC Division of Nutrition, Physical Activity and Obesity: Providing and promoting places for people to be physically active may increase public use of these facilities as well as help boost peoples' physical activity levels. This can include creating and improving walking trails, building exercise facilities, and providing access to existing facilities.

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/physicalactivity.html>

Alignment with State/Other Plans

The Iowa Department of Public Bureau of Nutrition and Physical Activity works to improve access to physical activity following guidance from the Centers for Disease Control and Prevention (CDC). Environmental approaches strive to make healthy behaviors easier and more convenient for Americans. Program efforts target communities, worksites, early care and education (ECE), and schools.

<https://idph.iowa.gov/nutrition-physical-activity/initiatives-and-resources/physical-activity>

Obesity and Physical Inactivity

Objective 2.1

Update current resources and create new resources identifying physical activity locations throughout the community. Collaborate with Des Moines County Conservation to address physical activity barriers.

Baseline Year	Baseline Value	Target Year	Target Value
2020	Physical inactivity in Des Moines County 25% compared to state average 23%	2025	Reduce physical inactivity rate by 2% to 23%

Data Source and Location

County Health Rankings & Roadmaps
<https://www.countyhealthrankings.org/app/iowa/2020/rankings/des-moines/county/outcomes/overall/snapshot>

Obesity and Physical Inactivity

Strategy 2.1-1

Partner with community organizations to identify educational needs to access physical activity locations.

Strategy Source and Location

<https://www.desmoinescounty.iowa.gov/conservation/parks/>

Strategy Type: Community-focused

Topic 2

Mental Health and Substance Use

Mental Health and Substance Use

Goal 1

Raise awareness about the risk of substance abuse. Engage community partners in prevention and support efforts.

Alignment with National Plans

U.S. Department of Human Services; Substance Abuse and Mental Health Administration

<https://www.samhsa.gov/find-help/prevention>

Alignment with State/Other Plans

On September 1, 2019, the Centers for Disease Control and Prevention (CDC) National Center for Injury Prevention and Control (NCIPC) awarded the State of Iowa through the Iowa Department of Public Health (IDPH) a three-year Overdose Data to Action Grant.

In 2022, Opioid settlement agreements were reached and eligible counties in Iowa received Monetary settlements to address the Opioid crisis.

<https://idph.iowa.gov/substance-abuse/programs/od2a>

<https://www.iowaattorneygeneral.gov/newsroom/opioid-settlement-information>

Mental Health and Substance Use

Objective 1.1

To decrease the number of overdose deaths from 287 in 2018.

Baseline Year	Baseline Value	Target Year	Target Value
2018	287	2025	Educate on resources for substance abuse substance abuse treatment options to reduce overdose deaths

Data Source and Location

Centers for Disease Control and Prevention (CDC) 2018 Drug Overdose Death Rates

<https://www.cdc.gov/drugoverdose/data/statedeaths/drug-overdose-death-2018.html>

Mental Health and Substance Use

Strategy 1.1-1

Create public awareness of community programs to address Mental Health and Substance Use.

Strategy Source and Location

<https://yourlifeiowa.org>

Strategy Type: Community-focused

Who's Responsible

Des Moines County Public Health

Target Date

12/31/2025

Mental Health and Substance Use**Strategy 1.1-2**

Support community partners and elected officials in utilizing Opioid settlement funds to address Opioid use and decrease deaths resulting from opioid use.

Strategy Source and Location**Strategy Type:** Community-focused**Who's Responsible**

Des Moines County Public Health

Target Date

12/31/2025

Mental Health and Substance Use**Strategy 1.1-3**

Collaborate with community leaders and elected officials to educate on the risks of vaping and restrict the use of vaping products in public spaces.

Strategy Source and Locationhttps://dmcountyboardofhealth.iowa.gov/files/position_statement_on_ecigarettes_97258.pdfhttps://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm**Strategy Type:** Community-focused**Who's Responsible**

Des Moines County Board of Health and Des Moines County Public Health

Target Date

12/31/2025

Topic 3

Poverty

Poverty**Goal 1**

Improve poverty levels in Des Moines County by connecting people to available resources and services.

Alignment with National Plans

Nationwide access to 211

<https://www.211.org/>**Alignment with State/Other Plans**

United Way provides a statewide 211 service to provide lowans with information and a human services referral service.

<https://www.211.org>Poverty**Objective 1.1**

Close the median income gap between county median family income of \$64,013 compared to the state median income levels for families at \$74,794 by raising awareness and improving access to services and resources. <http://www.burlington.lib.ia.us/250/Des-Moines-County-Service-Directory>

Baseline Year	Baseline Value	Target Year	Target Value
2018	Median Des Moines Co. household income: \$49,977 Median Des Moines Co. Family income: \$64,013	2025	Close gap between county median income to state median incomes: Median Iowa household income: \$58,580 Median Iowa family income: \$74,794

Data Source and Location

<https://data.census.gov/cedsci/table?q=income%20date%20Iowa&tid=ACSST5Y2018.S1901&hidePreview=false>

<https://data.census.gov/cedsci/table?q=income%20date%20des%20moines%20county%20Iowa&tid=ACSST5Y2018.S1901&hidePreview=false>

Poverty

Strategy 1.1-1

A barrier to accessing community programs is not knowing all services that may be available, contact services information, and the location of services. Raise community awareness of services through education and outreach.

Strategy Source and Location

<https://www.211.org/>

<http://www.burlington.lib.ia.us/250/Des-Moines-County-Service-Directory>

Strategy Type: Community-focused

Who's Responsible

Des Moines County Public Health

Target Date

12/31/2025

Poverty

Strategy 1.1-2

Improve accessibility to public health services to reduce social determinants of transportation. The new public health facility will be located on a public transportation route.

Strategy Source and Location

Strategy Type: Community-focused

Who's Responsible

Des Moines County Public Health

Target Date

12/31/2024