

Ringgold County Health Improvement Plan 2022-2024

Date Updated: January 26, 2022

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Strategic Priority:

Mental health services access/suicide prevention/mental wellness education

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Goal #1 Zero suicide deaths within Ringgold County during calendar year 2022-2026.

Alignment with National Plans

Healthy People 2030

Alignment with State / Other Plans

Healthy Iowans-Iowa's Health Improvement Plan 2017-2021 focus area of mental health, illness, and suicide

Mental health services access/suicide prevention/mental wellness education

Objective 1-1

Increase the number of mental health service options, including crisis services, to citizens of Ringgold County by June 30, 2024

Baseline Year	Baseline Value	Target Year	Target Value
2020	4	2024	5 or more

Data Source : Current service provider options include CHCSI outpatient, CHCSI access center, RHD Assertive Community & Location : Treatment, and Crossroads outpatient services.

Mental health services access/suicide prevention/mental wellness education

Strategy 1-1.1 Initiate by 9/1/2021 and maintain quarterly mental wellness committee with goal to increase awareness of mental health resources/services and decrease stigma of seeking help for care.

Strategy Type
Community-focused

Strategy Source & Location

NA

Who's Responsible

Ringgold County Public Health

Target Date
ongoing

Mental health services access/suicide prevention/mental wellness education

Strategy 1-1.2 Increase options of mental health awareness through training and/or support groups (online or in-person) for persons or family members with mental illness by January 1, 2022.

Strategy Type
Community-focused

Strategy Source & Location

NA

Who's Responsible

South Central Iowa NAMI County Rural Offices of Social Services Ringgold County Public Health

Target Date
ongoing

Mental health services access/suicide prevention/mental wellness education

Strategy 1-1.3 Assure all core service domains (per Iowa Code Chapter 331.397) are offered within the 7-county CROSS region (which includes Ringgold) for adults and children.

Strategy Type

Professional/provider-focused

Strategy Source & Location

CROSS FY 22 Annual Service and Budget Plan

Who's Responsible

County Rural Offices of Social Services (CROSS)

Target Date

ongoing

Strategic Priority:

Safe and affordable child care

Safe and affordable child care

Goal #1 By 2024, improve the rank in rate of Ringgold County child abuse from 2019 baseline of 56th out of 99.

Alignment with National Plans

Healthy People 2030

Alignment with State / Other Plans

Healthy Iowans-Iowa's Health Improvement Plan 2017-2021 focus area violence and injury prevention.

Safe and affordable child care

Objective 1-1 Increase the number of licensed childcare providers/slots available for children in Ringgold County.

Baseline Year	Baseline Value	Target Year	Target Value
2021	3 home (28), 2 centers (x)	2024	4 home (36) 2 centers (x)

Data Source : Child Care Resource and Referral, Early Childhood Iowa, and Iowa Department of Human Services & Location :

Safe and affordable child care

Strategy 1-1.1 Early Childhood Iowa/Quad Counties for Kids region will complete new recruitment and maintenance programs for childcare providers to increase the number of "quality" providers by 5% by October 1, 2022.

Strategy Type
Community-focused

Strategy Source & Location

October 2019 Quad Counties 4 Kids Early Childhood Area Community Plan

Who's Responsible

Quad Counties for Kids

Target Date

10/1/2022

Safe and affordable child care

Strategy 1-1.2 Family Resource Center will obtain adequate funding and complete remodel of center in order to improve number of available slots for children 0-3 years of age

Strategy Type
Professional/provider-focused

Strategy Source & Location

Family Resource Center Mount Ayr

Who's Responsible

Family Resource Center director and board

Target Date

3/1/2022

Safe and affordable child care

Strategy 1-1.3 Child Care Resource and Referral (CCRR) will educate families within the county of available resources including those interested in providing home daycare services.

Strategy Type

Professional/provider-focused

Strategy Source & Location

<https://iowaccrr.org/families/>

Who's Responsible

CCRR

Target Date

ongoing

Strategic Priority:

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

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Goal #1 Decrease the Ringgold County obesity rate of 32% from county health rankings by 2025.

Alignment with National Plans

Healthy People 2030

Alignment with State / Other Plans

<https://www.countyhealthrankings.org/app/iowa/2021/rankings/ringgold/county/outcomes/overall/snapshot>
Healthy Iowans-Iowa's Health Improvement Plan 2017-2021 focus area healthy living

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Objective 1-1	City of Mount Ayr will have increased number of sidewalks replaced with at least one homeowner/business organization annually.	Baseline Year	Baseline Value	Target Year	Target Value
		2021	1	2024	3

Data Source & Location
City of Mount Ayr Ordinance 136.19

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-1.1 City of Mount Ayr will continue to offer 25% incentive program for reimbursement of sidewalk replacement with maximum amount of \$250 per lot within city limits.

Strategy Type
Community-focused

Strategy Source & Location

City of Mount Ayr Ordinance 136.19

Who's Responsible
City of Mount Ayr

Target Date
July 1, 2024

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-1.2 Ringgold County Outdoor Alliance will add sidewalk to their community building to improve accessibility to their building and connection with the local basketball court

Strategy Type
Community-focused

Strategy Source & Location

Ringgold Outdoor Alliance

Who's Responsible
Ken Robertson, president

Target Date
July 1, 2024

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Objective 1-2 Ringgold County Conservation will complete their multi-year phases to Liberty Lake Development by fiscal year end 2024.

Baseline Year	Baseline Value	Target Year	Target Value
2021	phase 3	2024	completion

Data Source & Location : Phase 3 fully funded fall 2021 per Ringgold County Conservation

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-2.1 Ringgold County Conservation will continue to complete fundraising activities including grant writing, Picnic in the Park, Haunted Halloween Hike, Holiday Lights in the Park, and Nature Center presentation/routine operations to meet needed funding objectives.

Strategy Type
Community-focused

Strategy Source & Location

Ringgold County Conservation Board existing organizational strategy

Who's Responsible
Ringgold County Conservation

Target Date
July 1, 2024

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Objective 1-3 Ringgold County Wellness Coalition will improve nutritional awareness and promote healthy eating habits by offering a community garden at the corner of Monroe and Harrison Streets in Mount Ayr with expanded number of garden beds by 2024.

Baseline Year	Baseline Value	Target Year	Target Value
2021	6	2024	8

Data Source & Location : Ringgold County Wellness Coalition

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-3.1 Seek additional funding sources and volunteers to increase number of garden beds including at least one high rise beds for easier access for elderly/those with disabilities.

Strategy Type
Community-focused

Strategy Source & Location

Newly proposed strategy

Who's Responsible
Ringgold County Wellness Coalition

Target Date
July 1, 2024

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Objective 1-4 Ringgold County Hospital and Ringgold County Public Health will maintain, seek, apply, and/or obtain funding sources for chronic disease prevention programs.

Baseline Year	Baseline Value	Target Year	Target Value
2021	3	2024	4

Data Source & Location : <https://health.gov/healthypeople/objectives-and-data/browse-objectives/diabetes>

Mount Ayr Medical Clinic offers "health coach" services to any referred patient. Blood pressure monitoring program is offered for referred patients. Functional fitness program is offered to those who complete cardiac rehabilitation to continue use of equipment as available.

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-4.1 Increase awareness of the 5-2-1-0 Healthy Choices Count strategies with 3 promotional media sharing resources, key indicators, or social media messaging. Strategy Type
Community-focused

Strategy Source & Location

<http://www.iowahealthieststate.com/resources/individuals/5210/>

Who's Responsible

Ringgold County Hospital and Ringgold County Public Health

Target Date

ongoing

Healthy behavior education (includes better access to outdoor spaces/walking trails, safer sidewalks, playground equipment updates, community gardens, and chronic disease prevention)

Strategy 1-4.2 Review 5-2-1-0 Healthy Choices Action Guide for Workplaces and initiate 1 or more action items for employee wellness. Strategy Type
Policy-focused

Strategy Source & Location

http://www.iowahealthieststate.com/webres/File/Healthy-Hometown/5210/Workplace/2019_5210_Workplace_ActionGuide.pdf

Who's Responsible

Ringgold County Public Health

Target Date

7/1/2024

Strategic Priority:

Lack of network infrastructure (high speed internet/broadband, narrow bank radio conversion)

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Goal #1 By 2024, develop options for county-wide broadband (meaning download speeds of at least 25 megabits per second) in order to improve telehealth for physical and mental health, education options, and remote work.

Alignment with National Plans

<https://www.fcc.gov/about-fcc/fcc-initiatives/connect2healthfcc>

Alignment with State / Other Plans

<https://governor.iowa.gov/basic-page/creating-universal-broadband-access-for-iowans>

Lack of network infrastructure (high speed internet/broadband, narrow bank radio conversion)

Objective 1-1	Ringgold County Economic Development will research and recruit a broadband provider for the county.	Baseline Year	Baseline Value	Target Year	Target Value
		2021	0	2022	1

Data Source & Location: Ringgold County is currently in the "unserved or underserved" broadband service area per <https://ocio.iowa.gov/broadband-availability-map-version-4>. <https://jamanetwork.com/journals/jama/article-abstract/2782319>
<https://www.ahrq.gov/cahps/quality-improvement/improvement-guide/6-strategies-for-improving/access/strategy6d-internet.html>

Lack of network infrastructure (high speed internet/broadband, narrow bank radio conversion)

Strategy 1-1.1 Ringgold County Economic Development will seek funding source/s for broadband for the county. Strategy Type
Community-focused

Strategy Source & Location

NA

Who's Responsible

Ringgold County Economic Development/Jodie Geist

Target Date

Jan 1, 2022

Lack of network infrastructure (high speed internet/broadband, narrow bank radio conversion)

Strategy 1-1.2 Ringgold County Economic Development and Lockridge Networks will collaboratively work to provide internet access to all interested residents in Ringgold County by 2023. Strategy Type
Community-focused

Strategy Source & Location

NA

Who's Responsible

Ringgold County Development

Target Date

Jan 1, 2023