



Clinton County

CHNA- Health Improvement Plan

24-28



4 areas selected for Health Improvement plan after survey and reviewing community services presently available in county

1. Mental Health- Brain Health
2. Substance Abuse
3. Obesity- Healthy Behaviors
4. Homelessness

Mental Health- Brain Health

Goal: #1 - Reduce stigma associated with brain health by increasing community readiness by 12/30/2027

Objective: By 2027, Community Partners will explore PSA campaigns, brain health classes such as Resilience training, ACES, youth/adult mental health first aid, questions/persuade/refer training.

Strategy: #1- By 12-30-2027, 2 brain health education sessions will be offer each year. Measurement used will be from classes offered by ASAC.

#2-By 2027, explore a mental health day for general public or stakeholder.

#3- By 2027, Using social media and community meetings community awareness will be raised on the Clinton County Resource center services, Mental Health mobile crisis unit activities, and Eastern Iowa mental health region service programs.

Goal # 2- By 12/30/27, decrease number of youth who report "During the past 12 months, did you ever feel sad or hopeless almost every day for 2 weeks?". Measurement school youth survey.

Objective: By 12/30/27, Increase number of youth who report having a person to talk to by 12/30/27. Measurement-Increase participation in youth screening tool (survey).

Strategy: Explore evidence based curriculums to compliment health class example suicide prevent.

Responsible parties: ASAC, CSAC, WHS, Suicide awareness group, ISU extension staff, and PH

Substance Abuse

Goal: Reduce substance misuse and increase community readiness to protect the health, safety, and quality of life for all, especially children in Clinton County by 12-30-27. Measure number of schools participating in Evidence Based Programs (EBP).

Objective: Increase the number of kids in Clinton county service area that participate in an Evidence Based Program (EBP) on substance use/resiliency training each year for 3 years by 12/30/2027

Strategy: #1 Offer EBP to area schools include a menu of possible EBP programs by 12/30/27.

Responsible parties: ASAC, CSAC, and PH

Obesity- Healthy Behaviors

Goal: Increase community awareness and support for local events, activities, and programs that promote physical activity, healthy behaviors, and social connectedness by December, 2027.

Measurement increase number of social media platforms used and how many users. Baseline (2023)- 1 platform and 329 users

Objective #1: By 12-30-27, Increase community awareness of local events thru more than 1 platform. Clinton County residents will be encouraged to participate in physical activity and healthy behavior programs available in Clinton County. Measurement- Decrease percentage of adults 18 and over that report no leisure time physical activity, Baseline 18%

Strategy: #1-Increase Let's Live Healthy Facebook Baseline- 329 followers. Explore using other platforms and getting people to share the posts and to post consistently.

#2-By 12-30-27, implement weekly community huddle. Work with community partners to start a community huddle to help connect community and events.

Objectives #2: By 12-30-27, Eat Better- Increase access to healthy food options by promoting donation gardening in the county.

Strategy: #1-Expand donation gardening sites in Clinton County from 5 sites to 6-7 sites by 12/30/27.

Objective #3: By 12-27, Clinton County residents will be encourage to increase walking activities.

Strategy: #1-By December 30, 2027, Explore/develop/implement a "Story Walk" around county.

Measurement – monitor number of people using story walk on random days.

Responsible parties: Let's Live Healthy Coalition

Homelessness

Goal: Increase community education and awareness of homelessness in Clinton County by 12/31/27

Objective: Increase community education and awareness on homelessness

Strategy: Expand Community Awareness through the support homelessness campaign to be done during the build of the Supportive housing initiative (Empowerment Center) by 12/31/27. Example – editorials

Responsible party: YWCA, Homeless Coalition