



A Companion  
Document to  
Iowa's 2023-2027  
State Health  
Improvement Plan

# PARTNERS IN ACTION

Health Improvement Strategies Throughout Iowa



PUBLISHED IN OCTOBER 2023

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# A Message on Sharing

*"Beg, borrow, steal...don't reinvent the wheel!"*

This phrase - in addition to being widely popular among public health professionals - emphasizes the importance of sharing thoughts, ideas and actions with each other. In doing so, we are able to leverage existing resources, build partnerships, and have a greater impact on the people we serve.

In Iowa, there are hundreds of organizations dedicated to health improvement efforts. Rather than doing this work in isolation, organizations are encouraged to publicly share their expertise, experience, and lessons learned. This document was created as a way to enhance the visibility of this work.

In reading this document, we hope you draw inspiration from the work of others and potentially establish new partnerships based on common goals.

**The Healthy Iowans Team**


# Background

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Over the last few years, the Healthy Iowans Team has been hard at work collecting, analyzing and compiling data on the health of people in our great state. In June of 2022, Iowa HHS officially published the [2021-2022 State Health Assessment](#). The data within this report clearly outlined seven main health priorities affecting Iowans: Access to Care, Cancer, Economic Stability & Income, Healthy Eating & Active Living, Housing, Mental Health & Mental Disorders, and Substance Use. After assessing available resources and capacity, the Healthy Iowans Steering Committee selected Access to Care: Behavioral Health and Healthy Eating & Active Living as their focus for the [2023-2027 State Health Improvement Plan](#). Although their efforts will center around these two priorities, organizations throughout the state will continue vital work in all seven priority areas.

To gain a better understanding of ongoing health improvement efforts, the Healthy Iowans Team created the "Strategies Survey." In the survey, respondents were asked to highlight up to three programs, initiatives, or strategies their organization leads now - or has specific plans to lead before 2027. In total, there were over 100 submissions from more than 75 unique organizations.

These submissions represent the magnitude of work being done throughout the state. The programs, initiatives, and strategies span all seven priority areas and represent efforts by countless different sectors. Additionally, the submissions directly relate to over 200 [objectives](#) in Healthy People 2030, a national health improvement plan set forth by the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion (ODPHP).

The connections to Healthy People 2030, as well as places to find other evidence-based strategies, are spotlighted throughout this document. Along with exploring these, we encourage you to engage with submitting organizations by clicking on their website link ([http://](#)) or calling the phone number listed. Please note, organizations' contact information may be subject to change over time.

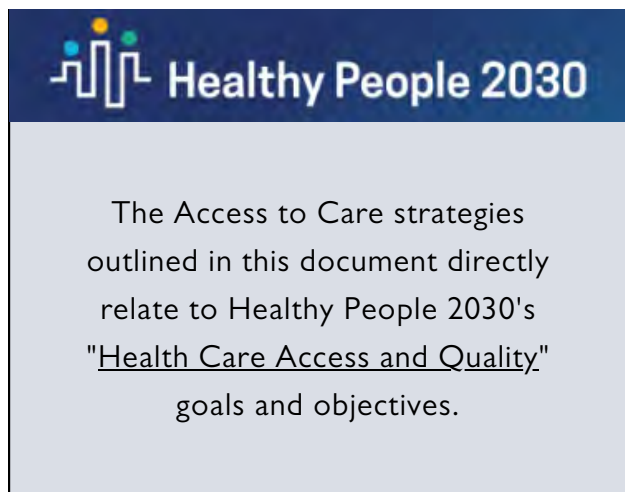
Moving forward, the Healthy Iowans Team plans to update this document twice a year. If you would like your organization's efforts to be included in a future update, please fill out the [Strategies Survey](#).



# Access to Care

Organizations throughout the state are working to improve lowans' ability to engage with public health and health care services. Strategies range from developing telehealth programs to repaying student loans to providing transportation to medical appointments and beyond. Read on to learn more about these innovative initiatives and to connect with organizations who have similar goals.

## Connections to Other Plans



The Access to Care strategies outlined in this document directly relate to Healthy People 2030's "Health Care Access and Quality" goals and objectives.





## Explore Evidence-Based Strategies



To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative and County Health Rankings & Roadmaps.





# Access to Care

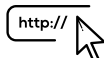

## Alzheimer's Disease and Related Dementias

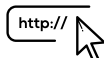

<b>Alzheimer's Association - Iowa Chapter</b>		  800-272-3900
Strategy Name	Goal or Desired Outcome	
Alzheimer's-related services in Iowa	Increase the number of unduplicated individuals receiving services from the Alzheimer's Association - Iowa Chapter by 50% by the end of fiscal year 2025.	

<b>Iowa HHS - Alzheimer's Disease &amp; Related Dementias Program</b>		  515-217-8955
Strategy Name	Goal or Desired Outcome	
Alzheimer's Disease & Related Dementias Program	Increase the number of lowans who talk to their doctor about memory changes or concerns.	

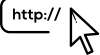

## Assessing and Accessing Community Resources

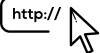

<b>Appanoose County Public Health</b>		  641-437-4332
Strategy Name	Goal or Desired Outcome	
Community Health Needs Assessment	Obtain input from our community regarding health care priority needs.	

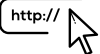

<b>Black Hawk County Health Department</b>		  319-292-2220
Strategy Name	Goal or Desired Outcome	
Care for Kids	Assist parents whose children receive Medicaid find resources in the community and go over health care benefits.	

<b>ChildServe</b>		  515-727-8750
Strategy Name	Goal or Desired Outcome	
Centralized Access	Help children and young adults with special healthcare needs and their families access timely, efficient, cost-effective, high-quality care by centralizing referrals and providing a single point of entry.	

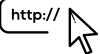

# Access to Care

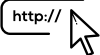

<b>Dallas County Health Department</b>		  515-993-3750
Strategy Name	Goal or Desired Outcome	
Health Navigation	Ensure county residents will have access to resources needed to meet their basic needs and help them overcome barriers to health.	

<b>Floyd Valley Community Health</b>		  712-546-3733
Strategy Name	Goal or Desired Outcome	
Resource Navigation home visits	Connect individuals in Plymouth County, IA with the resources they qualify for to allow them to stay in their home longer.	

<b>One Iowa</b>		  563-320-8711
Strategy Name	Goal or Desired Outcome	
LGBTQ Iowan Health Needs Assessment	Understand the inequities that LGBTQ individuals in the state face and correct any program One Iowa does to address said inequities.	

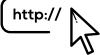

## Dental and Oral Health

<b>Infinity Health</b>		  641-446-2383
Strategy Name	Goal or Desired Outcome	
Adding dental clinic sites in SE Iowa	Increase the number of patients receiving complete dental care.	

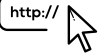
<b>Iowa HHS - Wellness &amp; Preventive Health/Oral Health</b>		  515-204-3450
Strategy Name	Goal or Desired Outcome	
Community Water Fluoridation	Increase the proportion of people served by community water systems with optimally fluoridated water.	





# Access to Care



<b>Iowa HHS - Wellness &amp; Preventive Health/Oral Health</b>	
  866-528-4020	
Strategy Name	Goal or Desired Outcome
I-Smile initiative	Connect Iowa children and families with dental, medical, and community resources to ensure a lifetime of health and wellness.
I-Smile Silver project	Connect Iowa adults in 10 counties with dental, medical and community resources for a lifetime of health and wellness.

<b>Medicaid Medicare CHIP Services Dental Association</b>	
Strategy Name	Goal or Desired Outcome
Oral Health Equity Self Assessment	Decrease oral health inequities by improving access to care.

<b>Oral Health Iowa</b>	
	
Strategy Name	Goal or Desired Outcome
Increasing access to dental providers in Iowa	Increase access to dental providers to ensure all Iowans have access to comprehensive oral health care.

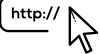

## Family Planning



<b>Iowa HHS - Family Planning Program</b>	
  515-321-8159	
Strategy Name	Goal or Desired Outcome
Title X family planning program	Ensure all individuals have access to a broad range of family planning and preventive health services.

<b>Prevent Child Abuse Iowa</b>	
  515-244-2200	
Strategy Name	Goal or Desired Outcome
Community Adolescent Pregnancy Prevention	Reduce pregnancy and sexually transmitted infections among youth ages 10-19, including subsequent pregnancies.

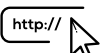
# Access to Care



## Health Care Access

<b>Iowa HHS - Human Rights Agency</b>		  515-343-6412
Strategy Name	Goal or Desired Outcome	
Youth Justice Council	Ensure youth in the juvenile justice system have access to the relevant and necessary health care (both physical and mental) that they need and ask for.	



<b>Wayne County Public Health</b>		  641-872-1167
Strategy Name	Goal or Desired Outcome	
Free, monthly health care clinic	Provide free health care to persons who are unable to afford it but need it.	

## Health Insurance

<b>Iowa ACEs 360</b>		
Strategy Name	Goal or Desired Outcome	
Health care coverage for new moms	Ensure new mothers will be able to maintain health coverage for the duration of the postpartum period (12 months after giving birth).	



<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>		  800-257-8563
Strategy Name	Goal or Desired Outcome	
Hawki - Healthy Well Kids in Iowa & Hawki Outreach	Assure all children have access to medical and dental health care coverage/homes.	



## Heart Disease and Stroke

<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>		  515-204-3284
Strategy Name	Goal or Desired Outcome	
Cardiovascular Health Program	Improve cardiovascular health in lowans at the highest risk of cardiovascular disease by identifying and addressing clinical and social needs through a network of clinical and community partners.	



# Access to Care



## Infectious Disease Prevention



<b>Iowa HHS - Center for Acute Disease Epidemiology</b>		  800-362-2736
Strategy Name	Goal or Desired Outcome	
CADE partnership with State Hygienic Laboratory	Detect and identify disease-causing pathogens early to inform public health recommendations and to reduce disease burden for Iowans.	

<b>Siouxland District Health Department</b>		  712-279-6119
Strategy Name	Goal or Desired Outcome	
Access to Immunizations	Increase access to immunization services by removing barriers.	

## Injury and Violence Prevention



<b>Happy at Home Consulting</b>		  515-635-4050
Strategy Name	Goal or Desired Outcome	
Access to Home Modifications for Living in Place	Decrease falls in older adults and individuals with disabilities.	



<b>Iowa Poison Control Center</b>		  712-279-3717
Strategy Name	Goal or Desired Outcome	
Increasing access to the Iowa Poison Control Center	Achieve the best outcomes for poisoned and overdosed patients.	



<b>Prevent Child Abuse Iowa</b>		  515-244-2200
Strategy Name	Goal or Desired Outcome	
Iowa Child Abuse Prevention Program	Help parents develop knowledge and skills, build social supports, and access community resources.	



# Access to Care

## Providers and Workforce

<b>Iowa CareGivers</b>	
  515-223-2805	
Strategy Name	Goal or Desired Outcome
Iowa CareGivers: "Go To Place" for those in Direct Care	Ensure an adequate supply of well-prepared, well-compensated, informed and empowered direct care workers who are equipped to meet the care and support needs of all Iowans.


<b>Iowa Community HUB</b>	
  515-635-1285	
Strategy Name	Goal or Desired Outcome
HUB Navigation Program	Improve identification, referral and enrollment into evidence-based community health promotion programs to advance health equity.


<b>Iowa HHS - Bureau of Policy &amp; Workforce Services</b>	
  515-229-3913	
Strategy Name	Goal or Desired Outcome
Primary Care Provider Loan Repayment Program	Provide assistance with the repayment of qualifying educational loans to eligible primary care medical, dental, and mental health practitioners.


<b>Iowa HHS - Iowa Health Care Workforce Initiative</b>	
  515- 954-9537	
Strategy Name	Goal or Desired Outcome
Strategic Planning and Stakeholder Engagement	Identify actionable solutions that would advance Iowa's health care workforce through input from local communities and health care workforce stakeholders.

<b>Iowa HHS - Iowa Rural Hospital Flex Program</b>	
Strategy Name	Goal or Desired Outcome
Improving core care transition measures	Increase in number of Critical Access Hospitals reporting Emergency Department Transfer Communication.



# Access to Care



<b>Iowa School Nurse Organization</b>		 319- 721-1769
Strategy Name	Goal or Desired Outcome	
Addressing school nurse shortages	Increase the number of Iowa school nurses so there is at least one full-time, registered school nurse in every building, every day, all day.	

<b>Primary Health Care, Inc.</b>		
Strategy Name	Goal or Desired Outcome	
The PHC Way	Reduce patients' wait time, ensure schedules are full and patients have needed access, and improve work-life balance among employees by finishing charting prior to going home.	

<b>University of Iowa Center for Disabilities and Development</b>		
Strategy Name	Goal or Desired Outcome	
Training health care providers	Increase health care providers' comfort level when caring for people with disabilities; which promotes preventative care, reduces disparities, and reduces implicit bias.	

## Transportation

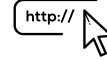
<b>Harrison County Home and Public Health</b>		  712- 644-2220
Strategy Name	Goal or Desired Outcome	
Transportation Services	Provide transportation to vulnerable populations to help them access health care and stay in an independent living situation as long as possible.	

<b>Iowa Department of Transportation</b>		  515- 233-7870
Strategy Name	Goal or Desired Outcome	
Public Transit Services	Support Iowa's public transit agencies in providing local public transit services with funding assistance and regulation interpretation.	

# Access to Care

## Vision Screening

### Iowa KidSight at the University of Iowa Children's Hospital



319-353-7616

Strategy Name	Goal or Desired Outcome
Increasing vision screening in children	Provide vision screenings in communities throughout Iowa to children 6 months of age through kindergarten at no charge to families.


\_\_\_\_\_ **End of Access to Care** \_\_\_\_\_



# Cancer

Organizations are also implementing a number of unique strategies to address Iowa's ever-growing rates of cancer. In addition to improving health outcomes by addressing inequities, organizations are working to decrease pesticide use, increase screening access and uptake, and more. Read on to learn how organizations in Iowa are fighting cancer.

## Connections to Other Plans



**Healthy People 2030**

The Cancer strategies outlined in this document directly relate to Healthy People 2030's "[Cancer](#)" and "[Tobacco Use](#)" goals and objectives.





## Explore Evidence-Based Strategies

To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative ([Cancer](#)) ([Tobacco Use](#)), [The Community Guide](#), and [County Health Rankings & Roadmaps](#).





# Cancer



## Comprehensive State Plan


<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>   515-204-7073	
Strategy Name	Goal or Desired Outcome
Iowa Comprehensive Cancer Control Program	Collaborate with the Iowa Cancer Consortium on the Iowa Cancer Plan to provide direction and support for those who want to work collectively to reduce the burden of cancer.


## Environment

<b>UNI Center for Energy &amp; Environmental Education</b>   319-273-5429	
Strategy Name	Goal or Desired Outcome
Good Neighbor Iowa	Reduce children's exposure to unnecessary pesticide use in public spaces by increasing county commitment to using ecological alternatives.

## Preventive Services and Screenings

<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>   866-339-7909	
Strategy Name	Goal or Desired Outcome
Care for Yourself: Breast & Cervical Cancer Program	Reduce breast and cervical cancer incidence and mortality rates by increasing screening rates among vulnerable Iowans.

<b>Polk County Health Department</b> 	
Strategy Name	Goal or Desired Outcome
Healthy Women Program	Provide free breast and cervical cancer screenings to women, trans men, and nonbinary people with uteruses, who are also uninsured or underinsured.

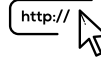
<b>Primary Health Care, Inc.</b> 	
Strategy Name	Goal or Desired Outcome
Colorectal Cancer Screening Navigation	Increased screening completion through the use of an RN Patient Navigator to provide education, patient logistic and social barriers, and ensure follow-up and completion.



# Cancer

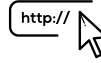
## Vaccinations

<b>Henry County Public Health</b>	
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>
HPV adolescent outreach	Increase HPV vaccination rate through an evidence-based announcement approach and semi-annual adolescent reminder recall.



319-385-0779

<b>Madison County Public Health</b>	
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>
Human papillomavirus (HPV) vaccines	Increase the number of individuals receiving the HPV vaccine.



515-462-9051

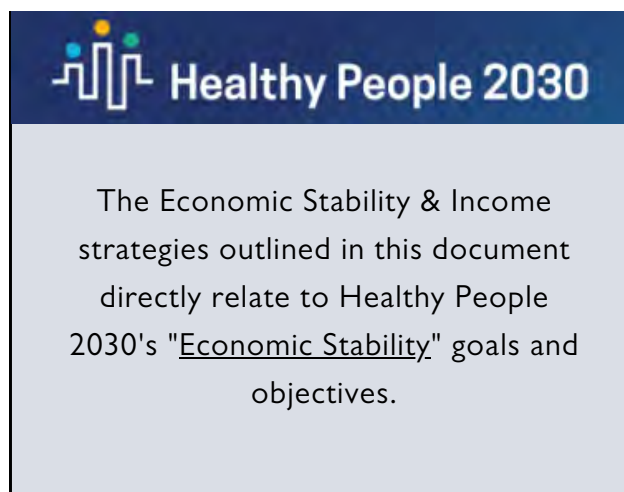
\_\_\_\_\_ **End of Cancer** \_\_\_\_\_



# Economic Stability & Income

Without economic stability, many families struggle to afford the resources and behaviors necessary to live a healthy lifestyle. Despite its complexity, addressing this priority is incredibly important as it removes one of the biggest barriers to good health. Read on to learn how Iowa-based organizations are generating change in Economic Stability & Income.

## Connections to Other Plans



The Economic Stability & Income strategies outlined in this document directly relate to Healthy People 2030's "Economic Stability" goals and objectives.



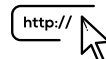
## Explore Evidence-Based Strategies

To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative and County Health Rankings & Roadmaps.



# Economic Stability & Income

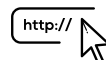
## Amani Community Services



319-232-5660

Strategy Name	Goal or Desired Outcome
Step-Up Program	Give clients skills to find and sustain safe housing and other community resources.

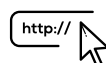
## Eastern Iowa Community Colleges - Muscatine



563-264-3863

Strategy Name	Goal or Desired Outcome
Fueling the Future	Help adults in low-income families (with children receiving weekend food subsidies) complete short-term training and get higher-paying jobs.

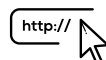
## Iowa CareGivers



515-223-2805

Strategy Name	Goal or Desired Outcome
A Comprehensive System to Build A Strong Direct Care Workforce	Develop a streamlined system and infrastructure that provides the state, policymakers, and stakeholders with accurate health workforce data and analysis.

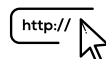
## Iowa Community Action Association



515-244-0328

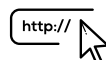
Strategy Name	Goal or Desired Outcome
Diaper distribution pilot program	Increase family economic stability and see long-term health benefits as a result of families having access to diapers.

## Iowa HHS - Human Rights Agency



Strategy Name	Goal or Desired Outcome
Programs for Latino lowans	Remove barriers for Latino lowans and bridge existing cultural, language and service gaps.

## Northeast Iowa Community Action Corporation



Strategy Name	Goal or Desired Outcome
Family Development and Self-Sufficiency Program	Improve the lives of families at risk of long-term welfare dependency or family instability by creating opportunities for self-sufficiency.

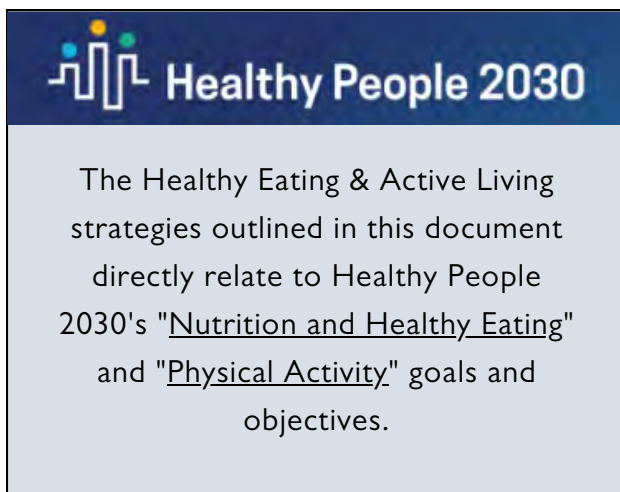
## End of Economic Stability & Income



# Healthy Eating & Active Living

Together, Healthy Eating & Active Living significantly impact an individual's health and well-being. Knowing this, the work in this priority area is quite expansive. Strategies focus on Alzheimer's Disease, breastfeeding, food access and security, and more. Read on to learn about these strategies and to identify connections with other organizations in Iowa.

## Connections to Other Plans



**Healthy People 2030**

The Healthy Eating & Active Living strategies outlined in this document directly relate to Healthy People 2030's "Nutrition and Healthy Eating" and "Physical Activity," goals and objectives.



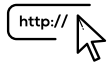
## Explore Evidence-Based Strategies



To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative (Nutrition and Healthy Eating) (Physical Activity), The Community Guide (Nutrition) (Physical Activity), and County Health Rankings & Roadmaps.





# Healthy Eating & Active Living

## Alzheimer's Disease and Related Dementias



Community Health Partners 	
Strategy Name	Goal or Desired Outcome
Unlocking Brain Fitness: Keys to Dementia Prevention	Assist older adults with incorporating new knowledge about lifestyle factors shown to reduce dementia risk, including the MIND diet and physical activity.

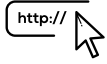

Story County Public Health   515-239-6730	
Strategy Name	Goal or Desired Outcome
Unlocking Brain Fitness: Keys to Dementia Prevention	Help individuals aged 55 and older engage in healthy living habits to include regular movement, the MIND diet, and staying mentally sharp.

## Breastfeeding

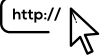

Iowa HHS - Women, Infants, & Children (WIC)   1-800-532-1579	
Strategy Name	Goal or Desired Outcome
Iowa Breastfeeding Strategic Plan	Maximize breastfeeding support and improve breastfeeding rates among all mothers in the state.

## Diabetes



Grace Fitness   515-661-3435	
Strategy Name	Goal or Desired Outcome
Diabetes Prevention Program	Educate people about knowing their risk factors and provide programming and services to help educate and improve health outcomes.


Iowa Community HUB   515-635-1285	
Strategy Name	Goal or Desired Outcome
National Diabetes Prevention Program (DPP)	Increase in multisectoral partnership networks with the capacity to activate all levers of the National DPP and reach priority populations.

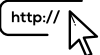
# Healthy Eating & Active Living

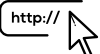
<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>   515-414-9408	
Strategy Name	Goal or Desired Outcome
Diabetes Prevention	Improve access to and participation in diabetes prevention programming.

## Dual Healthy Eating & Active Living Strategies

<b>Iowa HHS - Bureau of Chronic, Congenital &amp; Inherited Conditions</b>   515-371-7768	
Strategy Name	Goal or Desired Outcome
The Chronic Disease Self-Management Program	Offer adults with at least one chronic disease or condition (or a caregiver) the opportunity to attend a 6-week Chronic Disease Self-Management workshop.

<b>Iowa HHS - Bureau of Nutrition &amp; Physical Activity</b> 	
Strategy Name	Goal or Desired Outcome
SNAP-Ed	Teach people who are using or eligible for SNAP about good nutrition, how to make their food dollars stretch further, and the importance of being physically active.

<b>Iowa HHS - Bureau of Nutrition &amp; Physical Activity</b> 	
Strategy Name	Goal or Desired Outcome
5-2-1-0 Healthy Choices Count!	Increase physical activity and healthy eating through policy and environmental change in multiple community settings.

<b>Iowa Healthiest State</b> 	
Strategy Name	Goal or Desired Outcome
5-2-1-0 Healthy Choices Count!	Increase physical activity and healthy eating through policy and environmental change.

# Healthy Eating & Active Living

## Northeast Iowa Area Agency on Aging



800-779-8707

Strategy Name	Goal or Desired Outcome
Health & Wellness 365	Help older persons learn more about current nutrition information and encourage them to become more physically active.

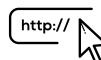
## Northeast Iowa Wellness & Recreation Center



563-864-9622

Strategy Name	Goal or Desired Outcome
Wellness and recreation center offerings	Increase the amount of people choosing healthy eating and an active lifestyle in the community.

## Primary Health Care, Inc.



515-248-1875

Strategy Name	Goal or Desired Outcome
Community Garden	Serve as a health laboratory for the Wellness Center - cooking, exercise (the walking path) - and provide a place for community and learning.

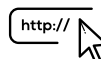
## Scott County Health Department



563-326-8618

Strategy Name	Goal or Desired Outcome
Community Transformation	Increase the number of communities or worksites that complete a CHANGE tool and adopt an environmental or policy recommendation.

## Tama County Public Health & Home Care



641-484-4788

Strategy Name	Goal or Desired Outcome
Coffee Talks	Provide each community in Tama County the opportunity to receive education on health topics (heart health, healthy eating, etc.), presented by a registered nurse from the agency.



## Wellmark, Inc.






Strategy Name	Goal or Desired Outcome
Healthy Hometown	Increase the number of lowans eating healthy and being physically active.


# Healthy Eating & Active Living



## Food Access and Security

<b>Catholic Charities Diocese of Des Moines</b>		  515-262-7290
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Food Pantry	Provide clients with food stuffs to assist with self-sufficiency.	

<b>Dickinson County Hunger Coalition</b>		
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Dickinson County Hunger Coalition	Ensure that all residents of Dickinson County have enough food for an active, healthy life.	

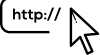

<b>DMARC- Des Moines Area Religious Council</b>		  515-277-6969
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
DMARC Food Pantry Network	Expand the variety and amount of healthy food to food-insecure individuals in the Des Moines area, through the DMARC network of pantry partners.	

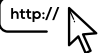
<b>Food Bank of Iowa</b>		
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
School pantry program	Ensure every school district within Food Bank of Iowa's service area will have an in-school pantry and every Des Moines Public School facility will have a pantry.	

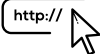

<b>Food Bank of Siouxland</b>		  712-255-9741
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Food distribution network	Distribute food to those experiencing food insecurity to help individuals and households recover from economic emergencies.	





# Healthy Eating & Active Living

<b>Iowa Department of Education</b>		  515-281-5294
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Summer Food Service Program (SFSP)	Provide nutritious meals and snacks to children and teens in low-income areas during the summer months when school is not in session.	

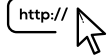

<b>Iowa HHS - Division of Aging and Disability Services</b>		
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Congregate and Home Delivered Meals	Support older lowans, lowans with disabilities age 18 and older, caregivers and veterans as they make informed decisions and exercise self-determination.	

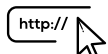
<b>Iowa HHS - Women, Infants, &amp; Children (WIC)</b>		  1-800-532-1579
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
WIC Outreach Plan	Improve enrollment in the WIC Program.	
WIC Online Ordering Pilot Projects	Create an equitable shopping experience for Women, Infants, and Children (WIC) participants through an online ordering and payment system.	



## Nutrition and Healthy Eating

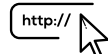
<b>Henry County Public Health</b>		  319-385-0779
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Garden Produce Drop-Off Locations	Increase access to free, fresh produce by encouraging home gardeners to drop off their extra produce at various locations around Henry County.	

# Healthy Eating & Active Living

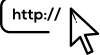

<b>Iowa Healthiest State</b>	
  515-650-6854	
Strategy Name	Goal or Desired Outcome
Double Up Food Bucks	Increase access to healthy fruits and vegetables for low income lowans receiving SNAP/EBT.
Produce Prescription	Increase access to fresh fruits and vegetables by prescribing fresh fruits and vegetables in the form of a financial incentive and nutritional education to patients and families.

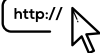

<b>Iowa Rural Health Association</b>	
	
Strategy Name	Goal or Desired Outcome
Advancing overall community health	Expand access to healthy foods in designated local communities.

<b>ISU Extension and Outreach - SNAP-Ed and EFNEP Programs</b>	
  515-294-3554	
Strategy Name	Goal or Desired Outcome
Food pantry coaching	Make healthy choices easier for food pantry clients.
SNAP-Ed and EFNEP nutrition education	Make healthy choices easier for lowans with low income.
Growing Together Iowa	Increase access to fruits and vegetables in Iowa food pantries.

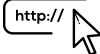

<b>ISU Extension and Outreach - Nutrition Childcare Team</b>	
	
Strategy Name	Goal or Desired Outcome
Childcare nutrition trainings for the IQ4K certification	Improve the food and nutrition knowledge and awareness of childcare providers in Iowa.

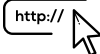
# Healthy Eating & Active Living

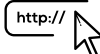

<b>Knock and Drop Iowa</b>		  515-443-6349
Strategy Name	Goal or Desired Outcome	
Culturally-specific foods	Provide healthier foods to families (instead of canned goods and boxed food).	

<b>UNI Center for Energy &amp; Environmental Education</b>		  319-273-5429
Strategy Name	Goal or Desired Outcome	
A Garden in Every Lot	Increase access to fresh produce in Black Hawk County with at least 100 new gardens installed in 2023.	

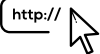

## Physical Activity and Active Living

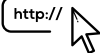

<b>Aging Resources of Central Iowa</b>		  515-255-1310
Strategy Name	Goal or Desired Outcome	
Evidence-based health promotion	Improve consumers' strength, balance, mobility and range of motion to enable them to continue to live independently.	

<b>Arthritis Foundation Iowa</b>		
Strategy Name	Goal or Desired Outcome	
Walk with Ease	Help older adults establish healthy patterns of physical activity.	

<b>Henry County Public Health</b>		  319-385-0779
Strategy Name	Goal or Desired Outcome	
Outdoor activity stencils	Increase physical activity among children in non-traditional settings by using activity stencils to encourage movement.	

# Healthy Eating & Active Living

<b>Iowa Community HUB</b>		  515-635-1285
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Walk With Ease	Increase the number of individuals enrolled in the Walk with Ease Program.	

<b>Iowa Department of Transportation</b>		  515-233-7733
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Continued Update of Trails Database	Develop a statewide trails map.	


————— **End of Healthy Eating** —————  
**& Active Living**



# Housing

The location, safety and stability of one's housing has a direct link to their health ([source](#)). Fulfilling this basic need is vital to improving the health of our state. Read on to learn how organizations in Iowa are addressing Housing as a priority area.

## Connections to Other Plans



**Healthy People 2030**

The Housing strategies outlined in this document directly relate to Healthy People 2030's "[Housing and Homes](#)" and "[Neighborhood and Built Environment](#)" goals and objectives.

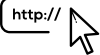



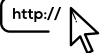

## Explore Evidence-Based Strategies

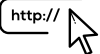

To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative ([Housing and Homes](#)) ([Neighborhood and Built Environment](#)) and County Health Rankings & Roadmaps ([Housing and Transit](#)) ([Community Safety](#)).

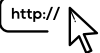



# Housing

<b>Eastern Iowa Regional Housing Authority</b>		  563-556-4166
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Affordable housing	Provide decent, safe and affordable housing to those at or below 80% of the county median income (CMI).	

<b>Iowa HHS - Tobacco Use Prevention &amp; Control</b>		  515-393-1340
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Smoke Free Homes	Reduce exposure to secondhand and thirdhand smoke by increasing the number of smoke free housing properties throughout Iowa.	

<b>Northeast Iowa Community Action Corporation</b>		  563-387-4917
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Affordable Housing	Provide safe and affordable housing to seniors, individuals with disabilities and individuals and families with limited resources.	

<b>The Salvation Army Capital Area Coordination Office</b>		  515-282-3599
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Material Assistance for those facing eviction	Provide financial and counseling support so families and individuals can remain self-sufficient.	


**End of Housing**



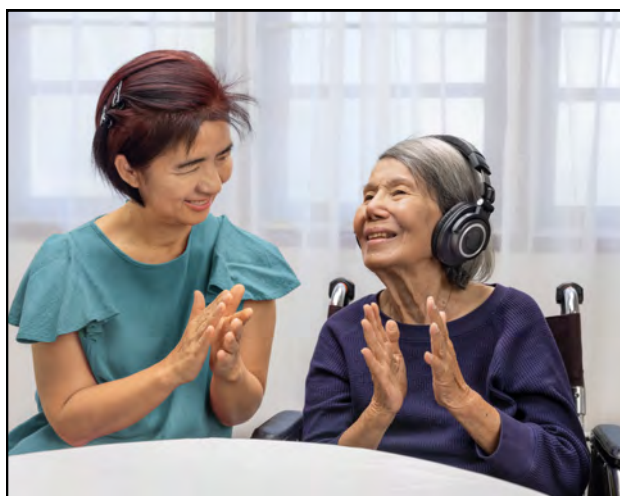
# Mental Health & Mental Disorders

Poor mental health and mental disorders impact thousands of Iowans each year. "Individuals, both diagnosed and undiagnosed, with mental illness are those around us – our neighbors, our friends, family and co-workers" ([source](#)). To address this priority area, organizations in Iowa are increasing access to treatment, reducing stigma and more. Read on to learn about these initiatives and to build connections with other Iowa-based organizations.

## Connections to Other Plans



The Mental Health & Mental Disorders strategies outlined in this document directly relate to Healthy People 2030's "[Mental Health and Mental Disorders](#)" goals and objectives.





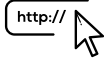

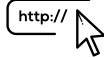
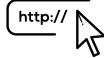

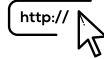

## Explore Evidence-Based Strategies

To find additional inspiration in this priority area, explore evidence-based strategies published by the [Healthy People 2030 Initiative](#), [The Community Guide](#), and [County Health Rankings & Roadmaps](#).



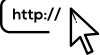

# Mental Health & Mental Disorders

## Access to Care



<b>American Foundation for Suicide Prevention</b>		  515-508-0195
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Interactive Screening Program (ISP)	Connect individuals to mental health services before crises emerge using a web-based program.	
<b>CG Public Health</b>		  641-421-9330
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Workplace Mental Health Coalition	Offer resources to community employers in order to support the mental health and well-being of their employees.	
<b>Community Health Partners</b>		
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Home Visitation and Care Coordination	Equip families with parenting attachment skills and knowledge on how to access both physical and mental health resources.	
<b>Creative Counseling Group, PLC</b>		  319-200-1022
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Outpatient mental health counseling	Provide quality outpatient mental health care to individuals, couples, and families in the community while promoting provider health and well-being.	
<b>Orchard Place</b>		  515-263-2632
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
MH Walk In Clinic at UPH for children and adults	Ensure immediate access to mental health assessment and resources when someone is in a mental health crisis and not able to see a provider or is unattached to the provider network.	

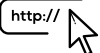



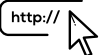

# Mental Health & Mental Disorders

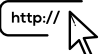
<b>Siouxland Community Health Center</b>		  712-252-2477
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Walk-in appointments	Open access to mental health care when the patient is ready.	

## Awareness, Education and Reducing Stigma

<b>Iowa Healthiest State</b>		  515-650-6854
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Make it OK	Reduce stigma by starting conversations and increasing understanding about mental illness.	


<b>Iowa HHS - Human Rights Agency</b>		  515-343-6412
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
State of Iowa Youth Advisory Council	Educate the Governor, General Assembly and state-level decision makers about issues impacting youth and desired solutions.	

<b>Prevent Child Abuse Iowa</b>		  515-244-2200
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Connections Matter	Build protective factors that increase individual and community resilience through education on adverse childhood experiences (ACEs), trauma, and the value of social supports.	


<b>UNI - Counseling Center</b>		
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Enhancing a Culture of Care suicide prevention	Reduce mental health stigma and increase help-seeking behaviors to improve students' sense of belonging.	


# Mental Health & Mental Disorders

## Brain Injuries



Iowa HHS - Brain Injury Services Program 	
Strategy Name	Goal or Desired Outcome
Screening for a lifetime history of brain injury	Increase incorporation of brain injury-informed strategies in person-centered plans.


## Providers and Workforce

Early Childhood Iowa 	
Strategy Name	Goal or Desired Outcome
Infant and Early Childhood Mental Health Competencies	Increase the competencies of the workforce in the early childhood system to improve data collection, family support, and connection to mental health services.

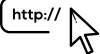

Iowa Primary Care Association 	
Strategy Name	Goal or Desired Outcome
Behavioral Health Work Group and Behavioral Health Project ECHO	Amplify local capacity of health care staff across the state of Iowa and de-monopolize knowledge to provide best practice care for underserved people through Project ECHO.

## Suicide Prevention

American Foundation for Suicide Prevention   515-508-0195	
Strategy Name	Goal or Desired Outcome
The Bold Goal	Reduce the suicide rate by 20% by 2025.

Iowa Department of Corrections 	
Strategy Name	Goal or Desired Outcome
Providing mental health care to those incarcerated	Reduce self harm, suicidal ideations, and suicide attempts of those incarcerated.

# Mental Health & Mental Disorders

<b>Iowa HHS - Bureau of Substance Abuse</b>		  515-314-0118
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>	
Zero Suicide Iowa Initiative	Improve the care and outcomes of individuals ages 25 years and older at risk for suicide.	

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## End of Mental Health & Mental Disorders

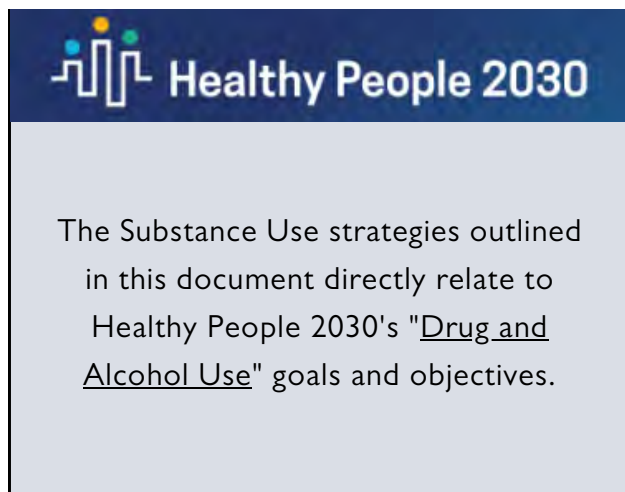
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# Substance Use

Iowa has made great strides in addressing Substance Use among those in our state. However, this priority area remains a large public health concern, especially as new challenges continue to arise (i.e. vaping). Read on to learn more about organizations' efforts to address Substance Use in Iowa.

## Connections to Other Plans



The Substance Use strategies outlined in this document directly relate to Healthy People 2030's "Drug and Alcohol Use" goals and objectives.



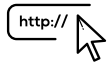

## Explore Evidence-Based Strategies

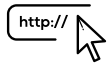
To find additional inspiration in this priority area, explore evidence-based strategies published by the Healthy People 2030 Initiative and County Health Rankings & Roadmaps (Alcohol and Drug Use) (Tobacco Use).







# Substance Use



## Drug and Alcohol Use

<b>Iowa HHS - Bureau of Emergency Medical and Trauma Services</b>   515-608-9162	
Strategy Name	Goal or Desired Outcome
First Responder Addiction & Recovery Program	Connect people to services after overdose and distribute naloxone free of charge to participating EMS service programs.



<b>Iowa HHS - Bureau of Substance Abuse</b> 	
Strategy Name	Goal or Desired Outcome
Expanding availability of naloxone in Iowa	Reduce the number of deaths involving opioids by making naloxone more readily accessible.



<b>Iowa Dept. of Public Safety - Governor's Traffic Safety Bureau</b>   515-725-6120	
Strategy Name	Goal or Desired Outcome
Impaired Driving Task Force	Consider and implement recommendations received as a result of a National Highway Traffic Safety Administration-facilitated Impaired Driving Program Assessment.

<b>Iowa Dept. of Public Safety - Office of Drug Control Policy</b>   515-805-4115	
Strategy Name	Goal or Desired Outcome
Deflection & Pre-Arrest Diversion to Treatment	Increase Iowans' timely access to substance use disorder treatment through greater use of pathways that offer an accountable alternative to incarceration.
Prescription Drug Take Back	Reduce the amount of unused medications susceptible to diversion and misuse by Iowans.



<b>Iowa Office of the State Medical Examiner's Office</b>   515-326-5703	
Strategy Name	Goal or Desired Outcome
Overdose Data to Action (OD2A)	Collect data from all 99 counties on accidental fatal drug overdoses and utilize the data to inform prevention and response efforts.



# Substance Use



<b>VBC SAFE &amp; LC The Best You Coalitions</b>	
  319-293-2579	
Strategy Name	Goal or Desired Outcome
Merchant Alcohol Training & Compliance Checks	Ensure that underage community members do not have access to alcohol through retail outlets.
Policy Work to address Marijuana Business Zoning	Provide places for marijuana businesses to be located in our communities that do not allow youth access to them or to be influenced by them.

<b>Wright County Public Health</b>	
  515-532-3461	
Strategy Name	Goal or Desired Outcome
Opioid Reduction Task Team (ORTT)	Provide access to services to reduce opioid misuse and increase Narcan accessibility, education on its use, and recognition of abuse or overdose.

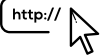

## Tobacco and Nicotine Use

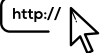

<b>CG Public Health</b>	
  641-421-9329	
Strategy Name	Goal or Desired Outcome
Tobacco & Nicotine Prevention	Reduce the percentage of students using tobacco and/or nicotine.

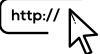

<b>Iowa HHS - Tobacco Use Prevention and Control</b>	
  515-393-1340	
Strategy Name	Goal or Desired Outcome
Community Partnerships	Fund contractors in all 99 counties across Iowa to maintain local level tobacco prevention and control experts to decrease tobacco and nicotine use through education and support.

<b>Iowa HHS - Tobacco Use Prevention and Control</b>	
  515-281-6225	
Strategy Name	Goal or Desired Outcome
Comprehensive Tobacco and Nicotine Free Policies	Reduce exposure to secondhand and thirdhand smoke and electronic smoking device aerosols through education and implementation of voluntary tobacco and nicotine free policies.

# Substance Use

<b>Iowa HHS - Tobacco Use Prevention and Control</b>	
  515-393-1340	
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>
ISTEP	Decrease the number of young Iowans using tobacco products by changing the social attitude, raising awareness through education, counter-marketing, and supporting cessation.

<b>Iowa HHS - Tobacco Use Prevention &amp; Control</b>	
  800-784-8669	
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>
Quitline Iowa	Educate on the negative health consequences of using tobacco and nicotine products; and increase awareness and education on Quitline Iowa, which ultimately leads to increased enrollments.

<b>Iowa HHS - Tobacco Use Prevention and Control</b>	
  888-944-2247	
<b>Strategy Name</b>	<b>Goal or Desired Outcome</b>
Smokefree Air Act	Eliminate exposure to secondhand smoke and aerosols in public areas by implementing voluntary policies and educating on the importance of including alternative products in the Smoke Free Air Act.

## End of Substance Use



# Acknowledgments

The Healthy Iowans Team would like to extend our thanks to the organizations who submitted strategies to be included in this document. Although Healthy Iowans is coordinated by Iowa HHS, it is not the government's plan. It is the people's. Healthy Iowans would not be possible without your contributions.

**Thank you.**

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## Connect With Us

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