

**Mercy Medical Center – Sioux City, IA &
Dunes Surgical Hospital – Dakota Dunes, SD
Addendum to the
Siouxland Community 2016 – 2018 Community Health Needs Assessment**

The Siouxland Community Health Needs Assessment (CHNA) was developed collaboratively by four organizations: Dunes Surgical Hospital, Mercy Medical Center – Sioux City (Mercy), Siouxland District Health Department, and UnityPoint Health –St. Luke’s. The Siouxland District Health Department serves Iowa residents from Woodbury County while the three hospitals’ service area includes the same additional Nebraska and South Dakota counties surrounding Woodbury County. Each collaborative partner on the development committee is required to meet additional specific requirements in order to obtain their governance approval. The *Trinity Health Community Health Needs Assessment Guide* “Toolkit” provides a format that enables each RHM to conduct and document a CHNA in compliance with IRS CHNA standards for tax-exempt hospitals. The guide indicates that RHMs may collaborate with community partners to assist with data collection and obtaining community input. Relevant sections of the CHNA developed by the community assessment process can be used by Mercy, but needs to supplement the document to produce a CHNA that conforms to Trinity Health’s CHNA Guide’s format requirements. Therefore, this addendum provides supplemental information to the CHNA recently developed for the communities served by Mercy.

The following paragraphs address elements of the **Trinity Health CHNA Checklist, Exhibit 9**, not specifically covered in the community developed CHNA. See **Attachment A**.

1 - Introduction

See **Attachment B**, Summary of 2013 CHNA

2 - Community Served

3 - Process and Methods Used

4 - Collaborative Partners

All elements documented in CHNA

5 - Community Input

6 – Significant Community Health Needs

See **Attachment C**, Community Health & Well-Being Initiatives

7 – Authorized Body Adoption

The CHNA and Addendum will be presented to Mercy Health Center Board for approval in January 2016 and to the Dunes Surgical Hospital Board in February 2016.

8 – Made Widely Available to Public

Copies of the CHNA are available from any of the collaborative partners Planning/Finance Departments or on their respective websites. The public can go to <http://www.mercysiouxcity.com/community-benefit> and print the document and/or contact Mercy by clicking on the “contact us” link on the lower left hand corner of the website.

Sioux City RHM - Mercy Medical Center & Dunes Surgical Hospital

RHM Name:

CHNA Checklist Instructions:

- 1.) Enter the page number to where the item resides in the CHNA in the blue section below for questions 1-6.
- 2.) Answer yes or no for questions 7 & 8 in the blue section.
- 3.) Enter the date adopted by the Board and complete the Signature Certification.
- 4.) Submit this signed form and the completed CHNA to Rachael Griffith (grifffrac@trinity-health.org)

Requirements for the CHNA	Page Number	Notes
Introduction		
Individual cover page for each hospital, with logo	Cover Page & Addendum	
Mission statement	3	
Summary of the previous CHNA	Addendum	Attachment B
Executive summary, including significant health needs identified	3-4	
Date CHNA was adopted by Board	Addendum	Mercy Medical Center - January 2016 Dunes Surgical Hospital - February 2016

Community Served		
Geographic area served, including a map	3 & 5	
How the population served was identified	5 - 6	Over 75% of Mercy and Dunes patients originate from area
Demographics of population	5 - 6	
Health facilities owned/operated by RHM	3	
Services provided	3	

Process and Methods Used		
The data used, including sources	7, 23 - 31	Meets requirement for Trinity Health, Exhibit #6
County Health Rankings for service area	8 - 12	Meets requirement for Trinity Health, Exhibit #4
Methods used to collect and analyze the data	7	
Description of any parties collaborated with or contracted/hired for assistance	3 - 4	

Collaborative Partners		
List and description of community partners	3	

Community Input		
State, local, tribal, regional or other health department (provide organization name)		Siouxland District Health Dept & UnityPoint - St. Luke's
Method used to solicit input	3 23	Participates of CHNA Committee
How the hospital took into account input, including identifying and prioritizing significant health needs	3, 7, 9 - 12	
A summary of the input received	24-30	
Approximate date or time period input was provided	3, 7	January 2015 - August 2015
Members or representatives of medically underserved, low-income, and minority populations and who they represent (provide organization name - if applicable)	23	List of organizations and population served
Method used to solicit input	7	
How the hospital took into account input, including identifying and prioritizing significant health needs	7-12	
A summary of the input received	13-20	
Approximate date or time period input was provided	3, 7	

Attachment A
Trinity Health Exhibit 9, page 2

Other persons who represent the broad interests of the community		Healthy Siouxland Initiative - Community Organizations
Method used to solicit input	7, 23	Monthly HSI meetings List of organizations
How the hospital took into account input, including identifying and prioritizing significant health needs	7	
A summary of the input received	24-30	
Approximate date or time period input was provided	7	January 2015 - August 2015
Written comments received on prior CHNA & Implementation Strategy		Diversity/Inclusion Committee of Mercy Board
Method used to solicit input	Addendum	Quarterly Board Committee meetings Annual Community Benefit Ministry Report
How the hospital took into account input, including identifying and prioritizing significant health needs	Addendum	Quarterly Board Committee meetings Participation in HSI meetings
A summary of the input received	Addendum	Quarterly Board Committee meeting minutes on file Attachment C
Approximate date or time period input was provided	Addendum	Quarterly Board Committee meetings Annual Community Benefit Ministry Report

Significant Community Health Needs		
Prioritized description of all the significant health needs identified through the CHNA.	7	
Process and criteria for identifying and prioritizing these significant needs	7	
Potential resources to address significant health needs, only if known or identified in the course of the CHNA process.	13-19	
Evaluation of the impact of any actions taken to address significant health needs identified in prior CHNA.	Addendum	Attachment C


Authorized body adoption		
If a single CHNA was conducted for more than one RHM facility, an authorized body from EACH facility must adopt the CHNA	Addendum	Mercy Medical Center - Sioux City, IA Dunes Surgical Hospital - Dakota Dunes, SD

Made Widely Available to Public		
Posted on hospital facility's website and remain there through 2 subsequent CHNA cycles (Provide the URL in notes)	Website	http://www.mercysiouxcity.com/community-benefit
Paper copies available at hospital facility.	Mercy Planning Department	
Contact information (address, email, etc.) to solicit public feedback on this CHNA	Addendum	Contact Mercy by using the "contact link" on the website

Note: these requirements are from the Final IRS regulations published in December 2014.

Enter date adopted by the governing Board or body authorized by the governing body. January 20, 2016


We certify that the Community Health Needs Assessment was prepared in accordance with the December 2014 final regulations under IRC Section 501(r)(3) and is complete and accurate to the best of our knowledge:



David Smetter, VP Communications & Community Development
Community Benefit Ministry Officer (CBMO)

1/8/16


Date



James G. Fitzpatrick, President & CEO
Mercy Medical Center - Sioux City, IA

1/8/16

Date



Greg Miner, CEO
Dunes Surgical Hospital - Dakota Dunes, SD

1/8/16

Date

TABLE D

Community Health Needs Assessment Summary of Findings	
<i>Access to Health Services</i>	<ul style="list-style-type: none"> • Need for primary care providers in Buena Vista, Cherokee, Ida, and Plymouth counties in Iowa and Dakota County in Nebraska • Preventable hospital stays in Monona and Thurston counties • High number of uninsured adults in Dakota County
<i>Clinical Preventive Services</i>	<ul style="list-style-type: none"> • Low adult colorectal cancer screenings • Adults with hypertension • Adult diabetic population • Children immunizations aged 19 to 35 months. (<i>Who receive the recommended doses of diphtheria, tetanus, and pertussis (DTaP); polio; measles, mumps, and rubella (MMR); Haemophilus influenzae type b (Hib); hepatitis B; varicella; and pneumococcal conjugate (PCV) vaccines</i>) • Low mammography screenings for Ida, Dakota and Thurston counties • Low number of diabetic screenings in Thurston County • Dental need
<i>Nutrition, Physical Activity and Obesity</i>	<ul style="list-style-type: none"> • Overall Health Behaviors including a lack of physical activity with focus in Woodbury County • Limited access to healthy food and high access to fast food • Concern about nutrition, obesity, overweight populations (adults and children)
<i>Maternal, Infant and Child Health</i>	<ul style="list-style-type: none"> • Prenatal care and preterm births
<i>Mental Health</i>	<ul style="list-style-type: none"> • Needs relating to mental illnesses, emotional and mental well-being, and needs relating to specific disorders. This intersects with Health Infrastructure since it includes needs such as a lack of mental health providers, limited availability of services and the ability to meet mental health needs.
<i>Reproductive and Sexual Health</i>	<ul style="list-style-type: none"> • Sexually active females between 15 and 44 years who received reproductive health services in the past 12 months • Sexually transmitted infections • Teen birth rates in Woodbury, Dakota and Thurston counties
<i>Substance Abuse</i>	<ul style="list-style-type: none"> • Substance Abuse/Drug and Alcohol Use
<i>Social Determinants</i>	<ul style="list-style-type: none"> • Children living in single-parent households • Children in poverty for Monona and Woodbury counties • Inadequate social support in Dakota County • Parenting skills in Plymouth County
<i>Tobacco</i>	<ul style="list-style-type: none"> • Adult smoking for Woodbury County

Community Health & Well-Being Initiatives

In FY2014, Mercy Medical Center – Sioux City (Mercy) provided Programs for the Poor valued at \$3,075,000 and programs for the Broader Community valued at \$3,786,350. In FY2015, Mercy provided Programs for the Poor valued at \$3,297,700 and programs for the Broader Community valued at \$3,982,850. Information about some of the programs is provided in the following paragraphs.

Access to Health Services

To reduce the number of people who are uninsured in the Siouxland communities, Mercy has conducted the events listed below.

Community Benefit/ Events to sign people of for the insurance exchanges	People exposed
Gomez Rodeo Sept. 20	500
Family Health Care of Siouxland Health Fair Oct. 10	100
Winnebago Tribe Wellness Fair Oct. 21	200
Briar Cliff University Health Fair Oct. 22	400
Community Action Agency Health Fair Oct. 15	300
Mercy Medical Center "Mercy Rock" Job Fair Oct. 14	300
Sioux City Journal Community Health Fair Oct. 20	500
Catholic Ministries Conference Oct. 28	500
Western Iowa Tech Community College Health Oct 29	200
Northeast College Family Day Dec. 1	200
Virgen De Guadalupe Event Dec. 1	<u>500</u>
	3,700

Population health/health coaches: The clinic health coaches focus on 4 main interventions.

- 1) Education – To provide follow up care for patients after hospitalizations with the goal to reduce the number of patients readmitted to the hospital by providing them with transitions of care. The goal of the transitions of care program is to provide patients with the education they need to understand their follow up care, identify any red flags that may arise so the patient understands what to do when that happens, ensure understanding of discharge instructions, make sure the patient has a follow up appointment with her primary care provider (providing continuity of care) and medication reconciliation.
- 2) Medicare Wellness Visits – The health coaches work with Medicare patients to assure they have the medications prescribed to them, coordinate care with respective health care providers, assure necessary lab work and procedures are scheduled all while educating the patient and family about the patient's health conditions. This provides patients with a baseline of their current health and helps their provider to be current on any of the patient's health conditions to better care for the patient.
- 3) Motivational Interviewing – During a motivational interviewing session health coaches work with individuals to identify ways they can improve their health and assist them with setting manageable goals. The program plans to expand into additional patient populations in 2016 to continue to improve the overall health of the patient population, to reduce the cost, and improve the quality of care provided to the patients Mercy serves.
- 4) Closing gaps – To improve quality measures the coaches utilize various reports, provided by Mercy's data analyst, to ensure patients are receiving necessary preventative and chronic services to maintain their current health state/improve their health status.

Clinical Preventive Services

Community Education Classes and Screenings include the following programs:

Passport to Health: A free membership program that entitles its members to free or discounted screenings and programs, such as cardiovascular screenings free of charge or at a reduced rate: yearly free cholesterol screen, carotid artery ultrasounds, abdominal-aortic ultrasounds, peripheral leg artery ultrasound, blood pressure, BMI. Members also receive regular mailings and/or emails about upcoming health screenings or health education opportunities.

Heart expo: A free health educational event for the public. Free carotid mini-screen, presentations by Mercy's cardiologist and an open heart simulation. This free yearly event encourages the community to learn about heart health via a free mini seminar conducted by Mercy cardiologists.

Osteoporosis Screenings: Bone density heel test provided to the community at a variety of events.

Cancer screenings: Mercy partnered with various agencies in the community to provide free or low cost screenings for oral head and neck cancer; colon cancer; and skin cancer.

Mercy 101 Series: A free health education series of presentations on various health care issues. A variety of topics were discussed by specialty physicians and hospital departments including dermatologist, allergist, cardiologist and sleep experts.

Friends and Family CPR: Community based class focused on parents, grandparents, babysitters and other community members interested in learning how to save a life. The course taught the lifesaving skills of adults Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. Skills are taught in a small group environment (6 people maximum) by using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Participants received a student manual and participation card.

Dental Health: Mercy provides funds to the Siouxland Community Health's dental health program for patients in need.

Nutrition, Physical Activity and Obesity

Kidshape 2.0 Program: The Kidshape 2.0 program is an effective family based pediatric weight management program based on research collected over 60 years of working with families with overweight obese youth that was started by St. Mary's Hospital (Trinity) in Pennsylvania. Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

Kidshape 2.0 was created to provide innovative solutions to Health Care Providers wanting to combat childhood nutrition/obesity. This is not a diet. It is a positive lifestyle program, empowering families to live a more positive lifestyle in the body, spirit & mind. Not simply focusing on healthy food & activity choices but also focusing on healthy activities that foster improved mental wellness & self-esteem. The following activities are just some of the successful tools being used to implement the program.

- Interactive games entertaining & engaging physically (Conducted by a Physical Education Instructor). Family based requiring at least one parent to attend (recommended all the family attend)
- Cooking demonstrations & Nutrition Education (Conducted by a Registered Dietitian)
- Reducing screen time (not only TV but any video hand held devices)
- Cognitive behavior / Mindful eating awareness of what is being consumed.

The first trial program was initiated at Liberty Elementary School (16th and Rebecca) with 10 families participating and ran this past March through April (restarts this Sept). It is a 2 hour 8 week program. Plans are to keep doubling that number in years two and three and expanding the program to 2 additional schools.

In addition, exercise and nutrition opportunities will be made available to youth from lower income families for extracurricular programs, velocity, youth sports and camps, city programs and club/gym memberships and sponsorships for baseball complex and Riverside soccer fields along with Miracle League of Sioux City, a new softball, baseball complex for wheel chair bound youth and other disabilities.

Community Stakeholders include the following organizations: Mary Treglia, Iowa Workforce Development, South Sioux City Schools, City of North Sioux City, South Sioux City Schools, Community Action Agency, Catholic Charities, Boys Club, Girls, Inc. Sanford Center, Northeast Nebraska Community College, Human Rights Commission, Convoy of Hope, Winnebago and Omaha Tribes, Camp Goodwill.

Maternal, Infant and Child Health

Childbirth Preparation Classes: The childbirth preparation class was taught by a certified childbirth educator to prepare the expectant mother and her labor coach for the baby's arrival. This class includes information regarding breast feeding, what to expect during labor, how to manage pain, possible changes to the plan of birth, free lunch, giveaways and a tour of the Mercy Family Birth Center.

Daddy Boot Camp: This class is a unique father-to-father, community based workshop that inspired and equips men of different economic levels, ages and cultures to become confidently engaged with the infants, support their mates and personally navigate their transformation into dads. The program is a nationwide program validated by research and has also been named a best practice by many organizations that consider it an exceptional means of supporting dads-to-be and fostering behaviors that greatly benefit children. The national program is taught by local dads with Daddy Boot Camp training. The program has graduated more than 325,000 men nationwide making it the nation's largest program for new fathers.

Childbirth Refresher: Individual attention to those persons becoming parents again.

Sibling Preparation: A complimentary session for children to assist in preparing to become a big brother or big sister.

Home Alone Safety: A class offered to children age 8-12 focused on safety. This class focused on children who were staying home for the first time, or were still a little nervous about being home alone, the skills necessary to be safe and confident about what to do when their parents are not home. Some of the topics included: walking home from school and personal safety, basic first aid; fire and storm safety; kitchen safety; and answering the door and telephone.

Babysitting Class: This class was taught to children aged 11-15 by a Red Cross certified babysitting instructor. The class covered basic childcare, leadership skills, bedtime, how to handle difficult behaviors and safety. Hands on practice with scenarios were provided. Participants were also instructed on what to do for a conscious choking infant and child and emergency care and first aid. Each participant received their own mini first aid kit, book and CD.

Kids safe Event: The Child Advocacy Center at Mercy worked with local agencies to develop and hold a yearly Safety event for children in the community. More than 30 vendors provided education and activities for kids of all ages. A car seat safety check provided by certified child passenger safety technicians, smoke house tours by the Sioux City Fire Rescue and public safety vehicle displays including a fire truck, helicopter, police car and ambulance were also present.

Car Seat Safety Checks: Child Advocacy Center Staff provided Safe Kids Car Seat Checks at various locations within Siouxland.

Light a Child's Life: Free parenting classes provided upon request. Classes also provided for children of divorce.

Breastfeeding Class: This class is taught by a board certified lactation consultant for post-partum women and their support persons about basic, successful breastfeeding techniques and information. New mothers are advised to bring their newborns along for hands on help with breastfeeding.

Mental Health and Substance Abuse

To improve the continuum of care for persons with mental health/behavioral health needs, with a shift to increased utilization of outpatient services, Mercy is partnering with the Siouxland Mental Health Center, Jackson Recovery, Siouxland Community Health Center for mental health coordination in the emergency departments of both Mercy and Unity Point-St. Luke's. Providing funds for "barrier removal" account to be used by care coordinator. The community partners are planning for the development of a community detox center for alcohol and substance abuse and social detoxification. Also see housing initiative under Social Determinants of Health.

REAP Program: R.E.A.P. is a justice program designed for any offender who operated a motor vehicle while under the influence of alcohol or any other drug. By exposing offenders, first-hand, to the consequential realities of operating a motor vehicle while intoxicated, the program teaches: what it is to be treated as a traffic trauma victim at a major hospital trauma center; what are the longer-term experiences of a traffic injury victim, such as paraplegic or quadriplegic; the reality of death at a morgue; the feelings of the families of the fatality victims of alcohol-related traffic crashes. Offenders also tour Mercy's Trauma Center, Rehabilitation Center and Intensive Care Unit.

Child Advocacy Center Education Coordinator: This position provides education regarding alcohol and drugs to Siouxland's youth throughout the community including in various classrooms, in driver's education classes, and at various community events via numerous different specific programs. These programs include "Pharm parties", abuse of over the counter medications, prescription drug abuse, marijuana education and debunking of marijuana myths; binge drinking; addiction and the human brain; the dangers of Caffeine-Spiked Energy drinks; dangers of performance enhancing drugs; mixing alcohol and sex; tobacco use; inhalant abuse; dangers of synthetic marijuana; dangers of bath salts; online safety/ "sexting"; distracted driving; and bullying.

Reproductive and Sexual Health

Fertility Clinic: Mercy Fertility Care Services is an all-natural system of understanding and monitoring a woman's fertility and gynecological health using the Creighton Model Fertility Care System and NoPro Technology. The Fertility Care Services teach women to understand their cycle by observing changes in their body, then charting these biological markers on a monthly basis. NaPro Technology is an emerging science that addresses procreative and gynecologic health problems naturally.

Social Determinants

Living Environment

Housing: The lack of affordable housing units in the Sioux City and surrounding communities is impacting low income families to a level never seen before. A critical issue is a high number of construction projects in the area and the lack of landlords who accept federal housing vouchers. The largest construction project, CF Industries, is a \$2 billion dollar fertilizer plant in the area with up to 2,000 workers on site for the next three years, with a large number of permanent employees when the project is completed. In addition, there was the recent announcement of a 264 million dollar Pork Plant with as many as 1,100 employees when completed.

This influx of workers has caused housing unit rent to skyrocket along with reducing the number of units on the market. Landlords do not want to take HUD Section 8 vouchers when they can rent at much higher rates. Units that are occupied by Section 8 recipients are seeing people and families "doubling up". Problems in those units, like bad wiring, insects and poor air quality are not being reported because tenants are fearful that they will be displaced for having multiple families in one unit and then not be able to find another place to live. Sioux City also has the oldest housing stock in the state of Iowa resulting in many units not being up to code and landlords unwilling to bring them up to code.

A recent study by the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health found that 40 percent of low income people are unhealthy directly related to their housing situation. If there are appliances that don't function, windows that won't open or close, poor insulation, lead paint, radon, insects, and bad wiring, it impacts health quality. Toxins and pollution can worsen asthma and all types of respiratory illness. There is also constant stress for people who are living in these conditions.

The Sioux City Housing Authority reports that in 2014 there were 786 vouchers issued for Section 8 HUD housing assistance with 610 families accepting (79%). However, only 60% of those receiving vouchers were able to find a home with waiting lists up to 6 months. At issue, for future years, is if the allotted vouchers to the Sioux City Housing Authority are not all used, they can't be refunded. Therefore, the next year's budget is reduced by that amount, lowering the number of vouchers that can be offered.

The Sioux City Housing Authority is working with a number of local agencies to align on common strategies and pool resources, but it is not enough. Voucher extensions have been issued giving households an extra 30 to 60 days in addition to the normal 60 days to search for housing, but the impact of those extensions has been minimal.

Warming Shelter: The Warming Shelter is homeless emergency housing. There are other shelters in the area but once you are banned or do not abide by the rules you are no longer able to stay. Although sadly we do have women and children housed at the Warming Shelter. The vast majority of the Siouxland area homeless are struggling with some type of addiction so making decisions as simple as they may be for us, are extremely challenging for those afflicted by addiction or mentally incapable of normal life functions.

The Warming Shelter is in operation to keep people from dying of exposure to the extreme temperatures, Mercy Medical Center works alongside the Shelter. Mercy's Multicultural Community Outreach Coordinator is a Board member and through our Community Benefit dollars we have been able to support the Warming Shelter as well.

Previous to this, there was nowhere to send Mercy patients who were homeless. Working alongside with our Director of Behavioral Health Services, Mercy has been able to bring about a solution to not just simply release our homeless patients into freezing temperatures. During the daytime the Mercy campus policy is when the temperature lowers below 10 degrees our cafeteria is open to the homeless for coffee and water to offer refuge from the freezing temperatures. Currently there are more than 200 people still living on the streets, not including those already in shelters (data source <http://siouxlandhomeless.org/Totals.aspx>). Efforts currently are underway to double the number of beds the Warming Shelter is able to accommodate. At this time, the Warming Shelter has had to turn people away. There are new bunk beds arriving towards the end of January 2016 to respond to the high need of beds, thanks to a local group donation. Mercy alongside other local agencies supports the Warming Shelter to combine and meet the needs of the homeless.

ANAWIM: Mercy has partnered with the community to bring the AWAWIM program to Siouxland to evaluate the needs. AWAWIM is a well-established leader in affordable housing development and management sought out by public entities, community organizations, faith communities and for-profit and non-profit owners to provide affordable housing to communities. ANAWIM is working with local community leaders in hopes to provide affordable housing for Siouxland.

Poverty

Income/Education

ACT Tutoring: The ACT tutoring program is collaboration between New Horizons Tutoring and Mercy Medical Center. This program has targeted students in 9th through 12th grades who have little or no resources for such a program. Students who previously had no intent on going to college, due to resources, are now able to attend college due to high ACT scores. Such students are often times the first ones in their family to attend college.

A one point difference in the ACT Composite score can mean the doubling of scholarship money offered to a student. There are studies that show preparation for the ACT can increase scores by almost 2 points, with examples of up to 4 points. There are also studies that indicate that using ACT Composite or Benchmark scores is a valid predictor of college success for minority and lower-income students. This is important because it validates the goal to use ACT prep to increase the scores for students and ultimately increase their chances of success in postsecondary education.

Currently the program is being implemented in South Sioux City Schools (36 students with hopes of doubling that next school year), Sanford Center in Sioux City, Iowa (25 students), and future plans to bring the program to the Sioux City Community Schools. In addition, schools interested in the ACT tutoring program include: Winnebago, Battle Creek, Hinton, and Vermillion.

Community Stakeholders: Winnebago Tribe, Mary Treglia Immigration House, Iowa State University Extension, Sioux City Community schools, South Sioux City Community schools, and Sandford Community Center.

The ACT Tutoring program lines up with our core value of serving the poor and our long term goal of breaking poverty cycles. Studies have shown lower income individuals are not as healthy as their higher income counterparts. Higher incomes lead to healthier lifestyles and access to care not available to those with lack of resources.

Tobacco

To develop a tobacco and obesity prevention portfolio, Mercy Medical Center, Siouxland District Health Department, along with Tobacco Free Siouxland, works within the community to:

- Prevent the initiation of tobacco use among young people,
- Eliminate nonsmokers exposure to second hand smoke, and
- Promote quitting among young people and adults.

As a means to accomplish the above mentioned goals, the following objectives are to be accomplished in the next six months:

- Increase the number of youth groups educated about tobacco prevention by 8.
- Continue to partner with Jackson Recovery to support the TEG/TAP program.
- Work with Mayor's Youth Commission and Worksites to promote the Great American Smokeout in Nov. 2015.
- Increase the number of Tobacco Free Worksites by 2 locations that adopt a tobacco free/smoke free policy.
- Increase the current number of Quitline participants by 10.
- Attend Health Fairs (public, worksites, and safety) in Woodbury County throughout the grant year to promote the use of Quitline Iowa and other tobacco prevention services provided through our Community Partnership for Tobacco Use and Control grant.
- By June, 30, 2016, one community in Woodbury County will be assessed using the S.T.A.R.S. (Standardized Tobacco Assessment for Retail) survey.
- Increase the number of Smoke Free Housing policies, by 2, that have at a minimum, one building on the property 100% Smoke Free with no grandfathered smoking residents.
- Increase number of dental clinics that adopt the Ask, Advise and Refer fax referral system in their clinic throughout Woodbury County by June 2016, by 2 clinics.

To better serve the Siouxland Community, the following programs will enhance the current work:

Prevent the initiation of tobacco use among young people

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

Project SUCCESS prevents and reduces substance use among high-risk, multi problem high school adolescents. Developed and tested with alternative school youth 14 to 18 years old, the program places highly trained professionals in schools to provide a full range of substance use prevention and early intervention services. The Siouxland District Health Department will collaborate with North High School, Special Education Department at Sioux City Community Schools. Training will occur in Sioux City, IA, and will be provided for up to 30 teachers. The program will be implemented in the Special Education Department in the high school classrooms in Sioux City.

Eliminate nonsmokers exposure to second hand smoke

Prevention Connection

Prevention Connection is an online science based approach training program designed specifically for workplace health promotion and wellness professionals through the Center for Workplace Health. The program demonstrates how to successfully integrate substance abuse prevention into existing, less stigmatized workplace health promotion programs, by company wellness staff. This program will be offered to workplaces that are interested in the adoption of a tobacco free/smoke free policy.