OVERARCHING HEALTH GOAL:
Improving people’s health and well being

<table>
<thead>
<tr>
<th>Community Goal: By 2020, improve IRC residents physical and mental health by 10% in the following areas:</th>
<th>Community Goal: By 2020 improve the quality of life for mothers, infants and children by at least 10% in the following areas:</th>
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<tbody>
<tr>
<td>- Healthy Weight</td>
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<td>- Major Depressive Episodes</td>
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<td>- Ability to Live Independently</td>
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<td>- Children’s Oral Health</td>
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<td>- Child Abuse</td>
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<td>- Prenatal Care</td>
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<td>- Children’s Mental Health</td>
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<td>- Childhood Obesity</td>
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**Outcome: Children, families, and seniors eat healthy, engage in health lifestyles and/or decrease obesity**

**Indicators:**

- # of individuals who gain knowledge of chronic disease and disease management through information and instruction
- # of individuals who become more physically active
- # of children and families who increase their knowledge of healthy eating and/or oral health
- # of children who are provided transportation enabling participation in after school sports
- # of elderly individuals who increased their knowledge on fall prevention through instruction/education.
- # of clients with improved/maintained daily functioning
- # of clients reporting increased access to nutritious, low cost food
- # of clients participating in physical fitness activities that maintain or improve their physical health
- # of clients who are exercising or participating in physical activities for 30+ minutes 3 times a week or more

**Outcome: Children, families, and seniors have decreased mental and behavioral health issues**

**Indicators:**

- # individuals that gain access to respite, counseling, and caregiver training
- # of individuals with a completed treatment plan / safety plan
- # of individuals with healthy coping strategies
- # of individuals who receive a mental health screening
- # of individuals with a mental health screening who receive intervention services
- # of individuals who complete drug/alcohol treatment and/or prevention program
- # of individuals who avoid placement in a higher level of care
- # of staff that receive an introductory trauma informed care or ACEs training
# of individuals who gain and increase knowledge of available mental and behavioral health services.
# of clients who learn strategies and take steps to ensure their safety
# of school-aged children who increase resistance skills related to bullying, gang involvement, tobacco, alcohol, illegal drugs, or sexual activity
# of school-aged children who reduce the frequency or stop use of tobacco, alcohol, or illegal drugs

### Outcome: Children, families and seniors have improved access to high quality preventative care

#### Indicators:

- # of children up to date on immunizations
- # of individuals who access preventative care services
- # of children and families receiving dental services
- # of families with knowledge of self-care* options
- # of clients who have had developmental needs identified prior to age 5
- # of women receiving appropriate preventative screenings
- # of children with a diagnosis receive therapy
- # of individuals completing health/dental treatment
- # of individuals who have increased knowledge of the medical and social service systems
- # of individuals who increase knowledge of decision making skills related to healthy behaviors
- # of individuals who create a health action plan
- # of individuals who demonstrate progress toward individual health goals
- # of individuals who maintain their improved state of health and/or lifestyle for 90 days

*defined as managing stress and having a healthy lifestyle

### Outcome: Families have improved access to high quality services that promote healthy habits and decrease infant mortality

#### Indicators:

- # of individuals who increase knowledge through prenatal and post-natal services
- # of women accessing prenatal care in the first trimester
- # of women who initiate breastfeeding
- # of women in hard-to-reach communities who initiate breastfeeding
- # of pre-term births
- # of infants receiving health care services
- # of mothers with an interpregnancy interval greater than 18 months
- # of births to mothers with less than a high school education