

<b>OVERARCHING HEALTH GOAL: Improving people's health and well being</b>	
<p>Community Goal: By 2020, improve IRC residents physical and mental health by 10% in the following areas:</p> <ul style="list-style-type: none"> <li>• Healthy Weight</li> <li>• Major Depressive Episodes</li> <li>• Ability to Live Independently</li> </ul>	<p>Community Goal: By 2020 improve the quality of life for mothers, infants and children by at least 10% in the following areas:</p> <ul style="list-style-type: none"> <li>• Children's Oral Health</li> <li>• Child Abuse</li> <li>• Prenatal Care</li> <li>• Children's Mental Health</li> <li>• Childhood Obesity</li> </ul>

<p><b>Outcome: Children, families, and seniors eat healthy, engage in health lifestyles and/or decrease obesity</b></p> <p><b>Indicators:</b></p> <p># of individuals who gain knowledge of chronic disease and disease management through information and instruction</p> <p># of individuals who become more physically active</p> <p># of children and families who increase their knowledge of healthy eating and/or oral health</p> <p># of children who are provided transportation enabling participation in after school sports</p> <p># of elderly individuals who increased their knowledge on fall prevention through instruction/education.</p> <p># of clients with improved/maintained daily functioning</p> <p># of clients reporting increased access to nutritious, low cost food</p> <p># of clients participating in physical fitness activities that maintain or improve their physical health</p> <p># of clients who are exercising or participating in physical activities for 30+ minutes 3 times a week or more</p>
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<p><b>Outcome: Children, families, and seniors have decreased mental and behavioral health issues</b></p> <p><b>Indicators:</b></p> <p># individuals that gain access to respite, counseling, and caregiver training</p> <p># of individuals with a completed treatment plan / safety plan</p> <p># of individuals with healthy coping strategies</p> <p># of individuals who receive a mental health screening</p> <p># of individuals with a mental health screening who receive intervention services</p> <p># of individuals who complete drug/alcohol treatment and/or prevention program</p> <p># of individuals who avoid placement in a higher level of care</p> <p># of staff that receive an introductory trauma informed care or ACEs training</p>
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- # 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