



Healthy Polk 2020 July, 2013 Update

Priority #8 (*Empower more people to take responsibility for maintaining their health*)

1. Name of the person completing this survey

Del Konopka, RN, MS, Mercy ACO

2. Please check the priority you help to lead:

#8 Empower more people to take responsibility for maintaining their health

3. Please list the name(s) and email address(es) of the leaders of this priority:

Name 1 - Marcia Roth

Email 1 - Marcia Roth <mroth@grandview.edu>

Name 2 - Dorenda Walters

Email 2 - Walters, Matt & Dorenda <mdluv2bike@iowatelecom.net>

Name 3 - Jessica Henely

Email 3 - Henely, Jessica <jrhenely@cvty.com>

4. Please briefly identify 3-5 issues that stakeholders in this priority are currently working on.

Involving key agencies in health behavior change conversations with clients through motivational interviewing training. Spreading CDSMP programs.

5. Please identify several milestones, outcomes or successes that have been achieved by stakeholders over the past 12 months.

Training of about 40 leaders in agencies on motivational interviewing this spring. FaceBook page established for the priority. Collaboration with multiple stakeholders on CDSMP to move it forward in the community, such as the YMCA Living Center now offering the class, after PCHD offered the leader training to about 7 of their staff.

6. Please list any future plans that have been identified by stakeholders to be acted upon.

Offer more motivational interviewing training, health coach training, and expand CDSMP offerings in the community.

7. How often do stakeholders gather to continue the work?

Semi-annually

8. What else would you like people to know about this Healthy Polk priority?

We feel like we are making strides in helping those in helping professions to better understand motivations and conversations to empower people to take action on their own health behavior in reasonable, valued ways that clients have chosen themselves. Guiding change talk and evoking goals takes skill and practice, but we have started the journey within the community!