

Fall 2026



Partner Spotlight

Knoxville Hospital & Clinics – Advancing Diabetes Prevention

Knoxville Hospital & Clinics (KHC) is making strides in diabetes prevention through its partnership with the Iowa Community HUB. In 2025, registered dietitians Susie Roberts and Laurynn Verry partnered with the HUB to deliver a year-long Diabetes Prevention Program (DPP), allowing KHC to focus on participant education and support while the HUB managed CDC compliance and reporting requirements.

Building on this success, KHC launched a Medicare Diabetes Prevention Program (MDPP). Eight months in, participant retention and attendance are at 89%, and the HUB's Medicare billing pilot is generating reimbursement revenue for KHC! With funding and collaborative support from the Iowa Department of Health and Human Services, this partnership demonstrates how working together can reduce administrative barriers, support sustainable program delivery, and expand access to diabetes prevention services across Iowa.

Interested in learning more? Contact Susie Roberts at sroberts@knoxvillehospital.org or Laurynn Verry at lverry@knoxvillehospital.org to explore lessons learned and opportunities to expand diabetes prevention efforts.



STRONG PARTNERSHIP

KHC and the HUB working together for healthier communities.



FOCUSED ON PREVENTION

Delivering education and support that empowers participants.



MEASURABLE RESULTS

89% retention and attendance, generating reimbursement revenue.

Results, 11/01/2025 (18 participants):

Measure	CDC Target	KHC
% Completers	30% (5 participants)	83% (15)
% w/wt loss 5%+	-	40% (7)
Attendance		
• Month 4 (Apr)	50%	94.4%
• Month 7 (Jul)	40%	83.3%
• Month 10 (Oct)	30%	77.8%

From the Board Chair: Strengthening Our Foundation, Expanding Our Reach

Dr. Jimmy A. Reyes, Board Chair, Iowa Community HUB



This year, we welcomed four new directors – Dr. Bery Engbretsen, Dr. Sadia Anjum Ashrafi, Ms. Cassie Foxen, and Ms. Unity Stevens, bringing valuable perspectives to our 11-member Board. We also updated our bylaws and strengthened board recruitment, onboarding, and development to support the HUB's continued growth.



Two important milestones are also ahead: the planned October launch of CUMULUS, our new technology platform, and the November 16 launch of HUB Membership for program delivery organizations. Both will help strengthen referral coordination, navigation services, and the infrastructure our partners need to deliver and sustain their programs.



Where are we headed? Our [2026–2028 Strategic Action Plan](#) outlines our priorities for strengthening partnerships, demonstrating our impact, building sustainability, and advancing the HUB's role as Iowa's statewide community care hub.



On behalf of the Board, thank you to our HUB team, directors, partners, and supporters. Together, we are building a stronger support system that continues to respond to the needs of Iowa's communities.

Advancing Food as Medicine:

A Strategic Opportunity for Healthcare Partners



At the Iowa Community HUB, we know managing chronic conditions extends beyond the clinic. Our Fresh Produce Box Program connects individuals with nutritious food, health education, and HUB Navigation to support better health and chronic disease management.



Food as Medicine approaches can help:

- ✓ Improve chronic disease outcomes and quality of life
- ✓ Reduce preventable healthcare use
- ✓ Support independence and healthy living
- ✓ Advance value-based care and population health goals



Need Help Applying for SNAP? Get free application assistance through the Iowa Food Bank Association SNAP Outreach program.



Call 855-944-3663 (855-944-FOOD) for help completing and submitting your application.

Eat Well

We invite healthcare partners, community groups, businesses, and individual supporters to join us in providing access to fresh produce and health education for Iowans in need. Your support can take many forms including sponsorship, referral partnership, or direct donations.

Just \$38 provides a home delivered 12 lbs. box of fresh produce. That is only \$1.27 per day to help improve chronic conditions and support healthier living for a whole month.

To learn more and support:

DONATE





Iowa Community HUB Awarded Community Betterment Grant for Produce Box Program



We are excited to announce that Prairie Meadows has awarded a \$15,000 Community Betterment Grant to the Iowa Community HUB to support the continued efforts of our Fresh Produce Box Program. With this funding, we can provide program participants across the state who are experiencing food insecurity with monthly home deliveries of fresh produce throughout their time in the program.



The grant period runs through September 2027, and we look forward to implementing this initiative in partnership with Prairie Meadows.



A special thank you to their Board of Directors for supporting local health and nutrition efforts.

Stay tuned for updates as we roll out the Fresh Produce Box Program in the months ahead!



HEAL Project Expands Healthy Living Opportunities



In 2025–2026, the Iowa Community HUB's Healthy Eating and Active Living (HEAL) Project partnered with Above + Beyond Cancer (AB+C) to expand access to physical activity opportunities, nutritious foods, and community resources that promote healthy living and help reduce cancer risk.



AB+C successfully completed a 10-week Urban Pole Walking program at Evelyn K. Davis Park with 10 participants. Through HEAL funding, the HUB purchased reusable walking poles to support current and future participants. Building on this success, AB+C launched a new walking cohort at the Reichardt Community Recreation Center in September.



The project also connected participants with healthy food access and HUB Navigation. Four participants from the initial walking group received home-delivered produce boxes. Additionally, the HUB delivers approximately 100 produce boxes monthly to cancer survivors participating in AB+C programs.



By combining physical activity, nutrition support, and community connections, the HEAL Project is helping reduce barriers to healthier lifestyles while building sustainable opportunities for cancer survivors and the broader community.



Seeking Members for the Lived Experience Action Council!

The HUB invites community members and organizational partners to join its Lived Experience Action Council. As the Healthy Eating & Active Living (HEAL) Project enters Year 3, the Council will use community feedback to identify barriers, improve access to health resources, and help shape programs and partnerships that reflect community needs.



Next Virtual Meeting: November 17 at 9:00 AM

Interested? Contact Jennifer Walters at jwalters@iacommunityhub.org to learn more or get involved.



— Feel Better —

Addressing Loneliness & Social Isolation Head On



Did you know that [1 in 4 adults age 65 and older experience social isolation](#)? Social isolation and loneliness can affect both physical and mental health, increasing the risk of heart disease, depression, and cognitive decline. On the other hand, staying socially connected can help people live longer, healthier, and more fulfilling lives.



Connection can be as simple as sharing a meal, joining a community activity, volunteering, or spending time with friends and neighbors. Programs the HUB supports offer these opportunities.



The Iowa Community HUB was awarded [USAging grant funding](#) to help connect people with programs, services, and community resources that support social connection and healthy aging. By helping people find opportunities to build relationships and participate in their communities, we can reduce isolation and strengthen connections across Iowa.



Together, we can help every Iowan feel connected, supported, and included. Join us! Make a referral [HERE](#)



HUB Membership

Launching November 16th



We're excited to announce the launch of HUB Membership on November 16, 2026 – a new way for program delivery organizations to connect, grow, and sustain their programs as part of the Iowa Community HUB's statewide network.



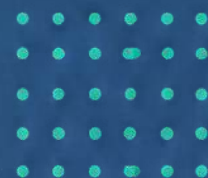
HUB Membership helps organizations across Iowa expand their reach and receive support for their programs. Choose from three membership options, including free HUB Basics, which offers access to the HUB's referral network, statewide promotion, and program resources. Paid memberships add HUB Navigation, referral and enrollment support, a robust system for managing programs, tracking results, and creating reports, plus help with reimbursement for eligible programs and services.



By joining HUB Membership, your organization becomes part of a statewide network of more than 600 healthcare referral sources, 300+ community partners, and 40+ organizations offering health programs. Together, we're making it easier for Iowans to find and join programs while helping organizations manage and grow their services.

You focus on delivering programs! We'll help with the rest.

[Membership Webpage.](#)



Nearly \$1.94 Million Awarded to Expand Falls Prevention Across Iowa



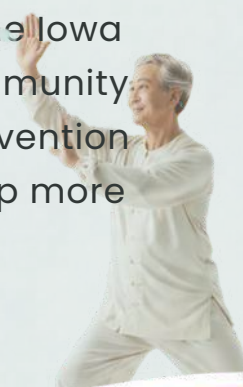
The Iowa Community HUB has been awarded nearly \$1.94 million over three years from the [Administration for Community Living \(ACL\) to expand falls prevention programs across Iowa!](#) As one of eight organizations selected nationwide, the HUB will lead this effort to help older adults and adults with disabilities reduce their risk of falling, stay active, and maintain their independence.



The project will strengthen connections between healthcare and community-based falls prevention programs. Healthcare providers will use [CDC's STEADI](#) approach to identify people at risk for falls and refer them to the HUB for personalized support. HUB Navigators will help connect individuals to proven programs such as [Stepping On and its Spanish-language version, Pisando Fuerte](#), along with other community resources that support their health and safety.



Success will depend on strong partnerships across Iowa. The HUB will collaborate with University of Iowa Health Care, the University of Iowa Injury Prevention Research Center, Iowa HHS, EMI Advisors, Easterseals Iowa, MyHealthIowa–MiSaludIowa, Area Agencies on Aging, Disability Access Points, the Iowa Falls Prevention Coalition, and healthcare and community partners statewide. Together, we'll expand falls prevention programs, strengthen healthcare referrals, and help more Iowans stay healthy, active, and independent.





Building Support for Iowa Doulas

Iowa Community HUB Doula Technical Assistance Project

The Iowa Community HUB is working alongside the Iowa Department of Health and Human Services and Iowa's doula community to strengthen support for doulas and the families they serve.

Listening to Doulas

The [Iowa Doula Needs Assessment Survey](#) is helping identify doulas' experiences, challenges, and priorities. The survey will remain open so doulas and organizations that support or employ doulas can continue sharing feedback and shaping this work.

What's Ahead?

The Iowa Community HUB will host a virtual launch of its statewide Doula TA Project on November 12, 2026 at noon. Please join us to learn more: [Register Here](#)

Planned Doula Resources & Support:

- A central webpage for doula resources and updates
- A locator to help families and partners find doulas
- A process for requesting individualized technical assistance
- A doula registry to strengthen connections across Iowa's doula workforce
- Webinars and monthly office hours for learning, questions, and peer connection
- Billing and business development support

Shaping the Work Together

The project will grow and adapt based on what doulas tell us, what we learn together, and what Iowa families need.



Project Coordinator, Latoya Lewis

Celebrating Our 2026 Governor's Volunteer Award Recipients!



Please join us in congratulating Bobbretta Brewton, Kelvin Allen, and Kourtni Daniel on receiving 2026 Governor's Volunteer Awards! We are proud to recognize their dedication to serving Iowans and making a difference in our communities.

A special congratulations and thank you to Bobbretta Brewton as she completes her Iowa Community Corps service with the Iowa Community HUB! Throughout her service year, Bobbretta strengthened partnerships, raised awareness of HUB Navigation, and connected individuals and families with valuable resources across Central Iowa. Her outreach included more than 30 community organizations and 10 community events, helping expand connections to HUB services. We are grateful for Bobbretta's leadership, dedication, and heart for service. Her contributions will have a lasting impact!

Congratulations to all three award recipients! We are fortunate to have such dedicated individuals on our team.

Iowa Community HUB Recognized as an Age-Friendly Public Health System

We're proud to share that Iowa Community HUB has received Age-Friendly recognition, reflecting our commitment to supporting older Iowans with services that prioritize what matters most to them.

Age-Friendly Public Health Systems focus upstream on policies, community design, data, and cross-sector coordination to support healthy aging. The Iowa Community HUB advances this work by connecting healthcare and community partners statewide to put the 6Cs into action to build age-friendly communities.



Through our statewide network of healthcare and community partners, the HUB helps Iowans access programs and resources that support healthy aging, independence, and quality of life. Together, we're building a stronger system of support that helps older adults thrive in their communities.

We're honored to be recognized for our role in advancing an age-friendly public health system in Iowa, where organizations and community partners work together to support healthy aging and improve well-being across our communities.

[Learn more about Age-Friendly initiatives through the Iowa Geriatric Education Center](#)





Iowa

Diabetes + Wellness Summit

November 18, 2026

FFA Enrichment Center, Ankeny, IA

The 2026 Iowa Diabetes + Wellness Summit will take place at the FFA Enrichment Center on November 18th.

Register today to engage with peers and discuss the latest practices, opportunities, and resources for diabetes prevention and management!

Professionals: \$75

Students: \$25

Latoya Lewis, MHA, MPA
Founder & CEO
Mahogany Doula Services, LLC



Keynote - Guiding the Journey:
The Doula's Role in Supporting
Gestational Diabetes

PRESENTATIONS

- Diabetes Friendly Eating on a Budget
- Creating Healthier Communities: Leveraging Activities and Partnerships to Address Obesity (LEAP)
- Hitting a Roadblock: The Intersection of Cortisol and Type 2 Diabetes Mellitus
- A Clinical Review: Types of Diabetes Mellitus and Treatment Options
- Diabetes Technology Rapid Review

Visit the [registration website](#) for more information.

**Scan to
Register**



CONTINUING EDUCATION

Des Moines University Medicine and Health Sciences is the accredited provider. This activity has been approved for AMA PRA Category 1 Credit™, American Osteopathic Association credit, nursing contact hours, and continuing education contact hours.

TARGET AUDIENCE

All members of the healthcare team who work in the prevention, treatment and management of diabetes.