



<https://iacommunityhub.org>

**Summer/Fall  
2024**

## HUB News:

The Iowa Community HUB is considered one of the top emerging community care hubs (CCHs) in the country. There are many examples across the country of organizations that use the CCH model to support a network of community based organizations (CBOs). Iowa Community HUB (HUB) is an example of a CCH that supports providers in offering the National DPP lifestyle change program among other evidence-based programs.

To learn more about the importance of CCHs visit <https://coveragetoolkit.org/community-care-hubs/>

If you are in public health, and are interested in finding information about the role of public health in supporting CCHs. Click [HERE](#) to access a pdf that focuses on DPP lifestyle change programs and other chronic disease risk reduction services.

## THE HUB is Hiring

**The HUB is hiring two new positions:**

1. Join Our Team as the HUB Operations Manager!

We're on the lookout for a leader who can oversee the HUB partner network activities and public relations, manage budgets and financial planning, and ensure quality service delivery.

2. Join our team as the HUB Billing & UHA Manager

Join the Iowa Community HUB as our Billing & Umbrella Hub Arrangement (UHA) Manager! Lead our billing operations, manage payer contracts, support partner program delivery and claims reimbursement .

For more information on the job descriptions and how to apply click [HERE](#)!



## Eat Well

### Community Betterment Grant Will Help Fund Community Food Project

#### Inside the Project:

Through start-up funding from Farm Credit Services of America and United Way of Central Iowa, the HUB was able to plan and pilot this Community Food Project beginning in the Spring of 2024, providing participants with a 12-pound box of fresh produce delivered to their home each month while they participated in their chosen health program. In 8 months, we served 202 participants. Funding from Prairie Meadows will allow us to greatly expand the reach of this program to address food and nutrition insecurity among Iowans across the State.

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“As a nonprofit organization, Prairie Meadows fulfills its purpose by giving back to organizations that support arts and culture, education, economic development, and human services. We are excited to see the impact the Community Food Project will have on our central Iowa community,” said Julie Stewart, Prairie Meadows Vice President of Community Relations.

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Visit [prairiameadows.com/community](https://prairiameadows.com/community) and <https://iacommunityhub.org/about/> to learn more about these organizations and the causes they support.

The Betterment Grant will improve the lives of people across Iowa by enabling the Iowa Community HUB to expand the Community Food Project. The \$65,304 grant will allow the Iowa Community HUB (HUB) to address food and nutrition insecurity and reduce the burden of chronic disease among low-income residents of Iowa. Through this project, the HUB, in partnership with Capital City Fruit, will provide free, monthly home delivery of fresh produce boxes to low-income, at-risk, and underserved community members who are participating in community-based health programs offered by partner organizations in neighborhoods where they live, learn, work, and play. The project runs through August 2025.

If you'd like to help us fund more produce boxes and help increase participation in valuable health & wellness programs across the state, contact Renee at [rallard@iacommunityhub.org](mailto:rallard@iacommunityhub.org).



## **Grace Fitness partner in SNAP–Ed Healthy Eating, Active Living Project**

**Grace Fitness believes everyone deserves to be healthy, regardless of demographics or income status. Grace Fitness coaches and inspires individuals who are affected by health disparities to break the cycle of poor health for themselves, their family, and the community.**

**For this Project, Grace Fitness will assist in capturing lived experience from participants and community members to inform strategies and implementation of project interventions.**

**To learn more about Grace Fitness, please visit: [HERE](#)**

## **Eat Well**

### **Supplemental Nutrition Assistance Program Education (SNAP-Ed) Healthy Eating, Active Living (HEAL) Project**

The HUB, in collaboration with Grace Fitness, are one of four applicants across the State of Iowa selected to receive funding for a 3 year–contract period, beginning October 1, 2024.

This funding will be used to convene a community coalition, conduct asset mapping to determine community nutrition and physical activity needs in the neighborhood surrounding Grace Fitness, and then to implement interventions to address community priorities, including the expansion of the home–delivered produce box program for individuals who are participating in programs at Grace Fitness.





## Urban Poling Beginner Instructor Training

Tune in for a pole walking training for instructors of walking programs like the Walk With Ease program or other evidence-based programs coming up October, 26th.

The addition of Urban Poles with physical activity programs increases the accessibility for individuals with physical limitations, unsteady balance, and/or for those who experience discomfort with walking.

Urban Poles makes walking even more fun!

## Move More

### Urban Poling Beginner Instructor Training

Learn about Urban Poling!

Mary LaBarre, physical therapist, will introduce you to the evidence-based benefits of Urban Poling, show you how to use your poles, how to fit poles, and how to instruct others to use the poles safely.

*Date: Saturday, October 26th*

*Time: 9:00 – 1:00 PM*

*Where: Waukee YMCA Community Rm*

*Cost: \$50*

*Contact:*

*[info@iacommunityhub.org](mailto:info@iacommunityhub.org)  
or 515-635-1285*





## Feel Better

### Iowa's State Health Improvement Plan

Healthy Iowans is excited to announce the release of the updated 2023-2027 State Health Improvement Plan!

This document is a collaboration between organizations throughout the state. Members of the Healthy Iowans Partnership worked together to identify goals, objectives and strategies to help address the state's top health issues. This plan builds on the data highlighted in the 2021-2022 State Health Assessment.

To maximize impact, the Healthy Iowans Partnership Workgroups are focusing their efforts on Access to Care: Behavioral Health and Healthy Eating & Active Living over the next few years. This is incredibly timely, as the HHS System County Snapshots and many other assessments have shown these issues are high priority in Iowa communities.

## The Plan:

Iowa's 2023-2027 SHIP provides a vision for the health of the state and serves as a framework for organizations engaging in health improvement work. Iowa Community HUB (HUB) has had the privilege of participating in the Healthy Iowans committees and we are proud to champion this work. We encourage you to use this plan to further collaborate and strengthen our collective efforts toward a simple goal: better health for everyone in Iowa.

# Iowa Community HUB Awarded Funding to Develop, Expand and Enhance Ability to Operate as Community Care Hub

**CENTER OF**  
**Excellence**  
to Align Health and Social Care



The Iowa Community HUB (HUB) was selected to receive an infrastructure and innovation grant from USAging's Center of Excellence to Align Health and Social Care (COE), supported by the US Administration for Community Living .

The Iowa Community HUB is one of 20 community care hubs across the nation that was selected to receive this award through a highly competitive proposal process.

The intent of these awards is to provide infrastructure funding to selected CCHs in support of their contracting efforts with health care organizations for coordinated access to and delivery of social care programs and services that assess and address health-related social needs and improve health equity and inclusion for individuals, families, and/or caregivers.

*"USAging is thrilled to award grants to these 20 outstanding Community Care Hubs. CCHs provide critical administrative and operational supports for networks of Area Agencies on Aging, Centers for Independent Living and other community-based organizations providing services addressing the health-related social needs of individuals with complex care needs and their caregivers. This funding will bolster the vital work CCHs do in their communities every day to align health and social care to meet people's needs."* Sandy Markwood, USAging CEO

# 2024 Iowa Public Health Association Partner of the Year

**Iowa Public Health Association recognizes the Iowa Community HUB as the 2024 Iowa Public Health Association Partner of the Year Award.**

**The Partnership to Align Social Care defines a Community Care Hub (CCH) as a community-focused entity that supports a network of community-based organizations (CBOs). CCHs offer a number of advantages for advancing public health, but a main one is the potential to reduce the burden on the health care system by providing a centralized entity to support referrals into evidence-based programs (EBP) and social care services to address whole person care.**

**In Iowa, a statewide CCH exists known as the Iowa Community HUB (HUB). The HUB is a nonprofit CCH working with network partners to connect Iowans with meaningful evidence-based programs, with a focus on reducing health disparities.**

**The HUB collaborates with organizations statewide to maximize resources and support community initiatives through building community-clinical linkages, seeking community engagement and inclusion, providing support for evidence-based programs, managing navigation, and prioritizing health equity.**

**Future work includes healthcare contracting, bridging health and social care efforts, and exploring innovative payment models with a goal to help sustain CBO programs and services.**

<b>HUB Growth since 2021</b>	
Total participants enrolling in CBO programs through the HUB	2000+ (2,382 actual with some duplicates)
Individual Healthcare Provider referral sources	450+ (462 actual with some duplicates)
Total # of participants receiving home-delivered fresh produce coupled with their program participation (since 2024)	202 (all ages) 155 (aged 50+)
The HUB Advisory Group originated in 2019	80+ stakeholders/community members who guide and provide feedback



# The National Association of Chronic Disease Directors Public Health AmeriCorps program



CENTER FOR ADVANCING  
**HEALTHY**  
COMMUNITIES



NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS  
*Promoting Health. Preventing Disease.*

**Help build healthy communities in Iowa  
with Public Health AmeriCorps**



**Scan the QR  
code to learn  
more and  
apply!**

**Gain experience working in public health supporting the Iowa Community HUB with initiatives related to food and nutrition security, safe physical activity access, social connection, and health equity.**

## **Benefits for Public Health AmeriCorps Service Members:**

- \$8,074 living allowance paid out biweekly
- \$5,176 education award upon completion of service
- Practical experience in public health
- Professional development and training
- Access to a network of leaders in public health

**Questions? Contact [ccole@chronicdisease.org](mailto:ccole@chronicdisease.org)**

**08/09**



# World Arthritis Day – October 12th



## Overall Prevalence



About **1 in 5** U.S. adults have diagnosed arthritis.

## Age Distribution

Half of adults with arthritis are under 65.



## Breakdown by Sex

**32 Million** women have arthritis

**22 Million** men have arthritis

## Health Impact

Adults reporting fair or poor health



More than **3 in 10** adults with arthritis



**1 in 10** adults without arthritis



[www.cdc.gov/arthritis](http://www.cdc.gov/arthritis)

**World Arthritis Day is observed every year on October 12th. It's a day when people around the globe unite in recognizing the existence, severity, and impact of arthritis and other rheumatic and musculoskeletal diseases.**

**Discover programs designed to help manage arthritis symptoms and build healthy habits, like being physically active!**

**Check out the Program Library for arthritis-appropriate programs**

<https://iacommunityhub.org/programs/>