

HEALTHY CASS 2025-26

Each meeting topic is guided by data from the 2025 Cass County Community Health Needs Assessment and aligns with the Cass County Community Health Improvement Plan as well as the Iowa State Health Improvement Plan. This intentional alignment ensures that our coalition's efforts are directly responsive to local community needs while also supporting statewide health priorities and progress.

NOVEMBER 2025	DECEMBER 2025	JANUARY 2026
• Awareness of Community Resources ◦ Emergency Relief ◦ Rent ◦ Utilities ◦ Other Needs State Priority Alignment: • Focus Area 1.1: Awareness of Resources ◦ Collaborate with employers and organizations to raise awareness of services in the community.	• Local Food & Healthy Eating ◦ Health Promotion ◦ Local Education ◦ Local Resources State Priority Alignment: • Focus Area 1.3: Non-Traditional Delivery of Services ◦ Use a unified approach to educate various sectors on the difference between food and nutrition security.	• Cass County Cancer Rates ◦ Screenings ◦ Prevention ◦ Survivorship State Data: • Iowa has the second-highest rate of new cancer diagnoses in the U.S., with Cass County being 1st for the highest cancer incidence rates.
FEBRUARY 2026	MARCH 2026	APRIL 2026
• Community Health Improvement Plan Review ◦ Learn about the 2025-2028 Cass County Priorities ◦ See what projects your organization would like to get involved.	• Volunteerism Task Force Recap ◦ Hear from the volunteerism task force and their plans to improve volunteerism in Cass County. State Priority Alignment: • Goal 2: Increase engagement in active living among all people in Iowa.	• Mental Wellness Community Awareness & Resources State Priority Alignment: • Focus Area 1.1: Awareness of Resources ◦ Encourage employers and organizations to adopt behavioral health policies and practices for employees.

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MAY 2026	JUNE 2026	JULY 2026
- Family Oriented Full Circle Resource Navigation - From Crisis to Careers - Discuss how we work together to move families to stability. State Priority Alignment: - Focus Area 1.3: Non-Traditional Delivery of Services - Expand existing behavioral health programming in rural areas through innovative partnerships.	- Senior Services - How do we redefine Senior Centers in Rural Iowa? State Priority Alignment: - Focus Area 2.2: Collaboration - Collaborate with a variety of partners to cross-promote existing programs and expand their reach.	- Cass County Mental Health In Youth - Update on the County Wide Hope Squad Project State Priority Alignment: - Focus Area 2.2: Children and Youth - Increase prevention programming for youth ages 0-18
AUGUST 2026	SEPTEMBER 2026	OCTOBER 2026
NO Meeting	- Substance Misuse - Resources in Cass County - Resources in our Region State Priority Alignment: - Goal 1: Improve access to behavioral health services for all people in Iowa.	- Food Equity - Making Healthy Food Accessible to all State Priority Alignment: - Goal 1: Reduce barriers to affordable, nutritious foods for all people in Iowa.