

Community Health Improvement Plan Progress Report April 2017 – April 2018

Florida Department of Health in Gulf County

Vision: To enhance health for all generations in Gulf County

Table of Contents

Introduction	3
Overview of Community Health Improvement Plan (CHIP)	4
Summary of CHIP Progress	5
Health Priority: Access To Care	6
Health Priority: Healthy Weight	9
Health Priority: Mental Health/Substance Abuse Project 1	
Health Priority: Mental Health/Substance Abuse Project 2	15
Accomplishments	18
Conclusion	18
Appendix	19

Introduction

This is the second progress report for the 2016 – 2019 Gulf County Community Health Improvement Plan. The activities and collaborative efforts of the Florida Department of Health in Gulf County and community partners will be reflected within the report. This document will serve as a progress review of the strategies that were developed and the activities that have been implemented since April 2017, when Health Priorities were finalized. While the CHIP is a community driven and collectively owned health improvement plan, the Florida Department of Health in Gulf County is charged with providing administrative support, tracking and collecting data, and preparing the review report.



Overview of the Community Health Improvement Plan (CHIP)

In June of 2015, the Florida Department of Health in Gulf County convened the CHIP Planning Team. The Planning Team facilitated the Community Health Assessment (CHA) to Community Health Improvement Plan (CHIP) process using the National Association of City and County Health Official's Mobilizing for Action through Planning and Partnership (MAPP) strategic planning model. Subject matter experts from across a diverse group of partners conducted the four assessments suggested by the MAPP process. Individually, the assessment yielded in-depth analyses of factors and forces that impact population health. Taken together, the assessment findings contribute to a comprehensive view of health and quality of life in Gulf County.

The Planning Team developed findings and presented these findings to the Steering Committee. In November of 2015, the Steering Committee comprised a diverse leadership group of 16 community health partners, representing a diverse collection of public and private agencies in Gulf County. The Steering Committee set priorities through a facilitated consensus process by looking for cross-cutting strategic issues that emerged from the four assessments. The top three health priorities selected were Mental Health/Substance Abuse, Access to Care and Healthy Weight. In March 2018, goals and measurable objectives were reviewed and/or revised at an overall CHIP meeting.

The goals selected for the 3 health priorities are:

- To increase awareness of mental health services
- To reduce alcohol consumption among youth
- To increase primary care access
- To increase access to certified diabetic programs
- To Improve the healthy weight of youth and adults

Objectives:

- 1. By April 6, 2018, youth who report consuming alcohol in the past 30 days will decrease from 26% to 23%.
- 2. By April 6, 2018, the percentage of the general Gulf County population who are aware of mental health resources will increase from 60% to 65%.
- 3. Decrease Emergency Department visits for primary care concerns by 10% by calendar year 2019. Source: Sacred Heart, Baseline data to be determined.
- 4. By 2019, Increase primary care providers by 10% in Gulf County. Source: PanCare Health (FQHC), Sacred Heart Hospital, North Florida Medical Center (FQHC)
- 5. Increase access to certified diabetic programs. Source: Certified Diabetic facility information tracking participants, Baseline data to be determined
- 6. Increase breastfeeding initiation from 66% in September 2015 to 68% in September 2016.
- 7. Increase the percent of children with healthy weight in first, third and sixth graders from 61% in fall of 2015 to 63% in spring of 2017.
- 8. Increase percent of adult healthy weight from 33% in 2015 to 35% in 2016.

Between May and August 2016, CHIP partners met as subcommittees, each aligned to a health priority. During this timeframe, partners selected evidence-based strategies, created tactics and began action planning. Implementation strategies and meeting decisions were compiled into a new Community Health Improvement Plan. The new CHIP plan was approved at the August 2016 overall CHIP meeting, which brought the three subcommittees back together. Although the final plan was approved in August, some strategies were completed within the first few months of the objectives and strategies cycle (April), since partners were ready to begin new projects. This progress report helps to reflect those activities.

Progress of CHIP Review Meeting

On March 6, 2018, community health improvement partners met to discuss CHIP progress and next steps. The next section covers strategic issue progress reports made. Within the strategic issue area, a brief description of the health issue is provided along with strategies, objectives, indicators, current levels, targets and status.

This progress report focuses on strategies implemented between the April 2017 and April 2018 timeframe.

Health Priority: Access to Care Project

GOAL: To increase access to certified diabetic programs

Objective 1: By the end of 2019, at least 50% of Gulf County residents with a diabetic diagnosis will report diabetes education being readily available in Gulf County.

Strategy 1: Increase participant referrals

Tactic A: Host Community health and wellness fairs/events to inform and educate the community about certified diabetes management programs.

Key Partners: Sacred Heart Hospital on the Gulf, Big Bend Area Health Education Centers, Florida Department of Health in Gulf County, faith-based organizations

The Project: CHIP partners recognized the value of bringing health screenings to residents, especially in underserved areas. The goal behind this project was to build preventive care like screenings into the community by making it available to people who otherwise won't or can't go to see the doctor. As a beginning step, CHIP partners were interested in working together to create a health fair outside clinic walls. The Access to Care subcommittee was looking specifically for opportunities to increase awareness of diabetes and the type 2 diabetes classes available in Gulf County.

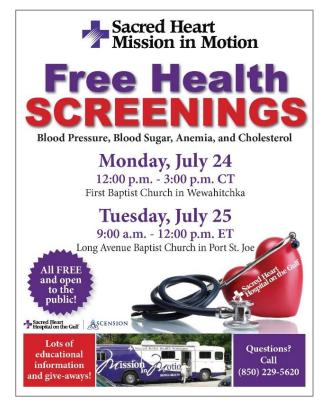
The Florida Department of Health in Franklin County and Sacred Heart Hospital have established close working relationships with several minority faith-based organizations involved in the Closing the Gap program. This program focused on improving chronic disease outcomes for minority popultations by facilitating evidence-based health curricuum at church called 'Body & Soul'. In November of 2017, the health department received a 100 Congregations for One Million Hearts grant opportunity to carry out the Heart Health Plus (HHP) initiative. The focus of this initiative is to stregnthen relationships with local area churches and implement heart health programming. The implementation includes but not limited to: nutrition, physical activity and chronic disease prevention education, informational bulletin boards, monthly newsletters, free health promotion resources and Sundays services dedicated to diabetes, heart disease and stroke prevention.

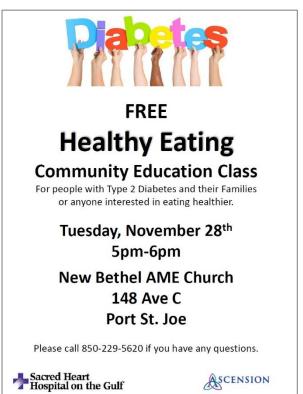
Numerous health fairs, in conjunction with the Body and Soul curriculum and the One Million Hearts grant were all used as opportunities to find and funnel high risk participants (those with increased risk of diabetes) into free Diabetes Self-Management Education (DSME) programing or Diabetes Prevention Programs (DPP).

With the help of multiple community partners, monthly chronic disease classes were hosted by the Heart Health Plus initiative and the Closing the Gap Program at several minority churches within the Apalachicola hillside community. Diabetic risk assessments were conducted and all high-risk participants were provided diabetic and/or prediabetic information and provided with referrals for

additional support. Amongst the three churches participating in the classes, 19 participants were referred for DSME or DPP assistance.

In addition to CDC certified DSME programming, Phoenix Family Health Clinic, a partner located in the eastern part of the county, host a monthly support group for diabetes and their loved ones to gather, support each other and exchange diabetes tips for success.





Pictured above: Community flyer of the health fair at First Baptist Church in Wewahitchka (left). Philadelphia Primitive Baptist Church diabetes and heart health bulletin board.

On July 24, 2017, a free health fair was held at the First Baptist Church in Wewahitchka. CHIP participants included Sacred Heart Hospital on the Gulf, Florida Department of Health, Bay, Franklin,

Gulf Healthy Start Coalition and Chemical Addictions Recover Effort (CARE). The health fair included the same educational information about blood pressure, prediabetes and tobacco cessation, along with biometric screenings. Additionally, new Healthy Start and CARE both had display tables with information to provide to health fair participants. Approximately 20 people attended the event.

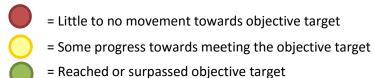


Pictured: Heart health themed bulletin board at local church.

Project Report:

Objective	Indicator	Current Level	Target	Status	Explanation of
					Status*
By the end of 2019,	Referrals	No baseline	50%	TBD	No current data
50% of Heart Health		established			collected on this
Plus participants with					objective.
a diabetes referral will					
report attending at					
least one diabetes					
education class within					
6 months.					

Status indicators are as follows:



Research related to this project:

Primary Care Access per 100,000 population, Florida: 77.1 vs. Gulf: 31.8

Diabetes Deaths per 100,000, Florida: 19.6 vs. Gulf: 38.5

Medicaid Birth Rate, Florida: 50.9 vs. Gulf: 62.3

Admitted Emergency Department Visits for Dental, 184.5 vs. Gulf 145.4

Health Priority: Healthy Weight Project

GOAL: To Improve the healthy weight of youth and adults

Objective 1: Increase Franklin County breastfeeding initiation from 65.5% in March 2017 to 68% in March 2018.

Strategy 1: Build the skills of mothers enrolled in the Women, Infants and Children (WIC) program to increase breastfeeding initiation.

Tactic A: Increase participation to WIC.

Key Partners: WIC Program Staff, Florida Department of Health in Gulf County, North Florida Child Development, Healthy Start Coalition, OB/GYN offices, Pediatrician offices

The Project: Leading medical authorities such as the American Academy of Pediatrics (AAP) and the World Health Organization (WHO), strongly recommend breastfeeding. Breastfeeding has shown to be a strong protective factor against early childhood obesity.

One of the best local resources to learn more about breastfeeding in Franklin County is the Women, Infants and Children (WIC) program. While the CHIP measurable objective focused on breastfeeding, CHIP partners agreed that increasing WIC participation, especially during the first trimester, was key to the success of this initiative. WIC enrollment increases a participant's access to nutritious foods vital to the mother and child's growth and development. Additionally, enrolled mothers also get nutrition counseling and breastfeeding education. Earlier enrollment increases opportunities to educate pre and post-natal women about the benefits of breastfeeding.

As an avenue to increasing breastfeeding within the county the CHIP partners decided to work towards increasing access to WIC. The first task was to create an action plan that would increase the number of prenatal women enrolled in WIC early in their pregnancy.

In order to accomplish this, a new WIC nurse was hired and cross-trained with the neighboring Bay County and Leon County WIC program for 6 months before seeing clients locally.

Additionally, to be more inclusive and reach a larger demographic, local breastfeeding classes were hosted by the Healthy Start Coalition every month throughout the county. The classes were facilitated by a certified lactation consultant and were available to interested participants regardless of income status and/or whether the participant is receiving assistance from other family support services/resources.

The CHIP Healthy Weight Subcommittee hosted local events to promote breastfeeding and reduce the stigma of public breastfeeding. The partners sponsored local events to promote breastfeeding and reduce the stigma of public breastfeeding her held. At the first event, held during National Breastfeeding Month, five local mothers came together and fed their babies simultaneously. In addition to this, WIC, Healthy Start, and the Florida's Healthy Babies initiative all worked to launch a breastfeeding and WIC promotion media campaign. Outcome data of the campaign is still pending.



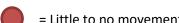
Pictured above: The Big Latch On, breastfeeding event, August 2017.

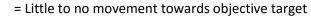
Infants and Children < 24 mos. old of WIC Moms Ever Breastfed by County						
(Data: FL WiSE as of 04/01/2018)						
County	County Name	Mar-18	Dec-17	Sep-17	Jun-17	Mar-17
23	Gulf	85.7%	85.4%	77.5%	70.1%	65.5%

Project Report:

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Objective	Indicator	Current	Target	Status	Explanation of Status*		
		Level					
Increase Franklin	WIC	85.7%	68%		Source:		
County breastfeeding	quarterly				https://floridahealth.sharepoint.com		
initiation from 65.5% in	reports				/sites/COMMUNITYHEALTH/WIC		
March 2017 to 68% in					/Intranet/Indicators		
March 2018.							

Status indicators are as follows:







= Some progress towards meeting the objective target



= Reached or surpassed objective target

Research related to this project:

- ➤ Adults overweight 33.3%
- Adults obese 33.3%
- ➤ Diet of 5 servings of Fruit and Veggie consumption for adults is 7.9%
- ➤ Babies of WIC moms every initiating breastfeeding is 66%
- ➤ Grocery store access is significantly lower than state 10.2%

Health Priority: Mental Health/Substance Abuse Project 1

GOAL: Increase awareness of mental health services in Gulf County

Objective 2: By April 6, 2018, the percentage of the general Gulf County population who are aware of mental health resources will increase from 60% to 65%. (base source: Community Health Survey for Community Health Assessment, 2015).

Strategy 1: Provide information to the community about mental health services available.

Tactic A: Host health fair with strong emphasis on mental health resources.

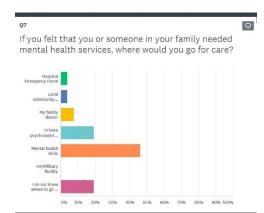
Key Partners: Morning Light Wellness Center, Northside Port St. Joe Community Development Coalition

The Project: The Mental Health/Substance Abuse subcommittee partnered with the Northside Port St. Joe Community Development Coalition create Juneteenth Health Access Survey. See the action items below:

- 1. Draft Survey
- 2. Disseminate at Juneteenth Celebration
- 3. Collect and tabulate using
- 4. Share findings with general body

The subcommittee worked with the coalition to host a health fair at the annual celebration, with free mental and physical health and wellness screenings, including: HIV, diabetes, blood pressure testing depression screenings.

Subcommittee members disseminated surveys and assisted participants with low literacy levels. All surveys were tabulated using Survey Monkey, a survey free software.

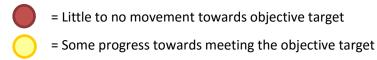


Picture: Snapshot of the results of the Juneteenth Health Access Survey.

Project Report:

Objective	Indicator	Current Level	Target	Status	Explanation of Status*	
By April 6, 2018, the percentage of the general Gulf County population who are aware of mental health resources will increase from 60% to 65%.	Pre and post survey responses.	73%	65%		 Creation of a Mental Health Resource Guide was the first step towards this objective. Post surveys were distributed and collected at the annual Juneteenth Celebration 	

Status indicators are as follows:



= Reached or surpassed objective target



- Average number of adult poor mental health days in Gulf County (last 30 days- Count): 7.5 vs. State: 5.1.
- More than 1 in 5 of the general population respondents and 15% of the vulnerable population respondents feel that mental health is one of the most important health issues in the county. (Community Survey, 2015)
- ➤ 37% of both general and vulnerable population respondents indicated that they think mental health services are difficult to obtain within Gulf County. (Community Survey, 2015)
- ➤ 30% of the general population respondents and 26% of vulnerable respondents did not know where to go to receive mental health care. (Community Survey, 2015)

Media Coverage:

http://www.starfl.com/news/20170622/juneteenthfourth-of-july-celebration-next-week

Health Priority: Mental Health/Substance Abuse Project 2

Goal #1: Reduce alcohol consumption in youth and adults in Gulf County

Objective #1: The percent of Gulf County middle school youth drinking alcohol in the last 30 days will reduce from 36.0% to 30% by July 2019.

Strategy 1: Provide information to youth about the dangers and consequences of using alcohol.

Tactic C: Bring in guest speakers/educators to teach alcohol prevention curriculum and/or programs.

Strategy 2: Provide information to youth about the dangers and consequences of using alcohol **Tactic A:** Provide workshops for parents to attend to help share alcohol prevention messages with youth

Key Partners: Gulf County Schools, DOH-Gulf, Morning Light Wellness Center, Life Management Center, C.A.R.E.

The Project: The Mental Health/Substance Abuse subcommittee created an action plan to host a guest speaker. The action plan included the following steps:

- 5. Identify potential community partners to help sponsor this event.
- 6. Research reputable motivational speakers.
- 7. Discuss possibility of hosting motivational speaker with appropriate school personnel.
- 8. Extend invitation to speaker
- 9. Host event
- 10. Provide follow up surveys/questionnaires to students, staff, and parents
- 11. Monitor and evaluate process and impact.

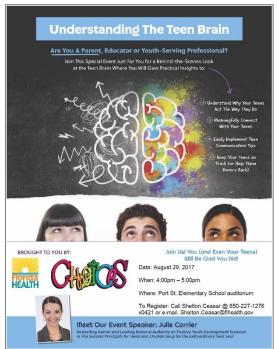
The subcommittee decided to partner with CHOICES, a sexual risk avoidance program that focuses its curriculum on positive youth development to host Julie Carrier, a nationally acclaimed motivational speaker. Carrier, facilitated both a parent night to help provide parents, educators, and youth mentors with the tools and resources they need to better understand connect with their teenagers. This workshop highlighted how to help teens stay on the right path and make good decisions in the mist of peer pressure.

Carrier also, gave a 30-minute motivation speech to middle and high school students. Her address chronicled her struggles throughout childhood and highlighted how she found the confidence and strength to overcome her challenges. Throughout the assembly, the speaker stressed the importance of making good decisions, being confident in who you are, and never giving up on your dreams.

After the assembly students had an opportunity to meet Carrier and ask questions one-on-one. Both events were well received and rated by attendees.



Picture below: Guest speaker Julie Carrier Speaking to local students. Pictured at right: Julie Carrier's parent workshop



Project Report:

Froject Report.							
Objective	Indicator	Current Level	Target	Status	Explanation of Status		
The percent of Gulf County youth drinking alcohol in the last 30 days will reduce 36.0% to 30% by July 2019.	Florida Youth Substance Abuse Survey (FYSAS) and Florida Health Charts	34.7%	30%	0	Only 2016, data is currently available.		

Status indicators are as follows:



= Little to no movement towards objective target



= Some progress towards meeting the objective target



= Reached or surpassed objective target

Research related to this project:

- Average number of adult poor mental health days in Gulf County (last 30 days- Count): 7.5 vs. State: 5.1.
- > 36.0% of high school students who have used alcohol in past 30 days (Florida Charts, 2016)
- ➤ More than 1 in 5 of the general population respondents and 15% of the vulnerable population respondents feel that mental health is one of the most important health issues in the county. (Community Survey, 2015)
- > 37% of both general and vulnerable population respondents indicated that they think mental health services are difficult to obtain within Gulf County. (Community Survey, 2015)
- ➤ 30% of the general population respondents and 26% of vulnerable respondents did not know where to go to receive mental health care. (Community Survey, 2015)

Media Coverage:

http://www.starfl.com/news/20170914/doh-brings-in-national-speaker-to-inspire-local-students

Accomplishments

While there were many successful projects implemented, there were two strategies that made the most impact during the early CHIP phase:

Accomplishment #1: In addition to over 250 students receiving positive youth development curriculum, over 300 students, parents, and community members attended a health-conscious, positive thinking assembly by nationally recognized youth motivational speaker, Julie Carrier. Exit evaluations indicate positive responses from attendees.

Accomplishment #2: According to FLHealthCharts.com, three of the five leading causes of death in Franklin County are related to complications from chronic disease. To combat this unfavorable statistic, the FL Department of Health with the support of the CHIP Partnership, implemented the Heart Health Pluss (HHP) Initiative. The initiative involved teaming up with three local minority churches of different denominations to create HHP community events, healthy conscience bulletins and Sunday church service sermons with heart health themes. In addition to these efforts, monthly newsletters were disseminated to each church. Each month, the newsletter has a different theme focusing on some aspect of heart health such as: stroke prevention, hypertension, how to reduce sodium, the dangers of excess sugars, etc. They also include interactive puzzles, tips for staying active, simple heart health recipes and local community information.

During Heart Health Month (February), a community church service was held at New Bethel A.M.E. Church to promote heart health and increase awareness and prevention of stroke and heart disease. At this event nearly 40 congregants pledged to learn the signs of stroke and take control of their life and responsibility of their heart health. Participants were provided educational material and resources to help them maintain a heathy lifestyle.

Conclusion

The CHIP serves as a roadmap for a continuous health improvement process for the local public health system by providing a framework for the chosen strategic issue areas. It is not intended to be an exhaustive and static document. A new cycle of the Community Health Assessment is currently underway.

By working together, we can have a significant impact on the community's health, improving where we live, work and play and realize the vision of a healthier Gulf County.



Florida Department of Health in Gulf County C.H.I.P. Meeting 2475 Garrison Ave, Port St. Joe, FL 32456 Tuesday, March 6, 2018 10:30a.m. – 12:00p.m.

AGENDA

Vision of CHIP: To enhance health for all generations in Gulf County

<u>Purpose:</u> Solicit input from the community on opportunities to increase access to health care and increase mental health/substance abuse recovery program availability through open two-way dialogue.

	Topic	Lead
Welcor	ne/Call to Order (10 minutes)	
	Introductions	DT Simmons, DOH-
	Brief review of agenda	Gulf/Franklin Wellness &
	Prompt attendees to sign-in	Quality Improvement Coordinator
	Prize Raffle	Coordinator
Review	Previous Minutes (5 minutes)	DT Simmons, DOH- Gulf/Franklin Wellness & Quality Improvement Coordinator
Annual minute	Progress Report – Year Two: Where Do We Go From Here? (15 s)	CHIP
Staying	The Course (30 minutes)	
Access	to Care & Healthy Weight	
•	Supporting diabetes prevention & management within the office/community	
	Maintaining and Sustaining a healthy lifestyle	Partnership
	New direction	
Mental	Health & Substance Abuse	
	Recovery-Oriented System of Care	
Actions	s (10 minutes)	DT Simmons, DOH- Gulf/Franklin Wellness & Quality Improvement Coordinator
Open F	loor for Community Announcements/Presentations (10 minutes)	Partnership
Meetin	g Evaluation	Community Partner
Adjour	n	

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Florida Department of Health in Gulf County C.H.I.P. Meeting 2475 Garrison Ave, Port St. Joe, FL 32456 Tuesday, March 6, 2018 10:30a.m. – 12:00p.m.

MINUTES

Vision of CHIP: To enhance health for all generations in Gulf County

<u>Purpose</u>: Solicit input from the community on opportunities to increase access to health care and increase mental health/substance abuse recovery program availability through open two-way dialogue.

DT Simmons, Wellness Coordinator for the Florida Department of Health in Gulf County called the meeting to order and began with introductions of CHIP partners and an agenda overview.

Marsha Lindeman, Administrator for the Florida Department of Health in Gulf Counties updated the partnership on the ongoing of the legislative session and other matters with the potential to influence or affect public health in our area.

Following a brief discussion on the CHIP annual progress report for the April 2017-April 2018 timeframe led, partners divided into their respective subcommittees and strategized methods address their priorities support their goals. Each subcommittee was tasked with listing action steps for each listed strategy. Subcommittees reviewed their strategies and welcoming ideas from fellow subcommittees. The report was approved by CHIP partners.

During the latter part of the partnership meeting Stacy Treglon of North Florida Child Development presented information on their upcoming registration and encouraged our partners to spread the word. Diabetes Nurse Educator John Griggs of Sacred Heart, informed the partnership on an upcoming Health Fair in Carrabelle, FL at the public library. Kari Williams of Tobacco Prevention Program informed the group on upcoming community opportunities.

The next meeting will be scheduled at the beginning of June 2018. Currently the location is still to be determined.

CHIP partners completed meeting surveys. Meeting adjourned at approximately 12:00 pm EST.



Florida Department of Health in Gulf County C.H.I.P. Meeting 2475 Garrison Ave, Port St. Joe, FL 32456 Tuesday, March 6, 2018, 10:30a.m. – 12:00p.m.

SIGN-IN SHEET

<u>Purpose:</u> Solicit input from the community on opportunities to increase access to health care and support mental health/substance abuse program availability through open two-way dialogue.

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4	Valeno Muns	Company Cornlenter	vane sons hruch con	
5	Badring Saunters	We sa oned Cto	Ksaundersantmac	571-379-0310
6	Short Vige	NAOD	Steel achildren	(860) XSL-866V
7	Gina (rane	NFCD	rcionepHoridachildren	org 896-6736
8	Shad Smal	Shord Hart	Shoul Sinith Cascensian.	
9	Wes Richardson	Samed Heart	Ribert Richardson Passe	
10	Joseph Whitfreld	Sand Heart	Joseph Whitfille 750	
11	Back Holges	FOOH GUIF/Franklin	Zacharyholees@f/health.gov	850 227 -5350
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