

# Community Health Improvement Plan Progress Report March 2017 – March 2018

# Florida Department of Health in Franklin County



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### Introduction

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

#### **Engaging the Community**

Community ownership is a fundamental component of community health assessment and health improvement planning. Community participation leads to the collective thinking and commitment required for implementation of effective, sustainable solutions to complex problems. Broad community participation is essential because a wide range of organizations and individuals contribute to the public's health.

Creating a healthy community and strong local public health systems require a high level of mutual understanding and collaboration. Franklin County is working to strengthen and expand community connections and provide access to the collective wisdom necessary to addressing community concerns.

The process resulting in the 2016 Community Health Improvement Plan began in April of 2016 and concluded in August of 2016. It has been characterized by several key features:

- Inclusiveness: multiple stakeholders were included throughout the process
- Comprehensiveness: many dimensions of health were addressed
- Local Ownership: the process linked expertise and experience to generate a sustainable plan that includes community ownership and responsibility

The partners who have participated in the assessment and planning process have

agreed to participate in the implementation plan. Specific community members have agreed to conduct the activities described in the CHIP. In addition, many members have agreed to support the CHIP implementation through participation on one or more of the implementation oversight committees.

## Overview of the Community Health Improvement Plan (CHIP)

In June of 2015, the Florida Department of Health in Franklin 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 Franklin 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. See Table below of Strategic Issue Areas with their goals, developed by a workgroup of CHIP partners in Franklin County.

STRATEGIC ISSUE AREA	GOAL
Access to Care	1. To Increase access to certified diabetic programs
Healthy Weight	<ul><li>2. To increase access to certified diabetic programs</li><li>3. To Improve the healthy weight of youth and adults</li></ul>
Substance Abuse & Mental Health	<ul><li>4. To improve awareness of substance, abuse and mental health services</li><li>5. To reduce alcohol consumption among youth and adults in Franklin</li></ul>



# **CHIP Progress Summary Review**

On February 1, 2017, 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 February 2017 and April 2018 timeframe.

#### Strategic Issue Area #1: Access to Care

GOAL: To increase access to certified diabetic programs

**Objective 1:** By the end of 2019, 50% of Heart Health Plus participants with a diabetes referral will report attending at least one diabetes education class within 6 months.

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 Franklin 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 Franklin 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, 24 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 left: Free community flyer of the health fair at the Holy Family Senior Center in Apalachicola (left). Pictured at right: Schedule of Healthy Diabetes classes in Apalachicola.

On October 16, 2017, a free health fair was held at the Holy Family Senior Center in Apalachicola. CHIP participants included the Hillside Coalition of Laborers in Apalachicola (H'COLA), Franklin's Promise Coalition, and the Florida Department of Health. The health fair included the same educational information about blood pressure, prediabetes and tobacco cessation, along with biometric screenings.

#### **Project Report:**

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

#### Strategic Issue Area #2: Healthy Weight 1

**GOAL**: To Improve the healthy weight of youth and adults

Objective 1 Increase breastfeeding initiation from 76.6% in December 2017 to 78% by 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 Franklin County, North Florida Child Development, Healthy Start Coalition, OB/GYN 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

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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 a Breastfeeding Awareness Walk. At this walk, local breastfeeding advocates and community members gathered at Waterfront Park in Apalachicola to walk and spread awareness of the importance of breastfeeding.

As of December 2017, we have not achieved our target (see below).

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	
19	Franklin	76.9%	74.4%	70.0%	80.3%	83.1%	

#### **Project Report:**

Objective	Indicator	Current Level	Target	Status	Explanation of Status
Increase	WIC Reports	76.9%	78.5%		As of December
breastfeeding initiation					2018, the initiation
from 76.6% in					rate was only
December 2017 to					74.3%.
78% by March 2018.					

#### 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:

- > 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%

#### Media Coverage:

http://health.wusf.usf.edu/post/local-counties-celebrate-world-breastfeeding-week-several-events#stream/0

#### Strategic Issue Area #2: Healthy Weight 2



**Goal:** Improve the healthy weight of adults and youth in Franklin County

**Objective 1:** At least 50% of fitness challenge participants will demonstrate a reduction in overall weight or BMI by the end of the nine-week intervention.

**Objective 2:** At least 50% of the Body and Soul faith-based monthly health class participants will report an increase in daily fruit and/or vegetable consumption by the end of the six-month program.

Pictured Above: Body and Soul Nutrition class participants posing with their new pot and pans sets.

#### Strategy 1: Provide information to adults about healthy eating and physical activity

**Tactic A:** Implement evidence based healthy nutrition curriculum to faith based organizations (Body and Soul, Closing the Gap).

**Tactic B**: Partner with faith based organizations to implement fitness and health challenges.

**Key Partners:** Faith-Based Organizations in Franklin County, Local Residents, DOH-Franklin Closing the Gap Program.

The Project: CHIP partners recognized the value of callobarating with faith-based organizations in rural underserved areas communities to deliver health messages to minorities. The Florida Department of Health in Franklin County has established a close working relationship with several minority faith-based organizations who were involved in the Closing the Gap program. The purpose of Closing the Gap program is to reduce racial and ethnic health disparities with chronic disease outcomes. The Closing the Gap program partnered with local faith-based organizations to introduce the Body and Soul curriculum.

The Body and Soul curriculum is an evidence-based healthy lifestyle wellness program developed for African American churches. The program encourages church members to eat a diet rich in fruits and vegetables every day for better health. Churches that embrace Body and Soul help their members take care of their bodies as well as their spirits. The church is one of the most powerful elements to African American culture, and clergy leaders are key influencers to their congregation.

Between July 2017 to April 18 three local churches were hosting monthly Body and Soul physical activity and nutritional health classes. Sixty-two church members regularly attended the classes. Each participant received regular blood pressure checks and participants above normal reading were encouraged to follow-up with a healthcare professional. Additionally, 56% of the participants reported an increase in their daily fruit and vegetable consumption.

Multiple CHIP partners were guest speakers during the classes which covered a variety of health issues related to African Americans.

Our CHIP Health Stakeholders also provide free blood pressure screenings for participants who attend classes. If a screening is above or lower than the normal range, a referral is made.





Left Picture: Nutritional Challenge Flyer. Right Picture: Body and Soul nutrition class.

Franklin County CHIP partnered with the Closing the Gap program to coducted a Nutritional and Fitness Challenge with 36 participants from local African-American churches from January 2018 to April 2018. This nine week challenged consisted of in-office weigh-ins held at the local health department and at each weigh-in participants were given healthy eating and physical activity resources to aid them throughout the challenge. Similar to the Body and Soul class, free blood pressure screenings and diabetes risk assessments are also provided to the Fitness and Nutrional Challenge partipants and appropriae referrals are provided as needed. By the end of the nine week challenge, 73% of participants demonstrated a reduction in weight. Furthemore, 68% self-reported increased weekly physical activity.

**Project Report:** 

Objective	Indicator	Current Level	Target	Status	Explanation of Status			
At least 50% of fitness challenge participants will demonstrate a reduction in overall weight or BMI by the end of the nine-week intervention.	Closing the Gaps Annual Data Report	73%	50%		(Note: Weigh-ins are conducted health educators and trained nurses.)			
At least 50% of the Body and Soul faith-based monthly health class participants will report an increase in daily fruit and/or vegetable consumption by the end of the six-month program.	Closing the Gaps Annual Data Report	68%	50%		Results determined by calculating the before and after self-reported participant health assessments.			

#### 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:

- ➤ 61.50% adults overweight or obese
- > Diet of 5 servings of Fruit and Veggie consumption for adults is 13.2%
- Franklin County has a significantly higher rate of heart disease, diabetes and cholesterol mortality rates than the state of Florida.

#### Strategic Issue Area #3: Mental Health/Substance Abuse

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

**Objective #1:** The percent of Franklin County youth drinking alcohol in the last 30 days will reduce from 28.7% to 25% by July 2018.

**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/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:** Franklin Promise, Franklin County Schools, DOH-Franklin, Apalachee Center, DISC Village, 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:

- 1. Identify potential community partners to help sponsor this event.
- 2. Research reputable motivational speakers.
- 3. Discuss possibility of hosting motivational speaker with appropriate school personnel.
- 4. Extend invitation to speaker
- 5. Host event
- 6. Provide follow up surveys/questionnaires to students, staff, and parents
- 7. 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.

#### **Project Report:**

Objective	Indicator	Current Level	Target	Status	Explanation of Status
The percent of Franklin County youth drinking alcohol in the last 30 days will reduce from 28.7% to 25% by July 2018.	Florida Youth Substance Abuse Survey (FYSAS)	28.7%	25%	0	Currently, data is 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:

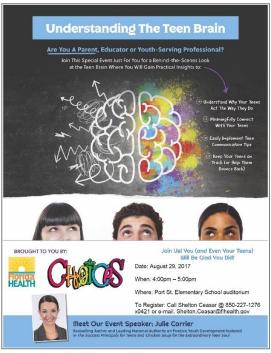
- > Average number of adult unhealthy mental health days in Franklin County is 4.8 compared to the state count of 4.1 days.
- > The rate of alcohol-related motor vehicle traffic crashes in Franklin County is 169.1 compared to the state rate of only 87.6.
- Youth Blacking out from drinking alcohol (Percentage): 29.2% vs. State: 18.9%
- > Youth alcohol consumption in the past 30 days (Percentage): 28.7% vs. State: 20.5%
- > 16% of all respondents think that mental health is a top concern (Community Health Status Assessment Survey, 2015)

> 38% of all respondents think that alcohol abuse is a significant concern. (Community Health

Status Assessment Survey, 2015.



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



## 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 a local minority church to create monthly newsletters, HHP community events and Sunday church service sermons with heart health themes. Nearly 100 blood pressure tracking cards were distributed to the guest and members of the partnering congregation.

During Heart Health Month (February), multiple HHP events were held around the county to promote heart health increase stroke awareness. These events included a heart health focused Lunch-and-Learn at the senior citizen center, stroke awareness mini-sermons during Sunday church services, healthy eating promotion at after school program open house events for parents. The events consisted of educational lecture, trivia games, and heart health Bingo where participants competed for chances to win heart health resources. By the end of each event all participants were able to recite and demonstrate the signs of stroke. In total, over 180 community members partook in the February activities.

#### Conclusion

The Franklin County 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 Franklin County.



#### Florida Department of Health in Franklin County C.H.I.P. Meeting 139 12<sup>th</sup> Street, Apalachicola, FL 32320 Thursday, March 8, 2018 10:30a.m. – 12:00p.m.

#### **AGENDA**

Vision of CHIP: To make Franklin County the Healthiest county in the Nation.

<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.

Торіс	Lead
Welcome/Call to Order (10 minutes) Introductions Brief review of agenda Prompt attendees to sign-in Prize Raffle	DT Simmons, DOH- Gulf/Franklin Wellness & Quality Improvement Coordinator
Review Previous Minutes (5 minutes)	DT Simmons, DOH- Gulf/Franklin Wellness & Quality Improvement Coordinator
Annual Progress Report – Year Two: Where Do We Go From Here? (15 minutes)	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  New direction  Mental Health & Substance Abuse  Recovery-Oriented System of Care	Partnership
Actions (10 minutes)	DT Simmons, DOH- Gulf/Franklin Wellness & Quality Improvement Coordinator
Open Floor for Community Announcements/Presentations (10 minutes)	Partnership
Meeting Evaluation	Community Partner
Adjourn	



#### Florida Department of Health in Franklin County C.H.I.P. Meeting 139 12<sup>th</sup> Street, Apalachicola, FL 32320 Thursday, March 8, 2018 10:30a.m. – 12:00p.m.

#### **SIGN-IN SHEET**

Purpose: 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.

#	Name	Organization or Community Representative	Email	Phone
1	Presto all fors	BBAHRE.	on thewsalic bendalier	386 856 5788
2	Stephanie Rilack	Alzheimers Project	stephenicoalsheim spricet org	150-386-2778
3	April Landrum	a Palachee Center	april var parachee centres	4 850-274-33(do
4	Maria Williams	Students Working Again Til	var Frances Williams Pflhealth	200850-370-0909
5	Mangann Roberts		Maryann @ Healthy Start BFGC	
6	Kathryn Land Apm	Morning Light Wollhas	niwcenter. Fl@grail.co	n 850-705-1766
8	Jeremy Hodge	EHO	jeremah. Lodge CF/Lee 1th.	50v 850-370-6039
9	Talitharobinsm	DOH-CIG	Talitha. Pabinsmotthe	
10	Alma Pugh	DUHETG	almo: pughas Flhra Hh. gu	850 653 2111 ext 0133
	Da Taylor	For	maile Enderson out	on 323-0176
12	began H. Davis	Refuge House	iday's Dresugehouse com	
13	DT Simmons			
14	Wyston Geary	Big Bend Rural Health	was as you his bendaher com	(850) 224 - 1177
15	VA Centina Wish	Career Source SC	PWOW ERA Coronsavage	rom 850 370 0116
16	Dwagn Coulter		4 d. Coulter & Grandel & Shape	
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18	SEAN GOLDER	PAN MRE OF FL	sgolder@panearefl.org	850 210-2586
19	Sean Golder	Big Bend Health Courci	* 00	0.5
20	Hunter Bailey	1)OH-SWAT	William bailey & Finearth	850-227-4330
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Florida Department of Health in Franklin County
C.H.I.P. Meeting

139 12<sup>th</sup> Street, Apalachicola, FL 32320 Thursday, March 8, 2018 10:30a.m. – 12:00p.m.

#### **MINUTES**

Vision of CHIP: To make Franklin County the healthiest county in the nation.

<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 Franklin County called the meeting to order and welcomed everyone. She began with introductions of CHIP partners, provided an agenda overview, and highlighted the discussions and conclusions of the last quarter meeting.

Several CHIP members volunteered to lead the group in icebreakers before moving into break-out groups.

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 Joe Taylor of Franklin's Promise asked for CHIP's support for a new Drug Prevention grant. Franklin's Promise has started the application process and is requesting letters of support from the general CHIP body. Sean Golder of PanCare informed everyone about a free mobile mammogram program. Kari Williams of Tobacco Prevention Program informed the group on upcoming community opportunities. Lastly Jhaki Davis of the Refuge House provided information on Sexual Assault Awareness Month.

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.