Community Health Improvement Plan Annual Report, 2016

Florida Department of Health in Collier County

December 2016

Table of Contents

Introduction 3

Overview of Community Health Improvement Plan (CHIP) 4

Summary of CHIP Annual Review Meeting 5
Strategic Issue Area Obesity 5-11

Revisions 11

Accomplishments 12-13

Conclusion 14

Appendices 15-20
Appendix A: Annual CHIP Review Meeting Agenda 15
Appendix B: Annual CHIP Review Community Meeting Minutes 16-18
Appendix C: Annual CHIP Review Community Meeting Sign-in Sheet 19
Appendix D: Comprehensive List of Community Partners 20

Introduction

This is the annual review report for the revised September 2015 Collier County Community Health Improvement Plan. The activities and collaborative efforts of the Florida Department of Health in Collier 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. While the CHIP is a community driven and collectively owned health improvement plan, the Florida Department of Health in Collier County is charged with providing administrative support, tracking and collecting data, and preparing the annual review report.

Overview of the Community Health Improvement Plan (CHIP)

The Florida Department of Health in Collier County (DOH-Collier) convened the community health improvement planning process for Collier County, following the release of the 2016 Collier County Community Health Assessment.

Over the past few years, local public health system partners have convened the Leadership for Community Health Improvement Planning (LCHIP) committee meetings to guide the development of this Community Health Improvement Plan (CHIP) for Collier County. In 2016, a new Community Health Improvement Planning cycle began and a new Community Health Assessment was completed in July 2016. The LCHIP committee is currently developing a new Community Health Improvement Plan which is scheduled for completion in early 2017.

Using the Mobilizing for Action through Planning and Partnership (MAPP) framework, the LCHIP started by identifying broad health priority areas and then determined the collective focus would be on reducing obesity. Currently, only 36 percent of Floridians are at a healthy weight. On our current trend, by 2030, almost 60 percent will be obese. To address this important public health issue, the Department of Health launched the Healthiest Weight Florida initiative in January 2013. In aligning with the Healthiest Weight initiative, the LCHIP committee developed 10 Healthiest Collier Obesity Objectives. The objectives promote awareness and provide opportunities for children and adults to make consistent, informed choices about healthy eating and active living.

The LCHIP reached consensus on one strategic issue area: Obesity. See Table below for Strategic Issue Area with their goals, developed by the LCHIP committee.

STRATEGIC ISSUE AREA	***GOAL***
Obesity	• *Increase the initiation, duration and exclusivity of breastfeeding* • *Promoting improved nutrition and physical activity in early care and education* • *Increase access to and consumption of fruits and vegetables* • *Increasing the physical activity for students before and after school* • *Increasing physical activity by improving the built environment in communities* • *Increase access to high-quality, affordable foods in communities* • *Raise well-being in SWFL through a comprehensive approach to health improvement.* • *Promoting all aspects of health and wellness initiatives for FBO's* • *Promoting worksite wellness initiatives for businesses and organizations* • *Promoting all aspects of health and wellness for seniors*

Summary of CHIP Annual Review Meeting

The LCHIP convened in February and November 2016 in person and by email to review the goals, strategies, objectives, indicators, outcomes and status of the 10 Healthiest Collier Obesity Objectives. The LCHIP is meeting in January 2017 to revise strategic objectives and to develop new objectives in coordination with the results of the 2016 Community Health Assessment.

Strategic Issue Area: Healthiest Collier Obesity Objective 1

Goal: Increase the initiation, duration and exclusivity of breastfeeding

Strategy: Promote awareness and expand opportunities for breastfeeding

***Key Partners*:** FSU, NCH Healthcare System, State of Breastfeeding committee, DOH-Collier and Safe and Healthy Children's Coalition

Why this is important to our community:					
Breastfeeding saves lives. Recent research shows that if 90% of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
At local community hospital – keep 60% of mothers stating they wish to exclusively breastfeed on admission and still exclusively breastfeeding upon discharge.	% upon admission % upon discharge	70%	60%		Over the past year 70% of mothers presenting to NCH stating they wished to exclusively breastfeed their infant were still exclusively breastfeeding at time of discharge.
By end of 2016 increase by 10% the number of WIC registered mom-baby dads who are either partially or exclusively breastfeeding at 26-52 weeks postpartum.	% of infants still receiving breastmilk	37.6%	42.5%		From Sept 2015 til September 2016, the Collier County WIC offices saw a 5% increase.

* Status indicators are as follows:

= Little to no movement towards objective target

= some progress towards meeting the objective target

= reached or surpassed objective target

Strategic Issue Area: Healthiest Collier Obesity Objective 2

Goal: Promoting improved nutrition and physical activity in early care and education

Strategy*:* Increase access to resources that promote healthy behaviors

Key Partners: Daycare RN, Early Learning Coalition, Childcare centers, University of Florida Extension office and Safe and Healthy Children's Coalition

Why this is important to our community:					
Overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life. Providing awareness and opportunities may increase healthy eating and active living.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By December 2016, DOH-Collier daycare RN will hold a series of training sessions aimed at providing child care and early education staff the tools to help children develop healthy habits for life.	# of Let's Move! training sessions	8	8		Completed 8 Lets Move training sessions. The training sessions highlight selected best practices.

Strategic Issue Area: Healthiest Collier Obesity Objective 3

Goal: Increase access to and consumption of fruits and vegetables.

Strategy: Implement Smart Lunch-room strategies to make healthy choices easier for students. Implement Smart-snack guidelines.

Key Partners: CCPS Nutrition Services Department, School staff, and UF IFAS Extension

Why this is important to our community:					
Overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life. Providing awareness and opportunities may increase healthy eating and active living.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
During 2015-2016 school year Increase opportunities for hand-on experience with fresh fruits and vegetables.	# of schools in City of Naples implementing Smarter Lunch Room strategies and meeting Smart-Snack guidelines	All CCPS schools	All CCPS schools		Managers and assistant managers of all 48 kitchens have completed Smarter Lunch Room training facilitated by UF IFAS Extension Office. All CCPS Nutrition Services vending and a la carte products meet Smart Snack guidelines.
	Weekly access to fresh fruit and/or vegetable snacks and related nutrition education.	All CCPS elementary schools	All CCPS elementary schools		The Fresh Fruit and Vegetable Program (FFVP) is offered to 13 elementary schools in Collier County that meet eligibility criteria related to economic need. Collier County Nutrition Services Department funds the Farm 2 School Snack (F2SS) for the remaining 19 elementary schools that do not meet eligibility criteria. The F2SS program provides all elementary age students with a weekly farm to school snack and related nutrition education.

Strategic Issue Area: Healthiest Collier Obesity Objective 4

Goal: Increasing the physical activity for students before and after school
Strategy: Increase access to and participation in Kids on the Go running club

Key Partners: School staff, NCH Safe and Healthy Children's Coalition of Collier County, UF Extension, and Whole Foods

Why this is important to our community:					
Regular physical activity can produce long term health benefits. The more physical activity you do, the greater the health benefits.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By June 2016, expanded "Kids on the Go" to 4 additional schools	# of schools participating in Kids on the Go program	13	13		13 schools participated during spring 2016

Strategic Issue Area: Healthiest Collier Obesity Objective 5

Goal: Increasing access to high-quality, affordable foods in communities

Strategy*: Increase access to healthy affordable food choices*

Key Partners: *Blue Zones Project (BZP) Food Policy Committee, University of FL extension Collier County and DOH-Collier*

Why this is important to our community:					
A number of factors determine what people eat, but access to healthy food and beverages has a major influence. Healthier vendor options provides access to higher quality of food choices.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By December 2016, BZP Food Policy committee members will offer a healthy vending policy to at least 20% of the local parks, businesses and municipal buildings.	# of parks and % of government complex	20	20		The BZP Food Policy committee formed in August 2015 and worked with Collier County and City of Naples Parks to accomplish this and surpassed this goal with 40% healthier choices now (40:60 ratio).

Strategic Issue Area: Healthiest Collier Obesity Objective 6

Goal: Increasing physical activity by improving the built environment in communities

Strategy: Share effective strategies and messages that support the connection between the built environment and healthy behaviors

Key Partners: Blue Zones Project (BZP) Built Environment Policy Committee, DOH-Collier, Naples Pathway Coalition and Collier County Planning Commission

Why this is important to our community:					
Adoption of complete streets policy will increase physical activity and connect the built environment and encourage healthy behaviors.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By June 2016, BZP Built Environment Policy committee members will meet with City of Naples, Collier County and BCC council to discuss adoption of complete streets principals.	# of completed visits	2	3		City of Naples passed complete streets in 2015. County Commission is implementing some concepts but more time is required.

Strategic Issue Area: Healthiest Collier Obesity Objective 7

Goal: Raise well-being in SWFL through a comprehensive approach to health improvement.

Strategy: Increase awareness of health related behaviors and outcomes

Key Partners: Blue Zones Steering Committee

Why this is important to our community:					
Changing health related behaviors can produce long-term health benefits.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
Raise well-being in SWFL through a comprehensive approach to health improvement.	Gallup-Healthways Well-being Index	Baseline Data Only	Improve 8 or more indicators over an 8 year period.	Not available until May 2017	Baseline data collected in May 2015 with first follow-up scheduled for May 2017.
	Pillar requirements to reach tipping point for sustainability	~3%	15-20% of individuals & organizations participate in Blue Zones Project over 8 years.		On target to reach goal by end of 2022 (end of project period).

Strategic Issue Area: Healthiest Collier Obesity Objective 8

Goal: Promoting all aspects of health and wellness initiatives to Faith Based Organizations (FBO's)

Strategy: Increase awareness and participation in health and wellness programs

Key Partners: Faith Based Organizations, DOH-Collier and Blue Zones Projects (BZP)

Why this is important to our community:					
Regular physical activity and healthy eating can produce long-term health benefits.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By June 2016, DOH-Collier will provide monthly health tips to at least 70 FBO's to share with congregations via sermon, newsletters, and/or flyers.	# of FBO's	85	70		Goal met and increasing distribution to 100 FBO's.
By December 2018, BZP will engage 10 FBO organizations to implement best practices to raise well-being of their congregants.	# of BZP Approved FBOs	1	10		Working on reaching 2018 goal.

Strategic Issue Area: Healthiest Collier Obesity Objective 9

Goal: Promoting worksite wellness initiatives for businesses and organizations

Strategy: Expand opportunities to promote health and wellness programs to worksites

Key Partners: Blue Zones Project (BZP) Worksite Committee and Chamber of Commerce

Why this is important to our community:					
Raising employee physical, emotional and social well-being, ultimately increases employee wellness and productivity and lowers healthcare costs.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By December 2018, 25 of the top 100 worksites in Collier County will become BZP approved by 2022.	# of BZP approved worksites in Collier County	12	25		Long-term goal is by 2022, 50 of the top 100 will become BZP approved.

Strategic Issue Area: Healthiest Collier Obesity Objective 10

Goal: Promoting all aspects of health and wellness for seniors

Strategy: Expand opportunities to promote health and wellness programs to seniors

Key Partners: Jewish Family and Community Services

Why this is important to our community:					
Regular physical activity and healthy eating can produce long-term health benefits.					
Objective	**Indicator**	**Current Level**	**Target**	**Status**	**Explanation of Status**
By May 2016, have programs in each senior center to promote good nutrition and exercise for seniors.	# of opportunities	10	10		Programs include: Expanded classes of tai chi, Chair yoga, Bone Builders, Strength building chair exercise and Go4Life (an NIH physical activity and exercise program). Hosted health fairs and fall prevention presentations.

Revisions

A new CHIP is being developed in January 2017, using the results of the 2016 Community Health Assessment. Revisions of the goals, objectives, strategies, measures and recommended changes will be documented in the development of the new CHIP based on the following parameters:

- Availability of data
- Availability of resources
- Community readiness
- Alignment of goals

Accomplishments

Goal	Objective	Accomplishment
1. Increase the initiation, duration and exclusivity of breastfeeding	At local community hospital – keep 60% of mothers stating they wish to exclusively breastfeed on admission and still exclusively breastfeeding upon discharge.	Over the past year 70% of mothers presenting to NCH stating they wished to exclusively breastfeed their infant were still exclusively breastfeeding at time of discharge.
How it's important for our community: Breastfeeding saves lives. Recent research shows that if 90% of families breastfed exclusively for 6 months, nearly 1,000 deaths among infants could be prevented.		
2. Promoting improved nutrition and physical activity in early care and education	By December 2016, DOH-Collier daycare RN will hold a series of training sessions aimed at providing child care and early education staff the tools to help children develop healthy habits for life.	Completed 8 Lets Move training session. The training sessions highlight selected best practices.
How it's important for our community: Overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life. Providing awareness and opportunities may increase healthy eating and active living.		
3. Increase access to and consumption of fruits and vegetables	During 2015-2016 school year Increase opportunities for hand-on experience with fresh fruits and vegetables.	Managers and assistant managers of all 48 kitchens have completed Smarter Lunch Room training facilitated by UF IFAS Extension Office. The Fresh Fruit and Vegetable Program (FFVP) is offered to 13 elementary schools in Collier County that meet eligibility criteria related to economic need.
How it's important for our community: Overweight and obese kids are at risk for developing medical problems that affect their present and future health and quality of life. Providing awareness and opportunities may increase healthy eating and active living.		
4. Increasing the physical activity for students before and after school	By June 2016, expanded "Kids on the Go" to 4 additional schools	13 schools participated during spring 2016

How it's important for our community: Regular physical activity can produce long term health benefits. The more physical activity you do, the greater the health benefits.		
6. Increasing access to high-quality, affordable foods in communities	By December 2016, BZP Food Policy Committee will offer a healthy vending policy to at least 20% of the local parks, businesses and municipal buildings.	The BZ Food Policy committee formed in August 2015 and worked with Collier County and City of Naples Parks to accomplish this and surpass this goal with 40% healthier choices now (40:60 ratio)
How it's important for our community: A number of factors determine what people eat, but access to healthy food and beverages has a major influence. Healthier vendor options provides access to higher quality of food choices.		
7. Promoting all aspects of health and wellness initiatives to Faith Based Organizations (FBO's)	By June 2016, DOH-Collier will provide monthly health tips to at least 70 FBO's to share with congregations via sermon, newsletters, and/or flyers.	Goal met and increased distribution to 70 FBO's
How it's important for our community: Regular physical activity and healthy eating can produce long-term health benefits.		
8. Promoting all aspects of health and wellness in seniors	By May 2016, have programs in each senior center to promote good nutrition and exercise for seniors.	Programs include: Expanded classes of tai chi, Chair yoga, Bone Builders, Strength building chair exercise and Go4Life (an NIH physical activity and exercise program). Hosted health fairs and fall prevention presentations. Given presentations by the Blue Zone with a goal of become a Blue Zone.
How it's important for our community: Regular physical activity and healthy eating can produce long-term health benefits.		

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. We will evaluate progress on an ongoing basis through quarterly CHIP status reports and quarterly discussion by community partners. We will conduct annual reviews and revisions based on input from partners and create CHIP annual reports by December of each year. The CHIP will continue to change and evolve over time as new information and insight emerge at the local, state and national levels.

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 Collier County.

Appendices

Florida Department of Health in Collier County
Executive Leadership for Community Health Improvement
Building H, Room 202
November 3, 2016 3:00-4:00pm

AGENDA

Purpose: *Solicit input from the community on community health issues in a two-way discussion.*

Topic	Lead
Welcome/Call to Order • Brief review of agenda • Sign-in	S. Vick
Review Previous Minutes	All
Status Update of Previous Actions • Review 2015 Community Health Improvement Plan Annual Report	All
New Action • Discuss 2016 Community Health Improvement Plan	All
Open Floor for Input/Consider Community Strategy • Future Actions	All
Meeting Evaluation	All
Adjourn	S. Vick

Florida Department of Health in Collier County
Executive Leadership for Community Health Improvement
Building H, Room 202
November 3, 2016 3:00-4:00pm

COMMUNITY MEETING MINUTES

Purpose: *Solicit input from the community through open two-way dialogue.*

In Attendance

Attendees

Name	Organization or Community Representative
Barry Williams	Collier County Parks & Recreation
Ed Houck	Health Planning Council SWFL
Eileen Vargo	Collier County Public Schools
Jennifer Gomez	DOH-Collier
Mike Ellis	Health Care Network of SWFL
Mike Riley	Naples Community Hospital
Paula DiGrigoli	Safe & Healthy Children's Coalition
Stephanie Vick	DOH-Collier
Todd Vedder	Health Care Network of SWFL

Speaker	Topic	Discussion
S. Vick	Welcome/Call to Order • Introductions • Brief review of agenda • Prompt attendees to sign-in	Agenda Approved
S. Vick	Review Previous Minutes	Minutes approved
J. Gomez	Status Update of Previous Actions • Review 2016 Community Health Improvement Plan (CHIP) • Discuss 2017 CHIP	The Annual Monitoring Report will be published by the end of November 2016. J. Gomez gave a brief presentation on the CHIP and results of the focus groups. Handouts were distributed. Community priorities have changed and chronic disease and mental/behavioral health are concerns. 2017 CHIP will be due in January 2017.
	Actions	

Action Items

Action Step (use action verb)	Person Responsible	Deliverable Date
1. Email CHIP template	J. Gomez	11/7/2016
2. Review template and objectives	All Members	11/30/2016
3. Explore new objective focus areas for 2017	All Members	01/12/2017
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Adjourn Next Meeting Date: January 12, 2017; DOH-Collier, Room 202, 3:00pm

Florida Department of Health in Collier County
Executive Leadership for Community Health Improvement Meeting
Meeting Location Room 202
November 3, 2016 3:00-4:00pm

SIGN IN SHEET

Attendees

Name	Organization or Community Representative	Initials
Allen Weiss	Naples Community Hospital	
April Donahue	Collier County Medical Society	
Barry Williams	Collier County Parks & Recreation	Barry Williams
Deb Logan	Blue Zones/Healthways	
Ed Houck	Health Planning Council SWFL	Ed Houck
Eileen Vargo	Collier County Public Schools	Eileen Vargo
Jaclynn Faffer	Jewish Family & Community Services	
Javier Rosado	FSU College of Medicine	
Jennifer Gomez	DOH-Collier	JG
Mike Ellis	Health Care Network of SWFL	
Mike Riley	Naples Community Hospital	M. Riley
Paula DiGrigoli	Safe & Healthy Children's Coalition	Paula
Stephanie Vick	DOH-Collier	SVick
Tiffany Esposito	Chamber of Commerce	
Todd Vedder	Health Care Network of SWFL	By telephone

Florida Department of Health in Collier County
Executive Leadership for Community Health Improvement Meeting
Meeting Location Room 202

SIGN IN SHEET

Name	Organization or Community Representative	Initials
Paula DiGrigoli	Safe & Healthy Children's Coalition	
April Donahue	Collier County Medical Society	
Mike Ellis	Health Care Network of SWFL	
Michael Dalby	Chamber of Commerce	
Jaclynn Faffer	Jewish Family & Community Services	
Jennifer Gomez	DOH-Collier	
Ed Houck	Health Planning Council SWFL	
Deb Logan	Blue Zones/Healthways	
Mike Riley	Naples Community Hospital	
Javier Rosado	FSU College of Medicine	
Eileen Vargo	Collier County Public Schools	
Todd Vedder	Health Care Network of SWFL	
Stephanie Vick	DOH-Collier	
Barry Williams	Collier County Parks & Recreation	
Allen Weiss	Naples Community Hospital	