

Hardee County Community Health Improvement Plan 2019-2023

**April 2019
Revised: March 2020
Version: 1.1**

Florida Department of Health in Hardee County



Table of Contents

Acknowledgements	3
Executive Summary	4
Using the CHIP	5
Community Health Assessment	6
<i>Community Health Status Assessment</i>	6
<i>Community Themes and Strengths Assessment</i>	7
<i>Local Public Health System Assessment</i>	7
<i>Forces of Change Assessment</i>	8
Identified Priority Health Issues	8
<i>Mental Health and Substance Abuse</i>	9
<i>Education Attainment</i>	12
<i>Overweight and Obesity</i>	13
<i>Teen Pregnancy</i>	14
Updates and Revisions	15
Action Plan	16
References	21

Acknowledgements

The Florida Department of Health in Hardee would like to recognize the organizations and individuals who dedicated their valuable time to help complete this Community Health Improvement Plan (CHIP). Hardee County is on the road to improving the health and well-being of its residents due to your hard work and dedication.

- AdventHealth Wauchula
- Central Florida Health Care
- Drug Free Hardee
- Florida Coalition Against Domestic Violence
- Florida Poison Information Center – Tampa General Hospital
- Hardee County Emergency Management
- Healthy Start Coalition
- Heartland for Children
- Peace River Center
- South Florida State College
- Tobacco Free Hardee
- Tri County Human Services

Executive Summary

The Hardee County CHIP was created with guidance from the Hardee County Health Care Task Force (HCTF), the CHIP work group, and other community partners as part of a shared interest in and ongoing efforts to improve the overall health of Hardee County. This report was compiled by the Florida Department of Health in Hardee County (FDOH-Hardee).

The HCTF and FDOH-Hardee decided the CHIP would focus on the following priority health issues after a series of meetings reviewing and discussing the data collected in the Community Health Assessment (CHA):

- Mental Health and Substance Abuse
- Education Attainment
- Overweight and Obesity
- Teen Pregnancy

The goal of the CHIP process is to create goals, objectives, and strategies targeting the priority health issues identified in the CHA while aligning with already existing state and national objectives as well as local program's and organization's goals. This includes the Florida State Health Improvement Plan (SHIP) 2017-2021, Healthy People 2020, Hardee County's Teen Pregnancy Prevention Alliance Action Plan, and local school's improvement plans.

The 2019 Hardee County CHIP is a living document that will be reviewed quarterly and updated by December 31st of each year. Updates and changes will be tracked under the *Updates and Revisions* section of this document.

Using the CHIP

Everyone plays an important role in the creation and implementation of the CHIP, from residents to community leaders and advocates, government officials, and health care professionals. Below are some suggested ways to use this CHIP to improve the health of our community:

Community Residents

- Understand the top health priorities facing Hardee County and use this Plan to improve the health of your community
- Use the information from this Plan to discuss health issues that are important to you with community leaders
- Volunteer your time, talents, or other resources

Government Officials

- Understand the top health priorities facing Hardee County
- Identify barriers to good health in your community
- Participate in community efforts laid out in the CHIP strategies

Health Care/Public Health Professionals

- Understand the top health priorities facing Hardee County
- Be a resource for the community
- Inform patients/clients of the resources listed in the CHIP

Educators

- Understand the top health priorities facing Hardee County
- Engage the support of leaders, teachers, parents, and students
- Align this Plan with school wellness plans/policies to create a healthier school environment

Employers

- Understand the top health priorities facing Hardee County
- Use this plan to recommend resources to help make your business a healthy place to work
- Educate your staff on the link between productivity and employee health

Faith-based Organizations

- Understand the top health priorities facing Hardee County
- Use this plan to improve the overall health (body, mind, and spirit) of your community

Community Health Assessment

The Mobilizing for Action through Planning and Partnerships (MAPP) model was used to complete the 2018 Hardee County Community Health Assessment. This process required engagement of local public health system partners and the community at large. MAPP is a nationally recognized planning tool that helps communities prioritize health issues and identify resources to identify them.

The MAPP process is centered around four main assessments that include:

1. Community Health Status Assessment
2. Community Themes and Strengths Assessment
3. Forces of Change Assessment
4. Local Public Health System Assessment

These assessments were conducted by the Florida Department of Health in Hardee and the Hardee County Health Care Task Force between 2016-2018. A complete report of the findings of these assessments can be found in the 2018 Hardee County Community Health Assessment report. The CHA uses both primary and secondary data to develop an accurate picture of the health of Hardee County residents.

As part of the MAPP process, HCTF members shared their definition of what a healthy community looks like. Members then came to an agreement on the following vision statement: To create a community that recognizes the connection between environmental health, mental health and physical health. That educates, informs and inspires residents to protect our children’s future, build healthier lives, create a safe environment where alcohol and substance use do not present harmful consequences, and design lasting solutions to poverty and cultural disparities.

Community Health Status Assessment

The Community Health Status Assessment assesses data about health status, quality of life, and risk factors in the community. This assessment is intended to answer the questions:

- ❖ *“How healthy are our residents?”*
- ❖ *“What does the health status of our community look like?”*

During the Health Care Task Force meetings held from January 2017-June 2018, attendees assessed data from County Health Rankings, Florida Health Community Health Assessment Resource Tool Set (CHARTS), and other data sources.

Community Themes and Strengths Assessment

The Community Themes and Strengths Assessment answers questions such as: “How is quality of life perceived in our community?” and “What is important to our community?”. This assessment results in an understanding of community issues and concerns, perceptions about quality of life, and community assets.

Community meetings were held on November 4, 2016 and February 3, 2017 asking residents the above questions. The 2017 Hardee County Community Health Survey was a 15-question survey and was available online and on paper in both English and Spanish. Between May-October 2017, 278 surveys were collected from Hardee County residents at various locations and events. Participants were asked questions related to 1) health status, 2) health issues, and 3) community resources while also looking at demographics and socioeconomic status. The findings provided qualitative information that revealed community sentiments regarding health status and issues in Hardee County.

Table 1

3 Most Urgent Risks to Health	%
Drug Abuse	62%
Being Overweight	32%
Alcohol Abuse	32%
Dropping Out of School	31%

Source: Community Health Survey

Table 2

3 Greatest Health Problems	%
Overweight and Obesity	39%
Chronic Disease	36%
Teen Pregnancy	34%

Local Public Health System Assessment

The Local Public Health System Assessment (LPHSA) focuses on all the organizations and entities that contribute to the public’s health. The LPHSA answers the question “What are the components, activities, competencies, and capacities of our local public health system?” The LPHSA was held on March 27, 2018. The following table shows a summary of performance score by each Essential Public Health Service. The scores range from a minimum value of 0% meaning that no activity is performed pursuant to the standards to a maximum of 100% meaning that all activities are performed at an optimal level.

Table 3

How well did the system perform the ten Essential Public Health Services?		
Essential Public Health Service		Score
1	Monitor Health Status to Identify Community Health Problems	69.4
2	Diagnose and Investigate Health Problems and Health Hazards	81.3
3	Inform, Educate, and Empower People about Health Issues	61.1
4	Mobilize Community Partnerships to Identify and Solve Health Problems	54.2
5	Develop Policies and Plans that Support Individual and Community Health Efforts	66.7
6	Enforce Laws and Regulations that Protect Health and Ensure Safety	66.1
7	Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable	53.1
8	Assure a Competent Public and Personal Health Care Workforce	45.8
9	Evaluate Effectiveness, Accessibility, and Quality of Personal and Population-Based Health Services	52.1
10	Research for New Insights and Innovative Solutions to Health Problems	13.9

Forces of Change Assessment

The Forces of Change Assessment identifies forces – such as trends, events, or factors – that are or will be affecting the community or the local public health system. A session was held on July 26, 2018 with local stakeholders to determine the strengths, weaknesses, opportunities, and threats of our community that could have health impacts in the future.

Table 4

Forces of Change Assessment Results	
Strengths	Local response to disasters, Rural, Partnerships
Weaknesses	Lack of service providers, Food insecurity, Education attainment
Opportunities	Telehealth, Telemedicine, Changes in technology, New hospital, Political leadership changes
Threats	Trending Drug Abuse Issues (medical marijuana, opioids, e-cigarettes/Juuling/vaping), Mental Health, Lack of financial base (taxes), Loss of jobs

Identified Priority Health Issues

During the CHA process, themes and concerns emerged that were common throughout each of the assessments and their results. Hardee County Health Care Task Force members were given the opportunity to provide feedback during the January 2019 meeting. The HCTF identified four priority issues listed below as the focus areas for the 2019-2023 Hardee County CHIP.

- ❖ Mental Health and Substance Abuse
- ❖ Education Attainment
- ❖ Overweight and Obesity
- ❖ Teen Pregnancy

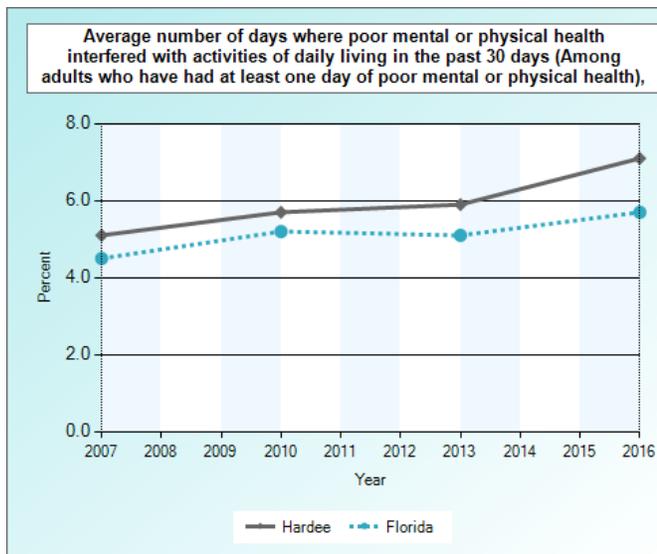
The following section of this plan highlights some of the data that led to the decision to focus on the above health issues.

Mental Health & Substance Abuse

Healthy People 2020 defines mental health as a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society. Mental health and physical health are closely related. Mental health plays a major role in people’s ability to maintain good physical health. Mental illnesses such as depression and anxiety can affect people’s ability to participate in physical activity or other health-promoting behavior. In turn, problems with physical health can affect one’s mental health.

The average number of days where poor mental or physical health interfered with activities of daily living in the past 30 days has been increasing (Chart 1). The number of adults who have ever been told they have a depressive disorder increased from 2013 to 2016 (Table 5).

Chart 1



Source: Florida Health CHARTS

Table 5

Adults who have ever been told they had a depressive disorder, Overall		
Year	Hardee	Florida
2013	11.9% (7.3 - 16.4)	16.8% (15.9 - 17.6)
2016	13.9% (10.6 - 17.1)	14.2% (13.5 - 15.0)

Source: Florida Health CHARTS

The Community Themes and Strengths, Community Health Status, and Forces of Change assessments all revealed substance abuse as an area of concern for Hardee County. This included such topics as: alcohol, marijuana, and e-cigarette use among youth, alcohol impaired driving, and opioid use.

Substance abuse has an impact on individuals, families, and communities. The effects of substance abuse are cumulative, and contribute to costly social, physical, mental, and public health problems. These problems can include:

- Teenage pregnancy
- Human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS)
- Other sexually transmitted infections (STIs)
- Domestic violence
- Child abuse
- Motor vehicle crashes
- Crime
- Suicide

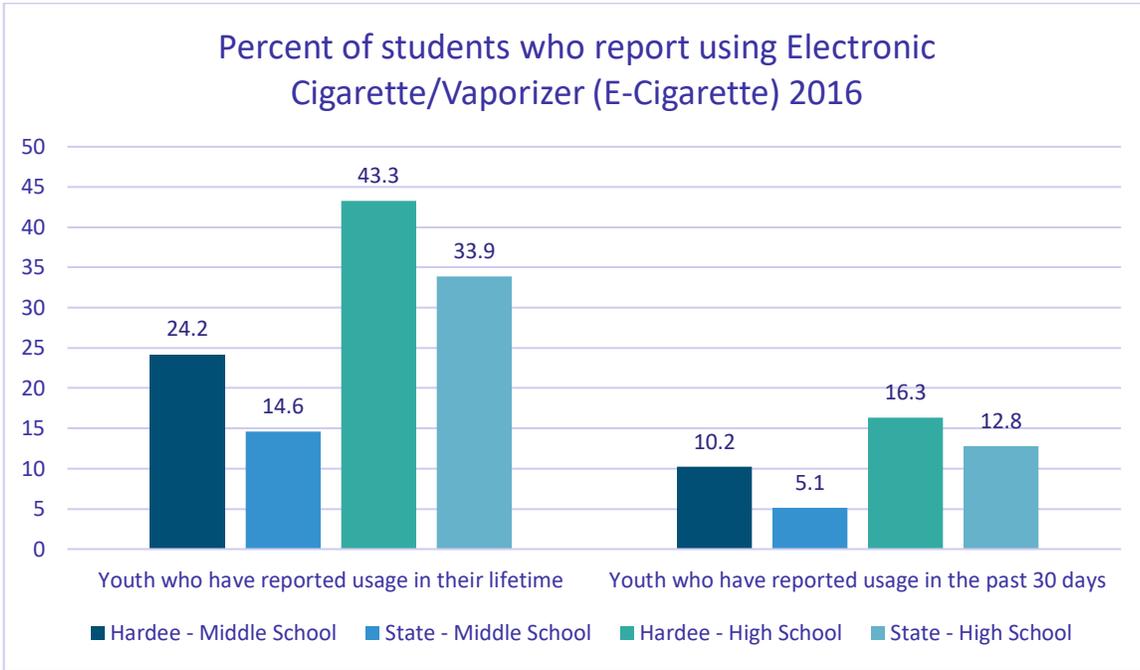
Table 6 shows us that Hardee has a higher rate of alcohol-suspected motor vehicle traffic crash injuries. An alarming 43.3% of Hardee County High School students have reported using vaporizers/electronic cigarettes in their lifetime, while only 33.9% reported statewide (Chart 2). Hardee County middle school students are more likely to have used alcohol or to binge drink than their Statewide counterparts (Chart 3). There were 2 fatal opioid overdoses and 6 suspected non-fatal opioid involved overdoses in 2017 (Florida CHARTS).

Table 6

Alcohol-suspected Motor Vehicle Traffic Crash Injuries, Single Year Rates		
	Hardee	Florida
Year	Rate	Rate
2016	72.4	51.3

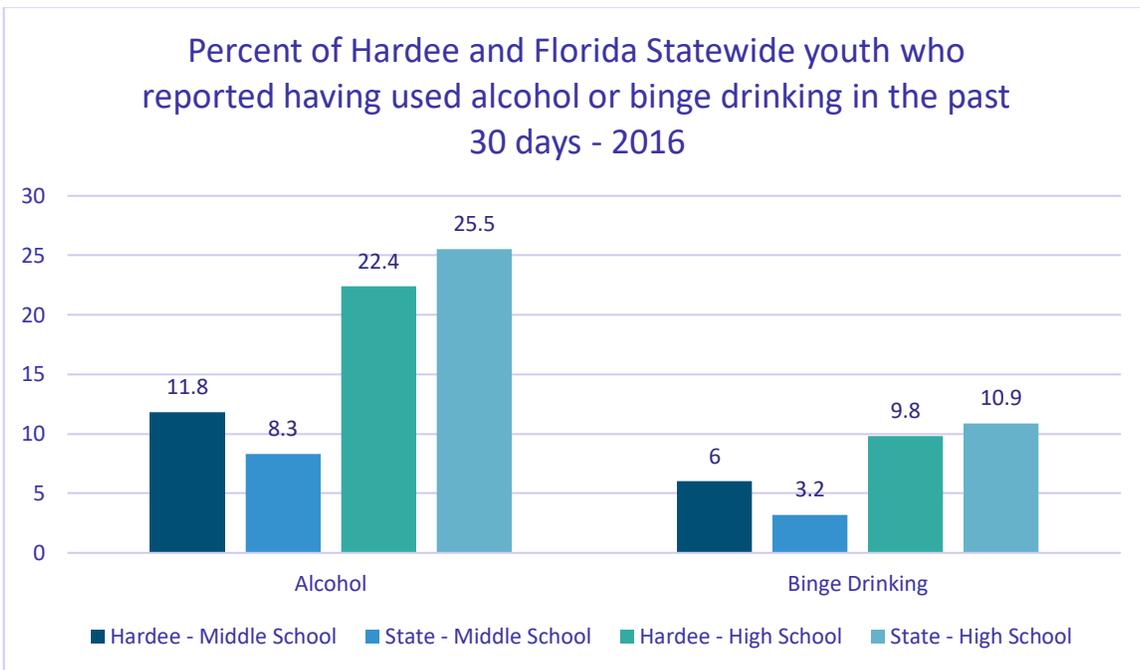
Source: Florida Health CHARTS

Chart 2



Source: Florida Youth Substance Abuse Survey

Chart 3



Source: Florida Youth Substance Abuse Survey

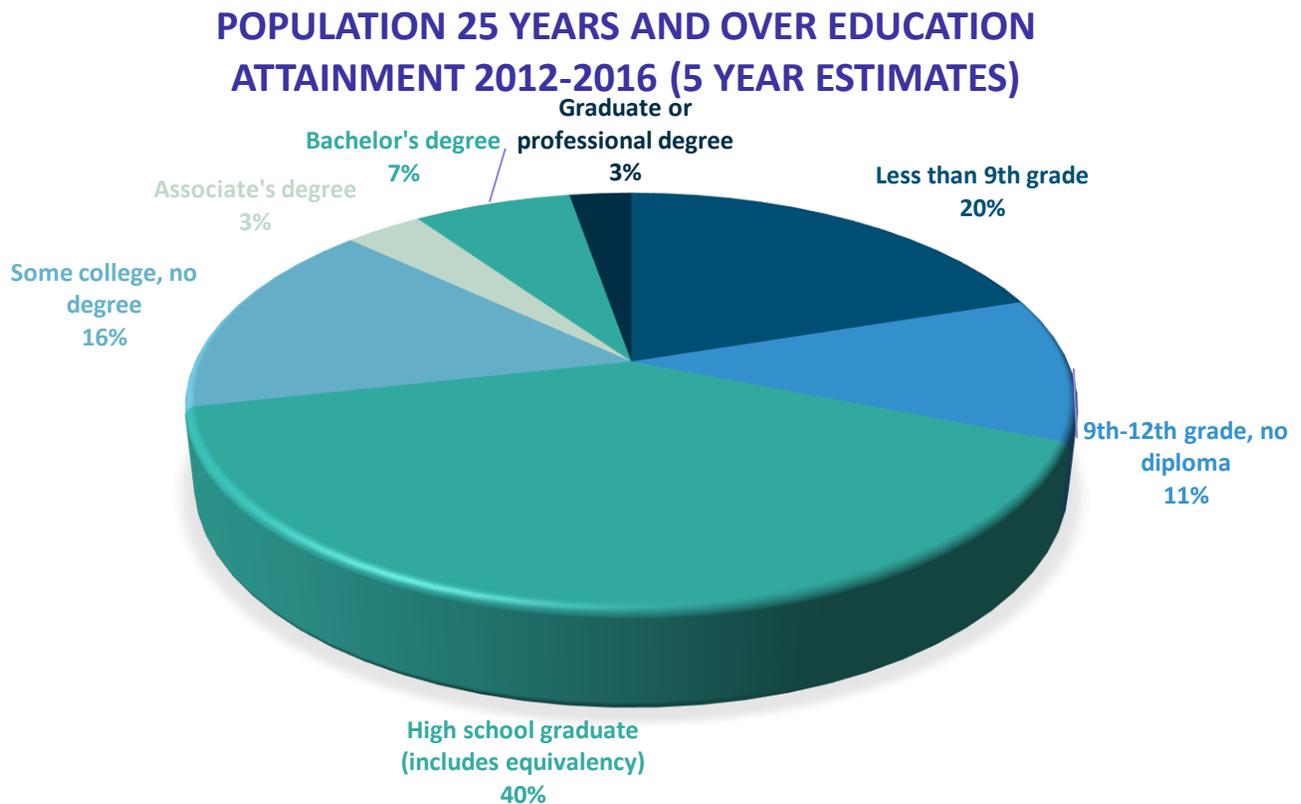
Education Attainment

When identifying priority issues, the social determinants of health were taken into consideration by HCTF members. Healthy People 2020 recognizes five key areas that include: economic stability, education, social and community context, health and health care, and neighborhood and built environment.

Good schools were identified as one of the three most important qualities that make a community healthy and improve the quality of life. Dropping out of school was identified as one of the three most urgent risks to health and safety in Hardee County (Community Health Survey 2017). Adults with higher educational attainment live healthier and longer lives compared with their less educated peers, according to the National Institutes of Health.

In Hardee County, only 9.6 percent of residents have a Bachelor's degree or higher and 31.1 percent have no high school diploma (Chart 4). Hispanics are more likely to be 25 years and over with no high school diploma, as well as those who identify as Other Race (Table 7).

Chart 4



Source: United States Census Bureau American Fact Finder

Table 7

Indicator	Measure	Year(s)	Total	White	Black	Other Race	Hispanic	Non-Hispanic
Individuals 25 years and over with no high school diploma	Percent	2012-16	31.1	30.0	28.2	56.0	55.3	17.3

Source: Florida CHARTS

Overweight & Obesity

According to the CDC, the prevalence of obesity was 39.8% and affected about 93.3 million of US adults in 2015-2016. In 2017, Hardee County residents ranked overweight and obesity as one of the greatest health issues and being among the most urgent risks in Hardee (Community Health Survey).

Obesity is strongly linked to some of the leading causes of preventable, premature death including: heart disease, stroke, type 2 diabetes, and certain types of cancer. The cause of obesity is difficult to understand because there are many contributing factors. Some of these factors are behavior (physical activity and diet), genetics, education level, and built environment.

Hardee County residents are performing worse in the below indicators in Table 8 in regard to weight and physical activity. Only 25.5% of Hardee County residents are at a healthy weight while 38.5% are obese. Residents are also performing worse under nutrition and built environment indicators listed in Table 9. 16.4% consume at least 5 servings of fruits and vegetables a day while compared the state at 18.3%.

Table 8

Obesity and Physical Activity 2017		
Indicator	Hardee	Florida
Adults who are at a healthy weight	25.5%	34.5%
Adults who are overweight or obese	72.4%	63.2%
Adults who are obese	38.5%	27.4%
Adults who are sedentary	44.6%	29.8%

Source: Florida Health CHARTS

Table 9

Nutrition and Built Environment 2017		
Indicator	Hardee	Florida
Adults who consume at least 5 servings of fruits and vegetables a day	16.4%	18.3%
Population that live within ½ mile of healthy food source	19.1%	30.9%
Population that live within a ten-minute walk (1/2 mile) of an off-street trail system	13.3%	18.2%

Source: Florida Health CHARTS

Teen Pregnancy

Teen pregnancy was indicated as an area of concern during the Community Themes and Strengths and Community Health Status Assessments. The CDC states that teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen parents and their children. Teen mothers are less likely to graduate high school. Children of teen mothers are more likely to have lower school achievement and to drop out of high school, have more health issues, be incarcerated at some time during adolescence, face unemployment as an adult, or give birth as a teenager themselves.

Table 10 shows the number of births to mothers ages 10-14 and ages 15-17. It also shows the number of repeat births to mothers ages 15-19. Hardee County's rate for 2015-2017 was higher for all three indicators.

Table 10

County Birth Data Comparison 2015-2017					
Indicators	Measure	State Count	State Rate	Hardee Count	Hardee Rate
Births to mothers 10-14	Per 1,000 Females 10-14	352	0.2	3	1
Births to mothers 15-17	Per 1,000 Females 15-17	8,522	8.2	25	15.2
Repeat births to mothers ages 15-19	Percent of births 15-19	5,299	15.7	27	23.5

Source: Florida Department of Health, Bureau of Vital Statistics. Population estimates are from the Office of Economic and Demographic Research (EDR)

Updates and Revisions

The Hardee County Health Care Task Force (HCTF) is responsible for measuring, monitoring and reporting the progress of identified goals and objectives of the Community Health Improvement Plan (CHIP). Progress will be monitored through meetings where the CHIP will be a standing meeting item listed on the HCTF agenda. By December 31st of each year, the HCTF will review the CHIP and make revisions and updates.

Members of the HCTF will communicate with the Community Health Educator for the Florida Department of Health in Hardee County to ensure goals and objectives are being met.

Date	Description of Change	Page (s) Affected	Reviewed or Changed by
3/17/2020	Added opioid data	10	S. Sweet

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Action Plan

Mental Health and Substance Abuse

Priority 1: Improve social and behavioral health among Hardee County residents							
Goal 1.1: Reduce and/or prevent substance use and improve mental health in Hardee County							
Strategy	Objective	Lead Entity	Alignment	Target Date of Completion	Baseline	Target	Status
1.1.1 Increase awareness of available services regarding mental health and substance abuse	1. By December 31 st of each year identify and invite partners to educate the Health Care Task Force on services provided at 4 scheduled meetings 2. Explore opportunities to promote partners that provide access to services and identify at least 2 mediums to communicate to the public by December 31, 2020	Tri-County Human Services Florida Department of Health in Hardee	State Health Improvement Plan (BH 1)	1. 12/31/23	1. 0	1. 4	
				2. 12/31/20	2. 0	2. 2	
1.1.2 Increase mental health awareness and substance abuse prevention efforts among Hardee County youth	1. By December 31 st of each year assist and support the Hardee Junior High Healthy Choices event 2. By December 31 st of each year assist and support the Hardee High Senior Luncheon 3. By December 31 st of each year assist and support Sanctuary Gaming Club	Drug Free Hardee		1-3. 12/31/23	1. 1	1. 1	
					2. 1	2. 1	
					3. 1	3. 1	
1.1.3 Increase awareness of campaigns related to driving under the influence	Assist and support at least two local law enforcement efforts to deter driving under the influence by December 31, 2022.	Drug Free Hardee	State Health Improvement Plan (ISV 1)	12/31/22	72.4 (rate)	69.9 (rate)	

1.1.4 Increase awareness of campaigns related to preventing substance use including e-cigarettes (vaping, Juuling)	Decrease the percent of students who report using electronic cigarettes/vaporizers in the past 30 days by 2% before December 31, 2023.	Tobacco Free Hardee Students Working Against Tobacco	Drug Free Hardee Logic Models / Tobacco Free Hardee Workplan	12/31/23	10.2% - Middle School 16.3% - High School	9.7% - Middle School 15.8% - High School	
1.1.5 Increase awareness of the opioid epidemic locally, statewide, and nationally.	1. Prevent opioid use and/or deaths within Hardee County 2. Identify prevention programs being provided locally.	Tri County Human Services Drug Free Hardee	State Health Improvement Plan (BH 3)	12/31/23	2 fatal overdoses 6 non-fatal overdoses	0 fatal overdoses 0 non-fatal overdoses	
1.1.6 Increase awareness of alcohol and tobacco product marketing at the retail point of sale.	1. Complete environmental scans of local alcohol and tobacco retailers 2. Host an education day for alcohol and tobacco retailers	Tobacco Free Hardee Drug Free Hardee	Tobacco Free Hardee Workplan	6/30/2020	1.0 completed surveys 2.0	1.37 completed surveys 2.1	

Education Attainment

Priority 2: Improve education attainment among Hardee County residents							
Goal 2.1: Improve high school graduation rate from 80.2% to 81.2%							
Strategy	Objective	Lead Entity	Alignment	Target Date of Completion	Baseline	Target	Status
2.1.1 Identify opportunities to assist with each individual school's improvement plan	Partner with one school to assist with an identified area of need by December 31, 2022.	Drug Free Hardee Florida Department of Health in Hardee	Hardee County School Board Improvement Plans	12/31/22	80.2%	81.2%	
2.1.2 Promote current activities occurring within Hardee County	By December 31 st of each year assist Panther Youth Partners program at South Florida State College	Panther Youth Partners		12/31/23	80.2%	81.2%	
Goal 2.2: Increase the number of residents obtaining certificates or degrees							
2.2.1 Promote current activities occurring within Hardee County	1. By December 31 st of each year support and promote Drug Free Hardee's Student Hub 2. By December 31 st of each year support and promote South Florida State College activities	Drug Free Hardee South Florida State College	Drug Free Hardee Logic Models	12/31/23	13%	13.5%	
2.2.2 Identify and promote programs	Promote the use of Complete Florida and other programs that support obtaining degrees or certificates	Florida Department of Health in Hardee Drug Free Hardee		12/31/21	13%	13.5%	

Overweight and Obesity

Priority 3: Increase healthy weight among Hardee County residents							
Goal 3.1: Increase the percentage of adults at a healthy weight from 25.5% to 26%							
Strategy	Objective	Lead Entity	Alignment	Target Date of Completion	Baseline	Target	Status
3.1.1 Promote physical activity opportunities and participation within the county	By December 31 st of each year identify an organization to partner with to promote physical activity and participation	Florida Department of Health in Hardee	State Health Improvement Plan (HW 2)	12/31/23	25.5%	26%	
3.1.2 Promote nutrition education opportunities within the county	By December 31 st of each year identify an organization to partner with to promote nutrition education and participation	Central Florida Health Care Florida Department of Health in Hardee	State Health Improvement Plan (HW 2)	12/31/23	25.5%	26%	
3.1.3 Promote and provide chronic disease prevention education	Partner with at least two local organizations (faith based, community based, health related) to provide training, resources, and/or education on chronic disease prevention by December 31, 2021.	Florida Department of Health in Hardee	State Health Improvement Plan (CD 1)	12/31/21	25.5%	26%	

Teen Pregnancy

Priority 4: Improve the health and well-being of families							
Goal 4.1: Decrease the number of births and repeat births among 15-19-year old's							
Strategy	Objective	Lead Entity	Alignment	Target Date of Completion	Baseline	Target	Status
4.1.1 Encourage healthy decision making regarding risky sexual behavior	Host a family event that encourages conversation between adults and children regarding risky sexual behaviors by December 31, 2023.	Teen Pregnancy Prevention Alliance		12/31/23	(10-14) 3 (15-17) 25 (Repeat 15-19) 27	(10-14) 0 (15-17) 23 (Repeat 15-19) 25	
4.1.2 Promote "Let's Talk Month" in October	Identify two mediums to promote Let's Talk Month by December 31, 2022.	Teen Pregnancy Prevention Alliance		12/31/22	(10-14) 3 (15-17) 25 (Repeat 15-19) 27	(10-14) 0 (15-17) 23 (Repeat 15-19) 25	
4.1.3 Implement program(s) that support healthy behaviors and healthy relationships	Partner with Hardee Teen Pregnancy Prevention Alliance to identify and promote at least (3) resources and programs available within Hardee County by June 30, 2021.	Drug Free Hardee	Hardee TPPA Action Plan	06/30/21	(10-14) 3 (15-17) 25 (Repeat 15-19) 27	(10-14) 0 (15-17) 23 (Repeat 15-19) 25	

References

<http://www.flhealthcharts.com/charts/default.aspx>

<https://www.healthypeople.gov/>

<https://www.cdc.gov/obesity/data/adult.html>

<https://www.ncbi.nlm.nih.gov/pubmed/29328865>

<http://www.dcf.state.fl.us/programs/samh/publications/fysas/2016Survey/county-tables/Hardee.pdf>

<https://www.census.gov/quickfacts/fact/table/hardeecountyflorida,US/PST045217>



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