



# Community Health Improvement Plan Annual Report, 2016

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*Florida Department of Health  
in Highlands County*

*Prepared February 2017*

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## Table of Contents

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Introduction .....	3
Overview of Community Health Improvement Plan (CHIP).....	4
Summary of CHIP Annual Review Meeting .....	5-7
Strategic Issue Area #1 .....	5
Strategic Issue Area #2 .....	6
Strategic Issue Area #2 .....	7
Revisions .....	8
Accomplishments.....	9
Conclusion .....	10
Appendices .....	11-13
Appendix A: Annual CHIP Review Meeting Agenda .....	12
Appendix B: Community Partners.....	13

## Introduction

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This is the annual review report summarizes the work, progress, and accomplishments of the 2012 – 2015 Highlands County Community Health Improvement Plan. The activities and collaborative efforts of the Florida Department of Health in Highlands 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 Highlands 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)**

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In April 2011, Highlands County Health Department engaged in an agreement with the Health Planning Council of West Central Florida to assist with the updating of its community health improvement partnership planning process (CHIP). The process selected was the Mobilizing for Action through Planning and Partnerships (MAPP), a strategic approach to community health improvement planning, was chosen as a framework for the assessment. The State Health Plan priorities and the Essential Public Health Services also provided additional direction.

Through the MAPP Process, the team completed a local public health system assessment and developed, distributed, collected, and assessed a community health survey with the help of community partners which contributed to the creation of the Community Health Assessment Profile. The outcome of this process identified gaps in our healthcare system and identified strategic issues addressed by our community. However, due to changes in the team members and leadership, the original strategic areas have been refocused to address Chronic Disease, Healthy Lifestyles and Socioeconomic Culture.

<b>STRATEGIC ISSUE AREA</b>	<b>GOAL</b>
<b>Healthy Lifestyles</b>	<i>Increase the percentage of adults and children who are at a healthy weight.</i>
<b>Chronic Disease</b>	<i>Increase the percentage of adults to have their cholesterol checked annually.</i>
<b>Socioeconomic Culture</b>	<i>Provide a bridge too sustainable social and economic prosperity to all residents of Highlands County.</i>

## Summary of CHIP Annual Review Meeting

Committee members met on September 28, 2015 to discuss the annual report and stated the CHIP will be revised based on the findings from the 2015 Community Health Assessment. During this year, a third strategic area was formed defining a need to address socioeconomic opportunities with the creation of Highlands Prosperity Partnership. Due to the various changes with the committee, the consensus was to make this the final report and begin a new chapter once the findings from the Community Health Assessment has been reviewed.

### **Strategic Issue Area #1: Healthy Lifestyles**

Obesity brings an increased risk for serious health conditions including coronary heart disease, hypertension, stroke, type 2 diabetes, and certain types of cancer. Physical activity is one preventive measure to avoid contracting serious health conditions.

**Goal: Increase the percentage of adults and children who are at a healthy weight**

*Strategy 1: Decrease the percentage of adults who engage in no leisure-time physical activity*

*Key Partners: YMCA, Drug Free Highlands, Healthy Start, Central Florida Health Care, Children Advocacy Center, Florida Department of Health in Highlands County*

Why this is important to our community:					
To reduce serious health conditions and prevent chronic disease from escalating.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status*
Decrease the percentage of adults who engage in no leisure-time physical activity	Healthy Behaviors on physical inactivity  **County Health Rankings	29%	25.4		2015 reported 33.6%. Improvement made.

\* 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 #2: Chronic Disease**

Chronic diseases are the most costly and common of all health problems. Preventive measures can assist in reducing and improve the quality of life.

**Goal: Increase the percentage of adults to have their cholesterol checked annually**

*Strategy 2: Increase cholesterol screenings in adults*

*Key Partners: Drug Free Highlands, Healthy Start, Central Florida Health Care, Children Advocacy Center, Florida Department of Health in Highlands County*

Why this is important to our community:					
To reduce premature death and decrease the proportion of adults with high total blood cholesterol levels					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
Increase cholesterol screenings for adults	Percentage of adults who had their cholesterol checked every two years.  **Florida Charts	77.4%	78%		Last data provided on Florida Charts 2013.

\* 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 #3: Socioeconomic Culture**

Bridging the gap between socioeconomic barriers for health inequalities and health inequities are crucial to the health of the community.

**Goal: Provide a bridge too sustainable social and economic prosperity to all residents of Highlands County.**

*Strategy 2: Increase access to health care information*

*Key Partners: Drug Free Highlands, Healthy Start, Central Florida Health Care, Children Advocacy Center, Florida Department of Health in Highlands County*

Why this is important to our community:					
To reduce premature death and decrease the proportion of adults with high total blood cholesterol levels					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
Develop resource information access points	Not available				Need clearly defined indicator to assess progress

\* Status indicators are as follows:

-  = Little to no movement towards objective target
-  = some progress towards meeting the objective target
-  = reached or surpassed objective target

## Revisions

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Changes in CHIP have occurred in the past year due to the departure of key participants, newly appointed leads and the refocus of community initiatives. The 2015 Community Health Assessment will be presented to the community on October 1, 2015, and will be used to create a new health improvement plan for 2016 and beyond.

## Accomplishments

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Goal	Objective	Accomplishment
1. Develop resource information access points	Increase awareness to points of care in Highlands County	The group researched free and inexpensive physical activities in the community and compiled that information into a pamphlet for residents.
<p><b>How it's important for our community:</b> Partners are key to the success of the Committee. By aligning and coordinating efforts across various partners and sectors, efforts and improvements in health are amplified.</p>		
2. Increase physical activity within Highlands County	3. Decrease the percentage of adults who engage in no leisure-time physical activity	The Get Your Move On, Highlands pamphlet was a major key to the success of increasing physical activity within the community.
<p><b>How it's important for our community:</b> Increased physical activity helps to lower BMI and other risk factors for residents within our community.</p>		

## Conclusion

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The Community Health Improvement Plan 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 implementation reports and quarterly discussion by community partners. Annual reviews and revisions will be based on input from partners after which an annual report will be created. A Community Health Improvement Plan will be updated every three years. The CHIP will continue to change and evolve over time as new information and insight emerge at the local, state and national levels.

With the startup of the Highlands Prosperity Partnership, a new awareness of focus to provide opportunities of improving the quality of life for all residents of Highlands County has emerged. The vision encompasses that all citizens of Highlands County are healthy, educated, financially stable, resilient and responsible community members. 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 Highlands County.

# Appendices

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**Appendix A – Meeting Agenda**

**Appendix B – Community Partners**

## Appendix A – Meeting Agenda



### Community Health Improvement Planning

***Mission:*** To identify and address health issues important to Highlands County residents through planning and community partnerships.

***Vision:*** Engaging the Community Today for a Healthier Tomorrow.

#### February 27, 2017

1:30 pm	Call Meeting to order	Kitty Slark
1:31 pm	Welcome and Introductions	Kitty Slark
1:35 pm	Review and Approval of Minutes	Kitty Slark
1:40 pm	Old business	
	• CAC / HPP Update	Mary Plankenhorn
	• CHA In Our Community: Opportunities 2/28 FL Hosp. Community Benefits: W. Amos	Kitty Slark
	• "Get Your Move On Highlands" Brochure Get it out in our community	Tessa Hickey
2:00 pm	New Business	
	• Healthy Baby, CHIP Annual Report	Amanda Tyner
2:20 pm	Announcements	
2:30 pm	Adjourn	Kitty Slark

#### Notes - LINK TO COMMUNITY HEALTH ASSESSMENT:

<http://www.hcwcfl.org/past-projects/assessment-planning-and-advisory/>

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**Next CHIP Meeting: March 27, 2017 at 1:30pm, at the Florida Health Department, 7205 S. George Blvd., Sebring, FL 33875**

## **Appendix D – Community Partners**

### **Comprehensive List of Community Partners**

Health Planning Council of West Central Florida  
Drug Free Highlands  
Child Advocacy Center  
Tri-County Human Services  
Heartland Rural Health Network  
Healthy Start Coalition  
Florida Department of Health in Highlands County