



Florida Department of Health in Highlands County  
**COMMUNITY HEALTH IMPROVEMENT PLAN  
ANNUAL PROGRESS REPORT**

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**2019**

**Ron DeSantis**  
Governor

**Scott A. Rivkees, MD**  
State Surgeon General

**Mary Kay Burns, MBA, BSN, RN**  
Health Officer

Date Completed  
02/01/2020

**Produced by:**  
**Florida Department of Health in Highlands County**

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# Introduction

This annual progress report summarizes the work, progress, and accomplishments of the 2018-2021 Highlands County Community Health Improvement Plan (CHIP). 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 report.

# Overview of CHIP and Annual Review Meeting

In 2015, 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 Assessment (CHA) and 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 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 Tobacco Use, Diabetes & Obesity, and Chronic Disease. During the final meeting in 2019, the group reviewed the progress of current initiatives and determined to not make any changes during 2020-2021 cycle, as they would begin the process of establishing and performing a new Community Health Assessment in June 2020.



STRATEGIC ISSUE AREA	GOALS
<b>Tobacco Use</b>	Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.
<b>Diabetes and Obesity</b>	Promote health through the achievement and maintenance of healthy body weights.
<b>Chronic Disease</b>	Reduce chronic disease morbidity and mortality by promoting early detection and screening.

# 2019 Progress and 2020 Revisions

## Strategic Issue Area #1: Tobacco Use

Tobacco use and exposure to second hand smoke can be a contributing factor in cancer, heart disease and respiratory issues. All three of these health outcomes are prominent in the Highlands County community.

**Goal #1:** Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

**Strategy #1:** Collaborate with community partners to promote tobacco-free education and cessation classes

**Objective #1:** Increase the percentage of adults who have never smoked

**Key Partners:** Tobacco Free Partnership of Highlands, Drug Free Highlands, Students Working Against Tobacco, QuitDoc, and the Florida Department of Health

2019 Performance							
Objective Number	Objective	Baseline	Performance	Target Value	Target Date	Trend <sup>1</sup>	Status <sup>1</sup>
1.1.1.1	By December 31, 2020, decrease the percentage of adults who are current smokers from 16% to 15%	16.0%	17.0%	15.0%	12/31/20		Not on Track
2020 Revisions							
N/A							
Rationale							

### Progress in 2019

The Living Well in Highlands County CHIP group in collaboration with QuitDoc set a goal to participate in at least two health fairs per year and to provide tobacco prevention education to local schools on an annual basis. In 2019, the group provided education at the Highlands County Fair 2/9-2/16 and at the Leadership Highlands Career Fair on 3/21/19. More education will need to be targeted at adults to meet local goal.

### How Targets Were Monitored

Deliverable data is provided to the CHIP Chair and the information is housed in VMSG software. Data is reviewed quarterly by both the Performance Management Council and CHIP. Objective data is released annually by the Robert Wood Johnson Foundation, County Health Rankings.

# 2019 Progress and 2020 Revisions

## Strategic Issue Area #1: Tobacco Use

Tobacco use and exposure to second hand smoke can be a contributing factor in cancer, heart disease and respiratory issues. All three of these health outcomes are prominent in the Highlands County community.

**Goal #1:** Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

**Strategy #1:** Collaborate with community partners to promote tobacco-free education and cessation classes

**Objective #2:** Decrease the percentage of youth who try electronic vaping

**Key Partners:** Tobacco Free Partnership of Highlands, Drug Free Highlands, Students Working Against Tobacco, QuitDoc, and the Florida Department of Health

2019 Performance							
Objective Number	Objective	Baseline	Performance	Target Value	Target Date	Trend <sup>1</sup>	Status <sup>1</sup>
1.1.1.2	By December 31, 2020, decrease the percentage of youth age 11-17 who have ever tried electronic vaping from 26.3% to 24.0%	26.3%	26.5%	24.0%	12/31/20	▲	Not on Track
2020 Revisions							
N/A							
Rationale							

### Progress in 2019

In January of 2019, the CHIP Committee combined the quarterly meeting with QuitDoc to align schedules and seek additional participation in targeting objectives to meet the tobacco related strategic issues. Since that time, a Vaping and Essential Oils presentation was offered at the Health department. Amanda John from QuitDoc continues to work with local businesses and school children to promote the message of why it is important to not vape. Despite these efforts, the rate has increased slightly by 0.02%.

### How Targets Were Monitored

CHIP members provide updates via and in-person at a minimum quarterly. Datasets are monitored by the lead agency along with the Florida Department of Health in Highlands County. Updates are stored in VMSG software. A quarterly progress report is discussed at each CHIP meeting.

# 2019 Progress and 2020 Revisions

## Strategic Issue Area #2: Diabetes & Obesity

The goal of promoting healthful diets and healthy weight encompasses increasing household food security, eliminating hunger, and preventative measures.

**Goal #1:** Promote health through the achievement and maintenance of healthy body weights.

**Strategy #1:** Collaborate with community partners to promote and educate residents on the importance of healthy weight

**Objective #1:** Decrease adults who have ever been told they have diabetes

**Key Partners:** Advent Health, Local Providers, Highlands Regional, Florida Department of Health Closing the Gap Program, and PACE-EH project

2019 Performance							
Objective Number	Objective	Baseline	Performance	Target Value	Target Date	Trend <sup>1</sup>	Status <sup>1</sup>
2.1.1.1	By December 31, 2020, decrease the percentage of adults who have ever been told they had diabetes from 15.3% to 13.0%	15.3%	16%	13.0%	12/31/20		Not on Track
2020 Revisions							
N/A							
Rationale							

### Progress in 2019

The DOH-Highlands CTG group, in collaboration with Central Florida Health Care and Advent are providing diabetes self-management classes to residents of Highlands county. In addition, AdventHealth recently started a program Food is Health. DOH-Highlands is providing education at these classes as well.

### How Targets Were Monitored

DOH-Highlands monitors the number of classes and educational events in which CTG participates monthly. CHIP members provide updates via and in-person at a minimum quarterly. Datasets are monitored by the lead agency along with the Florida Department of Health in Highlands County. Updates are stored in VMSG software. A quarterly progress report is discussed at each CHIP meeting.

# 2019 Progress and 2020 Revisions

## Strategic Issue Area #2: Diabetes & Obesity

The goal of promoting healthful diets and healthy weight encompasses increasing household food security, eliminating hunger, and preventative measures.

**Goal #1:** Promote health through the achievement and maintenance of healthy body weights.

**Strategy #1:** Collaborate with community partners to promote and educate residents on the importance of healthy weight

**Objective #2:** Increase adults with healthy weight

**Key Partners:** Advent Health, Local Providers, Highlands Regional, Florida Department of Health Closing the Gap Program, and PACE-EH project

2019 Performance							
Objective Number	Objective	Baseline	Performance	Target Value	Target Date	Trend <sup>1</sup>	Status <sup>1</sup>
2.1.1.2	By December 31, 2020, decrease the percentage of the adult population that reports a body mass index (BMI) > or = to 30 from 33% to 31%	33.0%	31.0%	32.0%	12/31/20	▲	Completed
2020 Revisions							
N/A							
Rationale							

### Progress in 2019

The DOH-Highlands CTG group, in collaboration with Central Florida Health Care and Advent are providing diabetes self-management classes to residents of Highlands county. In addition, AdventHealth recently started a program Food is Health. DOH-Highlands is providing education at these classes as well.

### How Targets Were Monitored

DOH-Highlands monitors the number of classes and educational events in which CTG participates monthly. CHIP members provide updates via and in-person at a minimum quarterly. Datasets are monitored by the lead agency along with the Florida Department of Health in Highlands County. Updates are stored in VMSG software. A quarterly progress report is discussed at each CHIP meeting.

# 2019 Progress and 2020 Revisions

## Strategic Issue Area #3: 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 #1:** Reduce chronic disease morbidity and mortality by promoting early detection and screening.

**Strategy #1:** Collaborate with community partners to promote the importance of HPV testing for early prevention/detection of cancer

**Objective #2:** Increase the number of teens who receive a HPV test

**Key Partners:** Advent Health, Highlands Regional Hospital, Sebring Cancer Center, Local Providers, Heartland Rural Health Network, and Florida Department of Health

2019 Performance							
Objective Number	Objective	Baseline	Performance	Target Value	Target Date	Trend <sup>1</sup>	Status <sup>1</sup>
3.1.1.2	Increase the completion rate for teens ages 11-18, of the first HPV dosage from 83.0% to 85.0% by December 31, 2020.	83.0%	99.1%	85.0%	12/31/20	▲	Completed
2020 Revisions							
Rationale							

### Progress in 2019

Per the last AFIX report in 2019, DOH-Highlands current rate for completion of 1<sup>st</sup> dosage is 99.1%. The group will look to continue to education in 2020 and possibly include a goal for the second dosage in 2021 revisions.

### How Targets Were Monitored

DOH-Highlands staff review and monitor AFIX reports. CHIP members provide updates via and in-person at a minimum quarterly. Datasets are monitored by the lead agency along with the Florida Department of Health in Highlands County. Updates are stored in VMSG software. A quarterly progress report is discussed at each CHIP meeting.

# Trend and Status Descriptions

## \*Trend Descriptions:

-  = Data trend is upward and in the desired direction for progress
-  = Data trend is downward and in the desired direction for progress
-  = Data trend is upward and in the undesired direction for progress
-  = Data trend is downward and in the undesired direction for progress

## \*\*Status Descriptions:

- **On Track** = Objective progress is exceeding expectations or is performing as expected at this point in time
- **Not on Track** = Objective progress is below expectations at this point in time
- **Decision Required** = Objective is at risk of not completing/meeting goal. Management decision is required on mitigation/next steps.
- **Completed** = Objective has been completed or has been met and the target date has passed
- **Not Completed** = Objective has not been completed or has not been met and the target date has passed

# Revisions

The Committee views the CHIP as a fluid document. The annual review is vital in determining if the focus of the plan aligns with the needs of the community. By conducting a SWOT analysis and reviewing indicators the Committee can identify emerging health threats and make necessary changes to strategies and objectives to best meet the health concerns of the community.

The Living Well in Highlands County CHIP Committee combined with the Community Health Assessment team to begin the MAPP process for the upcoming Community Health Assessment to be released in June 2020. The team felt that placing a larger focus on the upcoming direction of the health of the community took precedence over diving deeper into datasets associated to current goals. Not that the current goals are not important, but the team is eager to see what new data reveals and what new initiatives are important to the residents.

# Accomplishments

Goal	Objective	Accomplishment
Promote health through the achievement and maintenance of healthy body weights.	<i>By December 31, 2020, decrease the percentage of the adult population that reports a body mass index (BMI) &gt; or = to 30 from 33% to 32%</i>	The group met and exceeded the goal by reaching 31%.
<b>Why This Accomplishment is Important for Our Community</b>		
Health weights are important to healthy lifestyles and impact many health outcomes for residents in Highlands County. The county is rural in many areas and has a large number of underinsured and uninsured residents.		

Goal	Objective	Accomplishment
Reduce chronic disease morbidity and mortality by promoting early detection and screening.	<i>Increase the completion rate for teens ages 11-18, of the first HPV dosage from 83.0% to 85.0% by December 31, 2020.</i>	The group met and exceeded the goal by reaching 99.1%.
<b>Why This Accomplishment is Important for Our Community</b>		
Early detection and screenings have a positive impact on overall life outcomes. Working with community partners to ensure that our youth can have a long, healthy life provides a positive outlook on the future health of the community.		

# Conclusion

The Community Health Improvement Plan (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 or static document. Community partners will work closely with the CHIP Coordinator to provide necessary items to document objective targets. The CHIP will continue to change and evolve over time as new information and insight emerge at the local, state, and national levels.

The Community Health Improvement Planning Committee is responsible for measuring, monitoring, and reporting of progress on the goals and objectives of the Community Health Improvement Plan (CHIP), the members of which will monitor through a series of meetings, where the Strategic Issue objectives will be a standing agenda item. At a minimum, the CHIP Committee will meet on a quarterly basis, to review data from FL Charts, Community Partner reports, and other various local and state level data sources to demonstrate progress toward goals. An annual review and assessment of progress toward reaching goals and objectives and achievements will be completed as well. By working together, we can have a significant impact on the community's health by improving where we live, work and play. These efforts will allow us to realize the vision of a healthier Highlands County.

# Appendices

## Appendix A: Annual CHIP Review Agenda

 <p>Community Health Improvement Planning</p>		<p><b>Living Well in Highlands County</b></p> <p><b>AGENDA</b></p>	
<p><b>HIGHLANDS CHD, 7205 S GEORGE BLVD, SEBRING, FL</b></p>		<p><b>TUESDAY, NOVEMBER 12, 2019</b></p>	
TIME	Topic	PRESENTER(S)	
1:30PM	Call meeting to order / Welcome / Introductions	<i>Amanda Tyner</i>	
1:35PM	Review / approve minutes from 08/13/19 meeting	<i>Group</i>	
1:45PM	Tobacco Free Partnership Discussion/Update	<i>Amanda John</i>	
2:00PM	Member Presentation: <b>CHA Data &amp; Community Themes/Strengths</b>	<i>Amanda Tyner</i>	
2:30PM	CHIP Priorities Update (Annual Review)	<i>Amanda Tyner</i>	
2:50PM	Questions / Community Partner Announcements / Wrap-up	<i>Group</i>	
3:00PM	Adjourn		
	Next Meeting: <b>February 11, 2020</b>		

## Appendix B: Annual CHIP Review Sign-in sheet



### Florida Health Performs

  
hiv infections

  
childhood vaccines

  
infant mortality

  
health equity

  
inhaled nicotine

  
trauma services

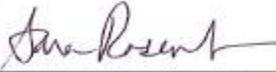
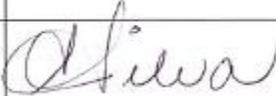
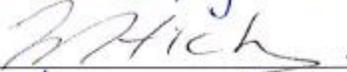
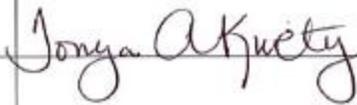
  
licensure time

  
employee recognition

## Community Health Improvement Plan Please Sign In

HIGHLANDS CHD 7205 S. GEORGE BLVD, SEBRING, FL 33875

TUESDAY, NOVEMBER 12, 2019

Name (Please PRINT)	Title / Organization	Signature
Mary Kay Burns	FDOH / Health Officer	
Penny Pringle	FDOH / Asst. Administrator	
Sara Rosenbaum	AdventHealth	
Kimberly Williams	AdventHealth	
Elizabeth Silva	CFHC	
Aisha Alayande	DF Highlands	
Amanda Tyner	FDOH	
Tessa Hickey	FDOH	
Machele Albritton	FDOH	
Tonya Akwetey	HS Coalition	
Amanda John	QuitDoc	
Nancy Zachary	RCMA	

<b>Carol Tuck</b>	<b>Tri-County</b>	
<b>Kitty Slark</b>	<b>Tri-County</b>	
Carly Carden	Peace River	CCAL
Leah Sams	HOBAC	M Jee

## Appendix C: Annual CHIP Review Minutes



CHIP Meeting Minutes for November 12, 2019

**Vision:** Engaging the community today for a healthier tomorrow.

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

**Present:** Amanda Tyner, Tessa Hickey, Sara Rosenbaum, Elizabeth Silva, Tonya Akwetey, Carly Carden, Leah Sauls, Machele Albritton

**Welcome and Introductions:** Introductions all around, Amanda Tyner welcomed everyone and thanked them for coming.

**Tobacco Free Partnership Discussion/Update** – Amanda John absent

### **CHA Data & Community Themes / Strengths**

Amanda gave update on CHA Data – could use 578 of the 620 surveys we received, looked at ACES, demographics, children, health of entire community, etc. Gave group a 2pg doc with the data...

Key findings:

#### **Demographics:**

- We learned that we completely missed Venus, need to focus on them next time to get data from that area
- Most respondents, white female, 55-64 yo, works full time,
- Least responsive, Hispanic/Spanish speaking, followed by African American. Need to have data more all-encompassing of all demographics in the future.

#### **Family Dynamics:**

- Most respondents lived in home with 2 people, under the age of 65, and had no children.

#### **Children**

- Cost was main reason that children didn't receive medical/mental/dental care.
- Allergies was largest health issue of respondents – was not on our radar as such a large issue
- 32.83% said their child eats fast food each week
- 21.72% have sugary drinks daily

#### Community Health section

- 21.11% felt not safe to walk in neighborhood
- Riskiest behaviors, drug abuse, distracted driving, lack of exercise.
- Top 3 health problems were Aging, Overweight/Obese, Heart Disease
- 74.46% eat fast food 1-2 days of week

#### Personal Health section

- 57.50% have been to ER in last 12 months
- Vaping/Smoking was not an issue for respondents – 91.98% do not smoke, 97.59% do not vape

#### Adverse Childhood Experiences section

- 21.04% of respondents had at least one ACE

Amanda led group in an exercise – gave everyone sticky notes and asked all to look at data and think of/write down:

- Common Themes in Community – common issues revealed by data
- Community Strengths – People/Organizations we can partner with to address the findings

Reviewed the results:

- Many of the Strengths (Organizations) are part of our CHIP group already, some groups we could include: [FULL LIST SEPARATE ATTACHMENT]
  - Career Source Heartland
  - Cardiologists
  - Heartland Regional Transportation Planning Organization
  - Economic Development Council
  - Churches
- Common Themes:
  - Drug Abuse
  - Transportation
  - Access to Care
  - Overall awareness of services available
  - Poor Diet/need for healthier options
  - Dental Care – cost prohibitive

Amanda will compile results of exercise and reach out to some for contact info of potential partners mentioned. Will [share](#) with group. Need to do our best to get the key players to the table.

**CHIP Priorities Update** – Amanda gave update, we are current on tasks at this point. Will try to make the priorities more targeted in future, less broad.

Group led a discussion about any possible revisions to current plan. None were suggested. Group would like to focus efforts on upcoming CHA and new CHIP in 2020.

**Questions / Community Partner Announcements / Wrap-Up -**

AP Elementary – Jingle Bell Run 5k 12/13 @ 6pm

BoCC has a new website, [HighlandsFL.go](http://HighlandsFL.go); 5k, 12/7 at 8am, register through end of this week get a t-shirt, proceeds go to United Way

In School Dental Sealant program has been in 2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, grades, now including kindergarten.

Crisis Response Team, dispatching from Highlands County Sheriff Dept. – person struggling, need to talk to someone, can call for help. Carly will get the number to group.

12/6 at 7am, executive board room of Advent Health in Sebring, Mental Health focus group for community physicians

Advent Health– hospital CHA mostly done, pulling together assets and deciding what hospital can do to address findings: “Caregiver College” – Caregivers for Alzheimer’s patients, meet on Friday’s for 5-week series, ending December 6<sup>th</sup>, have speakers from Alzheimer’s Association to discuss topics – brain health, communication, legal, nutrition, etc. has been well-attended with 20+

Safe Sleep Awareness month was October, went well. November 17<sup>th</sup> is World Premature Day, wear purple.

Next meeting February 11, 2020

## Appendix D: Comprehensive List of Community Partners

Advent Health  
Champion for Children Foundation  
Children's Advocacy Center  
Central Florida Healthcare  
City of Sebring  
Drug Free Highlands  
Florida Department of Health  
Fusion Health Care Center  
Hanley Foundation  
Healthy Start Coalition  
Highlands Regional Medical Center  
Highlands County Board of County Commissioners  
Heartland Rural Health Network  
Lake Placid Police Department  
Peace River Center  
Redlands Christian Migrant Association  
Tobacco Free Partnership / QuitDoc  
Tri-County Human Services