



Community Health Improvement Plan Annual Report

September 2017

*Florida Department of Health in
Indian River County*



Version 1.1 Release Date: September 2017

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Introduction

This is the annual review report for the **2016–2020 Indian River County Community Health Improvement Plan (CHIP)**. The activities and collaborative efforts of the Florida Department of Health in Indian River County (DOH-Indian River) and community partners are reflected within this report. This document serves 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 Indian River County is charged with providing administrative support, tracking and collecting data, and preparing the annual review report.

Indian River County's CHIP is the product of multiple years of collaboration, brainstorming, review and discussion by many dedicated individuals. It is a thorough and executable plan that has been brought to fruition by the many stakeholders, work groups and partnerships that make our county so special and productive. We hope that you will review this annual report and see this hard work illustrated in the achievement of a healthier Indian River County.



Overview of the Community Health Improvement Plan (CHIP)

The Indian River County Community Health Advisory Council (the “Council”) was charged with the development of the Community Health Improvement Plan (CHIP) for Indian River County. The Council came together to better understand the current and emerging public health needs of Indian River County and to outline a plan for community health improvement, including the integration of environmental health planning in the process.

The Council began meeting in March 2016 to develop the CHIP. The focus of the meetings was to identify the health need priorities of the residents of Indian River County and to outline a plan of action to improve health outcomes over the next five years.

The Council also integrated Health Literacy as a component of each of the four health priorities. In an effort to appropriately align goals, objectives and strategies with the health priorities of the county, the Council was tasked with examining the root causes of each priority. Factors contributing to the health priorities are reflected in the Indian River County CHIP. Successively, members of the Council formulated goals and objectives, as well as outlined strategies and action steps for each health priority.

The CHIP development process was facilitated by the Health Council of Southeast Florida (HCSEF) in conjunction with DOH-Indian River. The process included assessing the health needs of the community, prioritizing health needs and devising an improvement plan through strategic planning. The identified health priorities outlined in this plan are based on the review of quantitative data and qualitative data from various key stakeholders and community members. The top health priorities identified during this process are:

STRATEGIC ISSUE AREA	GOAL
<i>Healthiest Weight</i>	1. Ensure Indian River County residents strive and sustain a healthy weight through a holistic approach
<i>Environmental Health</i>	1. Improve the quality of the natural environment in Indian River County
	2. Improve the quality of the built environment in Indian River County
<i>Mental Health</i>	1. Improve access to mental health care in Indian River County
	2. Enable messaging in the county that nurtures an individual, including children
<i>Infant Mortality</i>	1. Improve access to prenatal care 2. Reduce disparities in infant mortality 3. Increase preconception health behaviors among reproductive age people

Summary of CHIP Annual Review

Strategic Issue Area #1: Healthiest Weight

The Council selected 'healthiest weight' as the top priority in the community. During the past two decades, our nation has experienced a considerable increase in the percentage of overweight and obese children and adults. In Indian River County, the rate of obese adults (BMI ≥ 30) is approximated to be 24.1%. This rate is of significant concern in the community, particularly due to the projections that the trend of overweight and obesity will continue to increase.

Obesity has serious health consequences. Research has shown that being overweight or obese can increase one's risk for the following conditions: coronary heart disease, Type 2 diabetes, cancers (endometrial, breast, and colon), hypertension (high blood pressure), dyslipidemia (for example, high total cholesterol or high levels of triglycerides), stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis (a degeneration of cartilage and its underlying bone within a joint) and gynecological problems (abnormal menses, infertility). The comorbidities of obesity are also a concern and are a focus of the county's CHIP. The rate of hospitalizations in the county from or with diabetes is 2736.2 per 100,000. Diabetes is a lifelong (chronic) disease in which there are high levels of sugar in the blood. There are many short term and long term complications and consequences of the disease including coma, eye problems, feet and skin problems, trouble controlling blood pressure and cholesterol, nerve damage, kidney damage and death.

Another co-morbidity of diabetes, hypertension, is also of concern in the county. Hypertension is a term to describe high blood pressure. When blood pressure is not well controlled it can lead to internal bleeding, chronic kidney disease, heart attack and heart failure, poor blood supply to the legs, stroke and vision problems. In Indian River 47.6% of males and 34% of females have been diagnosed with hypertension, both of these rates are higher than in Florida as a whole. There are also economic consequences coupled with overweight and obesity and the associated conditions and comorbidities. In addition to the costs of prevention, diagnosis and treatment, there are also indirect costs from decreased productivity and missed work as well as costs associated with loss of future income due to premature death. There are several factors that play a role in overweight and obesity making it a complex issue to address. Health behaviors including diet and exercise, the environment, genes, certain health conditions and medications are all believed to play a part in causing overweight and obesity.

Goal 1.A.: Ensure Indian River County residents strive and sustain a healthy weight through a holistic approach.

Key Partners: Local physicians, Indian River School District, health centers, nonprofits and private businesses

Why this is important to our community:					
The epidemic rise in obesity has spread the world over – and Indian River County is no exception, with 60.2% of the adult population carrying too much weight. Overweight and obesity is associated with significant comorbidities that are tragic on a personal level and costly to communities. Even a modest decrease in the percentage of overweight and obese residents would have a profoundly positive impact on the community at large.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status*
1.A.1. Reduce the percent of overweight and obese individuals by 2% by December 30, 2019.	BMI data from Florida Charts.	60.2% (Baseline data 2013)	58.2%		Obesity workgroup meeting on a regular basis to review action plan and foster collaboration between entities.
1.A.2. Conduct an audit to assess the walkability of Indian River County by December 30, 2019.	Number of surveys collected.	0	300		The survey assessment will launch at the end of 2017 and is in final draft format.

* 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: Environmental Health

The second priority identified by the Council is multi-faceted. The Council elected to address the built and natural environment (with a particular interest in the Indian River Lagoon) in this CHIP. The wide-reaching influences of the environment and community infrastructure as they related

to personal and community health were recognized by the group. The health of the Indian River Lagoon is of particular interest because of its ecological and economic value to the county and region. It is considered the most biologically diverse estuary in North America and supports the economy of Indian River County through tourism, recreational and commercial uses. It is estimated that a significant increase in the amount and diversity of wildlife on the lagoon and improved water quality in the entire Indian River Lagoon Basin would increase the recreational use value by about \$80 million per year. The economic value of the entire Indian River Lagoon Basin's sea grass beds was estimated as \$329 million per year for 72,400 acres of sea grass. Discharge of freshwater, soils and pollutants into the lagoon negatively impacts the ecosystem, and in turn, the local economy. Indian River Lagoon National Estuary Program Comprehensive Conservation and Management Plan (2008) objectives referenced after each activity.

Goal 2.A.: Improve the quality of the natural environment in Indian River County.

Key Partners: IRC Environmental Control Board, IRC Community Development Department, Indian River Mosquito Control District, Environmental Learning Center, Pelican Island Audubon Society (PIAS), DOH-Indian River.

Why this is important to our community:					
Indian River County's natural environment is of great ecological and economic value to the county and region.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
2.A.1. Reduce nitrogen input into groundwater and the Indian River Lagoon by 15% by January 30, 2020.	Number of high risk septic systems, Number of storm water treatment projects	Septic=4,025 Stormwater=2	Any reduction for septic Any increase in stormwater projects		Planning and funding has been secured for both projects

Goal 2.B.: Improve the quality of the built environment in Indian River County.

Key Partners: IRC Environmental Control Board, IRC Community Development Department, Healthiest Weight (Strategic Issue Area #1) Workgroup, Metropolitan Planning Organization, Environmental Learning Center.

Why this is important to our community:

A built environment developed with population health as a consideration is an important element in controlling the negative effects of chronic disease.

Objective	Indicator	Current Level	Target	Status	Explanation of Status
2.B.1. By January 30, 2020, assess Indian River County pedestrian and bicycle infrastructure and increase connectivity between community resource centers, including green spaces by 20%.	<p><i>Number of completed assessments</i></p> <p><i>Indian River County data (linear feet of sidewalk)</i></p>	0 Assessments	300 Assessments		Assessment has not commenced yet- final draft being vetted.

Strategic Issue Area #3: Mental Health

Mental Health in the context of the CHIP for Indian River County is wide reaching and includes, mental illness, such as depression, bipolar disorder, schizophrenia, post-traumatic stress disorder, Alzheimer’s Disease, etc., as well as mental health defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”¹ It also includes substance use, including tobacco and alcohol abuse and addiction. Poor mental health, dangerous health behaviors or the presence of a mental illness often result in detrimental physical health and financial outcomes. Failure to access care is a significant issue among those suffering from mental or behavioral health conditions. Stigma, lack of education and awareness and missed opportunities for screenings are among the barriers for receiving appropriate care. “Using alcohol and tobacco at a young age has negative health effects. While some teens will experiment and stop, or continue to use occasionally without significant problems, others will develop a dependency, moving on to more dangerous drugs and causing significant harm to themselves and possibly others.”² In 2010, 41.3% of high school teens in Indian River County reported alcohol use in the past 30 days, 15.8% of middle school and high school students reported binge drinking in the past 30 days and 15.2% reported marijuana use. Early use of alcohol and drug use is “associated with a variety of negative consequences, including increased risk of serious drug use later in life, school failure, and poor judgment which may put teens at risk for accidents, violence, unplanned and unsafe sex, and suicide.”²

¹ World Health Organization. *Strengthening Mental Health Promotion*. Geneva, World Health Organization (Fact sheet no. 220), 2001

² <http://aacap.org/page.wv?name=Teens:+Alcohol+and+Other+Drugs§ion=Facts+for+Families>

Due to the significant and impactful consequences of alcohol and substance use and the challenges and barriers experienced accessing care for mental health, these were deemed important issues to be addressed in Indian River County's CHIP.

Goal 3.A.: Improve access to mental health care in Indian River County.

Key Partners: Mental Health Collaborative, Mental Health Connections Center, United Way of IRC, University of Florida Center for Psychiatry and Addiction Medicine, health centers, Whole Family Health Center, Mental Health Association

Why this is important to our community:					
Failure to access care is a significant issue among those suffering from mental or behavioral health conditions. Screening for such conditions in primary care settings has the potential to identify at-risk individuals and expand their access to care.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
3.A.1. By September 30, 2019, establish the Mental Health Collaborative's Connections Center, which provides a centralized point of access, referral and care coordination for mental health and substance abuse services while also addressing the related social determinants of health.	<i>Number of clients served at the Connections Center</i>	700	500		Connections Center opened and is well utilized.
	<i>Connections Center's baseline review and annual assessment</i>	Mid year data available	Annual Report		Connections Center opened in Feb. 2017 so there is no annual data yet.
3.A.2 Increase the number of mental health professionals practicing in the county by 10% by December 30, 2020.	<i>Number of psychiatric providers</i>	10.5 per 100,000 residents	11.75 per 100,000 residents		Psychiatric recruitment is underway.

Goal 3.B.: Enable messaging in the county that nurtures an individual, including children.

Key Partners: Mental Health Collaborative, Mental Health Connections Center, United Way of IRC, University of Florida Center for Psychiatry and Addiction Medicine, Treasure Coast Community Health (TCCH), Whole Family Health Center

Why this is important to our community:					
Early use of drugs and alcohol has negative health consequences, including abuse of substances and mental health conditions later in life, school failure, and poor judgment.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
3.B.1. Increase the number of education sessions for parents and guardians to promote mental health services awareness in the community by December 30, 2020.	<i>Number of educational sessions, survey data</i>	5 per year	8 per year		Planning is underway for additional sessions
3.B.2.. Increase mental health screenings for children within the community by December 30, 2020.	<i>Number of schools providing screenings (2016 baseline data=0)</i>	Four Schools	Eight Schools		The school district and other partners have made significant increases in screenings.
3.B.3. Establish a pilot mentoring program within the county by December 30, 2020.	<i>Successful implementation and execution of a pilot program</i>	0	1		No pilot project has begun yet. There are plans for 2018.

Strategic Issue Area #4: Infant Mortality

Infant mortality is often used as a measure of overall population health. In 2014, the infant death rate was 4.7 per 1,000 live births in Indian River County, which was significantly lower than in previous years and in comparison with the state. Although the overall rate has improved, the ‘Black and Other’ infant mortality 3-year rate from 2012-2014 is over nine times as high, at 25.0 per 1,000 live births, when compared to the ‘White’ infant mortality (2.6 per 1,000). This significant discrepancy was of major concern to the Council.

In relation to the Florida State Health Improvement Plan, in 2009, the State’s infant mortality rate ranked 29th among the states. In 2010, black babies born in Florida were 2.5 times as likely to experience an infant death as white babies. In addition, in 2009, black mothers experienced preterm birth 1.5 times more often than white mothers.

In Indian River County, the Council identified areas of need such as prenatal care and education, proper nutrition, and access to care post-pregnancy. Improvement strategies were targeted at these identified areas.

Goal 4.A.: Improve access to prenatal care

Key Partners: Indian River Medical Center, Indian River Healthy Start Coalition, TCCH, Gifford Health Center, United Way of IRC

Why this is important to our community:					
County level data indicates that first trimester prenatal care rates are below average. Early prenatal care is linked to improved birth outcomes.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
4.A.1. Increase the number/rate of mothers who enter early into prenatal care within the first trimester from 69.8% to 79.5% by December 30, 2019.	Number of women entering prenatal care during first trimester (2013-2015 baseline data)	70.9% (2014-2016 rate)	79.5%		Increased efforts from providers and nonprofits is focused and if continued, rate should steadily increase.

Goal 4.B.: Reduce disparities in infant mortality

Key Partners: Indian River Medical Center, Indian River Healthy Start Coalition, TCCH, Gifford Health Center, United Way of IRC

Why this is important to our community:					
In 2014, the infant death rate was 4.7 per 1,000 live births in Indian River County, which was significantly lower than in previous years and in comparison with the state. Although the overall rate has improved, the 'Black and Other' infant mortality 3-year rate from 2012-2014 was over nine times higher, at 25.0 per 1,000 live births, when compared to the 'White' infant mortality (2.6 per 1,000).					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
4.B.1. Reduce the Indian River County infant mortality rate from 6.9 to 6.0 per 1,000 live births by December 30, 2019	<i>Infant mortality rate per live births (Baseline is 2013-2015 rate)</i>	6.6% (Rate 2014-2016)	6.0 per 1,000 live births		Rate in objective is for a three year period and it is not discernable yet as to meeting the 2019 goal.
4.B.2 Reduce the rate of pre-term births	<i>Rate of pre-term births (2013-2015 rate was 8.3%)</i>	9.2% (Rate 2014-2016)	Any decrease		Social determinants will be a key focus area for 2018.

Goal 4.C.: Increase preconception health behaviors among reproductive age people

Key Partners: Indian River Medical Center, Indian River Healthy Start Coalition, TCCH, Gifford Health Center, United Way of IRC, Partners in Women Health

Why this is important to our community:					
Improved preconception health behavior is linked to improved birth outcomes and the overall health of the mother and child.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
4.C.1. Establish a system of information sharing among primary care and obstetrical providers to promote continuity	<i>Number of women receiving primary care</i>	Unknown	50%		Gaps exist; therefore, Partners in Women's Health will build in a question at intake to assess if women have primary care.

of care by September 30, 2019					
4.C.2. Decrease the rate of obesity among obese mothers at time pregnancy occurred.	<i>Rate of obesity</i> <i>Rate for overweight is 26.4% and obese 27.7% (2013-2015 rate)</i>	Obese=28.6% Overweight=25.7% (2014-2016 rate)	Any decrease		Obesity prevention programs such as 5210 are yielding a reduction in the rate of school age children's BMI
4.C.3 Decrease the rate of mothers who smoke during pregnancy.	<i>Rate of smoking</i> 8.4% (2013-2015 rate)	7.0% (2014-2016 rate)	Any decrease		Quit Doc and Tobacco Free programs have begun offering services to pregnant mothers

Revisions

Revisions to the CHIP are periodically made after careful review of the goals, objectives, strategies and measures of the 2016 – 2020 CHIP. Recommended changes are made based on the following parameters:

- Availability of data to monitor progress – performance measures that had county-level data available were preferred, etc.
- Availability of resources
- Community readiness
- Evident progress
- Alignment of goals

Version 1.1 of the 2016-2020 was released in late September 2017 and the edits were very minor in nature.

Accomplishments

There were many successes from the CHIP; however, two in particular stood out and are highlighted below. These two goals took a lot of sustained, hard work from our work groups in order to execute. Our stakeholders were dedicated in seeing through the goal to completion which yielded direct results to the residents of our county and the targeted populations needing community infrastructure improvements.

Goal	Objective	
1. Goal 3.A	3.A.1	By September 30, 2019, establish the Mental Health Collaborative's Connections Center, which provides a centralized point of access, referral and care coordination for mental health and substance abuse services while also addressing the related social determinants of health.
Accomplishment: The Mental Health Connections Center has made great impacts in less than 7 months of operation. By focusing on social determinants of health, the center has been able to be a key to solving complicated issues such as housing for mental health clients and has served over 700 people by connecting them to care and essential social services to ensure basic need are met.		
2. Goal 2.B	2.B.1	Increase mental health screenings for children within the community by December 30, 2020
Accomplishment: In the past year, the Indian River School District has been successful in ensuring four schools have a provider to perform mental health screenings. The partnership is working very well and plans to expand to add four more schools in the next year are in process.		

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 implementation reports and quarterly discussion by community partners. We will conduct annual reviews and revisions based on input from partners and create CHIP annual reports each year by Month, 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 Indian River County. We would like to thank all of the agencies, individuals, and organizations who have worked together to make the impact we set forth in 2016. This truly was a collaborative effort and we should take pride in the accomplishments that were made and look to the future to continue a steadfast effort to improve measures that proved to be challenging.



"Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in total; of all those acts will be written in the history of this generation."-- Robert F. Kennedy