



Community Health Improvement Plan Annual Report, 2016

*Florida Department of Health in Okeechobee
County*

March 2017

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Introduction

This is the annual review report for the 2012 – 2016 Okeechobee County Community Health Improvement Plan. The activities and collaborative efforts of the Florida Department of Health in Okeechobee 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 Okeechobee 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 Okeechobee County Community Health Advisory Team (CHAT) was charged with the development of the Community Health Improvement Plan (CHIP) for Okeechobee County. The CHAT came together to better understand the current and emerging public health needs of Okeechobee County and to outline a plan for community health improvement. The process of assessing, prioritizing and planning to address the needs in the community was facilitated by the Health Council of Southeast Florida. The product of this process is the CHIP, a model for strategic health improvement in the community. The CHAT met during June –September 2012 to create the Plan for Okeechobee County. The CHAT worked in the months previous to extensively review the data contained in the Community Health Assessment in preparation for the development of the CHIP. The health priorities addressed in this plan emerged from the review of the data and the input and discussions of the CHAT. It is important to note that the qualitative data reflects the sentiments of other key stakeholders, including consumers and providers.

Top Health Priorities

- Obesity (including childhood and adult obesity and associated comorbidities)
- Teen High Risk Behavior

The CHAT worked to identify the root causes of the top health priorities in an effort to ensure the CHIP plans for action to address the priorities in an appropriate and effective manner. The Plan that follows details the goals, objectives and action strategies that were developed to address the community's health priorities.

Okeechobee County's CHIP is the product of much collaboration, brainstorming, review and discussion by many dedicated individuals. It is a thorough and executable plan that can be used in the community's health planning activities in the coming years. We hope that you will review this plan and consider how you can play a part in the achievement of a healthier Okeechobee County.

STRATEGIC ISSUE AREA	GOAL
Health Protection	1. <i>Prevent and control infectious disease</i>
	2. <i>Prevent and reduce illness, injury and death related to environmental factors</i>
	3. <i>Minimize loss of life, illness and injury from natural or man-made disaster</i>
	4. <i>Prevent and reduce unintentional and intentional injuries</i>
Chronic Disease Prevention	1. <i>Increase the percentage of adults and children who are at a healthy weight</i>
	2. <i>Increase access to resources that promote healthy behaviors</i>
	3. <i>Reduce chronic disease morbidity and mortality</i>
	4. <i>Reduce illness, disability and death related to tobacco use and secondhand smoke exposure</i>

Summary of CHIP Annual Review Meeting

Strategic Issue Area #1: Obesity (including childhood and adult obesity and associated comorbidities)

During the past two decades our nation has experienced a considerable increase in the percentage of overweight and obese children and adults. In Okeechobee County the rate of obese adults (BMI ≥ 30) is approximated to be 38.1%.² This rate is the 8th highest among Florida's counties and higher than Florida as a whole (27.2%) 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).³

The comorbidities of obesity are also a concern and will be a focus of the county's CHIP. The rate of hospitalizations in the Okeechobee from or with diabetes is 4973 per 100,000, highest among Florida's counties. The rate in Florida is 3009.4 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 Okeechobee 48.5% of males and 34.5% of females have been diagnosed with hypertension; 71.7% of males and 84.5% of females (adults) with hypertension report currently taking high blood pressure medicine.

Goal: Contribute to a decrease in the percent of children, adolescents, and adults in Okeechobee County who are overweight or obese or have related co-morbidities

Key Partners:

211 Palm Beach/Treasure Coast
New Horizons
CASTLE
Okeechobee County Health Department
Catholic Charities
Okeechobee County School Board
Department of Children & Families (Circuit 19)
Okeechobee County School District
Department of Health
Economic Council of Okeechobee
Economic Opportunities Council of IRC
Okeechobee Senior Services
Everglades AHEC
Quit Doc Research and Education Foundation
FAU, Christine E. Lynn College of Nursing
Shared Services Network
Florida Community Health Center
Raulerson Hospital
Hospice of Okeechobee
Treasure Coast Food Bank
Indian River State College (Dixon Hendry Campus)
Your Aging Resource Center

Priority 1: Obesity / Diabetes / Hypertension	Lead	Completion Date	Notes	Status
GOAL 1.1 - Contribute to a decrease in the percent of children, adolescents, and adults in Okeechobee County who are overweight or obese or have related co-morbidities.				
OBJ 1	Promote community-wide campaigns: Let's Go, Let's Move and a chronic disease prevention program modeled after the National Diabetes Prevention Program			
OBJ 2	Decrease the percentage of adults in Okeechobee who report being sedentary from 35.3% to 31.8% by 2015.			
Identify individual / agency to champion the campaign in the community	Brian Sell/OCHD Tom Jones/FCHC	November 1, 2012	Have not meet yet to discuss further.	Not started
• Research evidence-supported community programs	Erin Hess	December 1, 2012	Recommending 5-2-1-0 curriculum	Complete
• Develop slogan for campaign	Committee	Following selection of evidence-based program	Let's Go Big O, LakeO on the Move, Lets Go Lake O, acronym, email to be sent soliciting ideas- Target date of December 14 for survey results LET'S GO BIG O!	Completed
• Garner support from the community including faith-based organization	Rosalind Brown/OCHD Candice Pope/QuitDoc Sandy Perry Fr. Edward Weiss/ Okeechobee Ministerial Association		Spoke with two pastors – on board, would need to implement with their Body and Soul programs – messaging to be sent to pastors by Rosalind Brown	On going
• Kick off campaign at annual Health and Safety Expo in January	Sharon Vinson	January 26, 2015	On Track. Know your numbers report card to be used. Exercise demonstrations? Know Your Numbers Cards used at Expo. How can we kick off Let's Go Big O campaign? When and where? Completed 2014 Health Fair 01/25/2014	Completed Will complete annually

<ul style="list-style-type: none"> Promote on website and in schools, newspapers, emails, radio, lobbies of FCHC, WIC and supermarkets 	Brian Sell	<p>March 2013 (presentation to SHAC) Fall 2013 for kick-off</p>	<p>Presentation to BOCC 12/13 Dedicated section in the paper monthly</p> <p>Brian meet with Wayne Cunningham 12/05/12. Need update at Feb 5 mtg.</p> <p>Health Educator obtain monthly spot on WOKC.</p>	Completed, On going
<ul style="list-style-type: none"> Create 5-2-1-0, Let's Go Big O marketing plan 	Cheryl Reilly Wong	Spring 2016	5210 Messaging in School and during DOH community outreach events	Complete, On going
<ul style="list-style-type: none"> Include a unified "Tip of the Month" awareness component to be messaged across the county, including on the morning announcements, business marquis, church bulletins, PTOs 	Paula Smith Erin Hess/OCHD	November 1, 2012	<p>November – breakfast- Completed – schools have adopted and are reinforcing in newsletters and throughout the week (PE, props, skits, etc) Erin to send messages to CHAT members, CHAT members to forward to their contacts, etc. 10/14/2013- discussed low cost health recipes in schools, stores and in community</p>	On Going Completed monthly to date
<ul style="list-style-type: none"> Look into opportunities to provide education regarding nutrition (applying for food stamps) 	Brian Sell Brandon Rosenblatt	March 2013	Health Educator hired to provide health education to community. Brian to make list of Benefits Navigators in our Community.	Completed
<ul style="list-style-type: none"> Explore opportunities to implement worksite programs 	Cheryl Reilly Wong Brandon Rosenblatt	Spring 2016	Participate with school board on their employee	Completed

			wellness committee	
<ul style="list-style-type: none"> Incentivize small business owners to help employees 		January 2013		Not started
<ul style="list-style-type: none"> Encourage the formation of "Walking Groups" and the planning of walking events and organized walking activities 	Erin Hess/Albie Scoggins	January 2015	Discussed with Aibly from Parks and Rec. sent him grant for walking trail	Not started

Priority 1: Obesity / Diabetes / Hypertension	Lead	Completion Date	Notes	Status
<i>GOAL 1.2 Increase access to healthy food in the community</i>				
By September 1, 2013 plans will be in place to add one community or school garden in Okeechobee County				
Identify individual/organization in community to champion the process	Paula Smith (Dan Colbert)	March 2013	Dan is involved in school gardens. Paula visited every school garden. Made contacts at schools. Email sent to schools to connect contacts and Dan. Grant information shared with Dan and contacts. Presentation to be made XXX	Completed
<ul style="list-style-type: none"> Collaborate / join forces with community gardening program already in the county's schools 	Committee	March 2013		Completed
<ul style="list-style-type: none"> Garner support from community partners (presentation at Community Collaborative) 	Committee	Monthly		Completed, On going
Enhance efforts of the Treasure Coast Food Bank to expand services.				
Identify individual/organization in community to champion the process	Sharon Vinson Erin Hess	October 2012	Attend quarterly meetings	Completed
<ul style="list-style-type: none"> Collaborate with Treasure Coast Food Bank 	Krista Garofalo (CHAT member)	January 2013	Attend quarterly meetings	Completed
<ul style="list-style-type: none"> Identify other key stakeholders in community (Angel Food, Shared Food, First Baptist) 	Committee	January 2013	Food Bank list up to date and available Looking to expand backpack program and school pantry	Completed
<ul style="list-style-type: none"> Contact and collaborate with local growers and farmers 	Krista Garofalo	January 2013		Completed
<ul style="list-style-type: none"> Support programs using mobile vans to transport foods (Treasure Coast Food Bank) 	Committee	March 2013	Grants being reviewed. Potential bus secured. Partnership with	Completed.

			school summer feeding program.	
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Priority 1: Obesity / Diabetes / Hypertension	Lead	Completion Date	Notes	Status
GOAL 1.3 Promote physical activity in the community				
By December 31, 2012 a county-wide resource directory to inform residents of resources within the community to enable them to be more active will be developed.				
Enhance the already existing Summer Activity Guide	Albie Scoggins Sharon Vinson	May 1, 2103	Checking with funders. Offered Sharron to help fund Summer Activity Guide	Completed
Identify in individual/agency in the community to champion project	Albie Scoggins	May1, 2013	Shared Service Network	Completed
• Collaborate with county on summer activity guide	Committee	May 1, 2103	Articles and sponsorship provided by DOH	Completed
• Involve the municipalities	Shared Services	May 1, 2103	Additional articles and sponsorships obtained	Completed
By July 1, 2013, launch a website to promote a healthier Okeechobee.				
Identify in individual/agency in the community to champion project	OCHD	January 2013	Go Daddy might be a free option. Can we link from DOH web?	In Progress
• Collaborate with 2-1-1	Paige Woodward	March 2013		
• Research models of other communities that have developed similar website resources	Committee	March 2013		
• Explore possibility of Facebook page for initiative	Vickie Elkins	August 2013	Utilize logo Incorporate into marketing plan Include monthly "Food for Thought" tip	

Strategic Issue Area #2: Teen High Risk Behavior

Goal:

Teen high risk behavior, as defined for the purpose of this CHIP, is multi-faceted. It includes teen alcohol and substance use, sexually transmitted diseases and infections, teen pregnancy and (insufficient) recreation and school-based programming.

Teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen parents and their children. These included increased costs for health care and foster care, increased incarceration rates for children of teen parents, and increased drop-out rates and unemployment for the parents.¹⁵ The birth rate to mothers ages 14-18 in the County was 47.7 per 1,000, over double the rate in Florida and the birth rate to mothers ages 15-19 was 75 per 1,000 slightly more than double the rate in Florida as a whole.¹⁶

Sexually transmitted diseases and infections (STDs and STIs) are associated with significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, pelvic inflammatory disease, involuntary infertility, and premature death.¹⁷ The rate of sexually transmitted diseases (chlamydia, gonorrhea and bacterial syphilis) was 525.7 per 100,000 in 2010, a rate that has increased from 270.6 per 100,000 in 2001.¹⁶

“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.” In 2008, 49.3% of high school teens in Okeechobee County reported alcohol use in the past 30 days, 23.3% of middle school and high school students reported binge drinking in the past 30 days and 11.5% reported marijuana use.¹⁶

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.”

Priority 2: Teen High Risk Behavior	Lead	Completion Date	Notes	Status
<i>GOAL 2.1 Contribute to a decrease in substance use and alcohol abuse in the community</i>				
Decrease the percentage youth (middle and high school) who report alcohol use in the past 30 days from 39.7% to 35.7% by 2015.				
Decrease the percentage youth (middle and high school) who report marijuana or hashish use in the past 30 days from 11.5% to 10.6% by 2015.				
Decrease the percentage of youth (middle and high school) who report cigarette use in the past 30 days from 13.5% to 12.2% by 2015.				
Identify an individual, agency or task force to champion the cause in the community	Substance Abuse Committee QuitDoc	December 31, 2012	Focusing on NOPE presentations. Group meets quarterly. Dr. Hummel presented at CCC mtg.	Completed
<ul style="list-style-type: none"> Research evidence supported campaigns regarding teen alcohol and substance abuse 	Substance Abuse Committee QuitDoc	March 2013	Schools going smoke free	In progress
<ul style="list-style-type: none"> Encourage enforcement of regulation regarding teen alcohol and substance abuse. 	Sgt. Mark Robertson, Okeechobee County Sheriff's Office DARE program.			In progress
<ul style="list-style-type: none"> Link/ collaborate with Okeechobee County Sheriff's Off/ Okeechobee City Police Dept. 	Sgt. Mark Robertson, Okeechobee County Sheriff's Office DARE program.		Working with partners on teen explorer program. Have met with community partners and judge Bryant.	Completed
<ul style="list-style-type: none"> Link / collaborate with schools, School Resource Office, New Horizons 	Committee		Collaboration with school resource officer Sgt. Mark Robertson, Okeechobee County Sheriff's Office.	In Progress

Note: As of June 2013 Juvenile Justice Council was re-organizing

Priority 2: Teen High Risk Behavior	Lead	Completion Date	Notes	Status
GOAL 2.2 <i>Contribute to a decrease in the rate of sexually transmitted diseases in the community</i>				
Decrease the rate of sexually transmitted disease (chlamydia, gonorrhea and infectious syphilis) in the community from 525.7 per 100,000 to 473.1 per 100,000 by 2015.				
Identify an individual, agency or task force to champion the cause in the community	Vickie Elkins/OCHD	Fall 2016	Teen Pregnancy Prevention task force has merged with CHAT.	Completed
<ul style="list-style-type: none"> Continue to support and promote evidence-supported programs such as a CRR program (TOP – teen outreach program) 	Rosalind Brown/OCHD FCHC		Support from Teen Pregnancy Prevention Task Force	Completed

Priority 2: Teen High Risk Behavior	Lead	Completion Date	Notes	Status
GOAL 2.3 <i>Contribute to a decrease in the number of teenage pregnancies in the community</i>				
Decrease the rate of births to mothers aged 14-18 from 44.7 per 1,000 to 40.2 per 1,000 per year by 2015.				
Identify an individual, agency or task force to champion the cause in the community	TPP Task Force Members Rosalind Brown/Dr. Weiss	October 2012		Completed
<ul style="list-style-type: none"> Link / collaborate with the Okeechobee Teen Pregnancy Prevention Task Force 	(CHAT members)			Completed
<ul style="list-style-type: none"> Link / collaborate with the head school nurse 	Paula Smith (CHAT member)	October 2012		Completed
<ul style="list-style-type: none"> Research and implement an evidence-supported campaign such as comprehensive risk reduction (CRR) intervention (TOP – teen outreach program) 	Committee	December 2012	Two teen panel meetings conducted Spring 2013. Youth will have a presence at future TPPTF meetings	Completed

Priority 2: Teen High Risk Behavior	Lead	Completion Date	Notes	Status
<i>GOAL 2.4 - Increase/improve recreational and after school programming opportunities for youth and teenagers.</i>				
By December 31, 2013 have plans to implement an evidence supported campaign to increase availability of activities for youth in the county				
Increase the percentage of students in the county who report participating in extracurricular activities by 10% by 2015				
Identify an individual, agency or task force to champion the cause in the community	TBD	October 2015; March 2016		Not Started
• Link / collaborate with the School District		December 2015; March 2016		Not Started
• Link / collaborate with the County Recreation Director	Albie Scoggins	October 2015		Ongoing
• Investigate opportunities to garner feedback and input from youth and teenagers in the community	Committee		Invited New Horizons, Sherriff Dept. and DOJJ to Chat Meeting. Each discussed their views and ability to help juvenile patients	Ongoing
			01/29/2014- Received Grant from Substance Abuse and Mental Health Services Administration (SAMHSA) to hold Town Hall Meeting to discuss Prevention of Underage Drinking. Received \$500.00 to hold meeting. Need to Schedule town hall meeting.	

Key Partners:

New Horizons – Treasure Coast and Okeechobee
Okeechobee Substance Abuse Coalition
NOPE Task Force – Okeechobee County
Okeechobee County School Board
Shared Services Network
Department of Children & Families (Circuit 19)
Okeechobee County Sheriff's Office
City of Okeechobee Police Department

Revisions

Revisions to the CHIP were made after careful review of the goals, objectives, strategies and measures of the 2012 – 2015 CHIP. Recommended changes were made based on the following parameters:

- Availability of resources
- Community readiness
- Evident progress

Goal 2.1 Contribute to a decrease in substance use and alcohol abuse in the community

- Link/ collaborate with Okeechobee County Sheriff's Off/ Okeechobee City Police Dept. responsible person changed from DJJ to Sgt. Mark Robertson, Okeechobee County Sheriff's Office DARE program.

Goal 2.2 Contribute to a decrease in the rate of sexually transmitted diseases in the community

- Identify an individual, agency or task force to champion the cause in the community responsible person changed from Rosalind Brown to Vickie Elkins, Director of Nursing FDOH-Okeechobee.

GOAL 2.4 - Increase/improve recreational and after school programming opportunities for youth and teenagers.

- Identify an individual, agency or task force to champion the cause in the community anticipated completion date extended from October 2015 to March 2016 due to need to determine a contact person.
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Accomplishments

Goal	Objective	Accomplishment
<p>1. Collaborate with Treasure Coast Food Bank to provide mobile food truck to community</p>	<p>1.2. Increase access to healthy food in the community</p>	<p>Treasure Coast Food Bank and the outreach programs instituted by the Florida Department of Health in Okeechobee County have brought mobile food trucks loaded with food that arrives monthly and helps to feed 7,000 residents.</p>
<p>2. Bring in motivational speakers addressing teen high risky behaviors</p>	<p>2.1 Contribute to a decrease in substance use and alcohol abuse in the community</p>	<p>Phil Chalmers spoke to all Okeechobee Middle School aged children on October 13, 2015 and addressed issues such as bullying, drugs, alcohol abuse and other high risk behaviors.</p>

Conclusion

USING THE PLAN AND NEXT STEPS

Okeechobee County has much to be proud of in terms of the health of the community; however there are always opportunities for improvement. The implementation of the CHIP will help strengthen the public health infrastructure, aid and guide planning, foster collaboration and capacity-building and ultimately promote the well-being and quality of life for Okeechobee County residents. Health improvement does not occur only at the governmental or agency level, but must be practiced in our homes, our schools, our workplaces and our faith based organizations. Below are some suggestions and strategies of ways that you can play a part in achieving a healthier community.

- Get the word out about the health priorities in the community and the CHIP
- Support programs, policies, initiatives and campaigns aimed to address the health priorities in the community
- Be an advocate in the community for healthy behaviors and for health
- Improvement
- Lead by example and practice healthy behaviors in your homes, workplaces and social circles
- Share your resources whether it be time, support, funding, or expertise to strengthen the health improvement efforts

The County Health Rankings & Roadmaps Take Action Center²⁵ provides detailed, specific suggestions for: community advocates, community leaders, community members, healthcare professionals, public health professionals, government officials, businesses, employers, grant makers and educators on how to use the Plan.

Appendices

- A. Annual CHIP Review Community Meeting Agenda**
- B. Annual CHIP Review Community Meeting Minutes**
- C. Annual CHIP Review Community Meeting Sign-in Sheet**
- D. Comprehensive List of Community Partners**

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CASTLE
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Treasure Coast Food Bank
Indian River State College (Dixon Hendry Campus)
Your Aging Resource Center
Lake Okeechobee Rural Health Network
Okeechobee County Sheriff Office
Okeechobee Fire/EMS
Okeechobee County Commotion
American Red Cross
Marathas House
City of Okeechobee
Okeechobee City Fire/EMS
Okeechobee Police Department