

Okeechobee County, Florida Community Health Improvement Plan



2016

OKEECHOBEE COUNTY
2016 COMMUNITY HEALTH IMPROVEMENT PLAN



Health Council of Southeast Florida
600 Sandtree Drive, Suite 101
Palm Beach Gardens, FL 33403
Phone: 561-844-4220

HCSEF Contributing Staff

Andrea Stephenson, MBA, MHS
Executive Director

Celine Ginsburg, MPH, CPH
Sr. Health Planner & Program Manager

Taryn McEachrane, MPH
Health Planner & Special Projects Manager

Tiffany Parrish
Associate Health Planner

Table of Contents

Acknowledgements.....	ii
Introduction	1
Capacity, Collaboration and Continued Involvement	2
Community Health Improvement Plan Timeline.....	3
Okeechobee County Snapshot	4
The Framework: A Community Health Improvement Model	9
The Community Health Improvement Plan.....	11
Strategic Priorities and Action Steps	12
Youth High-Risk Behavior – Why Address It?	13
Evidence-Supported Initiatives and Campaigns	15
Community Resources.....	
Senior Wellbeing – Why Address It?	17
Evidence-Supported Initiatives and Campaigns	18
Community Resources.....	19
Healthier Okeechobee – Why Address It?	20
Evidence-Supported Initiatives and Campaigns (Healthier Okeechobee).....	21
Community Resources.....	22
Using the Plan and Next Steps	23
Get Involved.....	24
Appendices	25
Appendix A.....	25
Appendix B.....	28
Appendix C.....	29

Acknowledgements

The 2016 Okeechobee County Community Health Improvement Plan (CHIP) is the product of much input, discussion, collaboration and participation by a broad spectrum of community stakeholders. Individuals from local organizations, advocating for their agencies and the populations they serve, joined forces to discuss and develop a plan to improve and enhance services for the betterment of life for all Okeechobee County residents. The participation of local community member and organizations brought incredible value to the community health improvement planning process.

The Health Council of Southeast Florida would like to acknowledge and extend our sincere appreciation and gratitude to all of the organizations that participated and contributed to this comprehensive body of work. The involvement, commitment, and collective efforts of these individuals empowers the community to make strides in the improvement of overall health and wellbeing for the residents of Okeechobee County through improved access to care. We would also like to recognize the Florida Department of Health in Okeechobee County for their continued support and commitment to the residents of Okeechobee County. Special recognition is due to the dedicated members of the Okeechobee County Community Health Advisory Team (CHAT) whose continued input and participation throughout this assessment and planning process resulted in a thorough and executable plan to create a healthier Okeechobee County.

CHAT Participating Organizations

211 Palm Beach/Treasure Coast CASTLE	Department of Juvenile Justice Okeechobee Substance Abuse Coalition
Department of Children and Families (District 19)	Children's Home Society Okeechobee County Sheriff's Office
Florida Department of Health in Okeechobee County	City of Okeechobee Police Department FAU Center for Autism and Related Disabilities
Okeechobee County School District Okeechobee Healthy Start Coalition	Okeechobee County Board of County Commissioners
Hospice of Okeechobee, Inc. Early Learning Coalition	Quit Doc Research and Education Foundation
Okeechobee County Senior Services CareerSource Heartland	Okeechobee County Shared Services Network
City of Okeechobee Lake Okeechobee Rural Health Network	Domestic Violence Shelter – Martha's House

Introduction

In 2016, the Florida Department of Health in Okeechobee County conducted a Community Health Needs Assessment (CHNA). The Health Council of Southeast Florida was contracted by the Florida Department of Health in Okeechobee County to lead and facilitate the Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP) processes.

Data was collected, analyzed and compiled for the CHNA to enable and guide healthcare providers, managers, local health department officials, health and program planners, and community leaders to identify strategic health issues within Okeechobee County. The information was used to develop and implement the CHIP.

The CHIP identifies the goals, objectives, strategies and actions for each of the selected priority areas:

- Youth High-Risk Behavior
- Senior Wellbeing
- Healthier Okeechobee

The CHIP includes strategies that align with the community's strategic health issues identified during the CHNA. Four overarching tenets were also identified during the CHNA and will be intertwined throughout the strategies to improve health outcomes in the three priority areas. The overarching tenets identified were:

1. Engaging community providers and stakeholders
2. Increasing general education and awareness of health issues
3. Increasing awareness of and access to resources and services available
4. Accessibility and health equity for all Okeechobee County residents.

The goal of this CHIP is to have a practical, relevant, and actionable document that will assist in improving the health status of the community.

Capacity, Collaboration and Continued Involvement

To make a positive impact in the community and create a noticeable difference in the three priority areas of this CHIP, the continued involvement and engagement of the community is essential. Individuals and organizations from a broad spectrum of the community and the local public health system collaborated to create this plan; and the same collaboration will be crucial in the successful implementation.

It is important to understand that when developing and implementing a Community Health Improvement Plan, sustained community engagement is key. Processes such as these are often most effective and acquire the most support when they are done with a community, rather than to a community.

Participation and collaboration of community partners affects the likelihood of the plan's goals being met and strategies accomplished by building capacity, creating opportunities for sharing information, reducing duplication of services and efforts, and enhancing the impact of programs currently available in the county.

The sustained support and involvement of the Okeechobee County community will continue to be an extremely valuable asset this health improvement process. The following sectors were represented throughout the CHA and CHIP: healthcare, education, public health, government, mental health and substance abuse, law enforcement, business and industry, volunteer and non-profit organizations, and organizations known for serving underserved and vulnerable populations. A complete listing can be found in the Acknowledgements section of this report.

Community Health Improvement Plan Timeline

February 2016	Okeechobee County Health Department contracted with the Health Council of Southeast Florida (HCSEF) to facilitate Community Health Assessment Process
March-May 2016	HCSEF engaged potential community stakeholders, organized meetings, and analyzed and compiled data and presentations
June 1, 2016	Local Public Health System Assessment (LPHSA) with external stakeholders
June 3, 2016	Local Public Health System Assessment (LPHSA) with internal stakeholders
June 7, 2016	CHAT Meeting 1: Community Health Needs Assessment (CHNA) overview
June 14, 2016	CHAT Meeting 2: Health Status Profile
June 23, 2016	CHAT Meeting 3: Health Resource Availability and Access Profile
September 13, 2016	CHAT Meeting 4: Qualitative Data Review
November 17, 2016	CHAT Meeting 5: Trigger Report & Health Needs Prioritization
November 29, 2016	CHAT Meeting 6: Community Health Improvement Plan (CHIP) Process, Health Prioritization
December 6, 2016	CHAT Meeting 7: Review Identified Health Needs Priorities and Root Cause Analysis
December 13, 2016	CHAT Meeting 8: Develop CHIP Goals, Objectives and Develop Strategies & Actions
2016-2020	<i>Implementation of Community Health Improvement Plan</i>

Okeechobee County Snapshot

Demographic and Socioeconomic Profile

- The 2014 population in Okeechobee County was 39,398, 0.2% of Florida's population.
- In 2014, 84.9% of the population identified as White and 8.8% identified as Black or African American. Additionally, 24.6% of the residents in Okeechobee County identified as Hispanic.
- In Okeechobee, 24.6% of the population reported speaking a language other than English at home in 2014.
- In 2014, 27.9% of Okeechobee County residents lived below the poverty level.
- 73.9% of residents who identified as Some Other Race lived below the poverty line.
- In 2014, 20.4% of residents were ages 10-19.
- In 2014, 17.2% of the residents were 65 years and over.
- In 2014, 28.1% of families in Okeechobee County has an annual income of less than \$25,000, which is higher than the states rate of 17.8%.
- The total population in Okeechobee that had an educational attainment level of less than 9th grade was 16.9%, compared to a 5.4% rate in Florida, in 2014.
- The total population in Okeechobee that had an education attainment level of 9th to 12th grade, with no diploma, was 14.4%, almost double the state rate of 8.1% in 2014.
- During the 2014-2015 school year, the graduation rate in Okeechobee County was 65.9%, lower than the graduation rate in Florida (77.8%).

Health Status Profile

Maternal & Child Health Indicators

- In 2014, there were 553 live births to Okeechobee County residents, a rate of 13.8 per 1,000, higher than that of the state.
- In Okeechobee County, almost a quarter (24.1%) of all births were to mothers who received inadequate prenatal care per the Kotelchuck Index.
- In 2014, the rates of births to mothers who were overweight and obese were 21.0 and 33.8 per 1,000, respectively.
- In 2014, the rate of births to mothers 15-19 in Okeechobee was 48.2, which is double the state's rate.
- The rate of repeat teen births to mothers ages 15-17 was 21.1 in Okeechobee, which was higher than the rate in Florida (7.3)
- In 2014, the infant death rate in Okeechobee County was 9.0 per 1,000 births

Mental and Behavioral Health Indicators

- In 2014, 18.9% of adults in Okeechobee County reported being told they had a depressive disorder, which was a little over two percentage points higher than the state.
- From 2002 to 2013, adults in the county reporting heavy or binge drinking increased from 11.1% in 2002 to 21.6% in 2013.
 - In 2013, the percentage of adults in the county reporting heavy or binge drinking (21.6%) was significantly higher than the state's rate of 17.6%.

- The rates of alcohol use and binge drinking in middle school students and in high school students was higher than the rate of the entire state.
- Okeechobee County reported a higher percentage of students (middle and high school) using cigarettes and smokeless tobacco than does Florida.
 - High school students reported using cigarettes in the past 30 days at a rate of 10.6%, which is 3.1% higher than the reported rate in Florida.
- The rates of use in the past 30 days for various drugs among Okeechobee County youth are comparable to the state, except for alcohol use in Okeechobee County students, which is significantly higher among Okeechobee County students when compared to Florida.
 - In 2014, over a quarter (25.3%) of middle school and high school students reported having used alcohol, compared to 20.5% at the state level.
- From 2013 to 2014, the age-adjusted rate of suicide increased in the county from 10.9 to 20.2 respectively.

Morbidity and Mortality Indicators

- The rate of the total cases of Gonorrhea, Chlamydia and Infectious Syphilis in Okeechobee County increased from 350.0 per 100,000 in 2014 to 501.4 per 100,000 in 2015.
- In 2013, the percentage of adults who have been told they had a stroke in Okeechobee County was 7.0%, which was almost double the rate of the entire state (3.7%).
- In 2013, the percentage of adult residents in Okeechobee County who have ever been told they had Chronic Obstructive Pulmonary Disease, Emphysema or Chronic Bronchitis was 17.0%, significantly higher than the rate in the state, which was 7.4%.
- The age-adjusted incidence of cancer in the county was 571.8 per 100,000, higher than the rate in Florida (368.2 per 100,000).
- In 2014, the age-adjusted rate hospitalizations from or with diabetes in Okeechobee County was 4,537.3 per 100,000, accounting for over 2,000 hospitalizations of county residents.
- The percent of high school and middle school students with a BMI at or above 95th percentile in the county was higher than the state's rate.
- The most frequent cause of deaths in Okeechobee was heart disease accounting for 26.1% of deaths, followed by cancer, responsible for 24.2% of deaths.
- In 2014, the age-adjusted death rate for major cardiovascular disease in the county was 247.4 per 100,000, significantly higher than the state, which is 202.9 per 100,000.
- In 2014, the county's age-adjusted death rate for cancer was 197.3 per 100,000, higher than Florida, which is 155.5 per 100,000.
 - Lung cancer had the highest age-adjusted death rate of 67.3 per 100,000.
 - Tobacco-related cancer death rate for residents 35+ was 245.2 per 100,000, significantly higher than 172.6 per 100,000 in the state.
- The age-adjusted death rate for unintentional injuries was 68.1 per 100,000, which was higher than the state's rate of 41.1 per 100,000

Health Resources Availability and Access Profile

- As of 2014, there was one licensed nursing home in Okeechobee County with 180 licensed beds
- Okeechobee County had two areas designated as Primary Care Health Professional Shortage Areas in 2014. The designated areas were Low Income and Okeechobee Correctional Institution.
- Two areas of Okeechobee County were designated as Mental Health Care Health Professional Shortage Areas in 2014. Okeechobee Correctional Institution and Okeechobee County were those designated areas.
- Okeechobee County has one Medically Underserved Population, low-income/migrant farmworkers
- As of 2014, 22.3% of Okeechobee County residents were uninsured
 - 48.8% of residents 19 to 25 years were uninsured in 2014
- The rate of licensed physicians and dentists in Okeechobee County has been significantly lower when compared to the states rate.

Community Perspective

The Local Public Health System Assessment (Okeechobee County)

System strengths:

- Ongoing data collection efforts within the local health department
- Access to current Community Health Assessment (CHA) for:
 - DOH employees
 - New partners
 - General public
- Continuous work on previous CHIPs at Community Health Advisory Team (CHAT) meetings

Opportunities for improvement:

- Keep new DOH employees up to date on CHA and CHIP processes and past years' efforts
- Grant access to CHA and CHIP to the community-at-large. At present, it is only available outside the DOH, upon request
- Improve communication and outreach efforts to the community
- Inadequate training for and utilization of available GIS software.
- Increase and expand utilization of collected data.

Key Informant Interviews and Focus Groups

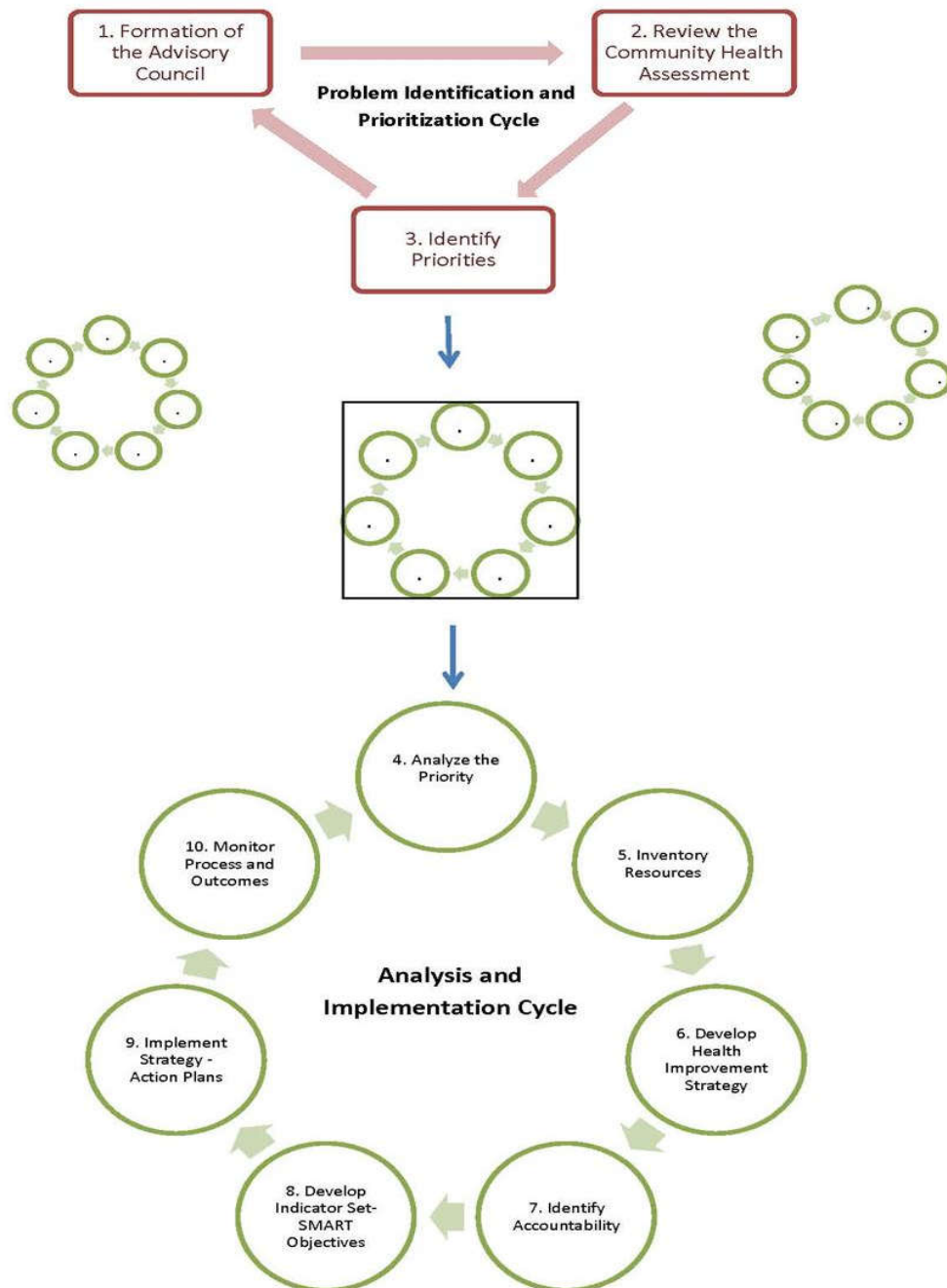
Major strengths:

- Parks, walking trails, playgrounds
- Food pantries/soup kitchens
- Local faith-based organizations
- Social service programs
- Community-based organizations
- Strong sense of community

Opportunities for improvement:

- Provide accessible and affordable health care and health care coverage for all residents
- Provide more health education opportunities
 - Nutrition
 - Prevention
 - Navigation of the health care system
- Increasing the awareness and access to existing resources in the community
- Provide additional funding and resources
- Increase the number and frequency of bus routes
- Develop walk-in clinics with extended hours
- Use collaborative and strategic thinking to fill gaps
- Increase partnerships with the local community-based organizations and agencies

OKEECHOBEE COUNTY
COMMUNITY HEALTH ASSESSMENT AND COMMUNITY HEALTH IMPROVEMENT
FRAMEWORK



Adapted from Institute of Medicine's Community Health Improvement Process

The Framework: A Community Health Improvement Model

The Florida Department of Health in Okeechobee County contracted with the Health Council of Southeast Florida to facilitate the Community Health Needs Assessment (CHNA) and Community Health Improvement Plan (CHIP).

Problem Identification and Prioritization

Step 1: The Health Council of Southeast Florida and staff of the Florida Department of Health in Okeechobee County identified community stakeholders to invite to participate on the Okeechobee County Community Health Advisory Team (CHAT). HCSEF ensured local public health system stakeholders were broadly represented throughout the process.

The Health Council of Southeast Florida led the community through the Local Public Health System Assessment (LPHSA), an instrument developed by the Centers for Disease Control (CDC). The LPHSA tool was completed in two parts; one part was completed by a large group of stakeholders in the local public health assessment system at a meeting in June, the second portion was completed by the Health Department staff.

Step 2: The CHAT met 4 times between June and September 2016. Meetings with internal and external stakeholders reviewed and discussed Okeechobee County quantitative and qualitative data. The quantitative data in the CHNA consisted of demographic and socioeconomic indicators, indicators related to health status including: maternal and child health, behavioral health, oral health, morbidity and mortality, as well as data related to health resources availability and access including: hospital and nursing home utilization, provider supply, health professional shortage areas and underserved populations, health insurance coverage and the safety net in the community. The qualitative data consisted of information from 5 focus groups, the 11 key informant interviews and the LPHSA reports. HCSEF facilitated the external LPHSA on June 1, 2016 and the internal LPHSA on June 3, 2016.

Analysis and Implementation

Step 3: In November 2016, the CHAT and process transitioned into working on the Community Health Improvement Plan (CHIP). The Health Council of Southeast Florida presented key findings from the Community Health Needs Assessment, and then facilitated a group discussion and exercise to develop a list of issues and priorities.

The entire list of priorities identified through this exercise were:

- Education
- Economic Development
- Lack of Community Engagement
- Teen Risky Behavior
- Smoking and Tobacco
- Senior Services
- Transportation
- Community Awareness and Education
- Healthier Okeechobee

Members used a multi-voting exercise to establish a ranking of priorities. After much discussion, the CHAT elected to move forward with three priority areas:

1. Youth High-Risk Behavior (ages 11-19)
2. Senior Wellbeing
3. Healthier Okeechobee

The CHAT also chose to integrate four overarching tenets that would be threaded throughout the planning and implementation of the CHIP. These four tenets were:

1. Engaging Community Providers & Stakeholders
2. General Education and Awareness
3. Awareness and Access to Resources & Services
4. Accessibility and Health Equity

Steps 4 and 5: In early December, Health Council of Southeast Florida staff facilitated a Root Cause Analysis exercise with the CHAT to identify the root causes of the selected health priorities. The information gathered from this exercise helped with the development of the goals for the CHIP, as well as ensured alignment between real problems and potential strategies or interventions that could effectively address those problems. The CHAT also discussed current activities and resources in Okeechobee County related to the selected priorities.

Steps 6 – 8: In mid-December, the CHAT worked to develop detailed objectives, strategies, action steps and lead roles for each of the three priorities. As the objectives and action steps were outlined and refined, there was an emphasis placed on creating S.M.A.R.T (Specific, Measureable, Achievable, Relevant and Time-bound) objectives. There was and continues to be an effort to recognize and utilize existing efforts and to avoid duplication of services and programs. If there are current and ongoing activities and programs being utilized in the community, strategies devised recognized and linked those activities to the determined strategies.

The specific goals, objectives, strategies and action steps are outlined in the Strategies and Action steps section of this plan.

Steps 9 and 10: The remaining two steps, the implementation and monitoring of the process and outcomes will be completed throughout the term of the Community Health Improvement Plan 2017-2020.

The Community Health Improvement Plan

The 2016-2020 Okeechobee County CHIP was developed by numerous stakeholders in the local public health system, many of whom will also be involved with the implementation of the Plan. The Plan defines specific goals, strategic objectives, measures and as well as necessary resources to effectively address the selected priorities.

The Plan focuses on the top three health priorities that were selected by the CHAT. Several other health indicators emerged as area of need throughout the process as well, and although they are not addressed in this specific plan, they are still important and, when possible, should be considered during future health planning activities in the community.

Four themes emerged throughout the process that have been integrated through the planning for all selected priorities.

1. Engaging Community Providers & Stakeholders
2. General Education and Awareness
3. Awareness and Access to Resources & Services
4. Accessibility and Health Equity

Approach

The intervention strategies in the CHIP attempt to:

- Address the underlying causes of the identified health priorities
- Utilize data to identify priorities and to measure the impact of interventions
- Outline approaches that are relevant and realistic in the community given the available time and resources
- Devise an action plan that can have a wide-reaching community-wide impact
- Detail measurable objectives to evaluate progress
- Engage a broad range of community stakeholders
- Support ongoing efforts in the community
- Implement evidence-supported models for community health improvement
- Include interventions that encourage beneficial behavior modification
- Focus on improving health factors and health outcomes in the community

Each priority section lists evidence-supported programs and community resources to utilize. The community should invest time to research the available evidence-supported programs and identify a program that will be appropriate for Okeechobee County, taking into consideration the demographics, available resources, potential community partners, etc.

An important component to any process is continued evaluation. This enables stakeholders to monitor the progression toward outcome goals and allows for revisions and adjustments, if necessary. Evaluation throughout the course of this Plan will also guide in future planning activities in Okeechobee County.

Strategic Priorities and Action Steps

This section of the report presents the culmination of the perspective, input and effort of the local public health system, various stakeholders and the community in this improvement planning process.

The sections below detail, for each of the three priorities that are addressed in this CHIP: goals, specific objectives, strategies, action and evaluation methods.

The **goal** is a broad, general statement about a desired outcome. It represents the destination the community hopes to reach with regard to the priority.

The **objectives** are more specific and detail what the community hopes to achieve and by when. Whenever feasible, the objectives in this plan are S.M.A.R.T., meaning they are: specific, measurable, achievable, relevant and realistic and time-bound.

The **strategies** detailed in the plan represent ways to achieve the objectives and the action steps provide more detail and specific steps to outline how the strategies should be approached.¹

When relevant, the formulation of the objectives were informed based on review of the State (Florida) Health Improvement Plan (SHIP), the National Prevention Strategy, and Healthy People 2020.

The goals, objectives and strategies as outlined in this CHIP do not necessitate policy changes in order to accomplish and reach stated goals.

The information in this plan aims to guide community health improvement planning efforts in the community by creating a solid foundation and providing direction for the health priorities identified.

¹ Guide and Template for Comprehensive health Improvement Planning, Version 2.1, Planning & Workforce Development Section, Connecticut Department of Public Health, 2009

Youth High-Risk Behavior – Why Address It?

In 2012, during the previous Community Health Improvement Plan (CHIP) process, Teen High-Risk Behavior was recognized by the Advisory Team as an area of need in Okeechobee County. The Community Health Advisory Team (CHAT) of Okeechobee County recognizes the importance for the sustainment of community engagement and collaboration to improve the overall health and opportunities for the youth. The CHAT members agreed that there has been progress and movement in a positive direction, but that new goals should focus on primary prevention and early interventions at a younger age in an effort to curtail negative outcomes for the community's youth. Youth High-Risk Behavior, as defined for the purpose of this CHIP, is multi-faceted; as it includes educational attainment, reproductive health education, and tobacco, alcohol and substance abuse prevention for children ages 11-19.

In 2014, 9,083 individuals in Okeechobee County were enrolled in school. Of those enrolled, 50.9% were in grades 5-12.² This is the population the CHAT chose to target during all work related to the Youth High-Risk Behavior priority. In the 2014-2015 school year, the graduation rate in Okeechobee County was 65.9%, considerably lower than the state of Florida's 77.8%.³ The CHAT recognizes that increasing educational attainment will provide youth with improved life outcomes. People who complete more years of education have better access to health insurance, medical care, and the resources to live healthier lifestyles.⁴

The teen birth rate in Okeechobee County has been consistently higher in the county when compared to the state over a ten-year span (2004-2014). Although there have been significant improvements over the last decade, Okeechobee's teen birth rate (mothers ages 15-19) of 48.2% was more than double the rate of Florida's 21.9% in 2014. Its important to note that the rate of repeat births to mothers ages 15-17 in Okeechobee, 21.1%, is also substantially higher than the state rate of 7.3%.⁵ Having children in the teen years has been linked with increased medical risks and emotional, social, and financial costs to the mother and the children. Becoming a teen parent affects whether the mother finishes high school, goes to college, and is hired for a higher level profession, especially for younger teens ages 15 to 17.⁶ In addition, the rate of chlamydia, gonorrhea and infectious syphilis in the county increased from 350.0 per 100,000 in 2014 to 501.4 per 100,000 in 2015. The CHAT aims to promote reproductive health education, outreach and access to services for the youth of Okeechobee to decrease the incidence of teen births and repeat teen births as well as prevent sexually transmitted infections and their complications among this population.

Tobacco use by all ages creates immediate and long term adverse health outcomes. The younger youth are when they begin using tobacco, the more likely they are to become addicted. Tobacco use among youth can lead to cardiovascular damage, reduced lung function and retardation of lung growth which leads to other comorbidities.⁷ The rates of tobacco use, specifically cigarettes and smokeless tobacco, among middle and high school students in Okeechobee are higher than the states. In 2014, 3.7% of middle school students in

² U.S. Census Bureau, American Community Survey (ACS), 2014.

³ 2014-2015 Florida Department of Education (FDOE) cohort graduation data as of 06/2016

⁴ <http://www.rwjf.org/en/library/research/2014/01/education-it-matters-more-to-health-than-ever-before.html>

⁵ FloridaCHARTS, Florida Department of Health, Bureau of Vital Statistics, 2014

⁶ <https://www.cdc.gov/vitalsigns/young-teen-pregnancy/index.html>

⁷ <https://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/factsheet.html>

Okeechobee reported the use of cigarettes in the past 30 days, compared to the state rate of 2.3%; 2.4% of middle school students reported using smokeless tobacco compared to the state rate of 2.1%. In the same year, 10.6% of high school students in Okeechobee reported using cigarettes in the past 30 days compared to the state rate of 7.5%. The rate of high school students in Okeechobee reported using smokeless tobacco was also high (8.8%) when compared with the state rate (5.4%).⁸

See Appendix A for a working plan detailing the current goals, objectives and strategies for the Youth High-Risk Behavior priority.

⁸ Florida Youth Tobacco Survey (FYTS), 2014

Evidence-Supported Initiatives and Campaigns

Check & Connect

Check & Connect is an intervention program that can be used for students in grades K-12 who show warning signs of disengagement with school and who are at risk of dropping out. At the core of *Check & Connect* is a trusting relationship between the student and a caring, trained mentor who both advocates for and challenges the student to keep education salient. Students are referred to *Check & Connect* when they show warning signs of disengaging from school, such as poor attendance, behavioral issues, and/or low grades.

In *Check & Connect*, the "Check" component refers to the process where mentors systematically monitor student performance variables (e.g., absences, tardies, behavioral referrals, grades), while the "Connect" component refers to mentors providing personalized, timely interventions to help students solve problems, build skills, and enhance competence. Mentors work with caseloads of students and families for at least two years, functioning as liaisons between home and school and striving to build constructive family-co relationships.⁹ Outcomes demonstrated by the Check & Connect program include:

- Decrease in truancy, tardies, behavior referrals, and dropout rates
- Increase in attendance, persistence in school, credits accrued, and school completion
- Impact on literacy

Teen Outreach Program (TOP)

The Teen Outreach Program (TOP) promotes the positive development of adolescents through curriculum-guided, interactive group discussions; positive adult guidance and support; and community service learning. TOP is focused on key topics related to adolescent health and development, including healthy relationships, communication, influence, goal-setting, decision making, values clarification, community service learning, and adolescent development and sexuality. The development of supportive relationships with adult facilitators is a crucial part of the model, as are relationships with other peers in the program.¹⁰ The target population for the program is disadvantaged and high-risk youth. A TOP can be in the school setting, after school or within a community-based organization.

The three primary program objectives of TOP are:

1. **Healthy Behaviors:** To promote the development of healthy behaviors and self-care so teens can avoid risk and successfully achieve an education and other life goals.
2. **Life Skills:** To support the acquisition of valuable life skills in areas of relationships, communication, decision-making, etc., that are needed to be healthy, self-sustaining young adults.
3. **Sense of Purpose:** To provide teens with a sense of purpose, increasing knowledge of their own worth as they contribute to their communities through meaningful service. A strong sense of purpose is linked to lower rates of risky behaviors.

⁹ <http://checkandconnect.umn.edu/model/default.html>

¹⁰ <https://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=237&mid=1>

Community Resources

School District of Okeechobee County

The vision of the Okeechobee County School District is “Achieving Excellence: Putting Students First!” Okeechobee County School District’s mission statement is “to prepare all students to be college and career ready and function as productive citizens.”¹¹

Quit Doc Research and Education Foundation

QuitDoc’s mission is to improve overall community health and wellness by reducing the number of deaths in the United States from tobacco addiction and curtailing tobacco use within youth and adult populations through research, education, and prevention.¹²

Youth Tobacco Prevention Programs include:

- *Students Working Against Tobacco (SWAT)*
- *Secondhand Smoke: Who is at Risk in Okeechobee County?*
- *SmokeScreeners: The Impact of Onscreen Smoking on Youth Tobacco Initiation*
- *Store Alert! Point of Purchase Tobacco Advertising*
- *Strange Candy: How the Tobacco Industry Targets Youth*

Okeechobee Substance Abuse Coalition

The Okeechobee Substance Abuse Coalition is comprised of parents, teachers, clergy, law enforcement, counselors, judges, and other concerned citizens who care about the welfare of the youth in Okeechobee County and are willing to help make a difference. The Coalition seeks to create a health community in which young people may grow up health, caring and responsible.

New Horizons – Treasure Coast and Okeechobee

New Horizons of the Treasure Coast and Okeechobee delivers accessible behavioral and primary health care services to children, adults and families to achieve mental and physical wellness, thereby improving the quality of life in our community. The organization serves priority populations that include: substance abuse disorders, pregnant IV drug users and/or other substances, IV drug users, and consumers involved in the child welfare system who have a substance use disorder. When necessary New Horizons will also assist to find appropriate treatment.¹³

¹¹ <https://www.okee.k12.fl.us/>

¹² <http://www.quitdoc.com/about-us.html>

¹³ <http://www.nhtcinc.org/about-us.html>

Senior Wellbeing – Why Address It?

Maintaining a healthy lifestyle during all stages of life is important. The Okeechobee County Community Health Advisory Team (CHAT) recognizes that seniors in the County encounter barriers to maintaining a long, healthy life and require extra attention.

Of the total population in Okeechobee County, 39,398 residents, 17.2% are age 65 or older.¹⁴ A healthy lifestyle and balanced diet consisting of fresh, nutritious fruits and vegetables is essential to maintain good health and prevent chronic disease development. For individuals and families living in poverty, access to fresh, affordable and nutritious food is often a barrier to maintaining health. In 2014, 13.6% of the Okeechobee County residents living in poverty were 65 years or older.¹⁵ The CHAT acknowledges that seniors living in poverty in Okeechobee County often lack access to affordable and fresh foods, and that food insecurity is an ongoing concern.

Improving access to care for seniors and providing support for their caregivers were also deemed extremely important to improve the overall health of the community. Increasing providers' knowledge of home health and hospice care programs available in the community will assist them in making timely and accurate referrals for seniors to improve their health outcomes. These referrals will also improve the overall health and well-being of caregivers taking care of spouses and family members living in Okeechobee County. Many individuals often forgo their personal wellbeing when providing care for others, which affects the health of the community as a whole.¹⁶

See Appendix B for a working plan detailing the current goals, objectives and strategies for the Senior Wellbeing priority.

¹⁴ U.S. Census Bureau, American Community Survey (ACS), 2014

¹⁵ U.S. Census Bureau, American Community Survey (ACS), 2014

¹⁶ <https://crhcf.org/Blog/caring-for-the-caregiver-understanding-the-importance-of-caregiver-well-being/>

Evidence-Supported Initiatives and Campaigns

Eat Smart, Live Strong

Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74-year old's participating in or eligible for FNS nutrition assistance programs. The intervention can support the efforts of program providers and communities in delivering nutrition education to low-income older adults. Nutrition education providers can use *Eat Smart, Live Strong* to help able-bodied, community dwelling, low-income older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.¹⁷

The intervention program focuses on two key messages and uses multiple behavior-focused strategies to promote these behaviors: 1) eat at least 3 ½ cups of fruit and vegetables per day (1 ½ cups of fruits and 2 cups of vegetables) and 2) participate in at least thirty minutes of physical activity most days of the week.

Savvy Caregiver

The Savvy Caregiver Program is designed to train family and professional caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member with Alzheimer's disease and to be an effective caregiver. The program is also beneficial for caregivers for family members who are not diagnosed with Alzheimer's. The program focuses on helping caregivers think about their situation objectively and providing them with the knowledge, skills, and attitudes they need to manage stress and carry out the caregiving role effectively.¹⁸

Guided Care

The Guided Care model was developed by a team of researchers at Johns Hopkins University, to respond to the growing challenge of caring for a rapidly aging America. This evidence-based model results in: improved quality of patient care, improved family caregiver perception of quality, improve physicians' satisfaction with chronic care, produces high job satisfaction among nurses, increased patient perception of care quality and may reduce the use of expensive services and the use of services in an integrated delivery system.¹⁹

¹⁷ <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

¹⁸ http://www.rosalynncarter.org/caregiver_intervention_database/dementia/savvy_caregiver/

¹⁹ www.guidedcare.org

Community Resources

2-1-1 Palm Beach/Treasure Coast

211 Palm Beach/Treasure Coast is a non-profit agency that provides a team of specially-trained staff to assist callers through its 211 Helpline with crisis intervention, suicide prevention, information, and assessment and referral to community services 24 hours a day, 365 days a year. Programs offered by 211 that can assist seniors in living in Okeechobee County are: 211 HelpLine (information, assessment and referral to community services, crisis intervention, suicide prevention), Special Needs Helpline (advocacy and linkage to supportive services), Elder Crisis Outreach (advocacy and linkage to supportive services), and Sunshine Daily Telephone Reassurance (a friendly “hello” and wellbeing check for seniors).

Additionally, 211 Palm Beach/Treasure Coast collects and maintains information on community health and human services and makes this information available via its hotlines, helplines, printed directories, and on the web. Services are provided at no cost to anyone regardless of race, age, religion, national origin, sexual orientation, or disability.²⁰

Hospice of Okeechobee, Inc.

Hospice of Okeechobee Inc. first started in 1983. Hospice of Okeechobee helps individuals with life-limiting illnesses. The organization offers a support system to help individuals live as actively as possible, given their current circumstances. Hospice staff will make scheduled nursing visits to the patient’s home or Raulerson Hospital, with the goal of providing relief from pain and other distressing symptoms. In addition to routinely scheduled visits, our nursing staff is available to assist patients 24 hours a day, 7 days a week.²¹

Okeechobee Senior Services

Community Care for the Elderly county lead agency. Provides case management and in-home services to qualified elders. To access services provided through Okeechobee Senior Services you must first call the Elder Helpline number to be screened to determine your level of need and the type(s) of services needed.²² The Elder Helpline number (866) 684-5885.

Other Community Resources:

- ***Meals on Wheels***
- ***Big Lake Missions Outreach***
- ***Florida Department of Health Okeechobee County***
- ***Florida Community Health Center***
- ***Raulerson Hospital***
- ***Veterans Administration***

²⁰ <http://www.211palmbeach.org/about-us>

²¹ <http://www.hospiceofokeechobee.org/>

²² <http://co.okeechobee.fl.us/seniors>

Healthier Okeechobee – Why Address It?

The Okeechobee County Community Health Advisory Team (CHAT) acknowledges the myriad of factors that affect a person's overall health and well-being. CHAT members agree that improving the health of County residents would require an increased use of preventative screening, improved access to mental health, and the continued promotion of healthy lifestyles to prevent disease.

In 2014, the age-adjusted rate of hospitalizations from or with coronary heart disease in Okeechobee County was 882.5 per 100,000, which was significantly higher than the State rate of 299.4 in the same year.²³ The rate in Okeechobee County has improved over the last five years and can continue to with continued collaboration of key stakeholders. The age-adjusted rate for new cancer cases is also much higher in Okeechobee County when compared to the state. In 2012, the rate of new cancer cases in the County were 571.8 per 100,000 compared to the state rate of 368.2 per 100,000.²⁴ The Okeechobee CHAT aims to reduce these rates in the County by increasing access to preventative screenings for residents.

Okeechobee County and Okeechobee Correctional Institution are designated Mental Health Care and Primary Medical Care Health Professional Shortage Areas.²⁵ The CHAT identifies the shortage of primary care and mental health providers as a barrier to accessing care for residents in the County and plans to overcome it by improving the collaboration and cooperation of the health providers currently serving the community. Having providers join forces and communicate with one another will assist in fostering improved outcomes for residents of Okeechobee County. Proper screening and referrals, promoted by physician alliances, will facilitate residents getting the care and medical interventions they need in a timely manner.

CHAT members are pleased with the progress that has been made from the last Community Health Improvement Plan and would like to sustain and continue the positive impact to the community's health by maintaining the promotion of healthy lifestyles as an objective for the 2016-2020 CHIP. Education on the importance of eating healthy and exercising at all stages of life can empower the community to have the knowledge and tools needed to create healthier lifestyles. This plan will also include working with local agencies to improve the opportunities residents have to access affordable, fresh food and exercise safely in their community.

See Appendix C for a working plan detailing the current goals, objectives and strategies for the Healthier Okeechobee priority.

²³ FloridaCHARTS, Agency for Health Care Administration, 2014

²⁴ FloridaCHARTS, University of Miami (FL) Medical School, Florida Cancer Data Systems, 2012

²⁵ U.S. Department of Health and Human Services, 2016

Evidence-Supported Initiatives and Campaigns (Healthier Okeechobee)

Let's Go!

“Let’s Go is a nationally recognized childhood obesity prevention program based in Maine. We focus on creating healthy places to help children and families eat healthy and be active. We work in six different settings to reach families where they live, study, work and play to reinforce the importance of healthy living. The 5-2-1-0 message (5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks, more water and low fat milk a day) is used across the settings to remind families of these recommendations for healthy eating and active living”).²⁶

Knowledge Application Program (KAP)

KAP is a program of the Substance Abuse and Mental Health Services Administration (SAMHSA) that supports the professional development of behavioral health workers and provides information and resources on best practices. The program blends science and service to support workforce development and expand treatment capacity.²⁷

²⁶ www.letsgo.org

²⁷ <https://www.samhsa.gov/kap>

Community Resources

Florida Community Health Centers

Florida Community Health Centers (FCHC) is a private, non-profit consumer directed corporation which is designated as a Federally Qualified Health Center (FQHC), and is accredited by the Joint Commission (JC). Their mission is to provide accessible, cost-effective, high quality and comprehensive primary and preventive health care services to all persons, regardless of their socio-economic circumstances. FCHC uses a sliding fee scale (SFS) based on federal poverty limits (FPL) to determine the amount of financial responsibility each patient carries regarding their health care services. Patients who are at or below 100% of FPL have their health care needs provided by FCHC at a minimal charge. In addition, FCHC's commitment to ensuring a continuum of care is evidenced by our policy to pay for an initial office visit to specialists for those with no financial means.²⁸

Suncoast Mental Health

Suncoast Mental Health Center, Inc. provides best-practice and research-based assessment, counseling and supportive services to children and families in Okeechobee and the Treasure Coast area. Suncoast Mental Health Center is dedicated to community-based and family-centered care to help ensure success and safety for every child.²⁹

Raulerson Hospital

Raulerson Hospital is the sole hospital in Okeechobee County. The hospital has 100 beds and provides the following services:

- Cardiopulmonary Services
- Emergency Care
- Occupational Health Services
- Orthopedics
- Outpatient Therapy
- Physical Medicine & Rehabilitation
- Radiology & Diagnostic Imaging
- Sleep Disorders Laboratory
- Surgical Services
- Women's Health
- Worker's Compensation Services³⁰

Other Community Resources

- | | |
|---|--|
| • <i>2-1-1 Palm Beach/Treasure Coast</i> | • <i>Okeechobee Parks and Recreation</i> |
| • <i>Legacy Behavioral Health Center, Inc.</i> | • <i>City of Okeechobee</i> |
| • <i>New Horizons</i> | • <i>Florida Department of Transportation</i> |

²⁸ <http://www.fchcinc.org/about-us>

²⁹ <http://suncoastmentalhealth.org/>

³⁰ <http://raulersonhospital.com/service/all-services>

Using the Plan and Next Steps

Okeechobee County should take pride in the progress that has been made in the community since the last CHIP's inception; however, there are always opportunities for improvement. Implementation of the 2017-2020 CHIP will promote and improve the well-being and quality of life for residents by strengthening the public health infrastructure, aid and guide planning efforts, and foster collaboration and capacity-building among community stakeholders. It should be noted that health improvement must be practiced in all facets of residents' lives and not only at the government or agency level. Efforts should be practiced in homes, schools, workplaces and faith based organizations to impact the community on a large scale.

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, faith based organizations 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 Center 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.³¹

³¹ <http://www.countyhealthrankings.org/roadmaps/action-center>

Get Involved

Community health improvement is *for* the community and is done largely *by* the community. The Okeechobee County Community Health Advisory Team (CHAT) welcomes all stakeholders and residents to participate in the process in an effort to improve Okeechobee County's health.

The CHIP is a document that can, and will be, revised by the Okeechobee County Community Health Advisory Team (CHAT) as needed to address emerging issues as well as additional resources. The CHAT will meet at least annually to review progress of the CHIP and revise the document according to community needs.

For more information or to get involved in the County's health improvement activities, please contact:






Tiffany L. Collins, M.S.A.
Health Officer
Florida Department of Health
Okeechobee County
1728 NY 9th Ave.
Okeechobee, FL 34972
Phone: (863) 462-5761
Fax: (863) 484-0840
Tiffany.collins@flhealth.gov






Brian Sell
Public Health Preparedness
Medical Reserve Corp. MRC Unit Coordinator
Florida Department of Health
Okeechobee County
1728 NY 9th Ave.
Okeechobee, FL 34972
Phone: (863) 462-5865
Fax: (863) 634-4430
Brian.Sell@flhealth.gov



Appendices

Appendix A

Youth High-Risk Behavior

GOALS	OBJECTIVES	MEASURES	STRATEGIES AND ACTION STEPS	LEAD
GOAL 1.1 Increase educational attainment of children ages 11-19 in Okeechobee County	Decrease absenteeism rates from 11.2% to 9.7% by 2020.	Florida Department of Education data	Identify an individual, agency or task force to champion cause in the community	Okeechobee County School District
	Increase rate of middle school student promoted from ____% to ____% by 2020.		Research evidence-based community strategies	Department of Health
	Increase high school graduation rates from ____% to ____% by 2020.  Consistent with the FL DOE Long Range Program Plan objective 1D to increase the high school graduation rate by 5% in FY 2017-2018.		Collaborate and partner with the Okeechobee County School District and School Resource Office	Department of Children and Families (District 19) Healthy Start Coalition of Okeechobee County CASTLE
GOAL 1.2 Contribute to a decrease in the number of teenage pregnancies in Okeechobee County	By 2020, decrease the rate of births to mothers aged 11-19 by 2%.  Consistent with Healthy People 2020 target for 10% improvement in teenage pregnancies – HP2020 – FP-8, FP-9  Aligned with FL SHIP Objectives AC5.3.1 and AC5.3.2 to reduce births and repeat births to teens, HP1.2.1 to reduce the bacterial STD case rate among females 15-34 years of age, and HP1.2.2 to increase the percentage of women diagnosed with a bacterial STD and treated within 14 days.  Aligned with CDC Winnable Battle goal to reduce teenage pregnancy  Aligned with DOH Long Range Program Plan Objective 1c, 1d, and 4c	Florida Vital Statistics Reporting System	Identify an individual, agency or task force to champion cause in the community	Okeechobee County School District Department of Health Healthy Start Coalition of Okeechobee County
			Research evidence-based community strategies	
			Collaborate with the Okeechobee County School District	
			Partner with community organizations to disseminate information to families and youth	
			Develop and implement a reproductive health course or program for middle and high school students	
GOAL 1.3 Contribute to a decrease in the	Decrease the rate of sexually transmitted diseases (chlamydia, gonorrhea and infectious syphilis) in the community from 2,410.5 per	Florida Department of Health, Bureau of STD	Identify an individual, agency or task force to champion cause in the community	Okeechobee County School District

rate of sexually transmitted diseases in the community	100,000 to 2,226.7 per 100,000 by 2020.	Prevention and Control	Research evidence-based community strategies	Department of Health
			Collaborate and partner with the Okeechobee County School District and School Resource Office	Florida Community Health Centers
			Partner with community organizations to disseminate information to families and youth	
			Develop and implement a reproductive health course or program for middle and high school students	
GOAL 1.4 Contribute to a decrease in cigarette use, substance use and alcohol abuse in the community	By 2020, decrease the rate of middle and high school students who report currently using cigarettes by 1%.  Consistent with National Prevention Strategy key indicator target of 18% reduction related to youth cigarette use	Youth Tobacco Risk Survey	Identify an individual, agency or task force to champion cause in the community; as well as key stakeholders for supportive roles	QuitDoc Everglades Area Health Education Center (AHEC) Okeechobee County Substance Abuse Coalition
	By 2020, decrease the rate of middle and high school students who report currently using e-cigarettes by 1%.  Aligned with Healthy People 2020 TU-2.2 to reduce tobacco use by adolescents in past 30 days		Partner with QuitDoc to expand youth tobacco cessation outreach efforts with students and their parents	
	By 2020, decrease the rate of middle and high school students who report currently using smokeless tobacco by 1%  Aligned with Healthy People 2020 TU-2.2 to reduce tobacco use by adolescents in past 30 days		Explore funding opportunities to continue, improve, and expand existing programs as well as new evidence-based programs	
	Decrease the rate of middle and high school students who report consuming alcohol from 19.1% to 18.3% by 2020.  Consistent with National Prevention Strategy key indicator target of 10% reduction related to youth alcohol use  Aligned with Healthy People 2020 SA-14	Florida Youth Substance Abuse Survey	Research evidence-based community strategies	Okeechobee County Sheriff's Office
	Decrease the rate of middle and high school students who report using		Partner with the Okeechobee County Police Department	Department of Juvenile Justice

	<p>illicit substances from ____% to 12% by 2020.</p> <p> <i>Consistent with National Prevention Strategy key indicator target of 7% reduction in the proportion of youth aged 12 to 17 years who have used illicit drugs in past 30 days</i></p> <p> <i>Aligned with Healthy People 2020 SA-2.4, SA-13.3</i></p>		<p>Collaborate and partner with the Okeechobee County School District and School Resource Office</p>	
--	--	--	--	--




Appendix B



Senior Wellbeing

GOALS	OBJECTIVES	MEASURES	STRATEGIES AND ACTION STEPS	LEAD
Goal 2.1 Improve health related quality of life and well-being for all senior residents of Okeechobee County	Increase physician referrals to home-health services by ____% by 2020	Number of referrals to Home Health Care by hospitals and physicians	Educate physicians on Home Health Care and Hospice Services available in Okeechobee County: Big Lake Home Health Services, Nurses on Call South Florida, Visiting Nursing Association of Florida, Inc. Identify community liaisons with each Home Health Care Agency to bridge patients and providers to care	Raulerson Hospital Hospice of Okeechobee, Inc. 211 Palm Beach/Treasure Coast Okeechobee County Senior Services
	Increase referral rates from physicians and hospitals to Hospice by ____% by 2020	Rate of admission to Hospice Care in Okeechobee County		
	Increase calls, referrals, and database visits received by 211 Palm Beach/Treasure from seniors (65+) living in Okeechobee County by ____%.	211 Palm Beach/Treasure Coast, Okeechobee Reports	Collaborate with 211 Palm Beach/Treasure Coast to create and disseminate marketing materials targeting senior population	Elder Affairs
Goal 2.2 Improve support for family and caregivers living in Okeechobee County	Increase the number of attendees at family and caregiver support meetings from ____ to ____ by 2018.	Number of meetings and attendees at support meetings	Partner with 211 Palm Beach/Treasure Coast and Hospice of Okeechobee, Inc. to create and disseminate marketing materials for caregiver support meetings	Hospice of Okeechobee, Inc. 211 Palm Beach/Treasure Coast
			Identify community partners to market caregiver support group meetings; as well as marketing at community events	
	Create a digital support group for families and caregivers to utilize and receive services by 2020	Unique users/members registered with digital support group	Identify organization or individual to create digital support group platform	

Appendix C

Healthier Okeechobee

GOALS	OBJECTIVES	MEASURES	STRATEGIES AND ACTION STEPS	LEAD
GOAL 3.1 Improve the health of residents by increased utilization of preventive health services  <i>Aligned with FL SHIP Strategy CD3.1.3 to promote early detection and screening for chronic diseases</i>	By 2020, decrease the age-adjusted rate of hospitalizations from or with coronary heart disease from 882.5 per 100,000 to 482.5 per 100,000.	County-level data from the U.S. Census Bureau	Identify community stakeholders that can provide preventative screenings at low- or no-cost	Department of Health Florida Community Health Centers School Board of Okeechobee County
	Decrease the age-adjusted rate of new cancer cases from 586.5 per 100,000 to 550 per 100,000 by 2020.		Identify community stakeholders whom can host events that provide preventative screenings (faith-based organizations, workplace, schools, civic organizations, etc.)	
			Identify and collaborate with stakeholders to increase education and outreach regarding the importance of preventative care	
GOAL 3.2 Improve mental health of Okeechobee County residents through prevention and increased access to services  <i>Aligned with FL SHIP Goal AC3 to improve behavioral health services so that adults, children and families are active, self-sufficient participants living in their communities</i>	By 2020, organize an Okeechobee Mental Health Provider Network	Plan for implementation	Identify mental health providers and invite them to participate in the Mental Health Provider Network	Sun Coast Mental Health New Horizons
	By 2020, decrease emergency room visits related to mental health ICD-10 codes by ____%	Florida Agency on Health Care Administration	Partner with current providers and supportive services organizations to market the need and benefits of organizing the network	Department of Health 211 Palm Beach/Treasure Coast
GOAL 3.3 Promote healthy lifestyles to Okeechobee County residents, to decrease chronic diseases exacerbated by a sedentary lifestyle and poor diet.	By 2020 be prepared to adopt a sidewalk improvement and walkability plan  <i>Aligned with FL SHIP CR2.2 to increase access and participation in physical activity for</i>	Proposal to implement sidewalk improvement plan	Collaborate with Okeechobee County officials to improve walkability	Department of Health City of Okeechobee Okeechobee Board of County Commissioners

	<i>all members of a community</i>			
	<p>Increase enrollment of eligible individuals and households in Supplemental Nutrition Assistance Program (SNAP) by ____% by 2020</p> <p> <i>Aligned with FL SHIP Objective CD1.3 to increase the availability of healthful food.</i></p> <p> <i>Aligned with Healthy People NWS-13 to reduce household food insecurity</i></p>	County-level data from the U.S. Census Bureau	<p>Identify individuals and families who are eligible for SNAP</p> <p>Identify community partners that offer benefit application assistance</p> <p>Contact and collaborate with community partners to market their services, and for others to refer eligible families as needed</p>	<p>Department of Health</p> <p>Treasure Coast Food Bank</p> <p>Okeechobee County Senior Services</p>
	Decrease the percentage of youth in the community who are overweight or obese by 10% in 2020	Behavioral Risk Factor Surveillance Survey	Maintain distribution of 5-2-1-0 Let's Go Big O marketing materials; continue sharing with new community partners	Okeechobee County School District
	Decrease the percentage of adults in Okeechobee who are overweight or obese by 10% in 2020		Explore additional evidence-based programs and marketing strategies for healthy eating and exercise	