



Florida Department of Health in St. Lucie County
Community Health Improvement Plan
2016-~~2019~~2020

Revised December, 2019

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Healthy St. Lucie Coalition



We would like to acknowledge the following organizations that are participating in the community health improvement process in St. Lucie County.

2-1-1 / Help Me Grow	2-1-1 Helpline
Aging & Disability Resource Center	ALPI HS/EHS
Children's Services Council	City of Port St. Lucie
Community members	Council on Aging of St. Lucie County
Dept. of Children & Families	Devereux CBC
DOH-ST. Lucie	Early Learning Coalition
FCHC - Fort Pierce	FCHC - Grace Center
Florida Community Bank	Florida Community Health Center
Floridians Fighting Falls	Guardians for a New Future
HANDS Clinic	Healthy Kids
Healthy Start / Kids Connected by Design	Indian River State College
Lawnwood Regional	Martin Health
Mary's Shelter	Molina Health Care
Roundtable of St. Lucie County	New Horizons
Slow Food of the Treasure Coast	Sarah's Kitchen
St. Lucie Medical Center	St. Lucie County

St. Lucie Transportation Planning Organization	St. Lucie Public Schools
Suncoast Mental Health Center	United Way of SLC
University of Florida/IFAS/SLC Extension	Zion's Daughters of Distinction
WellMed Medical Management, Inc.	

Planning Process

In June of 2015, the Florida Department of Health in St. Lucie County (DOH-St. Lucie) convened a meeting of community partners to discuss the development of a Community Health Improvement Plan for the period 2016-2019. This meeting marked the launch of DOH-St. Lucie's Healthy St. Lucie Initiative to promote health where we live, learn, work, and play. Thirty-seven organizations are participating in Healthy St. Lucie Coalition planning meetings to develop the Community Health Improvement Plan using a Collective Impact Model. Collective impact occurs when organizations from different sectors agree to solve a specific social problem using a common agenda, aligning their efforts, and using common measures of success.

The CHIP 2013-2015 plan was reviewed at the September Healthy St. Lucie Coalition meeting. As indicated in the presentation, these objectives have been met.

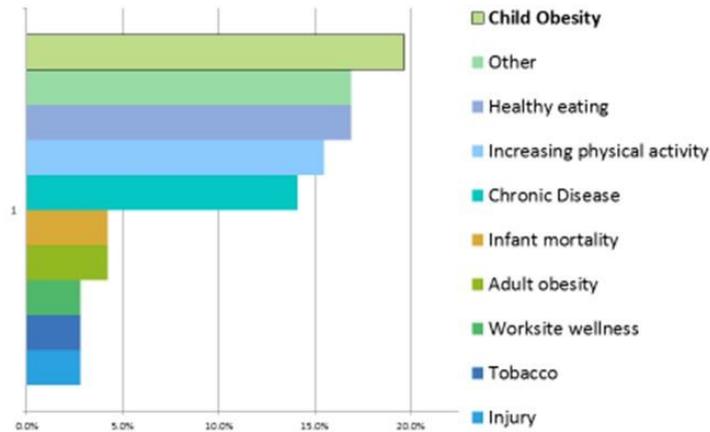
2013-2015 Community Health Improvement Plan Objectives	Achieved
Maintain the rate of attendance at 95% among middle and high school students	✓
Reduce the percent of middle school students who report drinking alcohol or using marijuana in the past 30 days	✓
Increase the number of people in the community that have received training on Bridges Out of Poverty	✓
Establish a law enforcement task force to address gun violence in the City of Fort Pierce	✓

Maintain funding for United Way	✓
Increase the volunteer base at the HANDS Clinic	✓
Increase the number of partners collaborating with the HANDS Clinic to provide a community safety net	✓
Increase participation in the St. Lucie County Health Access Network	✓

The 2013-2015 plan focused heavily on socio-economic issues, but did not address healthiest weight which partners felt was a major health concern in the county. The Coalition formed two committees:

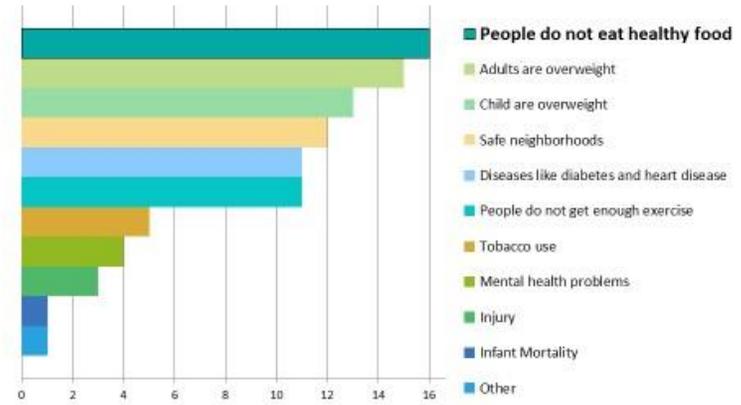
1. Data Committee – to analyze statistics from Florida Charts, the County Health Rankings, Community Commons, and the local United Way Needs Assessment.
2. Survey Committee – to survey stakeholders and the public on what they viewed as the most important health issues facing our community.

What should be Healthy St. Lucie's first priority?



72 Stakeholders

What do you think is the biggest HEALTH problem in St. Lucie County?



77 family members at ALPI Head start Event

Weight, healthy eating, and increasing physical activity were chosen as priorities among stakeholders which was supported by surveys done in the community and the Data Committee findings. As the issues outlined in the 2013-2015 CHIP were continuing to be addressed by strategic plans at the Roundtable and the St. Lucie County Health Access Network, the Coalition chose to move towards a new CHIP plan that places an emphasis on healthiest weight and chronic disease.

Once the priorities of healthy eating, physical activity, and preventing chronic disease were set, the Coalition worked to identify root causes to explain why people had unhealthy diets, sedentary lifestyles, and unmanaged chronic disease. Working in groups the Coalition used the 5 Why's Quality Improvement tool to better understand the issues at the September 2015 meeting. Once a list was compiled the group prioritized the causes/barriers at the October 2015 meeting. It was determined that most problems occurred in the areas of access (cost, transportation, food deserts), knowledge (don't know risks, don't know value of healthy eating/physical activity, don't know about resources, don't know how to cook/eat healthy), or norms (breastfeeding is not supported, family or cultural food traditions, no focus on prevention).

Domain	Healthy Eating barriers	Physical Activity barriers	Chronic Disease prevention and management barriers
Resources	Food deserts	Lack of recreational options for all ages	Lack of access to health care
	Limited food budgets	Not enough affordable options in area	Lack of health insurance
			Lack of medical programs to prevent chronic disease
Environmental	Marketing that promotes unhealthy food	Unsafe neighborhoods	Inadequate medical research
	Stores with healthy selections	Weather too hot	Shortage of providers/specialists
		Lack of activity in school	
		Sedentary jobs	
Cultural	Cultural influences on food choice	Culture of inactivity	Lack of Community/linguistic appropriate services
	Family eating traditions		
	Peer influences		
Transportation	Lack of transportation to purchase healthy food	Lack of transportation to activities	Lack of transportation to medical care
Norms	Lack of fast meal time options	Too much screen time	Tobacco use accepted
	Dealing with comfort food	Healthcare visit made optional	Second-hand smoke accepted
	Breastfeeding not supported enough	Physical activity is not a priority	Community stigma about seeking services
	Easy access to unhealthy food		Belief that chronic disease is inevitable
Motivation	Impulse buying	Laziness	Lack of motivation
	Time management	Procrastination	Belief that it's all the responsibility
	Lack of motivation to change	Lack of time	Prevention not a focus
Knowledge	Lack of knowledge on preparing healthy food	Lack of knowledge about available recreational options	Lack of knowledge about health resources
	Lack of knowledge on how diet affects health	Lack of understanding of medical implications of sedentary habits	Lack of accurate knowledge about appropriate healthy behavior
	Lack of functional understanding		Lack of knowledge about correlation between chronic disease and lifestyle behaviors



The Coalition met in November to choose specific strategies/activities that they believed would be the most effective in our community. The Coalition reviewed strategies and activities recommended by the Centers for Disease Control, County Health Rankings, and Florida Healthiest Weight.

Strategies/activities were rated for their fit with the barriers of access, knowledge, and norms, whether the strategy/activity was already in place here, and whether the strategy/activity could work here given current conditions and resources. In December of 2015, the Coalition came to a consensus on objectives and began constructing action plans. Individual teams will continue working on Healthy Eating, Breastfeeding, Physical Activity, and Chronic Disease. These teams will report at monthly Healthy St. Lucie meetings.

Plan Summary

GOAL	OBJECTIVE	STRATEGIES
Adults and youth eat a healthy diet	1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day from 16.9% to at or above the state level of 18.3%.	1.1.1 Establish a Food Policy Council
		1.1.2 Ensure access to fruits and vegetables at workplace meeting and events
		1.1.3 Establish policies to incorporate fruit and vegetable activities into schools to increase consumption
		1.1.4 Include fruits and vegetables in emergency food programs
		1.1.5 Create education programs and activities in Fort Pierce around health food. (2019)
	1.2: By FY 2019, Reduce the proportion of children aged 6 to 11 years who are obese by 3%.	1.2.1 Promote Florida Healthy Eating and Physical Activity (HEPA) Standards in Early learning and Afterschool settings
	1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.	1.3.1 Promote breastfeeding in Maternity Care Practices
		1.3.2 Professional Education
		1.3.3 Increase access to Professional Support
		1.3.4 Promote Peer Support Programs
		1.3.5 Promote Support for Breastfeeding in the Workplace
		1.3.6 Promote Support for Breastfeeding in Early Care and Education
		1.3.7 Increase Access to Breastfeeding Education and Information
1.3.8 Use Social Marketing to promote breastfeeding		
Residents are physically active	2.1: By FY 2019, decrease the percentage of adults who are sedentary from 30.1% to at or below the state level of 27.7%.	2.1.1 Initiate a community-wide campaign promoting physical activity
		2.1.2 Advocate for street-scale urban design and land-use policies that support physical activity
		2.1.3 Promote access to physical activity
Chronic disease is reduced	3.1: By FY 2019, decrease the	3.1.1 Seek ways to increase access to health care
		3.1.2 Promote worksite wellness programs

	percentage of adults who said their overall health was "fair" or "poor", from 21% to at or below the state level of 19.5%.	3.1.3 Promote evidence-based guidelines to manage chronic disease at health care practices
	3.2: By FY 2019, decrease the percentage of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days from 11.4% to at or below the state level of 9.2%.	3.2.1 Promote tobacco free policies and youth education

Plan Detail

Goal 1: Adults and youth have a healthy diet				
Strategy: Promote food policies that support healthy eating				
Objective 1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day from 16.9% to at or above the state level of 18.3%.				
Indicators	Baseline	Direction of Change	3yr/5yr Plan Target	Data Source
Adults who eat 5 or more servings of fruits or vegetables per day	16.9%	Increase	18.3%	Behavioral Risk Factor Surveillance Survey (BRFSS) 2013
Activity 1.1.1 Establish a Food Policy Council				
Description	Partners	Anticipated Completion Date	Status	Activity notes

<p>Food councils provide support and advice to residents and governments on how to develop policies and programs to improve local food systems</p>	<p>Healthy St. Lucie Coalition, Slow Food, UF/IFAS</p>	<p>December 31, 2016</p>		<p>Research Resources to find out what other states or organizations have done. **Look at USDA Food Environment Atlas, NEAT (Nutrition Environment Assessment Tool), Health Food Financing, etc. Survey Community to find out what they would like to see</p>
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				<p>throughout the community. Look at data from Tobacco survey regarding food in stores. Locate food deserts and meet with local officials and transportation planners. Discuss increasing transportation routes to supermarkets or attracting food markets or farmers markets to underserved areas with them.</p>
Actions				

1.1.1.1	Review information from Johns Hopkins FPC project	St. Lucie County Transportation -SLC Tobacco Free -Treasure Coast Food Bank -Sarah's Kitchen -UF/IFAS -Slow Foods -Meals on Wheels -Hospitals -IRSC -SLC Recreational Department -SLC School District -Healthy St. Lucie	May 30, 2016	Completed	Information reviewed and application to join the list of Food Policy Councils was completed.
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1.1.1.2	Develop list of desired members	Food Policy Council	August 31, 2016	Completed	Completed
1.1.1.3	Hold inaugural meeting	-SLC Tobacco free -Food Policy Council	December 31, 2016	Completed	Completed
1.1.1.4	Set mission and vision for the Food Policy Council	-Food Policy Council	December 31, 2016	In Progress	Deleted
1.1.1.4	<u>Conduct Local Neat Assessment</u>	<u>-Food Policy Council</u>	6/30/17	Completed	Completed
1.1.1.5	Set mission and vision for the Food Policy Council	Food Policy Council	12/31/18	Completed	Completed
1.1.1.6	Develop action plan for the Food Policy Council	Food Policy Council	12/31/18	Completed	Completed
1.1.1.7	Implement action plan	Food Policy Council	12/31/19	In Progress	In Progress

Activity 1.1.2 Ensure access to fruits and vegetables at workplace meeting and events					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Workplaces, including medical centers, universities, and other community and business establishments, can implement policies to promote fruits and vegetables		Healthy St. Lucie Coalition	12/31/2019	In Progress	Worksite Wellbeing Council established in June 2019 to begin addressing promotion of fruits and vegetables.
Actions					
1.1.2.1	Provide information on Healthy Meetings at Worksite Wellness training and in Toolkit provided by Health Dept.	DOH/Donna Harris	5/20/16	Completed	Toolkit was completed and distributed at the Champions of Health Event on 5/20/16, however, plans are underway to pull together resources as part of the new Worksite Wellness Council to support community health improvement.
1.1.2.2	Survey businesses throughout the county to assess the number and type of wellness policies that are in place.	-Survey Monkey -Chamber of Commerce business list	5/20/16	Completed	Activity complete in May of 2016; however, plans are underway to resurvey with the creation of a worksite council.

1.1.2.3	Analyze data from survey and work with facilities that need assistance	-Food Policy Council -Worksite Wellness Council	Ongoing	Completed	Nineteen unique organizations completed the survey. Results are being incorporated into the council's meetings, lunch n' learns, and annual conference.
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Activity 1.1.3 Establish policies to incorporate fruit and vegetable activities into schools to increase consumption

Description	Partners	Anticipated Completion Date	Status	Activity notes
To reinforce health messages, schools can establish policies to incorporate activities that involve fruits and vegetables	Healthy St. Lucie Coalition, School District, Roundtable	12/31/2019	In Progress	In Progress

Actions

1.1.3.1	Support Family Nutrition Program through UF.	-UF Extension Office -School District -Families	Ongoing	In Progress	UF/IFAS continues to support local efforts to increase fruit and vegetable consumption and is an active member of the Food Policy Council.
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1.1.3.2	Support the Farm to School Program	-UF Extension Office -School District	Ongoing	In Progress	School District has hired a full-time coordinator. They are working to put gardens in 6 local schools where students can grow herbs and a variety of lettuces to make salads and dressings.
1.1.3.3	Promote 5210 in the schools	-SLCHD School Health -School District -SHAC -Oral Health	12/2016	Completed Will Continue	School health nurses continue to promote 5210 in schools.
1.1.3.4	Update the School District Wellness Policy	-Food Policy Coalition -SHAC -School District -SLCHD School Health	12/2016	Completed	District wellness plan was updated in September 2017.

Activity 1.1.4 Include fruits and vegetables in emergency food programs

Description	Partners	Anticipated Completion Date	Status	Activity notes
Emergency food programs provide hunger relief to individuals and families	Healthy St. Lucie Coalition	12/31/2019	In Progress	Food Council and Indian River State College working on a GIS Hunger Map.
Actions				

1.1.4.1	Work with local food banks, churches, Meals on Wheels and review menus.	-Food Policy Coalition	12/16/2016	In Progress	Food Council and Indian River State College working on a GIS Hunger Map.
1.1.4.2	Work with Special Needs Shelters and review their menus.	-Food Policy Council -UF/IFAS	ongoing	In Progress	In Progress
1.1.4.3	<u>Review opportunities to do gleaning projects to help supplement emergency food programs.</u>	-Food Policy Council -UF/IFAS	June 30, 2020	In Progress	In Progress
Activity 1.1.5 Create education programs and activities in Fort Pierce around healthy food.					
<u>Description</u>		Partners	Anticipated Completion Date	Status	Activity Notes
<u>The City of Fort Pierce and Allegany Franciscan Ministries survey residents and recommendations focused on healthy food and healthy eating in Fort Pierce.</u>		City of Fort Pierce, FDOH-SLC, Healthy St. Lucie, Churches		In Progress	Local Food Local Places action plan provides opportunity for collaboration with new partners to address healthy eating. SNAP-Ed funding provides FDOH-SLC with staff to support action steps in Fort Pierce.
<u>Actions</u>					
1.1.5.1	<u>Engage local churches in Fort Pierce as community champions around healthy food.</u>	City of Fort Pierce, FDOH-SLC, Healthy St. Lucie Coalition, churches	June 30, 2021	Not Started	SNAP Ed grant received, however, awaiting permission to hire fulltime health educator.

1.1.5.2	<u>Implement nutrition education programs in Fort Pierce with a focus on children, families and older adults.</u>	City of Fort Pierce, FDOH-SLC, Healthy St. Lucie Coalition, churches	June 30, 2021	Not Started	SNAP Ed grant received, however, awaiting permission to hire fulltime health educator.

Objective 1.2: By FY 2019, Reduce the proportion of children aged 6 to 11 years who are obese by 3%.

Indicators	Baseline	Direction of Change	3yr/5yr Plan Target	Data Source
3 rd grade BMI screenings	22%	Decrease	19% FY 16-17 23% FY 17-18 26% FY 18-19 24%	Annual school health BMI screenings

Activity 1.2.1 Promote Florida Healthy Eating and Physical Activity (HEPA) Standards in Early learning and Afterschool settings

Description	Partners	Anticipated Completion Date	Status	Activity notes
Standards for early learning and afterschool programs developed by the YMCA	Healthy St. Lucie Coalition, Early Learning Coalition, School District	12/31/2019	In Progress	Will continue to promote on annual basis.

Actions

1.2.1.1	Present information on HEPA standards at Early Childhood Conference	DOH/Donna Harris	1/30/16	Completed	Completed
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1.2.1.2	Promote 5210 in Early Learning Centers, daycares <u>childcare centers</u> , and after school programs.	-SLCHD School Health -School Readiness	12/2016	Completed	School health nurses continue to promote 5210 in 2019.
1.2.1.3	Work with parents, staff, and children in daycare <u>childcare centers</u> .	-SLCHD School Health -School Readiness	ongoing	Ongoing	Letters went out to all ECEs encouraging participation in 5210 and health eating.
1.2.1.4	Analyze BMI data for preschool, KG, 1 st , 3 rd , and 6 th grade BMIs.	-SLCHD School Health -School Readiness -Food Policy Coalition	ongoing	Ongoing	Data collected for 2019 is being analyzed and will be reported in 2020.
Objective 1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding from 80.4% to at or above the state level of 84.2%.					
Indicators		Baseline	Direction of Change	3yr/5yr Plan Target	Data Source
Percent of mothers who initiate breast feeding		80.4%	Increase	84.2%	Florida Department of Health, Bureau of Vital Statistics 2014
Activity 1.3.1 Promote breastfeeding in Maternity Care Practices					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Maternity care practices related to immediate prenatal care, care during labor and birthing, and postpartum care.		Healthy St. Lucie Coalition, Healthy Start	12/31/2019	In Progress	While Baby Friendly Hospital projects have been completed, work continues in the community to promote

					breastfeeding in maternity care practices.
Actions					
1.3.1.1	Identify local hospital MPINC surveys & data 2009, 2012, 2015	Tradition Hospital, LRMC (M. Hoff), SLMC (Naomi)	N/A	Unable to Complete	Data is not available, therefore cannot be completed.
1.3.1.2	Assess current local hospital breastfeeding support practices	Tradition Hospital, LRMC (M. Hoff), SLMC (Naomi)	6/30/17	Completed	Completed
1.3.1.3	Initiate Baby Friendly Hospital Projects.	Tradition Hospital, LRMC (M. Hoff), SLMC (Naomi)	9/30/18	Completed	Completed
Activity 1.3.2 Professional Education					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Professional that improves the knowledge, skills, attitudes, or behaviors of health care providers in relation to the importance of breastfeeding		Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/20	In Progress	In Progress
Actions					
1.3.2.1	Survey Childbirth and Pediatric hospital providers on their breastfeeding trainings (Pilot)	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/18	Completed	Through their Baby Steps to Baby Friendly, hospitals are maintaining provider BF trainings completed.

1.3.2.2	Identify preferred learning venues	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	1/30/18	Completed	Hospital partners provided input on this for planning purposes.
1.3.2.3	Survey Hospitals, pediatric and OB Providers on their beliefs, practices, and training needs.	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/20	In Progress	Lunch and learn training teams will conduct during training events.
1.3.2.4	Share a copy of the ACOG Position Statement on Lactation Support with OB offices.	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/20	In Progress	Training teams will share as part of Lunch & Learn
<u>1.3.2.5</u>	<u>Host provider training on current breastfeeding techniques.</u>	Breastfeeding Workgroup, Martin Health System, Lawnwood Regional Hospital, St. Lucie Medical Center	6/12/18	Completed	Completed
<u>1.3.2.6</u>	<u>Promote attendance at the CLC training in December 2018.</u>	Breastfeeding Workgroup, Martin Health System, Lawnwood Regional Hospital, St. Lucie Medical Center	12/14/18	Completed	Week long CLC training completed at capacity, including attendees from out of state and a local pediatrician.
<u>1.3.2.7</u>	<u>Create provider specific trainings to be conducted throughout the year "Lunch & Learn"</u>	Breastfeeding Workgroup, Martin Health System, Lawnwood Regional Hospital, St. Lucie Medical Center	12/31/20	In Progress	In Progress
<u>1.3.2.8</u>	<u>Promote attendance at the CLC training.</u>	Breastfeeding Workgroup, Martin	12/31/20	In Progress	In Progress

		Health System, Lawnwood Regional Hospital, St. Lucie Medical Center			
Activity 1.3.3 Increase access to Professional Support					
Description		Partners	Anticipated Completion Date	Status	Activity notes
In person, online, over the telephone, in a group, or individually.		Healthy St. Lucie Coalition, Healthy Start	12/31/2019	In Progress	In Progress
Actions					
1.3.3.1	Identify breastfeeding support providers	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/18	Completed	Completed, but will require regular review to keep current.
1.3.3.2	Place information and videos on websites/FB: CHD, Healthy St. Lucie, Healthy Start, County, Pediatric/OB practices	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/18	Completed	Breastfeeding Workgroup continues to monitor for latest info/resources.
1.3.3.3	Place flyers at hospital and OB offices	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	6/30/18	Completed	Breastfeeding Workgroup monitors content and orders new supplies as needed.

1.3.3.4	Develop baseline: # peer counselor contacts # flyers distributed # newborn visits # hits on website	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete action 1.3.3.4 on 7-25-18 as no baseline data is collected and it would be too cumbersome on providers.
1.3.3.5	<u>Promote attendance at the Mocha Moms Breastfeeding Club</u>	Breastfeeding Workgroup, Martin Health System, Lawnwood Regional Hospital, St. Lucie Medical Center	12/31/20	In Progress	In Progress
Activity 1.3.4 Promote Peer Support Programs					
Description		Partners	Anticipated Completion Date	Status	Activity notes
The goal of peer support is to encourage and support pregnant and breastfeeding women.		Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete the 1.3.4 activity area on 7-25-18 as they stated it was a duplication of 1.3.3.
Actions					
1.3.4.1	Identify Peer Support programs	Healthy St. Lucie Coalition, Healthy Star, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete the 1.3.4 activity area on 7-25-18 as they stated it

					was a duplication of 1.3.3.
1.3.4.2	Place on websites/social media	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete the 1.3.4 activity area on 7-25-18 as they stated it was a duplication of 1.3.3.
1.3.4.3	Place flyers at hospital and OB offices	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete the 1.3.4.3 activity area on 7-25-18 as they stated it was a duplication of 1.3.3.
1.3.4.4	Develop baseline: # peer counselor contacts # flyers distributed # newborn visits # hits on websites # BF support providers # newborn visits with IBCLC at hospital	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup	12/31/18	DELETED	Workgroup voted to delete the 1.3.4.4 activity area on 7-25-18 as they stated it was too difficult to obtain baseline and track.
1.3.3.5	Identify provider websites and BF resources to add.	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup	6/30/18	Completed	This was completed as part of the new breastfeeding resource brochure, which is updated annually and supplies to providers refreshed frequently.

Activity 1.3.5 Promote Support for Breastfeeding in the Workplace					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Support for breastfeeding in the workplace can include several types of employee benefits and services.		Healthy St. Lucie Coalition, Healthy Start	12/31/2019	In Progress	In Progress
Actions					
1.3.5.1	Include information on breastfeeding in the workplace in the Health Department's Workplace Wellness Toolkit	DOH/Healthiest Weight team	5/20/16	Completed	Materials were distributed at the Champions of Health event on 5/20/16, but plans are underway to reengage employers with policy language from local worksites in 2019.
1.3.5.2	The Health Department will apply for the <i>Breastfeeding Friendly Employer Award</i> from the Florida Breastfeeding Coalition	DOH/Healthiest Weight team	12/31/2019	In Progress	FDOH-SLC began preparing locations at satellite sites and a draft employee breastfeeding policy late 2018. Plans are underway to apply for the award in 2019.
1.3.5.3	Provide breastfeeding information at the Business Expo Kickoff event for Healthy St. Lucie.	DOH/Healthiest Weight team, Healthy St. Lucie Partners	May 20, 2016	Completed	Completed

1.3.5.4	Provide breastfeeding law on business cards.	DOH/Healthiest Weight team, Healthy St. Lucie Partners	May 20, 2016	Completed	Completed
Activity 1.3.6 Promote Support for Breastfeeding in Early Care and Education					
Description		Partners	Anticipated Completion Date	Status	Activity notes
ECE programs play an important role in supporting breastfeeding mothers and their infants		Healthy St. Lucie Coalition, Healthy Start	12/31/2019	Ongoing	Ongoing
Actions					
1.3.6.1	Present information at Early Childhood Conference	DOH/Donna Harris	1/30/16 and 2/2/19	Completed	Completed
1.3.6.2	Include breastfeeding information in the letter out to ECEs about 5210.	DOH/Healthiest Weight team, Healthy St. Lucie Partners	2/2017, 2/2018, 1/2019, 1/2020	Completed	Completed
<u>1.3.6.3</u>	<u>Recruit at least 4 childcare centers in the target zip code to become Breastfeeding Friendly</u>		12/31/20	In Progress	Will continue to work with identified center

Activity 1.3.7 Increase Access to Breastfeeding Education and Information					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Increase mothers' knowledge and skills, help them view breastfeeding as normal, and help them develop positive attitudes toward breastfeeding.		Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup, Tradition Hospital, LRMC, SLMC	12/31/2019	In Progress	Hospitals have this already, but are reviewing and revising under their Baby Steps to Baby Friendly Hospital Projects.

Actions					
1.3.7.1	Create "Breastfeeding Take Home Package"	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup, Tradition Hospital, LRMC, SLMC	July 2018	Completed	Brochure that was complete with breastfeeding support materials is being used to include with all hospital take home packages.
1.3.7.2	Print information on the WIC Breast Pump Loan Program	WIC, Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup, Breastfeeding Workgroup, Tradition Hospital, LRMC, SLMC	1/23/19	In Progress	The brochure is complete. Plans are underway to print and distribute in 2019.
1.3.7.3	Research and distribute information on insurance coverage for breast pumps.	Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup, Breastfeeding Workgroup, Tradition Hospital, LRMC, SLMC	1/23/19	In Progress	Plans are underway to continue to distribute in 2020.
<u>1.3.7.4</u>	<u>Develop survey for post-partum mothers to assess what they need to breastfeed longer</u>	WIC, Healthy St. Lucie Coalition, Healthy Start, Breastfeeding Workgroup, Breastfeeding Workgroup, Tradition Hospital, LRMC,	12/23/20	In Progress	In Progress

		SLMC			
Activity 1.3.8 Use Social Marketing to promote breastfeeding initiation among black mothers.					
Description	Partners	Anticipated Completion Date	Status	Activity notes	
Social marketing can be used to promote breastfeeding practices in community, hospital, and workplace settings; educate policy makers about issues related to breastfeeding; and educate the public about healthy infant nutrition practices and support programs	Healthy St. Lucie Coalition, Healthy Start	12/31/2019	In Progress	This social marketing project will be used to address the identified disparity in our black mother breastfeeding initiation rates.	
Actions					
1.3.8.1	<u>Request IRSC Capstone student</u>				
1.3.8.2	<u>Initiate a social marketing project with a social marketing professional.</u> <u>Phase 1-</u> Literature review and community data analysis. <u>Phase 2-</u> Formative Research <u>Phase 3-</u> Develop Marketing Campaign	<u>FDOH-St. Lucie, Healthy St. Lucie</u>	<u>12/31/19</u>	In progress	Phase 3 includes developing a marketing campaign. This needs to be reviewed by workgroup in 2020 and to determine next steps and budget needed.

Goal 2: Residents are physically active					
Strategy: Make physical activity more accessible through education and planning					
Objective 2.1: By FY 2019, decrease the percentage of adults who are sedentary from 30.1% to at or below the state level of 27.7%.					
Indicators	Baseline	Direction of Change	3yr/5yr Plan Target	Data Source	
Adults who are sedentary	30.1%	Decrease	27.7%	BRFSS 2013	
Activity 2.1.1 Initiate a community-wide campaign promoting physical activity					
Description	Partners	Anticipated Completion Date	Status	Activity notes	
Community-wide campaigns are largescale, multicomponent campaigns that deliver messages by using media	Healthy St. Lucie Coalition	6/30/2020	In Progress	In Progress	
Actions					
2.1.1.1	Use Healthy St. Lucie website, FB, and Twitter to promote physical activity	Healthy St. Lucie Coalition	6/30/20	In Progress	Ongoing
2.1.1.2	Promote 5-2-1-0 message / <i>Physical Activity in All Places</i>	FDOH, Healthy St. Lucie Coalition	6/30/20	In Progress	Ongoing
2.1.1.3	Apply for County PSA competition	Donna Harris	3/7/16	Completed	Application was submitted but PSA was not selected.
2.1.1.4	Publish community calendars of physical activity opportunities	FDOH, Healthy St. Lucie Coalition	6/30/20	In Progress	Ongoing

<u>2.1.1.5</u>	<u>Pilot campaign to promote physical activity.</u>	<u>FDOH, Healthy St. Lucie Coalition</u>	<u>4/30/17</u>	Completed	FDOH and HSL partners piloted Challenge St. Lucie with participation in the APHA Billion Steps Challenge and hosted a series of hikes called 6 Parks in 6 weeks.
<u>2.1.1.6</u>	<u>Launch community-wide physical activity campaign.</u>	<u>Healthy St. Lucie Coalition and FDOH</u>	<u>Year 1-12/31/18</u> <u>Year 2-12/31/19</u>	Year 1-Completed	Annual Billion Steps Challenge launched to engage community to move more. Year 1 complete and year 2 will build on that success and pull in more organizations.
<u>2.1.1.7</u>	<u>Pilot health provider prescriptions for physical activity. (New!)</u>	<u>FDOH, HSL, and St. Lucie Medical Center</u>	<u>12/31/2020</u>	In Progress	Follow up with SLMC needed to identify next steps.

2.1.1.8	Promote and initiative neighborhood walking clubs. (New!)	FDOH, HSL, and Humana, CPSL NICE Program	12/31/2020	In Progress	Build on existing work with Humana to reach more neighborhoods. Check back in with CPSL NICE.
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Activity 2.1.2 Advocate for street-scale urban design and land-use policies that support physical activity					
Description	Partners	Anticipated Completion Date	Status	Activity notes	
Policies and practices such as improving street lighting, increasing ease and safety of street crossings, introducing or enhancing traffic calming, and sidewalk continuity.	Healthy St. Lucie Coalition, County/City governments, Safe Kids Coalition, and Safe Routes to School	6/30/2020	Ongoing	Ongoing	
Actions					
2.1.2.1	Participate in St. Lucie TPO Bicycle Pedestrian Advisory Committee (BPAC) and Complete Street Study	FDOH	6/30/20	Complete	Presentations to several TPO committees, including BPAC were made to update on HSL activities.
2.1.2.2	Identify representative to sit on land use boards for county/city to make policy recommendations	TBD	6/30/20	Completed	Determining best fit for board.
Activity 2.1.3 Promote access to physical activity					
Description	Partners	Anticipated Completion Date	Status	Activity notes	

Changes to local environments that create new opportunities for physical activity or reduce the cost of existing opportunities	Healthy St. Lucie Coalition, County/City governments	12/31/2019	In Progress	In Progress	
Actions					
2.1.3.1	Invite local gyms to participate in Healthy St. Lucie	Healthy St. Lucie Coalition	6/30/20	In Progress	Invite more local gyms to promote Billion Steps Challenge.
2.1.3.2	Identify bus routes to parks	Healthy St. Lucie Coalition, County/City governments	6/30/20	Completed	Initial map with routes to parks completed.
2.1.3.3	Identify school district/state DOE physical activity policies	SHAC, School District, Healthy St. Lucie	3/10/16	Completed	Was reviewed at the 2/25/16 SHAC meeting but few schools were able to comply at the time. Need to review current status.
2.1.3.4	Promote message <i>Physical Activity in All Places</i>	All Healthy St. Lucie Partners	6/30/20	In Progress	The message being active where you live, learn, work and play continues to be promoted.

Goal 3: The negative impact of chronic disease is reduced

Strategy: Help people learn better prevention and management of chronic disease

Objective 3.1: By FY 2019, decrease the percentage of adults who said their overall health was "fair" or "poor", from 21% to at or below the state level of 19.5%.

Indicators	Baseline	Direction of Change	3yr/5yr Plan Target	Data Source
Adults who said their health was fair or poor	21%	Decrease	19.5%	BRFSS 2013

Activity 3.1.1 Seek ways to increase access to health care

Description	Partners	Anticipated Completion Date	Status	Activity notes
Barriers to services include: <ul style="list-style-type: none"> • Lack of availability • High cost • Lack of insurance coverage 	Healthy St. Lucie Coalition, Florida Community Health Center	12/31/2019	In Progress	In Progress

Actions

3.1.1.1	Extend hours at FCHC Center sites	Florida Community Health Center (FCHC)	1/30/2016	Completed	In 2018, FCHC has added 2 late nights for their PSL PEDS site, the Fort Pierce site has extended hours, and they are looking to extend hours at the Darwin site, and are recruiting a clinician
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					to cover these hours.
3.1.1.2	Additional FCHC on Darwin Square PSL	FCHC	1/1/16	Completed	FCHC added an additional location, Darwin Square in December 2015. They have a total of 5 sites in St. Lucie County.
3.1.1.3	Utilize Health Benefit Coordinators at Federally Qualified Health Center	FCHC	1/1/16	Completed	FCHC has a coordinator at every site to assist patients make applications to Medicaid and marketplace plans as well as food stamps, and other community services. Anyone, can walk in door and use this service, regardless of being a client or not.
3.1.1.4	Add Pharmacy services in Ft. Pierce Center	FCHC	1/1/16	Completed	The pharmacy was added to the Fort Pierce site in 2017 and is still in service in 2018.

3.1.1.5	Media Awareness Campaign of available services at Federally Qualified Health Center	FCHC, FDOH, WQCS, CSC show, press release	2016	Completed	Utilizing media to create awareness of services was completed in 2016. Ongoing promotion at community events continued in 2017 and 2018 to keep awareness high. Looking for earned media opportunities in 2019 to promote services and extended hours.
3.1.1.6	Meet with private providers through the medical society	FDOH-SLC	12/31/19	Completed	Presented to Medical Society in March 2019.
3.1.1.7	Promote 211 Services	Healthy St. Lucie Coalition	12/31/19	In Progress and Ongoing	Plans are underway to identify new ways to promote 211 Services.
Activity 3.1.2 Promote worksite wellness programs					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Worksite programs intended to improve diet and/or physical activity behaviors		Healthy St. Lucie Coalition	12/31/2019	In Progress	In Progress
Actions					

3.1.2.1	Host a Worksite Wellness training	DOH	6/30/16	Completed	<p>Champions for Health was the training event that was held in May 2016 to train worksites. In 2018, worksites were engaged to participate in the Billion Steps Challenge and encouraged to incorporate the challenge into their existing wellness plan. Over 35 unique organizations took part in the challenge. Plans are underway to pull together a Worksite Wellness Council that would guide some additional training as well as plans to increase engagement and participation of local worksites in CHIP activities.</p>
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3.1.2.2	Create a Worksite Wellness Toolkit	DOH	6/30/16	Completed	A toolkit was distributed at the 2016 Champions of Health training. Plans are underway in 2019 to pull together another toolkit, a folder of resources supporting CHIP initiatives.
3.1.2.3	Target Chamber of Commerce members, BOCC, Roundtable members, faith based community and local legislators	Healthy St. Lucie Coalition	6/30/20	In Progress, ongoing	Presentation to the local SHRM group made in March 2019. Outreach continues through work with the newly formed Worksite Wellbeing Council.
3.1.2.4	Insurance resources and benefits education	TBD	6/30/20	In Progress	19 employers engaged on current wellness resources and benefits. Efforts to encourage employers to assess their Tobacco Cessation-Related Health Insurance Benefits.

Activity 3.1.3 Promote evidence-based guidelines to manage chronic disease at health care practices					
Description		Partners	Anticipated Completion Date	Status	Activity notes
Evidence based practice guidelines, decision support and patient education		Healthy St. Lucie Coalition, DOH-St. Lucie, FCHC	12/31/2019	Reviewing	Need to re-assess the intent of action steps for this activity.
Actions					
3.1.3.1	Provide evidenced-bases disease management education at community venues	DOH-St. Lucie, St. Lucie Diabetes Coalition	TBD	In Progress	Continue to host a monthly diabetes support group, but funding for disease management programs stopped when grant funding ended.
3.1.3.2	Education for physicians and nurses	AHEC	TBD	In Progress	Launched Cessation E-referral QI project at local CHD and making plans for AHEC to provide motivational interviewing to our clinic staff in 2020.
Objective 3.2: By FY 2019, decrease the percentage of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days from 11.4% to at or below the state level of 9.2%.					
Indicators		Baseline	Direction of Change	3yr/5yr Plan Target	Data Source

Youth ages 11-17 who used any form of tobacco on one or more of the past 30 days	11.4%	Decrease	9.2%	Florida Youth Tobacco Survey (FYTS) 2014	
Activity 3.2.1 Promote tobacco free policies and youth education					
Description	Partners	Anticipated Completion Date	Status	Activity notes	
99% of smokers begin smoking and using other forms of tobacco by age 26	Healthy St. Lucie Coalition, Tobacco Free Partnership	12/31/2019	In Progress	Ongoing	
Actions					
3.2.1.1	Conduct SWAT recruitment activities	Tobacco Free Partnership	6/30/20	In Progress	Ongoing
3.2.1.2	Community outreach and mobilization	Tobacco Free Partnership	6/30/20	In Progress	Participate in local/national community events
3.2.1.3	Educate community members and stakeholders on policies and encourage change	Tobacco Free Partnership	6/30/20	In Progress	Ongoing
3.2.1.4	Establish and/or maintain SWAT Chapters/Clubs	Tobacco Free Partnership	6/30/20	In Progress	Ongoing

Alignment with local, state, and national plans.

Objective	Baseline	Target	CHD Strategic Plan	State Health Improvement Plan	Florida Healthiest Weight	Healthy People 2020
1.1: By FY 2019, increase the percentage of adults who consumed five or more servings of fruits or vegetables per day by 2 percentage points.	16.9%	18.9%	2.1.1	HW1.1	Strategy Two Strategy Four	NWS-14 NWS-15
1.2: By FY 2019, Reduce the proportion of children aged 6 to 11 years who are considered obese by 3 percentage points	22%	19%	2.1.1	HW1.1	Strategy Two	NWS-10.2
1.3: By FY 2019, increase the percentage of mothers who initiate breast feeding to at or above the state level.	80.4%	84.2%	1.1.1 1.2.1 2.1.1	HW1.2	Strategy One	MICH-21.1
2.1: By FY 2019, decrease the percentage of adults who are sedentary to at or below the state level.	30.1%	27.7%	2.1.1	HW2.1	Strategy Four	PA-1
3.1: By FY 2019, decrease the percentage of adults who said their overall health was "fair" or "poor", to at or below the state level	21%	19.5%	2.1.1	CD1.1	Strategy Four	HRQOL/WB-1.1

3.2: By FY 2019, decrease the percentage of youth ages 11-17 who used any form of tobacco on one or more of the past 30 days to at or below the state level	11.4%	9.2%		CD4.2.3		TU-2.1
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