



Community Health Improvement Plan Progress Report and Review, November 2016

Florida Department of Health
in
Union County

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Introduction

The 2016 Annual Union County progress report for the Community Health Improvement plan reflects the activities and collaborative efforts of the local community. This document serves as a progress review of the strategies and activities that have been implemented by the collaborative efforts of the Florida Department of Health in Union County and the community. While the Community Health Improvement Plan (CHIP) is a community driven and collectively owned health improvement plan, the Florida Department of Health in Union County with the assistance of the Union County Health Advisory Board are charged with providing administrative support, and data review.

Special thanks to key partners involved in both the development and implementation of the CHIP:

- Health Advisory Board of Union County
- University of Florida
- IFAS
- Local Businesses
- Union County School Board
- Leaders from local businesses and restaurants
- Union County Civic Groups
- Media partners (radio and Union County Times)
- Local Faith Groups
- Community Members
- WellFlorida Council (Health Planning Council)
- Area Health Professionals and Hospital (Lake Butler Hospital, ACORN Clinic, Family Practice Physicians)
- Nonprofit Community Representatives/ Programs

Overview of the Community Health Improvement Plan & Review

BACKGROUND

The Community Health Improvement Plan for Union County is derived from multiple assessments and reports from various organizations, collaborative efforts by Union County employees, expert consultants, health care leaders, and other vested stakeholders; including relevant public, government and nonprofit entities of the area. These reports/assessments include:

- Community Health Status Profile Report
- Community Themes and Strengths Assessment
- Community Health Assessment
- Local Health System Assessment
- Forces of Change Assessment
- Updates to Previous Community Health Improvement Plans

In 2011, the process, Mobilizing for Action through Planning and Partnerships (MAPP) was used by county residents, community organizations, civic groups, and policy makers to produce in-depth analyses of factors and forces that impact population health. The aggregated results from the findings contributed to a comprehensive view of health and quality of life for the residents of Union County.

The data was summarized and presented to the Union County Health Board by the WellFlorida Council; and in 2012, the Union County Community Health Improvement Plan was released. In 2013, The Union County Community Health Improvement Plan was reviewed and updated (by the Health Advisory Board and Consultants) for alignment with the state and national guidelines. The strategies and objectives under each goal were reviewed and analyzed to bring the plan into alignment with Public Health Accreditation Board standards for community.

Union County selected the following three (3) strategic priorities, with respect to the community health improvement plan:

1. Access to Effective, Efficient and Comprehensive Personal Health Services
2. Decrease the Burden of Chronic Diseases by Decreasing the Prevalence of Obesity
3. Health Protection/ Awareness: Reduce the Incidence of Teen Births and Sexually Transmitted Diseases in Union County

The Plan was reviewed/ revised in 2015 and then reviewed again in 2016 using a variety of sources, including the Community Health Assessment, County Health Rankings, Florida Community Health Assessment Resource Tool Sets, and community data. Progress towards goals and accomplishments are noted in this report.

Progress Towards Goals

This section further defines each of the designated Strategic Issue Areas. For each Strategic Issue Area, a brief description of the strategic issue area along with key objectives, indicators, current data, target and current status is provided.

-  = Little to no movement towards objective target
-  = Some progress towards meeting the objective target
-  = Reached or surpassed objective target

Strategic Issue Area #1: Access to Effective, Efficient and Comprehensive Personal Health Services

Health insurance and access to health care do not necessarily prevent illness; however, early intervention and long term management resources can help maintain a quality of life and minimize premature death. Access to care and proper utilization of care is one of the top priorities for Union County. Union County recognizes this and promotes the use of local health care as an opportunity to improve the health of the local population.

Goal: All persons living in Union County will have access to high quality, affordable health care throughout the continuum of life.

Strategy 1.1: Develop ongoing funding sources to ensure primary care services are accessible for all.

Strategy 1.2: Conduct outreach activities to provide information to the public on services that are available within the county.

Key Partners: FDOH Union, Local Physicians, Lake Butler Hospital, Chamber of Commerce, Media, Local Businesses, Union County Health Advisory Board.

Key Activities Relating to Strategic Priority

- *The Union County Resource Guide was updated to reflect current programs and contacts. Special thanks to the Union County Library staff in taking the lead.*
- *Increasing partnerships and collaboration between healthcare providers and*
- *The Florida Department of Health in Union County hired a dedicated full time mental health provider to increase access to care for underserved populations. – September 2015*
- *The Florida Department of Health in Union County hired a full Dental staff to begin sealant program in Union and Union County Schools – September 2015*

- *Current Community Health Advisory Council members continue to expand partnerships involved with Advisory Board. – Ongoing*

Why this is important to our community:					
The need for medical care attributes to poor health outcomes and indicators in Union County. Increasing access to affordable care is important for maintaining a quality of life for Union County residents					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
By December 31, 2018, increase the percentage of Union County adults who report that they have a personal doctor to 86.0%.	Percentage of Adults reported in Florida Charts who have a personal doctor (Baseline: 83.7% in 2010)	2015 -71.8% 2016 - NA	86.0%		No new data has been reported since baseline data. Will update when information becomes available. Progress has been made in enrolling individuals through marketplace.
Conduct community education activities utilizing a wide range of partners on a routine basis in various locations within the county.	Number of Community Activities / presentations	2 in current reporting period	6/year		Presentations at Civic Groups, Health Advisory Board Meetings, and educational materials provided at health fairs and Health department attended events.
By December 31, 2018, reduce the percentage of residents who could not see a doctor at least once during the past year due to cost to 18.0%.	Percentage of residents who could not see a doctor at least once during the past year due to cost. Florida CHARTS (Baseline 20.2% in 2010)	2015 -20.2% 2016 - NA	18.0%		Increase access to services by promoting insurance marketplace and assisting in enrollment.

Have a federally qualified health center in Union County to increase access to care.	Number of federally Qualified Health Centers in Union County	1	1		This indicator has been met.
By December 31, 2016, increase pediatric dental capacity by 67% by hiring a dedicated full-time staff.	Number of encounters per week (Health Management System)	2015 -10 visits per week 2016- In progress	30 visits per week		Access to Dental care for children and adults has been an area of need within the county. In September 2015, added a full time dental staff to begin sealant program.
Increase by 10% the number of new users seen at New River Health Center.	Number of Unduplicated Clients (HRSA 2014 Health Center Profile) Baseline: 5362	2015 -5362 2016 – In Progress	5900		Data to monitor progress on individuals who gain access to primary care in the service area
Increase mental health capacity by 67% by hiring a dedicated full time mental health provider.	Number of encounters per week (Health Management System)	2015 -10 visits per week 2016 – In progress	30 visits per week		Lack of mental health services in the area. Added a licensed social clinical worker to meet need in September 2015.

Strategic Issue Area #2: Decrease the Burden of Chronic Diseases by Decreasing the Prevalence of Obesity

The goal of this strategic priority is to promote healthy activities and lifestyles to prevent disease, improve the quality of life, reduce chronic disease and improve health outcomes. In the past 3 months, the following goals, strategies, and activities were implemented with varying community partners to influence community-based goals.

Goal: Decrease the overall obesity rate among children and adults.

Strategy 2.1 Provide evidence-based health education and outreach services to improve health outcomes.

Strategy 2.2 Expand the number of community partners that adopt promotion of healthy behaviors as a priority for the organization (UHAG).

Strategy 2.3 Increase access to healthy food choices.

Key Partners: FDOH –Union County, Union County Board of Commissioners, Union County School Board, Local Media, University of Florida Institute of Food and Agricultural Sciences (IFAS)

Key Activities Relating to Strategic Priority

- *Market a healthy lifestyle by promoting events like Community 5K races, health fairs, and healthy nutrition at community events. Union County partners with local leaders, faith groups, health care providers, and residents to increase awareness of healthy behaviors. Examples include participation in events like World Heart Day, Fourth of July, and Homecoming parade.*
- *Promoting health at work and at school - Walking Program in Union County Elementary Schools supervised by school health staff to promote physical activity - Ongoing*
- *Adoption of 5210 program in Early Child Education Centers*
- *Community Cooking Classes and Food Preparation provided by University of Florida Institute of Food and Agricultural Sciences (IFAS) to promote healthy behaviors and lifestyle changes – Ongoing.*
- *Exercise/ Zumba classes held at the Victory Christian Center by community partners – Ongoing*

Why this is important to our community:

Adopting healthy behaviors to reduce obesity rates will lead to less chronic disease and a healthier Union County

Objective	Indicator	Current Level	Target	Status	Explanation of Status*
By December 31, 2018, reduce the percentage of overweight or obese adults to 62.4%.	Percentage of Adults reported who are obese or overweight (BRFSS)	2015 - 77.8% 2016- NA	80.1%		Trend has increased along with state trends in obesity.
By December 31, 2018, the percentage of Union County middle and high school students whose BMI classify them as overweight or obese will be below the Florida average.	Percentage of Union County high school students whose BMI classify them as overweight or obese. (Florida Department of Health, Bureau of Epidemiology, Florida Youth Tobacco Survey (FYTS))	2015 - 41.4% 2016 – NA	28.2%		2014 Data shows that Union County has a higher rate compared to state. Healthiest Weight, IFAS, 5210 programs addressing outcome objective.
By December 31, 2018, the percentage of adults who eat at least 5 servings of fruits and vegetables per day to 21%.	Percentage of adults who eat at least 5 servings of fruits and vegetables a day (BRFSS) Baseline: 18.8% in 2010.	2015 - 10.1% 2016 – NA	21.0%		2014 Data shows that Union County compares unfavorable to the state average of 28.2% Healthiest Weight, IFAS, 5210 programs addressing outcome objective.
By December 31, 2018, increase the percentage of adults who meet vigorous physical activity recommendations to 30%.	Percentage of adults who meet vigorous physical activity recommendations (BRFSS) Baseline: 18.8% in 2007.	2015 - 12.7% 2016 – NA	20%		Some Progress has been made. County trend mirrors state trends. Exercise classes are promoted and available to community.

Why this is important to our community:

Adopting healthy behaviors to reduce obesity rates will lead to less chronic disease and a healthier Union County

Objective	Indicator	Current Level	Target	Status	Explanation of Status*
Have an ongoing collaborative in the elementary schools in Union County focusing on healthy eating and physical activity.	Number of ongoing collaborative (Baseline 0)	1	1		This objective is met and will be ongoing.
Conduct (3) community education activities utilizing a wide range of partners on a routine basis in various locations within the county.	Number of Community Activities	2015 -2 in current reporting period 2016 – 3	3/year		Presentations at Civic Groups, Health Advisory Board Meetings, and educational materials provided at health fairs and Health department attended events.
Complete 100% of 'Healthiest Weight' Initiatives in FDOH Workplan and disseminate progress to community.	NA	2015 – 100% 2016 – In Progress	100%		Healthiest Weight initiative is monitored by health department and progress is communicated to community partners.

Strategic Issue Area #3: Health Protection / Awareness: Reducing teen births among the 15 to 19 year old population in Union County.

Teen pregnancy and communicable diseases have negative societal and economic impacts on Union County. By focusing on family relationships including parenting skills, Union County can improve opportunities for youth to attain higher levels of education and quality of life.

Goal: Reduce the rate of teen births among the 15 to 19 year old population in Union County.

Strategy 3.1: Provide evidence-based outreach services in the school and community setting to increase awareness about healthy relationships.

Strategy 3.2: Conduct community wide seminars for adults in Union County on various topics that enhance and promote healthy family relationships.

Key Partners: FDOH Union, Union County Commissioners, Union County School Board, Local Faith Groups

Key Activities for 2016 Annual Report

- *Continued collaboration and support for school based abstinence program.*
- *Reviewed/ provide feedback on informational materials for Family Planning Program at the health department.*
- *Provide services and support to reduce repeat teen births (Healthy Start Program)*
- *Participate in health fairs and events*
- *Work to eliminate barriers for care - Florida Department of Health in Union County provides reminder calls to scheduled clients to better provide access for family planning services.*

Why this is important to our community:					
Teen births can have negative impacts on societal and economic factors in Union County. Through education and awareness, Union County looks to protect the quality of life and health for its youth and family units.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
By December 31, 2018, decrease the three-year rolling average birth rate for females age	Rate of births to teens aged 15-19 (Baseline 57.4; Florida Charts:2010-12)	2015 - 48.4 per 1,000 2016 – NA	52.4		This indicator has been met based on CHIP target from 2013. Prevalence is greater than average for FL.

15-19 to 52.4 per 1,000.					
Provide educational interventions in at least three (3) community settings on awareness and prevention strategies for reducing teen pregnancy and promotion of healthy relationships.	Number of Community Events and Presentations.	1 in reporting period	3 per year		Partnerships with local schools/ abstinence program, school health nurses, Healthy Start program, law enforcement, and local community.

Revisions

Revisions to the CHIP are made after careful review of the goals, objectives, and strategies and by the Health Advisory Council for Union County. Recommended changes are based on the following parameters:

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

The Health Advisory Council for Union County reviews CHIP progress at quarterly meetings and assesses the success for specified objectives and activities in each strategic area. Revisions made to the CHIP are based on findings from the reviews by the Health Advisory Council with technical assistance from third party consultants and/or health department staff. Revisions are based on a review of the past accomplishments and analysis of current and future states based on efforts and attainable goals.

The 2016 review, produced no additional updates from previous year (version 3.0). Objective measures, particularly measures using FLCHARTS were unchanged from previous report cycle.

Accomplishments

Access to Effective, Efficient and Comprehensive Personal Health Services

Goal	Objective	Accomplishment
1. Goal: All persons living in Union County will have access to high quality, affordable health care throughout the continuum of life.	1.3 By December 31, 2018, reduce the percentage of residents who could not see a doctor at least once during the past year due to cost to 18.0%.	<p>Fall of 2016 – Community Resource Guide updated/ distributed.</p> <p>August 2016 -Increased clinical capacity at local FQHC to increase access to primary care to all citizens of Union County. Unpublished patients have increased from previous year.</p> <p>September 2015 hired a full time Mental Health Provider for both counties.</p>
<p>How it's important for our community: Access to primary / preventative care is important in addressing the healthcare delivery system and in managing population based health (especially populations that are medically underserved who may have difficulty with costs). Both mental health and dental services are areas of need, particularly with underserved populations.</p>		

Adopting Healthy Behaviors / Chronic Disease Prevention

Goal	Objective	Accomplishment
2. Decrease the overall obesity rate among children and adults.	1.1 By December 31, 2018, reduce the percentage of overweight or obese adults to 50.0%.	<p>Healthiest Weight Community Champions City of Lake Butler and Union County Recognition. – March 2016</p> <p>100% Participation of Early Childhood Education (ECE) in 5210 Program 2 ECE centers have adopted the 5210 program. The program is designed around a simple health message of eating healthy and exercising. The centers have continued to work with promoting the Healthiest Weight Initiative for Florida.</p>
<p>How it's important for our community: Health Promotion and recognition promote a healthy lifestyle that will make Union County a healthier place to live. Health Promotion programs bring together different groups and organizations and facilitate collaborations and partnerships in the promotion of adopting healthy behaviors.</p>		

Reducing Teen Births

Goal	Objective	Accomplishment
3. Goal: Reduce the rate of teen births among the 15 to 19 year old population in Union County.	3.1 By December 31, 2018, decrease the three-year rolling average birth rate for females age 15-19 to 52.4 per 1,000.	Collaboration between the Union County School Board and the Florida Department of Health in Union Strengthened partnerships have increased participation in School Health Advisory meetings and reinforced commitment to school based abstinence program.
<p>How it's important for our community: Partnerships and educational outreach are keys to bringing about change and awareness. Community resources were used to bridge a gap in the Union County school system with regards to sexual education (abstinence-based). The education provided to the youth will help them in making life decisions.</p>		

Conclusion

The CHIP serves as a framework for a continuous health improvement process for the local public health system by providing measurement tools for the chosen strategic issue areas. It is not intended to be an exhaustive and static document. We will evaluate progress on an ongoing basis through quarterly CHIP implementation reports and quarterly discussion by community partners. We will conduct annual reviews and revisions based on input from partners and create CHIP annual reports each year by October 31st. The CHIP will continue to change and evolve over time as new information and insight emerge at the local, state and national levels.

Progress has been made in access to care, reducing obesity, and teen pregnancy through previous initiatives. By continual partnership with community organizations, citizens and government entities, the initiatives we put forward can have a significant impact on the community's health, improving where we live, work and play and realize the vision of a healthier Union County.