



Community Health Improvement Plan Annual Report

Revised 10/2015

Florida Department of Health in Wakulla County



October 2015

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Introduction

This is the annual review report for the 2013 – 2016 Wakulla County Community Health Improvement Plan (Wellness Plan). The activities and collaborative efforts of the Florida Department of Health in Wakulla County and community partners will be reflected within the report. This document will serve as a progress review of the strategies that were developed and the activities that have been implemented. While the Wellness Plan is a community driven and collectively owned health improvement plan, the Florida Department of Health in Wakulla County is charged with providing administrative support, tracking and collecting data, and preparing the annual review report. The Wakulla County Wellness Plan is an action-oriented strategic plan that outlines community-driven goals, objectives, strategies and measures for addressing the following top two health priority areas:

- Youth Behavioral Health
- Positive Healthy Lifestyle Choices

Organizations/ Community Partners

Wakulla County School Board

Wakulla County Sheriff Department

Big Bend Rural Network

Area Health Education Center

Wakulla County Extension Office

Wakulla Medical Center

Florida Department of Health in Wakulla

Community Citizens

Refuge House

Wakulla One Stop Community Center

Overview of the Wakulla Wellness Plan

The Wakulla County Community Health Improvement Plan, not known as the Wakulla Wellness Plan was finalized in June 2013. The Wellness Plan was created using the MAPP process. The final product of this process was the Community Health Assessment (CHA) in late 2012. With the CHA in hand, several participants in the MAPP process split into work groups to develop goals, strategies, objectives, and initial activities to address the community health priorities. The results of their efforts were added to the Wellness Plan as the initial action plans. The work groups have continued to meet and work on the activities that progress toward meeting the objective(s) for the goals.

Community health assessment and Wellness Plan activities for Wakulla County in 2013-2015 have utilized the Mobilizing for Action through Planning and Partnerships (MAPP) framework, developed by the National Association of County and City Health Officials and the Centers for Disease Control (www.naccho.org/topics/infrastructure/mapp/). These activities were funded, in part, by the Florida Department of Health through grant funds to the Wakulla County Health Department (WCHD) that originated from the U.S. Department of Health and Human Services in its efforts to promote and enhance needs assessment and priority setting and planning capacity of local public health systems.

The Planning Team developed findings and presented these findings to the Steering Committee. The Steering Committee comprised a diverse leadership group representing 8 agencies and organizations in Wakulla County. The Steering Committee set priorities through a facilitated consensus process by looking for cross-cutting strategic issues that emerged from the four assessments. The Steering Committee reached consensus on two strategic issue areas: Youth Behavioral Health and Healthiest Weight. See table below for Strategic Issue Areas with their goals, developed by a workgroup of subject matter experts.

STRATEGIC ISSUE AREA	GOAL
1. Positive Healthy Lifestyle Choices	1. <i>Decrease obesity in Wakulla County Families</i>
2. Youth Behavioral Health	1. <i>Improve Youth Behavioral Health for citizens of Wakulla.</i>

2015 Plan Update

The Wellness Plan is a living document and an outgoing process. As part of the Wellness Plan process, an annual evaluation report is required to document successes, challenges/barriers, recommendations for changes in the goals, objectives or activities, and the creation of an updated version of the Wellness Plan document. In addition, the annual report identifies the lead community group and the data sources being used to monitor progress.

During the summer of 2014, a review of the progress was conducted to identify successes, challenges/barriers, and recommendations for changes to the Wellness Plan. The Florida Department of Health in Wakulla County took the lead in gathering information to create a draft annual report which was provided to community partners for input.

The annual meeting in 2014 it was decided by the Wellness Task Force community partners that the name of the Community Health Improvement Plan needed to be changed to Wakulla County Wellness Plan to the lack of ownership of the community. This should minimize the misconception that the plan is only about the services provided by the Florida Department of Health in Wakulla County.

At the monthly meeting in August 2015, the Wellness Task Force partners decided there was not a need for access to care priority for Wakulla. The decision was made after reviewing statistics from the similar population compared in each county. The community partners listened to the information and decided to that this should not be one of our priorities at this time.

Summary of CHIP Annual Review Meeting

The community partners met on September 28, 2015 at the Wakulla Institute of Food and Agricultural Sciences (IFAS). (Minutes from this meeting are included in appendix 2) There were 10 partners at the table. The Wellness Task Force partners meet monthly to discuss the successes/ challenges and action items. The annual meeting we discussed successes/ challenges, action items, and changes. At our last meeting we voted on whether the need for access to care was a true need for Wakulla County. The partners came to consensus that it was not a need for our community.

Strategic Issue Area #1: Positive Healthy Lifestyle Choices

Overweight and obesity are conditions that increase the risk for a variety of chronic diseases and health concerns, including heart disease, Type 2 diabetes, heart disease, hypertension, certain cancers, stroke, and high cholesterol (among others). The condition of overweight and obesity are determined by using a calculation, the body mass index (BMI), which takes into account a person's height in proportion to his or her weight. BMI is correlated with the amount of body fat present.

Goal: Decrease Obesity in Wakulla Families.

Strategy 1: Educate families on the advantages of physical activity

Key Partners: DOH-Wakulla, Wakulla County School Board, Sheriff , local physician and FSU Multi-Discipline Center

Why this is important to our community:					
To improve the Health of Wakulla citizens					
Objective	Indicator	Current Level	Target	Status	Explanation of Status*
Objectives listed in the CHIP	**this is the space for the indicator used to measure performance/success**	**current value of the indicator as of last reporting**	**Target value set within the CHIP**	** (See box below for explanation)**	**An explanation of the status given (This information may be available in your quarterly reporting tool)
Reduce obesity rates by 10% on the 95th percentile BMI for elementary school and middle schools students by June 30, 2018.	Locally collected by activity leads and Florida CHARTS	14.3%*	13.3%		Continuing to collect data from Healthiest Weight Report and from Food and Nutrition Program

*<http://www.floridacharts.com/charts/HealthiestWeightProfile.aspx?county=65&profileyear=2013&tn=31>

Strategic Issue Area #2: Youth Behavioral Health

Behavioral health affects every parts of life. If behavioral health is addressed and identified then more youth can have a more productive and successful life in achieving their goals.

Goal: Improve Youth Behavioral Health for citizens of Wakulla.

Strategy 1: • Expand content of the transition program provided to students and parents moving from Grade 5 to Grade 6 and Grade 8 to Grade 9 to include information on changes (physical, social, and emotional)

Key Partners: Wakulla County School Board

Why this is important to our community:					
To improve the quality of life for the citizens of Wakulla County.					
Objective	Indicator	Current Level	Target	Status	Explanation of Status
May 31, 2015, the transition program should provide information related to physical, social, and emotional development of youth.	Parents attendance	4 parents	10 parents		The Transition Parent night was on May 14, 2015. There were 4 parents that attended.
June 30, 2016, document an increase in the number of school counselor referrals from the 2014-2015 school year baseline data.	Number Referral documented	88	100		The Wakulla County School Board has done an excellent job working/ training with the teachers and counseling to identify youth that display symptoms of crisis.
By June 30, 2018, document a decrease the number of students receiving crisis intervention	Number of crisis intervention	88	78		

* Status indicators are as follows:

-  = Little to no movement towards objective target
-  = some progress towards meeting the objective target
-  = reached or surpassed objective target

Revisions

Following the report of progress on each of the health priority (strategic issue areas) goals and objectives, there was an open discussion on potential changes to the CHIP. Recommended changes were made based on the following criteria:

- Availability of resources
- Community engagement, including cultural norms for the community
- Evidence of movement toward objective

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Strategy 1: Educate families on the advantages of physical activity

Revised Strategic Objective	Current Strategic Objective	Indicator (Data Source)	Current Level	Target	Explanation for Revision
	Reduce obesity rates by 10% on the 95th percentile BMI for elementary school and middle schools students by June 30, 2018.	Locally collected by activity leads and Florida CHARTS	14.3%*	13.3%	Due to progress in the individual diseases, it was felt that a revision to the individual diseases would better indicate the progress and challenge the community.

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Accomplishments

Goal	Objective	Accomplishment
<p>1. Improve Youth Behavioral Health for citizens of Wakulla.</p>	<p>May 31, 2015, the transition program should provide information related to physical, social, and emotional development of youth.</p>	<p>The Wakulla County School and Florida Department of Health in Wakulla partnered with the Wakulla County Sheriff Department, FSU School of Multi-Discipline, and a Local Physician to present a roundtable for parents of youth that are transitioning from 5 grade to 6 grade and from 8 grade to 9 grade. The roundtable presenting the normal and abnormal adolescent behavioral. The roundtable was offered on May 14, 2015 at the One Stop Community Center form 7:00pm to 8:00pm.</p>
<p>How it's important for our community: This roundtable event gives parents the education to learn on typical and non- typical adolescent behaviors. Partners are key to the success of improving youth behavioral health.</p>		
<p>2. Decrease Obesity in Wakulla Families.</p>	<p>Reduce obesity rates by 10% on the 95th percentile BMI for elementary school and middle schools students by June 30, 2018.</p>	<p>The Wakulla Extension Office and Florida Department of Health have partnered to offer of clients every Wednesday morning a food demonstration. The client's receive a sample of the food and the recipe of how to cook along with the educational on proper serving sizes.</p> <p>On September 20, 2015 the Florida Department of Health and Crawfordville Seven Day Adventist Church hosted an Obesity Walk for Wakulla Citizens. There were 10 local business/ organizations that provided educational information on healthy choices including exercise and healthy food choice. There were 80 Wakulla citizens that participated in the event.</p>

Conclusion

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

By working together, we can have a significant impact on the community's health, improving where we live, work and play and realize the vision of a healthier Wakulla County.

Appendices

- 1. Annual CHIP Review Community Meeting Agenda +**
- 2. Annual CHIP Review Community Meeting Minutes +**
- 3. Annual CHIP Review Community Meeting Sign-in Sheet +**



Florida Department of Health in Wakulla County
Wellness Task Force Meeting
Wakulla Extension
84 Cedar Avenue Crawfordville FL, 32327
September 28, 2015, 8:00 – 9:30 a.m.

AGENDA

Purpose: Solicit input from the community on Community Health Improvement Plan through open two-way dialogue

Topic	Lead
Welcome/Call to Order <ul style="list-style-type: none">• Introductions• Brief review of agenda• Prompt attendees to sign in	Tonya Hobby
Review Previous Minutes	
Previous Action Items <ul style="list-style-type: none">• Item 1: Improving Youth Behavioral Health• Item 2: Healthiest Weight	Tanya English/ Tonya Hobby/ Grace Keith
Progress Reports <ul style="list-style-type: none">• Improving Youth Behavioral Health• Healthiest Weight•	Tanya English/ Tonya Hobby/ Grace Keith
Introduce Topic: <ul style="list-style-type: none">• Review Annual Plan	Tonya Hobby
Discuss Supporting Information	
Open Floor for Community Input	Community Members
Consider Possible Directions <ul style="list-style-type: none">• Improving Behavioral Youth Issues• Healthiest Weight• Annual Wellness Report	Community Members
Action Items	Community Members
Meeting Evaluations	
Adjourn Next meeting October 26,2015 @ 8:00am	Tonya Hobby

