

# Wakulla County

## Community Wellness Improvement Plan



**2018 - 2023**

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Florida Department of Health in Wakulla County

Community Health Improvement Plan

Published October 2018

Revised November 2019

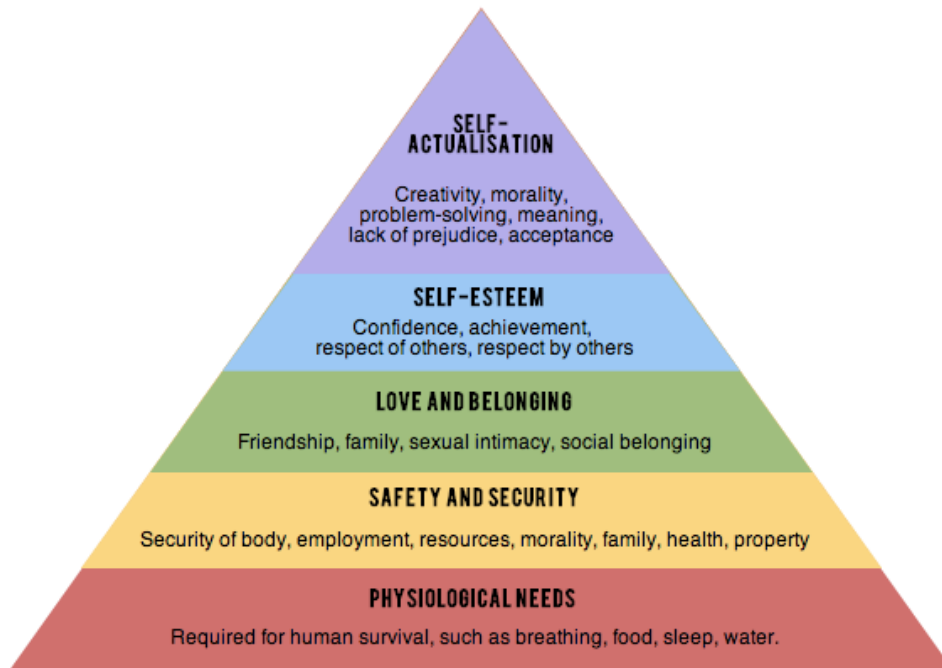
## Executive Summary

In the late spring of 2016, the Wakulla Wellness Task Force (hereinafter referred to as WWTF) began the process of conducting a community health assessment (CHA) to determine the health issues to identify the priorities for the next five years. The WWTF chose the Mobilizing Action through Planning and Partnerships (MAPP) model to guide the effort.

MAPP is designed on principles of broad community engagement and strategic planning, which prepare the community to work together on identified health issues and improve the health of the community at large.



The CHA was completed in June 2017. After a brief summer break, activities began to determine the priorities from the five issue areas/social determinants of health (neighborhood & built environment, social & community context, economic stability, education, and health and health care). Ultimately, the WWTF determined that without security for the basics needs (food, clothing and shelter, Maslow’s Hierarchy of Needs), an individual is less likely to focus on their health or accessing health care.



Maslow's Hierarchy of Needs pyramid



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**Revisions:**

Date of Change	Description	Reason	Person Making Change
12/2019	Addition of accountability structure, as determined in the annual review.	Accreditation requirement	Laura Ethridge



## Introduction

Health is essential to well-being and participation in society. The absence of health results in suffering, disability and loss of life. The economic and social impacts of health can supersede actual decisions regarding an individual's health. Though health is often seen as an individual issue, the whole community is affected. One tool used to educate and improve the wellness of a community is the community health improvement plan.

A Community Health Improvement Plan (CHIP) is a long-term, systematic effort to address health issues in a community based on results from a community health assessment. The plan submits priorities for action and is used by the local public health system to implement policies and programs that address health. For Wakulla County, the Wakulla Wellness Task Force has titled the plan, the Wakulla Wellness Improvement Plan.

**Purpose:** The purpose of the community health improvement plan is to:

- Monitor progress toward the three issue areas (Health Literacy, Food Insecurity, and Building Capacity for Health Promotion)
- Focus attention and resources on strategies that work toward positive outcomes in the issue areas
- Identify community assets
- Help to inform the strategic planning processes for various local government entities (i.e. DOH-Wakulla, Board of County Commissioners, School Board)

**Measures:** This report uses two types of data to measure progress toward improving the health environment in the community.

- **Activity Measures** – designed to capture and inform data collected locally and more directly reflect how the community plans to influence the priority issues
- **Performance Measures** – collected as part of the larger population health measures and presented in FL Health CHARTS, Behavioral Risk Factor Surveillance System (BRFSS), and other referenced in the 2017 Community Health Assessment.

After some discussion, the members of the WWTF felt that using the title community health improvement plan did not convey the vision for Wakulla County. To assist in making the plan more focused on local needs and issues, it was decided to use the title the title, Community Wellness Improvement Plan.



## Key Community Health Needs Assessment Issues

The development of the community health needs assessment and the accompanying technical appendix provided some key issues and needs for the community. The following pages provide a summary of some of the results that helped in determining the priority issues. The information is grouped by each assessment.

- Community Health Status Assessment with County Health Rankings
- Community Themes and Strengths Assessment
- Local Public Health System Assessment
- Forces of Change

## Community Health Status Assessment

Issues contained in the County Health Profile and County Health Rankings are summarized below.

Community Health Status	
County Health Profile	County Health Rankings
<b>Health and Health Care</b>	
Length of Life – Less than 75 years	Health Behaviors
Quality of Life	Clinical Care
Availability of health resources – physicians, dentists, family practice, etc.	Children in single-parent households Social associations
Health Behaviors – smoking, obesity, etc.	Air pollution – particulate matter Drinking water violations
<b>Economic Stability</b>	
Increase in Monthly Medicaid Enrollment	Food environment index
	Unemployment Children in poverty Income equality
	Severe housing problems
	Long commute – driving alone
	Unemployment
	Slight increases in births to uninsured women and mothers with no prenatal care
<b>Neighborhood and Built Environment</b>	
Increase in Aggravated Assault	Access to exercise opportunities
Increase in Domestic Violence	Alcohol-impaired driving deaths
	Violent crime
	Injury deaths
<b>Education</b>	
Graduation rate	High school graduation Some college
<b>Social and Community Context</b>	

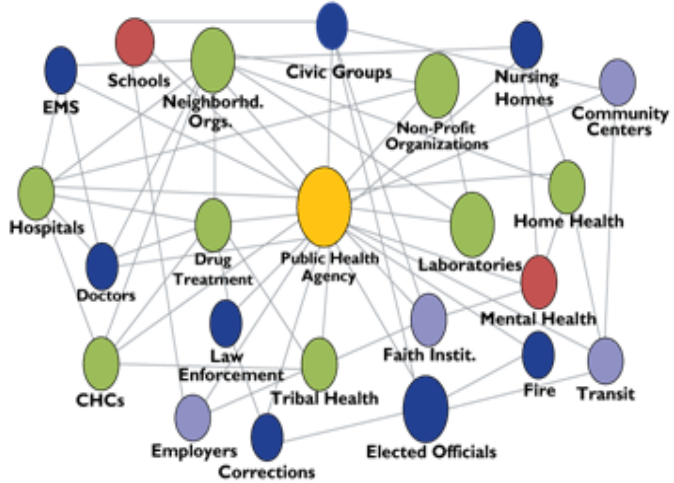


Community Health Status	
County Health Profile	County Health Rankings
None were identified	None were identified

**Local Public Health System Assessment**

The standards for the Local Public Health System Assessment describe the optimal level of performance rather than provide minimum expectations. This is intended to be used for continuous quality improvement by serving as a guide for learning about public health activities throughout the system and determine how to make improvements.

The FDOH-Wakulla strategic plan workshop identified Essential Public Health Services 3, 7, 8, and 9 as their focus for the 2018-2020 Strategic Plan



- Essential Service 3 – Inform, Educate, Empower People About Health Issues**  
 Provide policymakers, stakeholders, and the public with ongoing analysis of community health status and related recommendations for health promotion policies; engage the community throughout the process of setting priorities, developing plans, and implementing health education and health promotion activities.
- Essential Service 7 – Link People to Needed Services**  
 Define partner roles and responsibilities to respond to the unmet needs of the community, coordinate the delivery of personal health and social services so that everyone in the community has access to the care they need (lack of capacity)
- Essential Service 8 – Assure a Competent Public and Professional Workforce**  
 Base the hiring and performance review of members of the public health workforce in public health competencies (locally), develop incentives for workforce training, such as tuition reimbursement, time off for attending class, and pay increases, continually train the public health workforce to deliver services in a cultural competent manner and understand the social determinants of health, provide access to formal and informal leadership development opportunities for employees at all organizational levels (locally)
- Essential Service 9 – Evaluate the effectiveness, accessibility and quality of personal and population-based health services**  
 Assess whether community members, including vulnerable populations, are satisfied with the approaches taken toward promoting health and preventing disease, illness, and injury, use evaluation findings to improve plans, processes, and services, identify all public, private, and voluntary organizations that



contribute to the delivery of the 10 Essential Public Health Services, evaluate how well LPHS activities meet the needs of the community at least every 5 years, using guidelines that describe a model LPHS and involving all entities contributing to the delivery of the 10 Essential Public Health Services, assess how well the organizations in the LPHS are communicating, connecting, and coordinating services, use results from the evaluation process to improve the LPHS

### Community Themes and Strengths Assessment

The Community Themes and Strengths Assessment (CTSA) identifies assets in the community and issues that are important to community members. The CTSA seeks to answer the following questions:

- What is important to the community?
- How is quality of life perceived in the community?
- What assets does the community have that can be used to improve community health?

The results of the CTSA potential issues identified were:

Potential Issue Area	Topics of Importance to Community
Health and Health Care	Impacts on Community Health Living with chronic illnesses Services difficult to obtain Mental health issues
Economic Stability	Poor Diet / Inactivity Alcohol / Other drug abuse Paying for health care – insurance costs
Neighborhood and Built Environment	Unsafe roads / sidewalk conditions (no sidewalks) Unsafe driving Domestic violence Child abuse & neglect Manufacturing of methamphetamines Understand of recreation – places to engage in activity or places to observe activity? Alcohol / drug abuse
Education	Good schools
Social and Community Context	Religious / spiritual vales

### Forces of Change Assessment

Forces of Change is used to identify forces and associated opportunities and threats that can affect, now or in the future, the community and local public health system. The forces can be trends, factors, or events, which may be occurring locally, regionally, at the state-level, or nationally.

The results of the Forces of Change Assessment are contained in the table below.

Table: Results of Forces of Change Assessment conducted on March 28, 2017.





<b>Forces</b>	<b>Impact</b>	
	<b>Threats Posed</b>	<b>Potential Opportunities Created</b>
<i>Personal Health – Population Dynamics</i>	<ul style="list-style-type: none"> <li>• Changes in insurance coverage, programs, and availability/access to services;</li> <li>• Lack of local awareness about mental, behavioral, and emotional issues citizen suffer from – willful ignorance in some cases;</li> <li>• Lack of funding from federal and state government to assist local government in meeting needs;</li> <li>• Local policy changes related to health;</li> <li>• Uncertainty that medical care is available to those with need</li> </ul>	<ul style="list-style-type: none"> <li>• Increase community involvement and collaboration with members of the local public health system (business, government, faith-based organizations, civic groups, etc.);</li> <li>• Engage faith-based community;</li> <li>• Inform youth on various social media and health topics;</li> <li>• Increase education on needs for a proactive rather than reactive approach of personal health</li> </ul>
<i>Environmental Change &amp; Response</i>	<ul style="list-style-type: none"> <li>• Changes in regulations and/or funding for environmental issues (oyster fishing, fracking, oil drilling, waterway, floodplain management);</li> <li>• Climate change and the introduction of tropical diseases; emerging pathogens</li> </ul>	<ul style="list-style-type: none"> <li>• Educate those regulated on fiduciary responsibility and impact on employees, community, and environment;</li> <li>• Local government listening to community issues/concerns</li> </ul>
<i>Economic Development – Community Growth</i>	<ul style="list-style-type: none"> <li>• Loss of jobs;</li> <li>• Decrease in tax revenue and local services;</li> <li>• Availability of unhealthy eating options;</li> <li>• Urbanization</li> </ul>	<ul style="list-style-type: none"> <li>• Plan and zone to meet economic and local needs;</li> <li>• Increase opportunities for recreation;</li> <li>• Emphasize eating local food and making health decisions;</li> <li>• Citizens meet and share about community issues</li> </ul>
<i>Infrastructure – Communication</i>	<ul style="list-style-type: none"> <li>• Perceived lack of communication between various agencies;</li> <li>• Community engagement in decisions impacting community</li> </ul>	<ul style="list-style-type: none"> <li>• Expand communication methods;</li> <li>• Enlist community partners to provide information for healthy community (low crime, high graduation rates, etc.);</li> </ul>





<b>Forces</b>	<b>Impact</b>	
	<b>Threats Posed</b>	<b>Potential Opportunities Created</b>
<i>Infrastructure – Building &amp; Construction</i>	<ul style="list-style-type: none"> <li>• Changes in statutes impacting local authority;</li> <li>• Potential to outgrow infrastructure;</li> <li>• Loss of local businesses and community services</li> </ul>	<ul style="list-style-type: none"> <li>• Explore local options regarding infrastructure and the maintenance;</li> <li>• Increase options for a more walkable community (not just parks);</li> <li>• Communicate using local utilized social media platforms</li> </ul>
<i>Political Leadership – Political Environment at all levels of government</i>	<ul style="list-style-type: none"> <li>• Federal budget cuts or elimination of various programs and block grant options;</li> <li>• Regional impact of school choice; state legislative changes to local rule;</li> <li>• Local implementation of new statutes;</li> <li>• Impact of crime on the community</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in new health initiatives from state;</li> <li>• Expand of services provided by licensed professionals;</li> <li>• Involve non-profits in providing services in collaboration with employers and government agencies</li> </ul>



## Community Health Priorities

Initially, the WWTF used social determinants of health to help organize information about the community and to identify areas where social and physical environments could promote good health. All citizens deserve an equal opportunity to choices that lead to good health regardless of the socioeconomic level. Creating the environment where these opportunities are available involves working together.

The Wakulla County community represented by the data live and work within an economic, social, and political context that is enabled and constrained by a multitude of relationships. There was an emotional pull toward education and health and health care; however, the Task Force initially decided to focus on the basics of food, clothing, and shelter from a community perspective.

As efforts began to develop goals, objectives, strategies, and action plans, there has been a realization of the need to adjust the initial focus areas. A driving force was the lack of easily obtainable local data that could be used to track progress. The strategic issue priority areas have shifted to more defined areas:

- Food Insecurity
- Health Literacy & Promotion
- Building Capacity

DOH-Wakulla staff provide facilitation of meetings, management of the MAPP process, track data and assist community partners with activities. The Wakulla Task Force meets monthly, except for July and December.

In addition to project management type activities, DOH-Wakulla staff provide updated data, priority related trending topics, and suggestions for evidence-based approaches at meetings and through email. WWTF members are encouraged to ask questions, request additional information or participate in open discussions to facilitate learning.



## Strategic Priority: Healthy Living - Food Insecurity in Our Community

**Background:** What is “food insecurity” and how does it impact “Wellness in Our Community”?

Food insecurity does not mean that there are no grocery stores, or you live too far from a store or that there is not time to shop or cook. It speaks to the lack of food access based on financial and other means.



The United States Department of Agriculture (USDA) defines food insecurity as a household level economic and social condition of limited or uncertain access to adequate food. For our community being food insecure means some of our residents do **not** have access to the foods they need for a healthy active life. Food insecurity tends to be episodic (something happened – death, accident, loss of job) and it often occurs in a cycle.

The USDA estimated 11.8 percent of American households were food insecure at least some time during 2017, meaning they lacked access to enough food for an active, healthy life. In 2015, USDA economic research service published that households with children experienced food insecurity at a higher rate than those without children, 16.6% compared to 10.9%

Locally, Wakulla County residents experience a food insecurity rate of 15.2% (county population data 31,314), for our population this means

- estimated number of people experiencing food insecurity is 4,770;
- 55% are eligible for SNAP, WIC, Free school meals, CSFP, or TEFAP (200% below poverty rate and
- 45% charitable response for 200% above poverty (often referred to as the working poor that usually do not qualify for any assistance and rely on the charity of their family, friends and neighbors).

**Goal:** Food security for all Wakulla County residents

### Strategy:

1. Coordinate with community partners to implement actions to address food insecurity and promote healthy behaviors among children
2. Collaborate with school district to incorporate health decisions into core academic class materials/lesson plans
3. Support/Expand sustainability and utilization of food resources in the community

### Objective:

- By June 30, 2023, increase the percent of schools in the district with a holiday (Winter and Spring) food insecurity feeding program from 0% (2018) to 100%.

- By June 30, 2023, incorporate health decisions into core academic class materials/lesson plans that support the Wakulla School District Wellness Program and HealthierUS School Challenge from 0% (2018) to 100%.
- By June 30, 2023, develop a food resource network to address food insecurity of families and seniors with 50% of the known food banks or pantries participating regularly in events to increase availability and utilization of food resources in the community.

**Organization(s) Responsible or Community Partners:**

- Wakulla County School District
- University of Florida, Institute for Food and Agricultural Sciences
- Wakulla Food Banks



## Strategic Priority: Living Healthy – Health Literacy & Promotion

**Background:** – The World Health Organization (WHO) describes health literacy as “the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and maintain good health. Health Literacy means more than being able to read pamphlets and successfully make appointments. Health Literacy goes beyond the narrow concept of health education and individual behavior-oriented communication, to address the environmental, political and social factors that determine health.”



The annual recognition of Health Literacy began in 1999. Each October has been designed as a time to promote the importance of understandable health information. Health Literacy month was founded in 1999 by Helen Osborne.

**Goal:** An informed community about the impact of health on quality of life and life expectancy

### Strategies:

1. Raise community’s awareness of health choices (i.e., behaviors, breastfeeding) and their impact on chronic and infectious diseases
2. Provide education on benefits of immunizations for all ages (i.e., vaccine preventable diseases)

### Objectives:

1. By December 31, 2023, decrease the overall number of residents with diabetes that report using tobacco (2016 BRFSS data - smoke cigarettes 16.4%;smokeless tobacco 11.2%) and/or alcohol (2016 BRFSS data – heavy and/or binge drinking 7.3%) by 2%, as reported in the Behavioral Risk Factor Surveillance Survey and the Florida Youth Surveys (data available on a 3-year cycle – 2013, 2016, 2019, 2022)
2. By December 31, 2023, increase the number of adults that report being physically active on the 2019 (target = 52.8%) and 2022 (target = 50.8%) Behavioral Risk Factor Surveillance Survey (conducted every 3 years) by 2% (2016 BRFSS data – inactive or insufficiently active 54.8%)

### Organization(s) Responsible or Community Partners:

- Big Bend AHEC
- Tallahassee Memorial Hospital
- North Florida Medical Center (FQHC)
- Florida Department of Health in Wakulla County
- Wakulla County Department of Parks and Recreation



## Strategic Priority: Living Healthy – Building capacity for health promotion

**Background:** Sustainable community wellness involves integrating health promotion into the building blocks of financial and human resource planning, knowledge management, partnership building, and capacity for effective implementation. It requires leadership to advocate and mobilize actions to incorporate health related policies and infrastructure into many areas of decision-making in both the private and public sectors.

**Goal:** Informed community on the economic and social impacts of wellness to the community

### Strategies:

1. Provide “Wellness in Our Community” data to inform and educate community leadership, policymakers and businesses on health behaviors and their impact on social and economic issues
2. Provide information to civic and faith-based organizations on wellness and its benefit to the community
3. Collaborate with Wakulla School District to provide adults with training in mental health “first aid”

**Objective:** By December 31, 2023, increase the number of local government or business policies or procedures that include health promotion into financial and human resource planning, knowledge management, partnership building, or capacity for effective implementation by 2% (Baseline: need to establish)

### Organization(s) Responsible or Community Partners:

- Wakulla County Sheriff’s Office
- Public Information Officers – Wakulla County Board of County Commissioners, Florida Department of Health in Wakulla County, Wakulla County Sheriff’s Office
- Wakulla County Recreation Services



## Implementation

The WWTF believes that through enhanced collaboration, information sharing, communication strategies and community education that fosters community acknowledgement of health and healthcare issues and community approaches to addressing these issues will help in building the capacity for healthy lifestyles and positive health outcomes. It will also help the community's leaders, policymakers, and businesses with the true cost and benefit of individual health and the economic impact on the community.

The WWTF recognizes that improvement in health outcomes can take decades. In order to compensate for this lag in determining impact of activities, this plan will use two types of measures to determine progress toward improving the health of the community. They are activity and performance measures

- Activity Measures – designed to capture and inform data collected locally and more directly reflect how the community plans to influence the priority issues
- Performance Measures – collected as part of the larger population health measures and presented in health reporting systems, such as FL Health CHARTS, the Behavioral Risk Factor Surveillance Survey, or others.

For each of the strategic priority areas, an action plan is being developed to track the activities, provide progress notes, document successes, challenges, and allow for capture of discussion related to next steps in implementation.

It is anticipated that the first year of implementation will focus on the need to raise the community's awareness of health issues impacting the quality of life of the citizens, life expectancy and communicate about opportunities to participate in events that have a community wellness message or service.

If raising the community's awareness is successful, we anticipate seeing an increase in the number of local ordinances, policies, etc. implemented by local government and businesses that contain a health and wellness component. These policies may be around housing, transportation, education, community development or business opportunities.

The WWTF conducts monthly meetings using an agenda developed using the objectives and strategies developed for the CWIP. Meeting minutes are maintained that capture discussion regarding previous action items, items to review or for discussion, along with progress notes that contain successes, challenges or barriers to moving forward and next steps. This information is used to monitor progress and identify data or material needs.

Using updated community health assessment data, the Wakulla Wellness Task Force (WWTF) reviewed data from FLHealth CHARTS and the County Health Rankings (Robert Wood Johnson Foundation/University of Wisconsin) during monthly meetings from August to November 2019. This was two months longer than originally planned; however, the discussion among the task force members and the knowledge gain proved





beneficial in reviewing the current goals, objectives and strategies and the development of revised goals, objectives and strategies in some areas. Following the data review, the WWTF completed a selection matrix to score top issue areas.

The selection matrix was provided to the task force members prior to the November meeting to review and make notes to be used for the meeting. Based on the data reviewed, 63 potential issue areas were identified. Instructions were provided on completing the selection matrix - identify a specific area or focus for the issue area, determine the level of community support for activities to address the specific area and the ability and willingness of task force members to impact in the community. Additional criteria/questions were added to help guide discussions –

- Requires action by an elected group (i.e., Board of County Commissioners, Legislature, etc.)
- Resources available (what level of existing resources could be used to impact this specific area)

The numeric values for each item was added to determine the top issue areas. The top issues were then further reviewed and scored to determine issues to be modified, eliminated, or added (Appendix D).

Top Issue Areas to be Added:

1. Food Insecurity – Nutritional Deficiencies for residents 65+
2. Living Well (formerly Health Literacy & Promotion) – Vulnerable population, probable Alzheimer's in the 65+ population, safety and care
3. Living Well (formerly Health Literacy & Promotion) – Community education/awareness related to cancer, diabetes, mental health, dental care ages 5 and older
4. Community Awareness and Safety (formerly Building Capacity) - Physical activity ages 20+ using existing local Recreation & Parks facilities
5. Youth Tobacco Use, including Vaping – Community education/awareness

Three additional issue areas were identified as potential internal Department of Health-Wakulla projects. These were

- Poverty – less than 185% of poverty level
- Vulnerable Population – Eligible for WIC and being served
- HIV/AIDS – education and outreach to community

Organizations and residents of Wakulla County are generous in providing resources for specific activities. The CWIP (aka, CHIP) has three distinct challenges: 1) limited funding for implementation of CWIP, 2) maximize use of specific activity resources for the greatest impact on the issues identified and 3) minimizing the fragmentation of resources without losing community engagement.



Community issue committees (CIC) were developed and launched in January 2020. The CICs consist of 5-7 individuals, including a committee lead. CIC leads will identify potential community members to assist in planning and implementation of activities. Members of these groups do not have to attend the monthly Task Force meeting; however, they are welcome and encouraged to come.

Each CIC lead was provided a sheet that provides guidance for reporting information (Committee Notes template) and a set of data for that issue area. The small groups are to meet outside of the monthly Task Force meeting. The format of the meeting is up to the group – face-to-face, phone conference call, video chat, or even email strings. Current Task Force members that are not on the committees will remain members of the Task Force-at-Large and/or members of the Executive Council. Each month (or at least quarterly), the leader will use the Committee Notes to provide a brief summary of their meetings (who participated, topic for discussion, summary of discussion and next steps planned). Also, the CIC lead may present topics for discussion among the larger group or items may need to be referred to the Executive Council for consideration.

Potential members were identified based on the organization and skills or knowledge the member may possess. Not all groups have a leader identified; however, these community issue committee starting time has been delayed. As other information has become available, it appears some issues may work better to be added as an activity or a second phase to another CIC.



## Alignment with National and State Goals, Objectives & Measures

Strategies for Community Wellness Improvement Plan – Wakulla County, Florida	Florida State Health Improvement Plan (SHIP) 2017-2021 – 8 Priorities and Strategies	Healthy People 2020 Strategies
<p><b>Building Capacity for Health Promotion</b></p> <ul style="list-style-type: none"> <li>• Provide “Wellness in Our Community” data to inform and educate community leadership, policymakers and businesses on health behaviors and their impact on social and economic issues</li> <li>• Provide information to civic and faith-based organizations on wellness and its benefit to the community</li> <li>• Collaborate with Wakulla School District to provide adults with training in mental health “first aid”</li> <li>• Enhance collaboration, information sharing, communication to foster community knowledge of health and healthcare issues</li> <li>• Create a process to develop messaging that informs the general public, community leaders and policymakers on the true costs and benefits of individual health and the economic impact on the community</li> </ul> <p><b>Food Insecurity</b></p> <ul style="list-style-type: none"> <li>• Collaborate with community partners to implement actions that promote healthy behaviors among children</li> <li>• Identify methods for incorporating health decisions into core academic class materials/lesson plans</li> <li>• Sustain and/or expand current local food bank efforts</li> </ul>	<p><b>Health Equity</b></p> <ul style="list-style-type: none"> <li>• Improve information sharing, availability and access to educational opportunities related to understanding and addressing HE, cultural competency/ sensitivity and SDOH.</li> <li>• Promote opportunities for vulnerable individuals and their communities to achieve long-term economic stability.</li> <li>• Promote equity in educational access and outcomes.</li> <li>• Promote collaboration between health care partners, community organizations and managing entities (and their contracted agencies) to improve access to appropriate behavioral health services for all Floridians.</li> </ul>	<ul style="list-style-type: none"> <li>• Use of Health Impact Assessments to review needed, proposed, and existing social policies for their likely impact on health</li> <li>• Application of a “health in all policies” strategy, which introduces improved health for all and the closing of health gaps as goals to be shared across all areas of government</li> </ul> <p>Economic Stability</p> <ul style="list-style-type: none"> <li>• SDOH-3 Proportion of persons living in poverty</li> <li>• SDOH-4 Proportion of households that experience housing cost burden</li> </ul>
<p><b>Maternal Health</b></p> <ul style="list-style-type: none"> <li>• Raise community’s awareness of health choices (behaviors, breastfeeding) and their impact on chronic and infectious diseases</li> <li>• Collaborate with Wakulla School District to provide adults with training in mental health “first aid”</li> </ul>	<p><b>Maternal &amp; Child Health</b></p> <ul style="list-style-type: none"> <li>• Advance safe sleep behaviors among families and infant caregivers with an emphasis on disparate populations.</li> <li>• Promote quality of care for maternal hypertension and hemorrhage among pregnant women.</li> <li>• Promote preventive and primary health care utilization for women and men.</li> <li>• Integrate health equity into the public health system and</li> </ul>	<p>Maternal, Infant, and Child Health Pregnancy Health Behaviors</p> <ul style="list-style-type: none"> <li>• MICH-10 Increase the proportion of pregnant women who receive early and adequate prenatal care</li> <li>• MICH-11 Increase abstinence from alcohol, cigarettes, and illicit drugs among pregnant women</li> </ul> <p>Infant Care</p>

Strategies for Community Wellness Improvement Plan – Wakulla County, Florida	Florida State Health Improvement Plan (SHIP) 2017-2021 – 8 Priorities and Strategies	Healthy People 2020 Strategies
	<p>communities by incorporating elements of health equity into policies and programs that impact maternal and child health populations.</p> <ul style="list-style-type: none"> <li>• Improve access to appropriate behavioral health services amongst children and youth with special health care needs under the age of 21 in Florida.</li> </ul>	<ul style="list-style-type: none"> <li>• MICH-20 Increase the proportion of infants who are put to sleep on their backs</li> <li>• MICH-21 Increase the proportion of infants who are breastfed</li> </ul>
<p><b>Immunizations</b></p> <p>Provide education on vaccine preventable diseases for all ages</p>	<p><b>Immunizations</b></p> <ul style="list-style-type: none"> <li>• Promote increased access to and the rate of administration of vaccines among infants (birth to the end of the first year of life) and pregnant women in Florida, as recommended by CDC Advisory Committee on Immunization Practices (ACIP), through educational outreach events, vaccine distribution clinics, monitoring site visits, and media campaigns.</li> <li>• Promote awareness and support community partnerships to increase access to immunizations to raise immunization rates for vaccine-preventable diseases in Florida’s children and teens (birth through the end of the 17th year of life) through educational outreach events, vaccine distribution clinics, monitoring site visits and media campaigns.</li> </ul>	<p>Immunizations and Infectious Diseases</p> <ul style="list-style-type: none"> <li>• IID-1 Reduce, eliminate, or maintain elimination of cases of vaccine-preventable diseases</li> <li>• IID-7 Achieve and maintain effective vaccination coverage levels for universally recommended vaccines among young children (DTaP, Hib, Hep B, MMR, polio, varicella, pneumococcal conjugate (PVC), Hep A, rotavirus)</li> <li>• IID-10 Maintain vaccination coverage levels for children in kindergarten</li> <li>• IID-11 Increase routine vaccination coverage levels for adolescents</li> </ul>
<p><b>Health Literacy &amp; Promotion</b></p> <p>Raise community’s awareness of health choices (behaviors, breastfeeding) and their impact on chronic diseases</p> <p><b>Building Capacity</b></p> <p>Provide “Wellness in Our Community” data to inform and educate community leadership, policymakers and businesses on health behaviors and their impact on social and economic issues</p> <p><b>Food Insecurity</b></p>	<p>Healthy Weight, Nutrition &amp; Physical Activity</p> <ul style="list-style-type: none"> <li>• Promote policy, systems and environmental changes to increase access to and equitable consumption of healthy foods statewide for Floridians of all ages by partnering with the Florida Department of Agriculture and Consumer Services, the Florida Association of Food Banks (Feeding Florida), East Central Florida Regional Planning Council and the University of Florida’s Institute of Food and Agricultural Sciences (UF-IFAS).</li> </ul>	<p>Food Insecurity</p> <ul style="list-style-type: none"> <li>• NWS-12 Eliminate very low food security among children</li> <li>• NW-13 Reduce household food insecurity and in doing so reduce hunger</li> </ul> <p>Adolescent Health</p> <ul style="list-style-type: none"> <li>• AH-6 Increase the proportion of schools with a school breakfast program</li> </ul>

Strategies for Community Wellness Improvement Plan – Wakulla County, Florida	Florida State Health Improvement Plan (SHIP) 2017-2021 – 8 Priorities and Strategies	Healthy People 2020 Strategies
<p>Collaborate with community partners to implement actions that promote healthy behaviors among children</p> <p>Identify methods for incorporating health decisions into core academic class materials/lesson plans</p> <p>Sustain and/or expand current local food bank efforts</p>	<ul style="list-style-type: none"> <li>• Provide support and technical assistance to hospitals, work places, and early care and education programs to implement breastfeeding policies and programs by partnering with the Florida Breastfeeding Coalition and the Florida Child Care Food Program.</li> <li>• Promote policy, systems and environmental approaches to increasing physical activity opportunities within the built environment for Floridians of all ages through coordination with local governments and stakeholders such as the Florida Department of Transportation, the Florida Recreation and Parks Association, East Central Florida Regional Planning Council, the Florida Department of Agriculture and Consumer Services, the Florida Department of Education and Florida Action for Healthy Kids.</li> </ul>	
<p><b>Behavioral Health, includes Mental Illness and Substance Abuse</b></p> <p>Collaborate with Wakulla School District to provide adults with training in mental health “first aid”</p>	<p><b>Behavioral Health, includes Mental Illness and Substance Abuse</b></p> <ul style="list-style-type: none"> <li>• Increase the number of people trained in mental health first aid to identify, understand and respond to signs of mental illness and substance use disorders in the community.</li> <li>• Provide training on the prevention of suicide and related behaviors to community and clinical service providers.</li> <li>• Increase suicide prevention efforts for high-risk populations.</li> </ul>	<p>Mental Health and Mental Disorders</p> <ul style="list-style-type: none"> <li>• MHMD-2 Reduce suicide attempts by adolescents</li> <li>• MHMD-6 Increase the proportion of children with mental health problems who receive treatment</li> </ul>
<p><b>Health Literacy &amp; Promotion</b></p> <p>Raise community’s awareness of health choices (behaviors, breastfeeding) and their impact on chronic diseases</p> <p>Organize events that offer health monitoring services and education – blood pressure check, etc.</p>	<p><b>Sexually Transmitted Disease (STDs), includes Other Infectious Diseases</b></p> <ul style="list-style-type: none"> <li>• Prevent new HIV infections in Florida through increased provider awareness of prescribing prophylaxis for high risk populations, increased offering of routine</li> </ul>	<p><b>Sexually Transmitted Diseases</b></p> <ul style="list-style-type: none"> <li>• STD-1 Reduce the proportion of adolescents and young adults with Chlamydia infections</li> <li>• STD-3 Increase the proportion of sexually active females aged 24 years and under enrolled in Medicaid plans</li> </ul>



Strategies for Community Wellness Improvement Plan – Wakulla County, Florida	Florida State Health Improvement Plan (SHIP) 2017-2021 – 8 Priorities and Strategies	Healthy People 2020 Strategies
	<p>HIV screening in all health care settings and increased public awareness of HIV through a statewide minority media campaign.</p> <ul style="list-style-type: none"> <li>• Foster improved health outcomes for people living with HIV/AIDS and reduce the chance of HIV transmissions to others through expedited linkage to care, achievement of viral load suppression through retention in care and increased awareness of appropriate HIV screening during pregnancy</li> </ul>	<p>who are screened for genital Chlamydia infections</p>
<p><b>Health Literacy &amp; Promotion</b></p> <p>Raise community’s awareness of health choices (behaviors, breastfeeding) and their impact on chronic diseases</p> <p>Organize events that offer health monitoring services and education – blood pressure check, etc.</p>	<p><b>Chronic Diseases &amp; Conditions, including Tobacco-related Illnesses and Cancer</b></p> <ul style="list-style-type: none"> <li>• Educate Floridians to empower them to be health champions for themselves, their families and their communities.</li> </ul>	<p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>• D-2.2 Reduce the rate of cardiovascular disease deaths in persons with diagnosed diabetes</li> <li>• D-16 Increase prevention behaviors in persons at high risk for diabetes with prediabetes</li> </ul>



## Community Assets and Resources

There are numerous physical assets and resources within Wakulla County which can be mobilized to address the health issues identified in the Community Health Assessment. These are summarized in the table below and on the following page

<b>Parks</b> <ul style="list-style-type: none"> <li>• Apalachicola National Forest</li> <li>• Ochlockonee River State Park</li> <li>• St. Marks National Wildlife Refuge</li> <li>• San Marcos de Apalache Historic State Park</li> <li>• Wakulla State Forest</li> <li>• Hudson Park (Crawfordville)</li> <li>• Azalea Park (Crawfordville)</li> <li>• Medart Park Recreation</li> </ul>	<b>Walking and Bike Trails</b> <ul style="list-style-type: none"> <li>• Apalachicola National Forest</li> <li>• Florida National Scenic Trail</li> <li>• St. Marks National Wildlife Refuge</li> <li>• Ochlockonee River State Park</li> <li>• San Marcos de Apalache Historic State Park</li> <li>• Wakulla State Forest</li> <li>• Ochlockonee Bay Bike Trail</li> </ul>
<b>Recreational Bodies of Water</b> <ul style="list-style-type: none"> <li>• Oyster Bay</li> <li>• Ochlockonee Bay</li> <li>• Gulf of Mexico</li> <li>• Ochlockonee River</li> <li>• Apalachee Bay</li> <li>• Mosquito Bay</li> </ul>	<b>Recreation Center</b> <ul style="list-style-type: none"> <li>• Wakulla Community Center (programs)</li> <li>• Equestrian Center</li> </ul>
<b>Fitness Centers - commercial</b> <ul style="list-style-type: none"> <li>• Anytime Fitness</li> <li>• Body Tek</li> </ul>	<b>Public Libraries</b> <ul style="list-style-type: none"> <li>• Wakulla County Public Library (physical and online services)</li> </ul>
<b>Public Schools</b> <ul style="list-style-type: none"> <li>• Crawfordville Elementary School</li> <li>• COAST Charter School</li> <li>• Medart Elementary School</li> <li>• Shadeville Elementary School</li> <li>• Riversink Elementary School</li> <li>• Riversprings Elementary School</li> </ul>	<ul style="list-style-type: none"> <li>• Wakulla Middle School</li> <li>• Wakulla High School</li> <li>• Wakulla Institute</li> <li>• Wakulla Education Center (Pre-K)</li> </ul> <p>Tallahassee Community College – Wakulla Center</p>
<b>Medical Care Centers</b> <ul style="list-style-type: none"> <li>• Wakulla Urgent Care</li> <li>• Wakulla Medical Center</li> </ul>	<b>Pharmacy</b> <ul style="list-style-type: none"> <li>• Walmart Pharmacy</li> <li>• CVS</li> <li>• Walgreens</li> <li>• Winn Dixie</li> </ul>
<b>Rehab Centers</b> <ul style="list-style-type: none"> <li>• Eden Springs Nursing &amp; Rehab</li> </ul>	<b>Dental</b> <ul style="list-style-type: none"> <li>• Dentistry by the Sea</li> <li>• Dennis R. Mooney</li> <li>• Florida Department of Health in Wakulla County</li> <li>• Total Care Dental</li> </ul>
<b>Mental Health Services</b> <ul style="list-style-type: none"> <li>• Apalachee Center, Inc.</li> <li>• NAMI Tallahassee, Inc.</li> <li>• Joanna Johnson @ Avalon Treatment Centers (Tallahassee)</li> </ul>	<b>Long-Term Care Facilities</b> <ul style="list-style-type: none"> <li>• Eden Springs Nursing &amp; Rehab</li> </ul>



<ul style="list-style-type: none"><li>• A Time to Change Counseling Center, P.A.</li></ul>	
<p>Civic Organizations</p> <ul style="list-style-type: none"><li>• Lions Club</li><li>• Rotary Club</li><li>• Wakulla County Chamber of Commerce</li><li>• Wakulla Senior Citizens</li><li>• Wakulla Animal Services</li></ul>	<p>Associations</p> <ul style="list-style-type: none"><li>• Wakulla Academic Boosters</li><li>• Wakulla Commercial Fishermens Association</li><li>• Various homeowners' associations by community</li><li>• Florida Wild Mammal Association</li><li>• Wakulla County Youth Football and Cheerleading Association</li><li>• Wakulla County Horseman's Association</li></ul>

