



Community Health Improvement Plan 2019-2021



Calhoun County, Florida
Liberty County, Florida

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Table of Contents

Vision.....	3
Assessment Review.....	3
Overview	5
Review of Key Data	6
Developing Priority Area Action Plans	6
Binder Overview.....	6
Access to Health Care	7
Obesity	9
Mental Health/Substance Abuse	13
National & State Alignment	16
Policy Recommendations.....	17
Appendix.....	22
Appendix A: Comprehensive List of Community Partners	
Appendix B: CHIP Action Plans	
Appendix C: River Bend Health Advisory Committee Minutes March 2018	
Appendix D: River Bend Health Advisory Committee Minutes April 2018	
Appendix E: River Bend Health Advisory Committee Minutes May 2018	
Appendix F: River Bend Health Advisory Committee Minutes July 2018.	
Appendix G: River Bend Health Advisory Committee Minutes August 2018	
Appendix H: River Bend Health Advisory Committee Minutes September 2018.	

Vision

Develop a culture that promotes a healthier community by creating engaging, health centered, opportunities for citizens and organizations in our communities.

Community Health Assessment Review

Calhoun and Liberty County are rural, sparsely populated counties in Northwest Florida. The scarcity of population contributes to many barriers to improving health outcomes including; lack of access to health care, lack of mental health resources and lack of available options to promote healthy behaviors. Without public transportation available in the county, those without transportation have great difficulty accessing health care. Often those without transportation must rely on friends or family to bring them to a health care provider or pay an individual to bring them to their health care provider, drug store or other essential functions. Additionally, the availability of healthy food choices is severely limited with only 2 grocery store options between the two counties. Compounding these barriers is the lack of insurance, poverty level and education level.

In 2016, a joint initiative began between the Florida Department of Health in Calhoun and Liberty Counties and Florida State University-College of Social Sciences and Public Policy to determine the immediate health needs of the two rural counties. A series of assessments were conducted to determine the communities' strengths and weaknesses. The assessments used included: Community Themes and Strengths Assessment, Local Public Health System Assessment, Community Status Assessment, and Forces of Change Assessment were completed to determine the communities' strengths and weaknesses. Based on the communities' feedback, the following priority areas were selected as the focus for the 2019-2021 Community Health Improvement Plan (CHIP):

- Access to Care
- Mental Health/Substance Abuse
- Obesity

Assessment One: Community Themes and Strengths

The Community Themes and Strengths Assessment was used to identify the concerns residents of the community deemed as the highest priority; along with distinguishing any resources available to aid in improving the health of the community. Community surveys were developed and distributed at various locations around the community such as grocery stores, convenience stores, hospital/ER and medical clinics. In Calhoun County, 241 surveys were submitted by verified residents between May 10-30, 2016. In Liberty County, 133 surveys were submitted by verified residents between June 15-18, 2016.

Based on survey responses, Calhoun and Liberty Counties found the following areas to be

the most important characteristics of a great community:

<i>Calhoun County</i>	<i>Liberty County</i>
✓ Local access to health services, family doctors, and specialists	✓ Access to health services, family doctors, and specialists
✓ Quality education	✓ Good schools/quality education
✓ Low rate of STDs	✓ Arts and cultural events

Assessment Two: Local Public Health System

The Local Public Health System Assessment (LPHSA) emphasizes the network of organizations and agencies in the community and how efficiently the ten Essential Services (ES) are being delivered. The LPHSA for Calhoun and Liberty Counties was conducted on May 24, 2017 from 9 AM to 12 PM at the Heritage Room of the Calhoun County Library. A total of 22 community partners participated in this assessment.

The community members ranked essential services (ES) #2, #3, and #5 as strengths and ES #1, #7, #10 areas needing improvement.

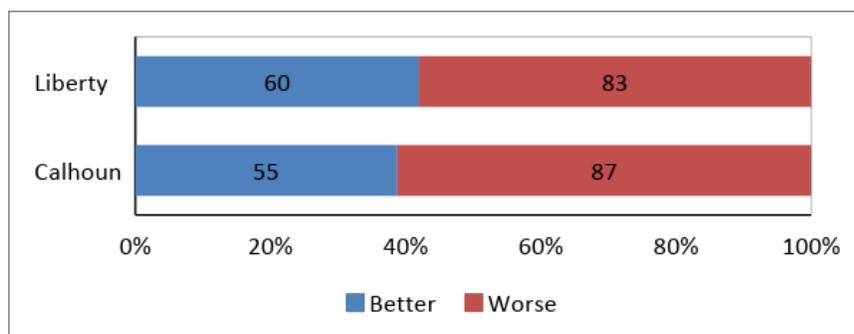
Strengths	Needs Improvement
ES 5: Developing policies and plans that support individual and community health efforts (78.18%)	ES 10: Researching new insights and innovative solutions to health problems (39.17%)
ES 3: Informing, educating, and empowering people about health issues (68.92%)	ES 1: Monitoring health status to identify community health problems (37.12%)
ES 2: Diagnosing and investigating health problems and health hazards (66.56%)	ES 7: Linking people to needed personal health services and assure the provision of healthcare when otherwise unavailable (54.81%)

62.7% of the model standards fell within the *Significant Activity* category (between 50% and 75% of the activity described within the question has been met).

Assessment Three: Community Health Status

The Community Health Status Assessment ranks our counties compared to other counties in the state of Florida by quality of life and community health. The review of data was conducted during a meeting held July 24th at the Veteran’s Memorial Civic Center with a total of 15 participants.

Of the 144 health indicators, Liberty County ranked higher than other counties within Florida in 60 indicators (42%), lower than other counties in 83 indicators (57%), and equivalent to other counties in one indicator (1%). Calhoun County ranked higher than other counties within Florida in 55 indicators (39%), Lower than other counties in 87 indicators (60%), and equivalent to other counties in two indicators (1%).



<i>Mental Health / Substance Abuse</i>	<i>Access</i>	<i>Obesity</i>
➤ 19 related health indicators	➤ 55 related health indicators	➤ 36 related health indicators
➤ Calhoun County performed lower than other Florida counties in 10 indicators	➤ Calhoun County lower than other Florida counties in 29 indicators	➤ Calhoun County performed lower than other Florida counties in 29 indicators
➤ Liberty County performed lower than other Florida counties in 12 indicators	➤ Liberty County performed lower than other Florida counties in 28 indicators	➤ Liberty County performed lower than other Florida counties in 28 indicators

Assessment Four: Forces of Change

The Forces of Change Assessment focuses on recognizing forces, factors or trends that will affect the health of the community and the local public health system. This assessment was conducted on July 10th, 2017 at the Liberty County Civic Center. Audience members comprised of sixteen community members representing a variety of partners.

Community partners identified the following risk factors and threats:

- | <i>Risk Factors</i> | <i>Threats</i> |
|---|--|
| <ul style="list-style-type: none"> ● Drug use ● Lack of activities for the youth ● Increased acceptance of fast food as a way of life ● Increased sedentary lifestyle ● Increased unemployment rate ● Poverty rate ● Budget cuts to Medicaid ● Unknown future for Affordable Care Act ● Telemedicine | <ul style="list-style-type: none"> ● Crime ● Limited access to Narcan ● Lack of interest in change ● Obesity, heart disease, and diabetes ● Lack of fresh fruits and vegetables ● Lack of personal motivation among citizens |

Overview

The DOH Calhoun/Liberty Community Health Improvement Plan (CHIP) was developed in collaboration with local community members who share a common goal of making improvements in each of the priority areas. Prior to the development of this CHIP, two community member meetings were held at the Veteran’s Memorial Civic Center. Meetings were held on April 16th and May 23rd of 2017 to establish a committee. The CHIP committee is composed of a variety of community members dedicated to community improvement. Attendees were encouraged to represent their organizations, voice their concerns, and offer insight on how to address their concern and improve the overall priority areas. Outlined in this document are the proposed work plans and their intended implementation.

Review of Key Data

Areas with the highest need of improvement were selected. Listed for each priority is the analyzed data best representing the strengths and weaknesses of both counties. This data has been extracted from the Community Themes and Strengths Assessment, Local Public Health System Assessment, Community Status Assessment, Forces of Change assessments, and Florida CHARTS. The following link is available to view Florida CHARTS County Health Status Summary Reports:

<http://www.flhealthcharts.com/ChartsReports/rdPage.aspx?rdReport=ChartsProfiles.CountyHealthSummary>.

Priority Area Action Plans

Committee members collaborated to develop an action plan for each of the priority areas. Each action plan identifies the goal, objective, strategies, work plan, and community partners for each priority area. For the remainder of this document these terms will be defined as:

- Goals: The 3-5 year plan the community wishes to achieve.
- Objectives: Specific, measurable, achievable, relevant, time bound plans to obtain goals.
- Strategies: The steps needed to achieve the objectives.
- Work plan: Describes timeline and how strategies will be achieved
- Community Partners/Partner Agencies: Community members working to achieve and sustain goals.

Binder Overview

Through collaboration it became evident that members were unaware of resources available in the communities. Many community partners provide valuable programs to improve the health outcomes of the citizens of Calhoun and Liberty County. Resources available to specifically address the priority areas include but are not limited to: The Florida Department of Health in Calhoun and Liberty County and Liberty County IFAS are recipients of the SNAP-Ed grant that provides educational opportunities to improve obesity among the SNAP-Ed recipients. PanCare, a Federally Qualified Health Center, provides primary care and mental health services to clients on a sliding fee scale basis. Panhandle Primary Care Clinic and Community Wellness Counseling and Support Services provide mental health services.

Committee members commissioned the organization to create a “Resource Binder”. The binder contains information pertinent to each priority area, it will be distributed to local organizations such as churches, schools, and healthcare facilities.

Priority Area 1: Access to Health Care

Access to care is a vital component of any healthy community, it impacts a variety of areas including:

- Prevention of disease and disability
- Preventable hospitalization
- Overall physical, social, and mental health
- Detection and treatment of disease and health conditions
- Preventable death
- Quality of life
- Life expectancy

Analyzing the data collected from various surveys and county health rankings indicated that access to care is a crucial concern for Calhoun and Liberty Counties.

- Calhoun County ranked higher than other Florida counties in 55 of the 144 health status indicators, but worse than the state on 82 indicators and equal to the state on two indicators.
- Liberty County ranked higher than Calhoun's with a score higher than other counties in Florida in 60 of the health status indicators, but lower in 81 of them and equal to other counties in one indicator.

According to the 2018 County Health Rankings, Calhoun and Liberty County residents are disadvantaged in comparison to the typical Floridian, due to higher rates of premature death, higher morbidity, the prevalence of health-depleting behaviors, and below-average access to health care. (<http://www.countyhealthrankings.org/>) Residents of both counties have a greater number of expected premature deaths than other Florida counties. The chart below supports details of Florida county rankings (ranked out of 67 counties, 1st highest ranking and

	Calhoun	Liberty
67 th lowest):		
Health Outcomes	39 th in state	36 th in state
Length of Life (Mortality)	29 th in state	33 rd in state
Quality of Life (Morbidity)	50 th in state	35 th in state
Clinical Care	52 nd in state	57 th in state

Components of the Access to Care priority align with the Florida Department of Health’s - State Health Improvement Plan (SHIP) priorities 1-8. Committee members are determined to improve access to care for Calhoun and Liberty residents, specifically. The following action plan addresses strategies to increase communication between providers and intends to educate residents of available resources.

Target Area: Access To Care			
National and State Alignment: http://www.minorityhealth.hhs.gov/npa/templates/content.aspx?lvl=1&lvlid=33&ID=285 https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030			
Three-Year Goal: Increase the quantity of adults and children in Calhoun and Liberty Counties who access primary care services by 10%.			
Objective: By December 2019, the quantity of patients seen at PanCare Health, the Calhoun Liberty Primary Care clinic, DOH Services, and TMH Family Practice will increase by 3% over the 2017 baseline.			
Strategies	Workplan	Partner Agencies	Status
1: Provide targeted health messages through partners 2: Increase targeted health messaging at community events 3: Create core, collaborative health information to insure uniform health messaging	1.1 : Create centralized calendar showing appropriate provider and club meetings 1.2 : Include health messages on school websites 1.3 : Utilize faith-based organizations to promote health messages 1.4 : Create links to partner providers and meetings on DOH website for external sources 1.5 : Facilitate quarterly meetings so providers can share resources and collaborate 2.1 : Set up joint departmental resource booths at community events (Goat Day, Wildflower Festival, Catfish Crawl, Women’s Health Seminar, Christmas Train, Halloween Haunted House) 2.2 : Develop standardized messages for distribution at events 3.1 : Create resource binders containing core health information messages, community resources, information on insurance, access to primary and mental health services, and other agreed upon topics. 3.2 : Provide resource binders to community	Chamber of Commerce – Kristy Terry Calhoun Liberty Ministry Center – Doug Humanes Fusion Church – Darrell Johnson Bristol United Methodist Church – John Jackson Church of Passion – Gloria Parrish Telogia Baptist – Barbara Hosford Saint Luke Church of God – Delano Reed Altha First Baptist Church – Brandon Witt Blountstown Methodist Church – Pastor Hughs Fresh Start – Pastor Mitchell Prayer Chainers – Geraldine Sheard Gateway Church – Leann Shumate Poplar Head Baptist Church – Troy Marks Liberty County School Board – Superintendent Summers Calhoun County School Board – Superintendent Yoder Calhoun County Children’s Coalition – Marissa Barfield Liberty County Coalition – Donnie Read Calhoun County Tobacco Free Partnership – Heather Ellerbee	

	health champions, including <ul style="list-style-type: none">• Churches• Schools• Community coalitions	Liberty County Tobacco Free Partnership – Melissa L'Heureux	
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Priority Area 2: Obesity

Obesity is defined by the Centers for Disease Control and Prevention as “weight that is higher than what is considered as a healthy weight for a given height.”

(<https://www.cdc.gov/obesity/adult/defining.html>) Obesity is the result of a combination various factors including individual behavior and genetics. Behaviors can include dietary patterns, physical activity, inactivity, medication use, and other exposures. Additional contributing factors in our society include food, physical activity, environment, education, and marketing/promotion of food. Obesity is associated with poorer mental health outcomes, reduced quality of life, and the leading causes of death in the U.S. and worldwide (including diabetes, heart disease, stroke, and some types of cancer).

Social determinants of health, the structural conditions in which people are born, work, live, grow and age, are important factors when addressing the issue of obesity. It is important to understand the personal, social, economic, and environmental barriers to change as well as facilitators of changes in diet or physical activity, such as:

<i>Diet</i>	<i>Physical Activity</i>
<ul style="list-style-type: none"> ● Skills ● Social support ● Knowledge and attitudes ● Access to and availability of healthier foods ● Eating out habits ● Cultural and societal norms ● Food and agriculture policies ● Food assistance programs/food banks ● Economic price systems ● Marketing/advertising (especially to children) 	<ul style="list-style-type: none"> ● Low income ● Rural residency ● Lack of support from others (peers, family, spouse) ● Age or disability (inaccessibility) ● Lack of transportation to facilities ● Lack of time and/or low motivation ● Fear of injury ● Physical environment- sidewalks, lighting, public transportation, play areas, recreational equipment ● Overweight/obesity (physical and mental barriers)

Calhoun and Liberty residents are particularly susceptible to unhealthy eating due to their environment. Both counties are food deserts. Food deserts are areas where fresh fruits, vegetables, and other healthy foods are lacking, typically caused by a lack of grocery stores (<http://americannutritionassociation.org/newsletter/usda-defines-food-desert>). Grocery store access is only 8.5% in Calhoun and 7.9% in Liberty, the state average is 31.8%. The grocery store shortage aids in the decision to make unhealthy choices such as fast food. According to the Forces of Change data, the communities have accepted fast foods as a way of life.

	Calhoun	Liberty
Obesity Indicators	Ranked lower than other counties in Florida in 29 out of 36	Ranked lower than other counties in Florida in 28 out of 36
Healthy Weight-Adults	29.6%	16.5%
Healthy Weight-Children	29.6%	16.5%
Students eligible for Free or Reduced lunch	67.7%	47.7%
Food Insecure	17.3%	17.5%

The committee members chose to focus efforts on children. This conclusion was based on the communities' adults and their unwillingness to change eating habits. Targeting children is essential, six out of ten children born today will be obese by the time they graduate high school. Together, the team determined the following action plan to address these shortcomings: Components of the Obesity Priority aligns with the State Health Improvement Plan in Health Equity, Maternal & Child Health, Healthy Weight, Nutrition & Physical Activity, Behavioral health – Includes Mental Illness & Substance Abuse and Chronic Diseases & Conditions - Includes Tobacco-Related illnesses & Cancer.

Target Area: Obesity

National and State Alignment: <https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030>

<http://www.healthcare.gov/prevention/nphpphc/strategy/index.html>

Three-Year Goal: Obesity rates will not exceed 20% in Liberty County and 21% for Calhoun County.

Objective: By December 2018, establish a backpack program for youth in Calhoun County.
By August 2019, implement a backpack program for youth in Liberty County.

Strategies	Workplan	Partner Agency	Status
<p>1: Research successful backpack programs to identify best practice.</p> <p>2: Identify community partners interested in collaborating on this project.</p> <p>3: Develop work plan to implement backpack program in Calhoun County.</p>	<p>1.1: Review literature review to identify best practice</p> <p>2.1 : Survey CHIP partners to ascertain interest</p> <p>2.2 : Determine organizations/clubs to be responsible for packing the backpacks</p> <p>3.1 : Work with Piggly Wiggly for fruit/vegetable coupons</p> <p>3.2 : Determine start-up cost/ annual costs</p> <p>3.3 : Secure a temperature-controlled location to store food</p> <p>3.4 : Determine location of program</p> <p>3.5: Determine who would be eligible to participate</p> <p>3.6: Develop marketing/communications plan for program.</p>	<p>Liberty County School Board – Superintendent Summers</p> <p>Calhoun County School Board – Superintendent Yoder</p> <p>Blountstown Police Department - Chief Mallory</p> <p>Food and nutrition (UF IFAS) – Clara Leonard</p> <p>Piggly Wiggly – Rebekah Devuyst</p>	

Target Area: Obesity

National and State Alignment: <http://www.healthcare.gov/prevention/nphpphc/strategy/index.html>
<https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030>

Three-Year Goal: Obesity rates will not exceed 20% in Liberty County and 21% for Calhoun County.

Objective: By December 2019, increase the number of opportunities for youth to participate in physical activity by 10% over the 2018 baseline.

Strategies	Workplan	Partner Agencies	Status
<p>1: Research successful community physical activity initiatives to identify best practice</p> <p>2: Explore possibility of shared use agreements for school playgrounds and fields</p> <p>3: Organize community-based opportunities for youth centered physical activities</p>	<p>1.1: Review literature to identify best practices</p> <p>2.1: Update information about the advantages of shared use of school facilities</p> <p>2.2: Identify champion in school district to advocate for shared use agreement</p> <p>3.1: Review school wellness policies to identify specific opportunities for physical activity in schools and advocate for such changes.</p> <p>3.2: Identify or create opportunities for physical activity for youth to include parks, city league, walking clubs, or gym activities, etc.</p>	<p>Down Range Fitness – Sid Johnson</p> <p>Gym Life – Kari Smith</p> <p>Next Level Athletes – Jessie Branch</p>	

Priority Area 3: Mental Health and Substance Abuse

It is essential for the committee to focus on substance abuse is critical due to the reported rates of use/abuse in our communities. Substance use by youth, as well as adults, is increasing. This behavior can have lasting impacts on an individual and their community. The World Health Organization (WHO) defines substance abuse as the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use. This includes a strong desire to use the drug, difficulties in controlling cravings, and persistent use. The drug takes priority over activities and obligations, increases tolerance, and sometimes leads to a state of physical withdrawal. The effects of substance abuse can be cumulative and usually escalate, contributing to costly social, educational, physical, and public health problems, such as:

- Teen pregnancy
- HIV/AIDS
- Child abuse
- Sexually transmitted diseases
- School dropout rates
- Domestic violence
- Suicide
- Crime
- Motor vehicle crashes

Noteworthy facts:

- Youth binge drinking is increasing.
- Deaths due to suicide and motor vehicle crashes have increased in both communities.
- Unemployment has increased in both counties.
- There are no mental health or substance abuse beds available in either county.
- The Calhoun data identified three issues strongly correlated to substance abuse and mental health:
 - Homicide
 - HIV/AIDS
 - Firearm related injuries
- Drug abuse was noted as the second most destructive unhealthy behavior for overall health of the community in Calhoun county and listed as the most important unhealthy behavior in Liberty county.
- The Liberty data identified three issues strongly correlated to substance abuse and mental health:
 - Homicide
 - Motor vehicle crashes
 - Suicide/firearm related injuries.

To address this priority area, the committee decided to focus on youth abuse and prevention. Together the team determined the following action plan to address these shortcomings. Components of the Mental health/Substance Abuse Priority aligns with the State Health Improvement Plan in Health Equity, Maternal & Child Health, Injury, Safety & Violence, Behavioral health – Includes Mental Illness & Substance Abuse and Chronic Diseases & Conditions - Includes Tobacco-Related illnesses & Cancer.

Target Area: Mental Health/Substance Abuse			
National and State Alignment: http://www.healthcare.gov/prevention/nphpphc/strategy/index.html https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030			
Three-Year Goal: Increase awareness and education about substance use in youth.			
Objective: By 2021, the percent of the general population who are aware of the signs and symptoms of substance abuse will increase by 10% over the 2018 baseline.			
Strategies	Workplan	Partner Agencies	Status
<p>1: Create and distribute a short survey to evaluate the general population’s understanding of the signs and symptoms of substance use.</p> <p>2: Increase community awareness about the Wednesday afternoon drug/alcohol youth classes.</p> <p>3: Implement substance abuse curriculum in grades 4-6</p> <p>4: Provide consistent educational materials to schools, churches, community providers on signs and symptoms of substance use</p> <p>5: Conduct ongoing trainings</p>	<p>1.1 : Develop survey and distribute draft to committee members</p> <p>1.2 : Offer surveys during health fairs, at provider sites, and at other partner events/locations. Consider conducting online survey.</p> <p>1.2: Compile and analyze results of survey to share with committee as baseline data</p> <p>2.1: Develop flyer outlining date, time, and eligibility of Wednesday afternoon classes</p> <p>2.2.: Circulate flyer via partners and post to online sites</p> <p>3.1: Identify evidence-based curriculum for implementation</p> <p>3.2: Provide incentives to encourage students/parents to complete homework/family education</p> <p>4.1: Identify resource for providing substance use curriculum in Liberty County</p> <p>4.2: Develop key messaging for use by all partners</p>	<p>Apalachee Center – April Landrum Life Management</p> <p>CARE – Rachel Conrad</p> <p>Big Bend CBC</p> <p>Fusion Church – Darrell Johnson</p> <p>Bristol United Methodist – John Jackson</p> <p>Church of Passion – Gloria Parrish</p> <p>Telogia Baptist – Barbara Hosford</p> <p>Saint Luke Church of God – Delano Reed</p> <p>Altha First Baptist Church–Brandon Witt</p> <p>Blountstown Methodist – Pastor Hughs</p> <p>Fresh Start – Pastor Mitchell</p> <p>Prayer Chainers – Geraldine Sheard</p> <p>Gateway Church – Leann Shumate</p> <p>Poplar Head Baptist Church – Troy Marks</p> <p>Ministry Center – Doug Humanes</p> <p>Liberty County School Board – Superintendent Summers</p>	

	4.3: Include key messages along with		
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6. Provide substance abuse and mental health education for 4-6 th and 8-10 th graders.	resources in the educational binders 5.1 : Develop core presentation on signs and symptoms of substance use 5.2 : Conduct train-the-trainer workshop for volunteer trainers 5.3: Include core presentation in established group meetings	Calhoun County School Board – Superintendent Yoder	
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Target Area: Mental Health/Substance Abuse			
National and State Alignment: https://healthdata.gov/ https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030 http://www.healthcare.gov/prevention/nphpphc/strategy/index.html			
Three-Year Goal: Increase awareness and access to mental health and substance abuse resources.			
Objective: By 2021, the percent of the general population that accesses available mental health resources will increase by 2% over the 2018 baseline.			
Strategies	Workplan	Partner Agencies	Status

<p>Disseminate paper and electronic resource binder through agencies and community events.</p>	<p>1.1 : Give out paper copies to agencies.</p> <p>1.2 : Add Resource Binder link to agency websites.</p> <p>1.3 : Add Resource Binder link to Department of Health Website.</p> <p>1.4 : Make Resource Binder available during community events.</p>	<p>Apalachee Center – April Landrum Life Management CARE – Rachel Conrad Big Bend CBC Fusion Church – Darrell Johnson Bristol United Methodist – John Jackson Church of Passion – Gloria Parrish Telogia Baptist – Barbara Hosford Saint Luke Church of God – Delano Reed Altha First Baptist Church–Brandon Witt Blountstown Methodist – Pastor Hughs Fresh Start – Pastor Mitchell Prayer Chainers – Geraldine Sheard Gateway Church – Leann Shumate Poplar Head Baptist Church – Troy Marks Ministry Center – Doug Humanes Liberty County School Board – Superintendent Summers Calhoun County School Board – Superintendent Yoder</p>	
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Alignment with National and State Initiatives

The references included in the Goals and Objectives section refer to the initiatives listed below.

A: Community Tool Box. (2020)

<https://ctb.ku.edu/en/table-of-contents/structure/strategic-planning>

B: Centers for Disease Control. (2010-2015.) Winnable Battles.

<http://www.cdc.gov/winnablebattles/>

D: Florida Department of Health. (2021.) Strategic Plan.

E: Florida Department of Health. (2016.) State Health Improvement Plan.

F: Healthy People 2030. (2020.) 2020 Topics and Objectives.

<https://www.healthypeople.gov/2020/About-Healthy-People/Development-Healthy-People-2030>

G: Public Health Accreditation Board. (2013.) Standards and Measures.

H: Public Health Law. (2020.) Change Lab Solutions. <http://changelabsolutions.org/>

I: US Department of Health and Human Services. (2011.) Action Plan to Reduce Racial and Ethnic Health Disparities.

<http://www.minorityhealth.hhs.gov/npa/templates/content.aspx?lvl=1&lvlid=33&ID=285>

J: US Department of Health and Human Services. (2011.) National Prevention Strategy.

<http://www.healthcare.gov/prevention/nphpphc/strategy/index.html>

H: HealthData.gov (2020.)

<https://healthdata.gov/>

What Works for Health – County Health Rankings

What Works for Health provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors we know affect health. The following lists includes strategies backed by scientific evidence which align with the selected health priorities and can be used during the CHIP Implementation process. To review electronically, hit click the blue topic of interest.

Mental Health/Substance Abuse

[Mass media campaigns against alcohol-impaired driving](#)

Scientifically Supported

Use mass media campaigns to persuade individuals to avoid drinking and driving or to prevent others from doing so; campaigns often focus on fear of arrest or injury to self, others, or property

Alcohol and Drug Use

[Multi-component community interventions against alcohol-impaired driving](#)

Scientifically Supported

Work to reduce alcohol-impaired driving via sobriety checkpoints, responsible beverage service training, education and awareness activities, and other efforts

Alcohol and Drug Use

[Community policing](#)

Scientifically Supported

Implement a policing philosophy based on community partnership, organizational transformation, and problem-solving techniques to proactively address public safety issues

Community Safety

[Drug courts](#)

Scientifically Supported

Use specialized courts to offer criminal offenders with drug dependency problems an alternative to adjudication or incarceration

Community Safety · Alcohol and Drug Use

[Early childhood home visiting programs](#)

Scientifically Supported

Provide parents with information, support, and training regarding child health, development, and care from prenatal stages through early childhood via trained home visitors

Community Safety · Family and Social Support

[Family treatment drug courts](#)

Scientifically Supported

Use specialized courts to work with parents involved in the child welfare system who may lose custody of their children due to substance abuse

Community Safety · Alcohol and Drug Use

[Functional Family Therapy \(FFT\)](#)

Scientifically Supported

Introduce a short-term family-based intervention therapy focused on strengths, protective factors and risk factors for youth with delinquency, violence, or substance abuse problems, and their families community safety

Mentoring programs: delinquency

Scientifically Supported

Enlist mentors to develop relationships and spend time individually with at-risk mentees for an extended period; mentors have greater knowledge, skills, etc. than mentees

Alcohol and Drug Use · Community Safety

Neighborhood watch

Scientifically Supported

Support the efforts of neighborhood residents to work together in preventing crime by reporting suspicious or potentially criminal behavior to local law enforcement

Community Safety

Physical Activity:

Active recess

Scientifically Supported

Establish a break from the school day, typically before lunch, that involves planned, inclusive, actively supervised games or activities; also called semi-structured, or structured recess

Diet and Exercise

Activity programs for older adults

Scientifically Supported

Offer group educational, social, or physical activities that promote social interactions, regular attendance, and community involvement among older adults

Diet and Exercise · Family and Social Support

Breastfeeding promotion programs

Scientifically Supported

Engage health care professionals, lay health workers, and others to increase breastfeeding initiation, exclusive breastfeeding, and duration of breastfeeding

Diet and Exercise

Community fitness programs

Scientifically Supported

Offer exercise classes (e.g., yoga, Tai Chi, cycling, etc.) and fitness program support in community centers, senior centers, fitness, and community wellness centers

Diet and Exercise

Community-based social support for physical activity

Scientifically Supported

Build, strengthen, and maintain social networks that provide supportive relationships for behavior change (e.g., setting up a buddy system or a walking group)

Diet and Exercise

Competitive pricing for healthy foods

Scientifically Supported

Assign higher costs to non-nutritious foods relative to nutritious foods via incentives, subsidies, or price discounts for healthy foods and beverages or disincentives or price increases for unhealthy choices

Diet and Exercise

Individually-adapted physical activity programs

Scientifically Supported

Teach behavioral skills that can help individuals incorporate physical activity into their daily routines

Diet and Exercise

Mixed-use development

Scientifically Supported

Support a combination of land uses (e.g., residential, commercial, recreational) in development initiatives, often through zoning regulations

Housing and Transit · Diet and Exercise

Multi-component obesity prevention interventions

Scientifically Supported

Combine educational, environmental, and behavioral activities that increase physical activity or improve nutrition (e.g., nutrition education, aerobic/strength training, dietary prescriptions, etc.) in various settings

Diet and Exercise

Multi-component school-based obesity prevention interventions

Scientifically Supported

Deliver educational, behavioral, environmental, and other obesity prevention efforts (e.g., education classes, enhanced physical education, healthy food promotion, family outreach, etc.) in schools

Diet and Exercise

Nutrition and physical activity interventions in preschool & childcare

Scientifically Supported

Offer young children opportunities to eat healthy foods and engage in physical activity by providing fresh fruits and vegetables, incorporating physical activity into daily classroom routines, etc.

Diet and Exercise

Physically active classrooms

Scientifically Supported

Incorporate physical activity breaks, classroom energizers, or moving activities into academic lessons, usually for elementary students

Diet and Exercise

Places for physical activity

Scientifically Supported

Modify local environments to support physical activity, increase access to new or existing facilities for physical activity, or build new facilities

Diet and Exercise

Point-of-decision prompts for physical activity

Scientifically Supported

Place motivational signs on or near stairwells, elevators, and escalators that encourage individuals to use stairs

Diet and Exercise

Prescriptions for physical activity

Scientifically Supported

Provide prescriptions with individually tailored exercise plans, often accompanied by progress checks at office visits, counseling, activity logs, and exercise testing

Diet and Exercise

Safe Routes to Schools

Scientifically Supported

Promote walking and biking to school through education, incentives, and environmental changes; often called SRTS

Housing and Transit · Diet and Exercise

School breakfast programs

Scientifically Supported

Support programs to provide students with a nutritious breakfast in the cafeteria, from grab and go carts in hallways, or in classrooms

Education · Diet and Exercise

School fruit & vegetable gardens

Scientifically Supported

Establish designated areas where students can garden with guidance, often with nutrition and food preparation lessons and opportunities for taste tasting and hands-on learning

Diet and Exercise

School nutrition standards

Scientifically Supported

Regulate the quality of food that can be sold to students via the National School Lunch Program, à la carte options, vending machines, etc.

Diet and Exercise

School-based physical education

Scientifically Supported

Expand or enhance school-based physical education (PE) by lengthening existing classes, increasing physical activity during class, adding new PE classes, etc.

Diet and Exercise

Screen time interventions for children

Scientifically Supported

Encourage children to spend time away from TV and other screen media, often as part of a multi-faceted effort to increase physical activity and improve nutrition

Diet and Exercise

Streetscape design

Scientifically Supported

Enhance streetscapes with greater sidewalk coverage and walkway connectivity, street crossing safety features, traffic calming measures, and other design elements; often via Complete Streets

Housing and Transit · Diet and Exercise

Walking school buses

Scientifically Supported

Arrange active transportation with a fixed route, designated stops, and pick up times when children can walk to school with adult chaperones

Housing and Transit · Diet and Exercise

Worksite obesity prevention interventions

Scientifically Supported

Use educational, environmental, and behavioral strategies to improve food choices and physical activity opportunities in worksite settings

Diet and Exercise

Zoning regulations for land use policy

Scientifically Supported

Use zoning regulations to address aesthetics and safety of the physical environment, street continuity and connectivity, residential density and proximity to businesses, schools, and recreation

Housing and Transit – Diet and Exercise

Access to Care

Centering Pregnancy

Scientifically Supported

Provide prenatal care in a group setting, integrating health assessment, education, and support

Access to Care

Community water fluoridation

Scientifically Supported

Adjust and monitor fluoride in public water supplies to reach and retain optimal fluoride concentrations

Access to Care

Federally qualified health centers (FQHCs)

Scientifically Supported

Increase support for non-profit health care organizations that receive federal funding and deliver comprehensive care to uninsured, underinsured, and vulnerable patients regardless of ability to pay

Access to Care

Medical homes

Scientifically Supported

Provide continuous, comprehensive, whole person primary care that uses a coordinated team of medical providers across the health care system

Quality of Care · Access to Care

Mental health benefits legislation

Scientifically Supported

Regulate mental health insurance to increase access to mental health services, including treatment for substance use disorders

Access to Care

Nurse practitioner scope of practice

Scientifically Supported

Use regulation to extend nurse practitioner's (NP's) scope of practice to provide primary care to the full scope of their training and skills without physician oversight

Access to Care

Rural training in medical education

Scientifically Supported

Expand medical school training and learning experiences focused on the skills necessary to practice successfully in rural areas

Access to Care

School dental programs

Scientifically Supported

Provide sealants, fluoride treatment, screening, and other basic dental care on school grounds via partnerships with dental professionals

Access to Care

Telemedicine

Scientifically Supported

Deliver consultative, diagnostic, and treatment services remotely for patients who live in areas with limited access to care or would benefit from frequent monitoring; also called telehealth

Access to Care

Appendices

Appendix A: Comprehensive List of Community Partners

Appendix B: CHIP Action Plans

Appendix C: River Bend Health Advisory Committee Minutes March 2018

Appendix D: River Bend Health Advisory Committee Minutes April 2018

Appendix E: River Bend Health Advisory Committee Minutes May 2018

Appendix F: River Bend Health Advisory Committee Minutes July 2018

Appendix G: River Bend Health Advisory Committee Minutes August 2018

Appendix H: River Bend Health Advisory Committee Minutes September 2018



Comprehensive List of Community Partners	
Name/Title	Organization
April Landrum	Apalachee Center
James Lewis	Big Bend AHEC
Dr. Rob Thomas	Big Bend AHEC
Alexandria Washington	Big Bend AHEC
Emily Kohler	Big Bend AHEC
Kristy Terry	Calhoun County Chamber
Carla Hand	Calhoun County Clerk of Court
Whitney Cherry	Calhoun County Extension 4H
Judy Ludlow	Calhoun County Extension Director
Rita Maupin	Calhoun County Public Library
Bryanne White	Calhoun County Public Library
Vickie Davis	Calhoun County School Board
Glen Kimbrel	Calhoun County Sheriff Department
Kim Tanner	Calhoun County Sheriff Department
Shelly King	Calhoun/Liberty County Extension Office
Clara Leonard	Calhoun/Liberty Extension Food and Nutrition Program
Nathan Ebersole	Calhoun-Liberty Hospital
David Taylor	Chemical Addiction Recovery Effort (CARE)
Carolyn Harper	Department of Corrections
Dr. Moses Izuegbu	Department of Corrections
Sally S. Mayo, Sr RN Supervisor	Department of Corrections
Diann Smith, Senior Health Svc, Admin.	Department of Corrections
Virginia Baker, PHD	FHEE WICL Inc.
Heather Ellerbee	Florida DOH – Calhoun
Susan Chafin	Florida DOH – Calhoun & Liberty Counties
Kelly King	Florida DOH – Calhoun & Liberty Counties
Rachel Bryant	Florida DOH – Calhoun & Liberty Counties
Melissa L’Heureux	Florida DOH – Liberty
Amy Johnson	Florida DOH – Liberty
Cathy Brown	Liberty County Clerk of Court
Cathia Schmarge	Liberty County Extension 4H
Monica Brinkley	Liberty County Extension Director
Johnette Wahlquist	Liberty County Schools
Bryan Langston	Liberty County Sheriff’s Department
Donnie Read	Liberty Just
Rhonda Hall	Life Management Center
Chesnee McCaskill	North Florida Child Development
Curtis Green	North Florida Child Development, Inc.
Mary McKenzie	Oglesby Plant Nursery
Dan Yoder	Retired/Rivertown Community Church
Logan Kever	Rex Lumber
Renee Crawford	Ruth Attaway CPA
Nicole Gonzalez	Twin Oaks Juvenile Development Inc.

Appendix B: CHIP Action Plans

Target Area: Access To Care			
Three-Year Goal: Increase the quantity of adults and children in Calhoun and Liberty Counties who access primary care services by 10%.			
Objective: By December 2019, the quantity of patients seen at PanCare Health, the Calhoun Liberty Primary Care clinic, DOH Services, and TMH Family Practice will increase by 3% over the 2017 baseline.			
Strategies	Workplan	Partner Agencies	Status
<p>1: Provide targeted health messages through partners</p> <p>2: Increase targeted health messaging at community events</p> <p>3: Create core, collaborative health information to insure uniform health messaging</p>	<p>1.6 : Create centralized calendar showing appropriate provider and club meetings</p> <p>1.7 : Include health messages on school websites</p> <p>1.8 : Utilize faith-based organizations to promote health messages</p> <p>1.9 : Create links to partner providers and meetings on DOH website for external sources</p> <p>1.10 : Facilitate quarterly meetings so providers can share resources and collaborate</p> <p>2.3 : Set up joint departmental resource booths at community events (Goat Day, Wildflower Festival, Catfish Crawl, Women’s Health Seminar, Christmas Train, Halloween Haunted House)</p> <p>2.4 : Develop standardized messages for distribution at events</p> <p>3.3 : Create resource binders containing core health information messages, community resources, information on insurance, access to primary and mental health services, and other agreed upon topics.</p> <p>3.4 : Provide resource binders to community health champions, including</p> <ul style="list-style-type: none"> ● Churches ● Schools ● Community coalitions 	<p>Chamber of Commerce – Kristy Terry Calhoun Liberty Ministry Center – Doug Humanes</p> <p>Fusion Church – Darrell Johnson Bristol United Methodist Church – John Jackson</p> <p>Church of Passion – Gloria Parrish Telogia Baptist – Barbara Hosford Saint Luke Church of God – Delano Reed Altha First Baptist Church – Brandon Witt Blountstown Methodist Church – Pastor Hughs</p> <p>Fresh Start – Pastor Mitchell Prayer Chainers – Geraldine Sheard Gateway Church – Leann Shumate Poplar Head Baptist Church – Troy Marks Liberty County School Board – Superintendent Summers Calhoun County School Board – Superintendent Yoder Calhoun County Children’s Coalition – Marissa Barfield Liberty County Coalition – Donnie Read Calhoun County Tobacco Free Partnership – Heather Ellerbee Liberty County Tobacco Free Partnership – Melissa L’Heureux</p>	

Target Area: Obesity

Three-Year Goal: Obesity rates will not exceed 20% in Liberty County and 21% for Calhoun County.

Objective: By December 2018, establish a backpack program for youth in Calhoun County. By August 2019, implement a backpack program for youth in Liberty County.

Strategies	Workplan	Partner Agency	Status
<p>1: Research successful backpack programs to identify best practice.</p> <p>2: Identify community partners interested in collaborating on this project.</p> <p>3: Develop work plan to implement backpack program in Calhoun County.</p>	<p>1.1: Review literature review to identify best practice</p> <p>3: Survey CHIP partners to ascertain interest</p> <p>4: Determine organizations/clubs to be responsible for packing the backpacks</p> <p>5: Work with Piggly Wiggly for fruit/vegetable coupons</p> <p>6: Determine start-up cost/ annual costs</p> <p>7: Secure a temperature-controlled location to store food</p> <p>8: Determine location of program</p> <p>3.5: Determine who would be eligible to participate</p> <p>3.6: Develop marketing/communications plan for program.</p>	<p>Liberty County School Board – Superintendent Summers</p> <p>Calhoun County School Board – Superintendent Yoder</p> <p>Blountstown Police Department - Chief Mallory</p> <p>Food and nutrition (UF IFAS) – Clara Leonard</p> <p>Piggly Wiggly – Rebekah Devuyst</p>	

Target Area: Obesity

Three-Year Goal: Obesity rates will not exceed 20% in Liberty County and 21% for Calhoun County.

Objective: By December 2019, increase the number of opportunities for youth to participate in physical activity by 10% over the 2018 baseline.

Strategies	Workplan	Partner Agencies	Status
<p>1: Research successful community physical activity initiatives to identify best practice</p> <p>2: Explore possibility of shared use agreements for school playgrounds and fields</p> <p>3: Organize community-based opportunities for youth centered physical activities</p>	<p>1.1: Review literature to identify best practices</p> <p>2.1: Update information about the advantages of shared use of school facilities</p> <p>2.2: Identify champion in school district to advocate for shared use agreement</p> <p>3.1: Review school wellness policies to identify specific opportunities for physical activity in schools and advocate for such changes.</p> <p>3.2: Identify or create opportunities for physical activity for youth to include parks, city league, walking clubs, or gym activities, etc.</p>	<p>Down Range Fitness – Sid Johnson</p> <p>Gym Life – Kari Smith</p> <p>Next Level Athletes – Jessie Branch</p>	

Target Area: Mental Health/Substance Abuse

Three-Year Goal: Increase awareness and education about substance use in youth.

Objective: By 2021, the percent of the general population who are aware of the signs and symptoms of substance abuse will increase by 10% over the 2018 baseline.

Strategies	Workplan	Partner Agencies	Sta tus
<p>1: Create and distribute a short survey to evaluate the general population’s understanding of the signs and symptoms of substance use.</p> <p>2: Increase community awareness about the Wednesday afternoon drug/alcohol youth classes.</p> <p>3: Implement substance abuse curriculum in grades 4-6</p> <p>4: Provide consistent educational materials to schools, churches, community providers on signs and symptoms of substance use</p> <p>5: Conduct ongoing trainings</p>	<p>3: Develop survey and distribute draft to committee members</p> <p>4: Offer surveys during health fairs, at provider sites, and at other partner events/locations. Consider conducting online survey.</p> <p>1.2: Compile and analyze results of survey to share with committee as baseline data</p> <p>2.1: Develop flyer outlining date, time, and eligibility of Wednesday afternoon classes</p> <p>2.2.: Circulate flyer via partners and post to online sites</p> <p>3.1: Identify evidence-based curriculum for implementation</p> <p>3.2: Provide incentives to encourage students/parents to complete homework/family education</p> <p>4.1: Identify resource for providing substance use curriculum in Liberty County</p> <p>4.2: Develop key messaging for use by all partners</p> <p>4.3: Include key messages along with</p>	<p>Apalachee Center – April</p> <p>Landrum Life Management</p> <p>CARE – Rachel</p> <p>Conrad Big Bend</p> <p>CBC</p> <p>Fusion Church – Darrell Johnson</p> <p>Bristol United Methodist – John</p> <p>Jackson Church of Passion – Gloria</p> <p>Parrish Telogia Baptist – Barbara</p> <p>Hosford</p> <p>Saint Luke Church of God – Delano</p> <p>Reed Altha First Baptist Church– Brandon Witt Blountstown</p> <p>Methodist – Pastor Hughs</p> <p>Fresh Start – Pastor Mitchell</p> <p>Prayer Chainers – Geraldine Sheard</p> <p>Gateway Church – Leann Shumate</p> <p>Poplar Head Baptist Church – Troy Marks</p> <p>Ministry Center – Doug Humanes</p> <p>Liberty County School Board – Superintendent Summers</p>	

Target Area: Mental Health/Substance Abuse

Three-Year Goal: Increase awareness and education about substance use in youth.

Objective: By 2021, the percent of the general population who are aware of the signs and symptoms of substance abuse will increase by 10% over the 2018 baseline.

Strategies	Workplan	Partner Agencies	Sta tus
6. Provide substance abuse and mental health education for 4- 6 th and 8-10 th graders.	resources in the educational binders 5.3 : Develop core presentation on signs and symptoms of substance use 5.4 : Conduct train-the-trainer workshop for volunteer trainers 5.3: Include core presentation in established group meetings	Calhoun County School Board – Superintendent Yoder	

Target Area: Mental Health/Substance Abuse

Three-Year Goal: Increase awareness and access to mental health and substance abuse resources.

Objective: By 2021, the percent of the general population that accesses available mental health resources will increase by 2% over the 2018 baseline.

Strategies	Workplan	Partner Agencies	Status
<p>Disseminate paper and electronic resource binder through agencies and community events.</p>	<p>1.5 : Give out paper copies to agencies.</p> <p>1.6 : Add Resource Binder link to agency websites.</p> <p>1.7 : Add Resource Binder link to Department of Health Website.</p> <p>1.8 : Make Resource Binder available during community events.</p>	<p>Apalachee Center – April Landrum Life Management</p> <p>CARE – Rachel Conrad Big Bend CBC</p> <p>Fusion Church – Darrell Johnson</p> <p>Bristol United Methodist – John Jackson Church of Passion – Gloria Parrish Telogia Baptist – Barbara Hosford</p> <p>Saint Luke Church of God – Delano Reed Altha First Baptist Church– Brandon Witt Blountstown Methodist – Pastor Hughs Fresh Start – Pastor Mitchell</p> <p>Prayer Chainers – Geraldine Sheard</p> <p>Gateway Church – Leann Shumate</p> <p>Poplar Head Baptist Church – Troy Marks Ministry Center – Doug Humanes</p> <p>Liberty County School Board – Superintendent Summers Calhoun County School Board – Superintendent Yoder</p>	