



Community Health Improvement Plan Annual Report, 2019

Florida Department of Health in Holmes County

March 2020

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Introduction

This is the 2019 annual review report for 2016-2021 Holmes County Community Health Improvement Plan (CHIP). The activities and collaborative efforts of the Florida Department of Health in Holmes County and community partners will be reflected within the report. This document will serve as a progress review of the strategies that were developed and the activities as they are implemented. While the CHIP is a community driven and collectively owned health improvement plan, the Florida Department of Health in Holmes County is charged with providing administrative support, tracking and collecting data, and preparing the annual review report.

The health status of a community plays a large role in social and economic prosperity; hence it is important that a community strives to continually improve and maintain its health. Government agencies (city, county, state) may provide health services; however, successful health programs require an active partnership between all community agencies. Community health improvement planning is a long-term, systematic effort that addresses health problems on the basis of the results of community health assessment activities and the community health improvement process. The resulting Community Health Improvement Plan is used by health and other government, educational and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A CHIP is critical for developing policies and defining actions to target efforts that promote health. It defines the vision for the health of the community through a collaborative process and addresses the strengths, weaknesses, challenges, and opportunities that exist in the community in order to improve the health status of that community.

Some major findings from the Holmes **Community Health Status Assessment** included:

- 53.5% of the county residents are male and 46.5% are female.
- 23.6% of the total population has a disability, compared with 13% of Floridians.
- The mean household income in Holmes County is \$46,000.00. The median household income in Holmes is \$36,236.00.
- Approximately 19% of families and 27% of all people had income below poverty level in the past 12 months in Holmes County.
- Greater proportion of the population is in the 60-70 age range and a smaller proportion in the 10-14 age range
- There are seven (7) public schools and one (1) private school in the Holmes County School District.
- 30.7% of the population is considered obese and 33.2% is considered overweight
- 62.0% percent of the population is considered inactive or does not meet recommended physical activity recommendations

In January 2016, Community Health Improvement Team members met to develop the **Community Health Improvement Plan**, which involved creating an action plan that focused on

program planning, implementation, and evaluation. Healthy lifestyle and chronic disease prevention

To select health priorities, the HHTF reviewed key findings from the four MAPP assessments in a January 2016 meeting. The HHTF discussed quantitative data (e.g., disease mortality rates, health behaviors, factors in the physical environment, quality of life indicators) and the top health issues identified through focus groups and community surveys. Then, attendees provided feedback by answering the following question via an electronic polling system: “Of all the issues discussed today, which do you think is the most important?”

At the meeting attendees voted for the following priority issues to be addressed and targeted for improvement in the CHIP:

1. Healthy Lifestyle/Prevention (including Obesity, Poor Nutrition/Unhealthy Eating, and Tobacco Use)
2. Behavioral Health (including Substance Abuse, Mental Health, and Domestic Violence)
3. Chronic Disease Prevention (including Diabetes, High Blood Pressure, and Heart Disease)

As an overview, the Healthy Holmes Task Force in conjunction with the Health Planning Council of Northeast Florida has worked to complete the CHA and CHIP for Holmes County. The new CHIP was completed April 2016. The community partnership has met quarterly, and monthly at times throughout the process. Upon completion of the CHIP, the task force worked to establish action plans to address the needs identified in the CHIP. The annual review took place August 16, 2018. This document highlights the work of the partnership and their accomplishments.

Overview of the Community Health Improvement Plan (CHIP)

In January 2016, the Department of Health in Holmes County convened the CHIP Planning Team. The Planning Team facilitated the CHIP process through using the National Association of City and County Health Officials' Mobilizing for Action through Planning and Partnership (MAPP) strategic planning model. Subject matter experts from across a diverse group of partners conducted the four assessments suggested by the MAPP process. Individually, the assessment yielded in-depth analyses of factors and forces that impact population health. Taken together, the assessment findings contribute to a comprehensive view of health and quality of life in Holmes County.

The Florida Department of Health in Holmes County and community health partners met together for the purpose of evaluating the health status of the citizens of the Holmes County area in order to develop health improvement interventions. The goal of these partners was to develop and implement comprehensive, community-based health promotion and wellness programs in the Holmes County area and provide a forum where members may join together to plan, share resources, and implement strategies and programs to address the health care needs of citizens.

The NACCHO MAPP model for community health planning was used, which provides a strategic approach to community health improvement. This model utilizes six distinct phases:

1. Partnership development and organizing for success
2. Visioning
3. The Four MAPP assessments
 - Community Health Status Assessment
 - Community Strength and Themes Assessment
 - Local Public Health System Assessment
 - Forces of Change Assessment
4. Identifying strategic issues
5. Formulating goals and strategies
6. Action (program planning, implementation, and evaluation)

STRATEGIC ISSUE AREA	GOAL
Healthy Lifestyle and Chronic Disease Prevention	<ol style="list-style-type: none"> 1. Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices 2. Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.
Behavioral Health (including Mental Health, Substance Abuse, and Domestic Violence)	<ol style="list-style-type: none"> 1. Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their community.

Summary of CHIP Annual Review

Strategic Issue Area #1: Healthy Lifestyle and Chronic Disease Prevention

The overall goal of the strategic issue area of healthy lifestyle and chronic disease prevention is to enhance quality of life through obesity reduction, chronic disease prevention, and tobacco cessation and reduction in Holmes County. Partnership between the Holmes County School Board, Holmes County Schools, Holmes County community members, and DOH-Holmes will be used to achieve the goal.

Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices

Strategy 1: Implement one 5K race in Holmes County. **COMPLETED**

Strategy 2: Research other health programs that include physical activity as a component. **COMPLETED**

Strategy 3: Support implementation of Healthy Start walking program (Baby, Let's Move). **DELETED**

Strategy 4: Partner with public libraries to implement Take Off Pounds Sensibly (TOPS) programs in Holmes County. **COMPLETED**

Strategy 5: Research other nutrition class options to provide in Holmes County. **COMPLETED**

Strategy 6: Provide educational nutrition display at annual local 5K race. **COMPLETED**

Strategy 7: Research other counties' implementation of 5-2-1-0 or similar local healthy lifestyle promotion campaigns. **COMPLETED**

Strategy 8: Implement the National Diabetes Prevention Program in Holmes County. **COMPLETED**

Strategy 8: Partner with lead agencies in Holmes County to create an implementation plan for the 5-2-1-0 or similar local healthy lifestyle promotion campaign. **COMPLETED**

Key Partners: Holmes County School Board, Holmes County Schools, Holmes County Public Library, S.W.A.T., faith-based organizations, Big Bend AHEC, FDOH, and task force members

Objective	Indicator	Current Level	Target	Status	Explanation of Status*
By April 30, 2021, increase the percent of adults who engage in aerobic physical activity at least moderate intensity for at least 150 minutes per week, or 75 minutes per week of vigorous activity, or an equivalent combination from 38.1% to 41.1%.	Adults who engage in aerobic physical activity FL CHARTS, 2016	38.2%	41.1%		Completed 5K, continue to promote 5-2-1-0 campaign, and partnered with faith-based organizations to promote increased activity.
By April 30, 2021, decrease the percent of adults who are obese from 30.7% to 27.7%.	Adults who are obese FL CHARTS, 2016	32.4%	27.7%		Completed 5K, continue to promote 5-2-1-0 campaign, and partnered with faith-based organizations to promote increased activity.
By April 30, 2021, increase the percent of adults in Holmes	Adults who consume three or more servings of vegetables per day FL CHARTS, 2015	10%	12%		Educational nutritional display was at 5K.

County who consume three or more servings of vegetable per day from 10% to 12%.					
By April 30, 2021, decrease the percent of students without sufficient vigorous physical activity from 29.9% to 27.9% in middle school and from 36.7% to 34.7% in high school.	Percent of middle and high school students without sufficient vigorous physical activity FL CHARTS, School-Aged Child and Adolescent Profile, 2015	67.5% (middle school) 76.4% (high school)	27.9% (middle school) 34.7% (high school)		This was worked on by the community task force in 2017. The group decided to partner with faith-based organizations to promote 5-2-1-0 and work on increasing physical activity in middle and high school age youth.
By April 30, 2021, decrease the percent of students reporting BMI at or above 95th percentile from 14.5% to 11.5% in middle school and from 14.4% to 11.4% in high school.	Percentage of students reporting BMI at or above 95 th percentile FL CHARTS, School-Aged Child and Adolescent Profile	14.1% (middle school) 14.1% (high school)	11.5% (middle school) 11.4% (high school)		This was worked on by the community task force in 2017. The group decided to partner with faith-based organizations to promote 5-2-1-0 and work on increasing physical activity in middle and high school age youth.

Status indicators are as follows:

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

Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.

Strategy 1: Increase the number of people trained to conduct cessation classes. **COMPLETED**

Strategy 2: Make cessation classes available on a routine basis with options available in both the day (around lunch hour) and evening. **COMPLETED**

Strategy 3: Assess the number of healthcare providers who are screening for tobacco use and determine what resources providers use to help people quit.

Strategy 4: Increase the number of providers who are screening for tobacco use.

Strategy 5: Host a health fair in schools/day cares. **COMPLETED**

Strategy 6: Involve youth in planning and implementing tobacco observances activities (e.g., Through with Chew, Great American Smoke Out, Kick Butts Day). **COMPLETED**

Strategy 7: Implement at least 2 tobacco observances activities at each school in Holmes County each year. **COMPLETED**

Key Partners: Holmes County School Board, Holmes County Schools, S.W.A.T., Faith-Based Organizations, Big Bend AHEC, FDOH, and task force members

Objective	Indicator	Current Level	Target	Status	Explanation of Status*
By 2021, reduce the current smoking rate among adults from 23.8% to 20.8% and reduce the use of smokeless tobacco products.	Current smoking rates among adults and the use of smokeless tobacco products. BRFSS, 2016	20.2%	20.8%		Increasing the number of people trained to teach tobacco cessation and ensuring cessation classes are available on a routine basis have been completed.
By December 31, 2021, reduce the percentage of youth (ages 10-17)	Youth that have used cigarettes in their lifetime Florida Youth Substance Abuse Survey (FYSAS)	29.5%	27.5%		Involving youth in tobacco cessation activities has been completed. Also, two observances

that have used cigarettes in their lifetime from 29.5% to 27.5%.					have been completed in schools. In addition, promoting Quitline number and cessation classes.
By December 31, 2021, reduce the percentage of youth (ages 11-17) that have used smokeless tobacco on one or more of the past 30 days from 12.9% to 9.9%.	Percentage of youth that have used smokeless tobacco on one or more of the past 30 days 2014 Florida Youth Tobacco Survey	8.8%	9.9%		Involving youth in tobacco cessation activities has been completed. Also, two observances have been completed in schools. In addition, promoting Quitline number and cessation classes.

Status indicators are as follows:

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

Strategic Issue Area #2: Behavioral Health (including Mental Health, Substance Abuse, and Domestic Violence)

The overall strategic area of behavioral health aims to improve mental health, substance abuse, and domestic violence in Holmes County. To accomplish the goal, a collaborative effort will be required by the task force and many organizations.

Goal: Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their community.

*Strategy 1: Create a behavioral resource list which includes services, support groups, etc. that are available in Holmes County. **COMPLETED***

Strategy 2: Partner with organizations to provide stress management classes.

Strategy 3: Research capacity of faith based organizations to provide behavioral health support.

Strategy 4: Support the implementation of the Mental Health First Aid 101 program as conducted by System of Care, Circuit 14. **COMPLETED**

Strategy 5: Partner with Green Dot program to provide education, bystander prevention. **COMPLETED**

Strategy 6: Partner with Healthy Start to educate women on domestic violence.

Strategy 7: Partner with the Holmes County Sheriff's Office to provide community education. **COMPLETED**

Strategy 8: Promote abuse hotline at events throughout Holmes County.

Strategy 9: Partner with school district to utilize resource officers as substance abuse educators in high schools.

Strategy 10: Partner with CARE to educate students on the dangers of drugs and alcohol in middle school. **COMPLETED**

Strategy 11: Bring educational speaker to each school in Holmes County. **COMPLETED**

Key Partners: Task force members, Holmes County School Board, Holmes County Schools, focus group members, Green Dot program, Life Management, CARE, faith-based organizations, county government, and community partners.

Objective	Indicator	Current Level	Target	Status	Explanation of Status
By December 31, 2021, reduce the suicide death rate in Holmes County from 21.3 per 100,000 population to 20.3 per 100,000 population.	Suicide death rate FL Charts, 2016	16.8 per 100,000	20.3 per 100,000		Created resource guide. In addition, working to promote suicide prevention hotline number.
By December 31, 2021, reduce the percent of Holmes County adults reporting poor mental health on 14	Percent of Holmes County adults reporting poor mental health on 14 or more of the past 30 days FL CHARTS, 2016	12.3%	12.7%		

or more of the past 30 days from 13.2% to 12.7%.					
By April 30, 2021, decrease the domestic violence offense rate from 694 offenses per 100,000 population to 619 per 100,000 population.	Domestic violence offense rate FL Charts, 2015	730.8 per 100,00	619 per 100,000		The objective was part of the new CHIP completed at the end of April 2016. Due to the newly developed CHIP, there has been insufficient time to make progress. A major goal over the past year was to complete the process for the development of a new CHA and CHIP for Holmes County. This objective was a result of months of discussion, planning, and reviewing surveys.
By April 30, 2021, increase the proportion of adolescents who perceive a great risk of harm from trying marijuana from 37.9% to 39.9%.	Proportion of adolescents who perceive a great risk of harm from trying marijuana Florida Youth Substance Abuse Survey (FYSAS)	37.9%	39.9%		The objective was part of the new CHIP completed at the end of April 2016. Due to the newly developed CHIP, there has been insufficient time to make progress. A major goal over the past year was to complete the process for the development of a new CHA and CHIP for Holmes County. This objective was a result of months of discussion,

					planning, and reviewing surveys.
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Status indicators are as follows:

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

Revisions

The task force continues to work towards completion of the strategies above. In 2019, there were no revisions to the CHIP since the CHIP group decided to work on objectives that were not complete. Therefore, nothing was added nor deleted. The only change was data update to current data and the status of objectives.

Accomplishments

Goal	Objective	Accomplishment
<p>1. Implement the National Diabetes Prevention Program (NDPP) in Holmes County</p>	<p>By April 30, 2021, increase the percent of adults who engage in aerobic physical activity at least moderate intensity for at least 150 minutes per week, or 75 minutes per week of vigorous activity, or an equivalent combination from 38.1% to 41.1%.</p> <p>By April 30, 2021, decrease the percent of adults who are obese from 30.7% to 27.7%.</p>	<p>A community partner from the partnership took training to become a NDPP Lifestyle Prevention Coach and is currently offering classes. Holmes/Washington have five NDPP Lifestyle Coaches. One NDPP coach is a community task force member. In 2019, we lost one NDPP coach but had another staff trained recently. We are working on a contract with Solera. At the end of 2019, a plan was developed to strengthen the internal referral system and the external referral system. In addition, partnership with Big Bend AHEC has helped continue diabetes self-management (DSME) classes.</p>
<p>2. Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities.</p>	<p>Reduce the suicide death rate</p>	<p>A flyer with all domestic violence services listed was created and distributed in the community and to the Sheriff's Department. Partners from the Healthy Holmes Task Force helped distribute the flyer as well.</p>

Partners are the key to the success of the community task force. By aligning and coordinating efforts across various partners and sectors, efforts and improvements in health are amplified. With many community partners, the community task force is better positioned to tackle various health issues collaboratively to ensure residents live longer and healthier lives. Through the utilization of the task force, the Holmes County CHA and CHIP 2016-2021 were completed.

Conclusion

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

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

Quarterly and Annual Review:

Each quarter, the Healthy Holmes Task Force meets to work on CHIP objectives through development and implementation of action plans and review of data. Each quarterly meeting has an agenda, minutes, and an evaluation for those attending to complete. In addition, there are action plans that are updated and discussed at the meeting. An annual review of data takes place each September. For the September 2019 meeting, task force members met and reviewed data along with the CHIP objectives. Included is the action plan that was completed in 2019.

Appendix A:
Action Plan

HOLMES COMMUNITY HEALTH IMPROVEMENT Plan (CHIP) 2016-2021

SMART Objective:	By December 31, 2021, reduce the suicide death rate in Holmes County from 21.3 per 100,000 population to 20.3 per 100,000 population. *Current data 16.8	Date: September 12, 2019 Data Source: FL CHARTS, County Health Status Summary *Aligns with HP2020 (refer to CHIP)
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PRIORITY ISSUE AREA 2: Behavioral Health (including Mental Health, Substance Abuse, and Domestic Violence)

Group Members: HHTF Members	Facilitator:	Karen Johnson
	Recorder:	Traci Corbin

GOAL:(Desired outcome) 2.1 Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities.

STRATEGY:(How to get desired outcome) 2.1.3 Provide citizens and organizations in Holmes County with information related to domestic violence services that are available for victims.

Major Milestone Activities/Action Steps <i>(What will be done?)</i>	Responsible Person <i>(Who will do it?)</i>	Completion Date <i>(When? Month/Yr.)</i>	Status <i>(Not started; on schedule; at risk; not on schedule complete)</i>	Progress Comments <i>(Describe progress; barriers; successes)</i>
Identify all available domestic violence victims services available in the area.	Valery Lawton	March 31, 2019	Completed	Valery identified the resources and presented at the March HHTF meeting.
Create a flyer with all domestic violence services listed.	Shelia Paul	April 30, 2019	Completed	
Distribute flyer in community.	Shelia Paul	May 15, 2019	Completed	
Provide copies of flyer to Sheriff's Department Victim's Advocate to place in the packet they give to all victims.	Shelia Paul	May 15, 2019	Working on	

How will you measure improvement?

CHARTS data

How will you continue to monitor the process?

Annual review

Appendix B:
Annual Review Agenda



**Florida Department of Health in Holmes County
Healthy Holmes Task Force Meeting
Doctors Memorial Hospital Conference Room
September 12, 2019, 12:00 – 2:00 p.m.
AGENDA**

Welcome/Call to Order - Introductions	Karen Johnson
- Annual Review	Karen Johnson
- Review priority areas and discuss future action plans CHIP Priority areas: 1. Healthy lifestyle and chronic disease prevention (obesity, poor nutrition/unhealthy eating, tobacco use, diabetes, high blood pressure, and heart disease) 2. Behavioral health (substance abuse, mental health, and domestic violence)	Karen Johnson
Community members to complete an evaluation of the meeting - Next meeting will be December 5th	Karen Johnson
Adjourn	Karen Johnson

Appendix C:
Annual Review Minutes and
PowerPoint



Florida Department of Health

Holmes County



Healthy Holmes Task Force – Community Meeting		
Date: 9/12/2019	Time: 12:00 – 2:00 p.m.	
Leader: Karen Johnson	Next Meeting: Dec. 5, 2019 @ DMH – 12:00 noon	
Recorder: Delicia Gainer		
Attendees: See attached Sign-in		
Purpose: Review Purpose of Healthy Holmes Task Force		
	Topic	Who?
1.0	Welcome	Karen Johnson
2.0	<p>Introductions</p> <p>Karen Johnson - FDOH Holmes/Washington, Health Officer and facilitator for HHTF Traci Corbin - FDOH Holmes/Washington, Accreditation Coordinator Valery Lawton - FDOH Holmes/Washington, Healthy Start Manager, could not be present – Friday, September 20th is National Child Passenger Safety Week. Healthy Start will have a limited supply of car seats for \$10 and will properly install them at the Piggly Wiggly in Bonifay from 4pm – 6pm. (See attached flyers) - Healthy Start and Moms in Bloom. Please refer any mom to Healthy Start and they will work to get them setup for classes. Delicia Gainer - FDOH Holmes – Recorder for HHTF Jordan Havath - School Social Worker, Holmes District Schools Nancy Williams - Victims Advocate, State Attorney's Office Shelia Paul - FDOH Holmes/Washington Healthy Babies, Community Liaison Susie Sewell - FDOH Holmes/Washington, Director of Nursing. October 22nd – Ebro Screenings at the Town Hall 9am-11am. Vision-Eye Center, Hearing-Aid clear hearing Steve Morgan, Glucose checks, BP checks and Flu vaccines, possibly Hepatitis A vaccines. Hepatitis A effect going at the CHDs. Free Hep A vaccines are being administered to high risk populations such as homeless, drug users, and jail population. Anyone that falls in these criteria can come into the CHD and get a free Hep A vaccine. Flu shots are in at the CHDs and hopefully we will get free flu vaccines through program 17. George Parsons - PanCare, Director of Business Health. Rolling out the Tele Home programs in the schools. In Holmes, currently doing the BK-8 and Ponce de Leon Elementary schools. Milton Brown - FDOH Holmes/Washington, Green DOT/Violence Prevention Program Shelley Berry - Doorways of NWFL Outreach. Will assist people who are in need of housing. Community Recovery Center (CRC) at the Bay County library (see attached flyer). Catherine Wynne - Big Bend Community Base Care. Trying to get mental health in the schools so the kids can have someone to talk to when they are having problems. Christmas in Esto will be 12/7/19. If anyone is interested in setting up a table to distribute flyers or information, please contact Catherine by email at wynne_catherine@yahoo.com Courtney Hill - Life Management Center, MRT for Washington County Tara Oswald - Life Management Center, MRT for Jackson County Allison Hausner - Life Management Center, MRT for Holmes County. Will be updating the website soon to serve parents with mobile response. Joanna Juels - Life Management Center, MRT work with all counties Melanie Spradlin - FDOH Holmes County, Tobacco Prevention. Works mainly with the youth. If anyone has an event for them to attend or need help volunteering, contact Melanie. Emily Kohler - Big Bend AHEC, offer tobacco cessation classes throughout the counties for a total of 14 counties. Cecilia Spears - Early Learning Coalition of NWFL – partnered with Save the Children and will be focusing on Sheltering from The Storm (see attached flyer) on October 19th 8:30a.m. - 2:30p.m. at the First Baptist Church in Bonifay. Extending an invitation to any and all caregivers. Chris Lauen - FDOH Holmes County, Tobacco Prevention. Will be at the Holmes County</p>	

	<p>Outdoor Expo on 9/14/19. Will participate in the upcoming Rodeo Oct 3rd - 5th. Jace Albury - FDOH Holmes County, Environment Health Manager Becky Marsh - Holmes County Public Library. Currently the Assistant Director and will soon be the Director upon Susan Harris retirement at the end of September. Wants to be the hub for the community to offer information to the public as needed. Tara Nix - Coordinator of New Vision at DMH. The program helps individuals coming off alcohol and drugs. All insurances are welcomed. Please send anyone who needs help with detox.</p>	
<p>3.0</p>	<p>Review CHIP Priorities</p> <ul style="list-style-type: none"> - This meeting is to review annual updates to determine where we are at, what have we accomplished, and what do we need to look at in the future. (see attached Holmes County 2018-2019 CHIP Annual Update) - Part of why the CHD does Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) is to meet accreditation standards required by PHAB. - Priority Issues in the county are Healthy Lifestyle & Chronic Disease Prevention and Behavioral Health. - Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices. Smart Objectives are in place to be met by April 30, 2021. <ul style="list-style-type: none"> • Increase the percent of adults who engage in aerobic physical activity per week. Goal : 41.1% 2016: 38.1% Sept 2019: 38.2% • Decrease the proportion of adults who are obese. Goal: 27.7% 2016: 30.7% Sept 2019: 32.4% • Increase the percent of adults in Holmes County who consume 3 or more servings of vegetable per day. Goal: 12% 2016: 10% Sept 2019: 10% • Decrease the percent of students without sufficient vigorous physical activity in middle school (MS) and high school (HS). MS Goal: 27.9% MS 2016: 29.9% MS Sept 2019: 67.5% HS Goal: 34.7% HS 2016: 36.7% HS Sept 2019: 76.4% • Decrease the percent of students reporting BMI at or above 95th percentile in middle school (MS) and high school (HS). MS Goal: 11.5% MS 2016: 14.5% MS Sept 2019: 18.4% HS Goal: 11.4% HS 2016: 14.4% HS Sept 2019: 16.6% <p>Actions in 2018-19 - five facilitators (Karen Johnson, Melissa Medley, Traci Corbin, Susie Sewell, and Tracey Long) are offering Lifestyle Change Diabetes Prevention Programs (DPP) and have reached 117 people from Oct 2018-June 2019 to help people lose weight and be active and has a total of 300+ lbs. of weight loss between Holmes & Washington, promoted Take Off Pounds Sensibly (TOPS) in the local paper, annual Heart Walk at DMH 2/22/19, and CHD staff participated in the annual Carmel Church Senior Health Fair and provided education 3/5/19.</p> <ul style="list-style-type: none"> - Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure. Smart Objectives are in place to be met by December 31, 2021. <ul style="list-style-type: none"> • Reduce the current smoking rate among adults by. Goal:20.8% 2016: 23.8% Sept 2019: 20.2% • Reduce the percent of youth (10-17) that have used cigarettes in their lifetime. Goal: 27.5% 2016: 29.5% Sept 2019: 19.4% • Reduce the percent of youth (11-17) that have used smokeless tobacco on one or more of the past 30 days. Goal: 9.9% 2016: 12.9% Sept 2019: 13.6% <p>Actions in 2018-19 - partnered with AHEC to increase referrals to tobacco cessation classes, SWAT/DOH provided information to community and students at various events, and school nurses coordinated a health fair at Bethlehem school 4/26/19.</p>	<p>Karen Johnson</p>

- **Goal:** Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities. Smart Objectives are in place to be met by April 30, 2021 and December 31, 2021.
 - Reduce the suicide death rate in Holmes County per 100,000 population by December 31, 2021. Goal: 20.3% 2016: 21.3% Sept 2019: 11.90% This number will continue to improve with MRT available and other programs in the schools.
 - Reduce the percent of Holmes County adults reporting poor mental health on 14 or more of the past 30 days by December 31, 2021. Goal: 12.7% 2016: 13.2% Sept 2019: 12.30%
 - Decrease the domestic violence offense rate per 100,000 population by April 30, 2021. Goal: 619 2016: 694 Sept 2019: 534.2
 - Increase the proportion of adolescents who perceive a great risk of harm from trying marijuana by April 30, 2021. Goal: 39.9% 2016: 37.9% Sept 2019: 37.9%

Actions in 2018-19 - Greg Sallas, with Holmes District Schools, educated HHTF members on Safer Schools 12/6/18, Amy Riley, with Chipola Healthy Start, educated HHTF members on domestic violence resources 3/7/19, a domestic violence flyer was developed and sent to all agencies involved with HHTF to use when working with domestic violence victims, Allison Hausner, with Life Management Center, presented to HHTF 6/6/19 an action plan developed to collect information on mobile response teams, and HHTF members participated in the Tri-County Coalition/System of Care meetings.

- Next Steps are to look at future action plans related to the goals.
- Melanie, E-Cigs/JUULS are a big issue. Tobacco numbers for cigarettes have decreased but it is due to the youth using the smokeless tobacco which numbers have increased.
- Milton suggest educating parents and teachers because some have no clue what the E-Cigs/JUULS look like. JUULS can be easily mistaken as a thumb drive.
- Karen suggest sending out a flyer with information of all the dangers of E-Cigs/JUULS. Emily Kohler will send Karen a flyer. Karen will send the flyer out to all HHTF members to decide if they would like to distribute them to help educate the community. These devices are causing pulmonary issues and has even caused strokes in some people. At this time, it has not been pinpointed as to what is causing these issues whether it be the unknown chemicals, long term use, or a change in the chemicals. Emily said there is a lack of regulations because they can be sold almost anywhere without knowing how they are being manufactured or what is being put into them. Milton said finances are not a problem because the generic brands are being sold as low as .99 cents. Karen will add educating the community to the Action plans.
- Allison is working on outreach material to educate the community about the warning signs of suicide. Allison will send Karen material to send out. There is not a set date, but they plan to organize a walk for National Suicide Survivor Day in November at Middlebrooks Park that will end with a candlelight vigil. Allison will provide more information as it becomes available.
- Jordan said one of the intervention measures in place in the school systems is the state mandated Youth Mental Health First Aide training for all teachers and school staff. They have about 80% staff trained in this district. It helps staff to recognize signs and symptoms of mental illness, signs of suicide, and how to talk to a student. Tier one interventions in place for teachers to do daily check-ins with students. They have already seen check-ins, there was a student with thoughts of suicide, and he/she was able to get assistance from MRT. Florida has a mandate out for students from grades 6th -12th requiring them to have 6 hours of mental health training and education. They can have people trained or facilitate trainings to do a



	train the trainer and eventually be able to offer training to the community. Jordan, Greg and Rhonda are Mental Health First Aide trainers. They have talked about partnering with pastors/youth pastors in the community. Karen will add Mental Health First Aide training to the Action plan.	
6.0	Next Meeting	Karen Johnson
	▶ December 5, 2019 @ DMH – 12:00 noon	
	Evaluation Forms	Karen Johnson

Holmes County 2018-19 CHIP Annual Update



Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP)

- A community health assessment (sometimes called a CHA), refers to a state, tribal, local, or territorial health assessment that identifies key health needs and issues through systematic, comprehensive data collection and analysis.
- A community health improvement plan is a long-term, systematic effort to address public health problems in a community. The plan is based on the results of community health assessment activities, and is part of a community health improvement process.
- Healthy Holmes Task Force (HHTF) completed the CHA & CHIP in 2016.

Community Health Improvement Plan (CHIP)

Priority Issues

- Healthy Lifestyle & Chronic Disease Prevention
(including Obesity, Poor Nutrition/Unhealthy Eating, Tobacco Use, Diabetes, High Blood Pressure, and Heart Disease)
- Behavioral Health
(including Substance Abuse, Mental Health, and Domestic Violence)



Health Issue Priority: Healthy Lifestyle & Chronic Disease Prevention

- Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices.
 - SMART Objective: By April 30, 2021, increase the percent of adults who engage in aerobic physical activity of at least moderate intensity for 150 minutes per week, or 75 minutes per week of vigorous activity, or an equivalent combination from 38.1% to 41.1%. **Rate as of Sept. 2019: 38.2%**
 - SMART Objective: By April 30, 2021 decrease the proportion of adults who are obese from 30.7% to 27.7%. **Rate as of Sept. 2019: 32.4%**
 - SMART Objective: By April 30, 2021, increase the percent of adults in Holmes County who consume three or more servings of vegetables per day from 10% to 12%. **Rate as of Sept. 2019: 10%**
 - SMART Objective: By April 30, 2021 decrease the percent of students without sufficient vigorous physical activity from 29.9% to 27.9% in middle school and from 36.7% to 34.7% in high school. **Rate as of Sept. 2019: 67.5% MS & 76.4% HS**
 - SMART Objective: By April 30, 2021 decrease the percent of students reporting BMI at or above 95th percentile from 14.5% to 11.5% in middle school and from 14.4% to 11.4% in high school. **Rate as of Sept. 2019: 18.4% MS & 16.6% HS**
- **Actions in 2018-19:**
 - Lifestyle Change Diabetes Prevention Programs (DPP) offered by five facilitators reached 117 people from Oct. 2018 –June 2019
 - One DPP participant and one diabetic gave a testimonial on Facebook
 - Promoted Take Off Pounds Sensibly (TOPS) through public service announcement in local paper
 - Doctors Memorial Hospital sponsored annual Heart Walk 2/22/19
 - Health Department staff participated in annual Carmel Church Senior Health Fair and provided education 3/5/19



Health Issue Priority: Healthy Lifestyle & Chronic Disease Prevention

- Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.
 - SMART Objective: By 2021, reduce the current smoking rate among adults from 23.8% to 20.8% and reduce use of smokeless tobacco products. **Rate as of Sept. 2019: 20.2%**
 - SMART Objective: By December 31, 2021, reduce the percent of youth (ages 10-17) that have used cigarettes in their lifetime from 29.5% to 27.5%. **Rate as of Sept. 2019: 19.4%**
 - SMART Objective: By December 31, 2021, reduce the percent of youth (ages 11-17) that have used smokeless tobacco on one or more of the past 30 days from 12.9% to 9.9%. **Rate as of Sept. 2019: 13.6%**
- **Actions in 2018-19:**
 - Partnered with AHEC to increase referral to tobacco cessation classes
 - Students Working Against Tobacco (SWAT)/DOH Tobacco Program provided information to the community and students at various events
 - School nurses coordinated a health fair at Bethlehem school 4/26/19

Health Issue Priority: Behavioral Health (including Mental Health, Substance Abuse, & Domestic Violence)

- Goal: Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities.
 - SMART Objective: By December 31, 2021, reduce the suicide death rate in Holmes County from 21.3 per 100,000 population to 20.3 per 100,000 population. **Rate as of Sept. 2019: 11.90%**
 - SMART Objective: By December 31, 2021, reduce the percent of Holmes County adults reporting poor mental health on 14 or more of the past 30 days from 13.2% to 12.7%. **Rate as of Sept. 2019: 12.30%**
 - SMART Objective: By April 30, 2021, decrease the domestic violence offense rate from 694 offenses per 100,000 population to 619 per 100,000 population. **Rate as of Sept. 2019: 534.2**
 - SMART Objective: By April 30, 2021, increase the proportion of adolescents who perceive a great risk of harm from trying marijuana from 37.9% to 39.9%. **Rate as of Sept. 2019: 37.9%**
- **Actions in 2018-19:**
 - Educated Healthy Holmes Task Force(HHTF) members on Safer Schools 12/6/18 per Greg Sallas, Holmes District Schools
 - Educated HHTF members on domestic violence resources 3/7/19 per Amy Riley, Chipola Healthy Start
 - Developed a domestic violence resource flyer and sent to all agencies involved with HHTF so they could use them when working with domestic violence victims.
 - Developed action plan to collect information on mobile response teams. Presentation to HHTF 6/6/19 by Allison Hausner, Life Management Center
 - HHTF members participate in the Tri-County Coalition/System of Care meetings.

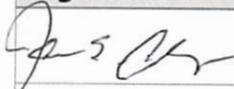
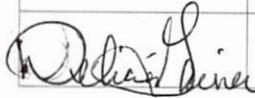
Next Steps?

- Discuss future action plans related to the goals:
 - Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices.
 - Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure.
 - Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities.
- Complete meeting evaluation
- Next meeting date is December 5th

Appendix D:
Annual Review Sign-In Sheet

COMMUNITY PARTNERS

Project:	Healthy Holmes Task Force	Meeting Date:	09/12/2019
Facilitator:	Karen Johnson	Place/ Room:	Doctors Memorial Hospital

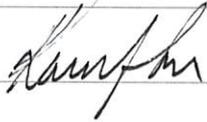
Signature	Name	Agency	E-Mail Address	Phone #
	Albury, Jace	FDOH	Jace.Albury@flhealth.gov	850-614-6039
	Baker, JoAnn	DMH	joann.baker@doctorsmemorial.org	850-547-8001
	Blevins, Allison	FDOH HOLMES/WASHINGTON	Allison.blevin@flhealth.gov	850-481-2313
	Blitch, Brenda	FDOH HOLMES/WASHINGTON	Brenda.Blitch@flhealth.gov	850-408-2233
	Bush, Carmen	HCSB	bushc@hdsb.org	850-547-9341 x 1253
	Carnley, Donna J.	Early Learning Coalition Calhoun/Liberty County	donna.carnley@elcofnwflorida.org	850-373-7761
	Collins, Kristin	HOMLES COUNTY PREGNANCY & FAMILY CENTER	Shalompones3@g.mail.com	850-547-5213
	Connell, Steve	HOLMES COUNTY EMS	sconnell@holmescountyfl.org	850-547-4898
	Corbin, Traci	FDOH HOLMES/WASHINGTON Chronic Disease	Traci.Corbin@flhealth.gov	850-614-6060 850-845-5062
	Corbus, Judy	UF/IFAS Holmes Co. Extension	JLCorbus@ufl.edu	850-547-1108
	Crawson, Niki	Holmes County 4-H	ncrawson@ufl.edu	850-547-1108
	Eldridge, Jennifer	FDOH HOLMES	Jennifer.eldridge@flhealth.gov	850-614-6044
	Gainer, Delicia	FDOH HOLMES	Delicia.gainer@flhealth.gov	850-614-6059

Wylene

BB@BC

COMMUNITY PARTNERS

Project:	Healthy Holmes Task Force	Meeting Date:	09/12/2019
Facilitator:	Karen Johnson	Place/ Room:	Doctors Memorial Hospital

Signature	Name	Agency	E-Mail Address	Phone #
	Glass, Terri	Covenant Hospice	terriglass@covenanthospice.org	850-482-8520
	Golder, Sean	PanCare	sgolder@pancarefl.org	
	Harris, Susan	Holmes County Library	director@myhcpl.org	850-547-3573
	Harrison, Theresa	Chipola Healthy Start	tharrison@chipolahealthystart.org	850-482-1236
	Hill, Mike	PanCare	mhill@pancarefl.org	
	Jackson, Cyndi	TCCC	baseoneholmes@yahoo.com	850-547-3688
	Johnson, Greg	Holmes County Sheriff's Office	Johnsong@holmescosheriff.org	850-547-4421
	Johnson, Karen	FDOH HOLMES/WASHINGTON	Karen.Johnson3@flhealth.gov	850-614-6065 850-845-5070
	Kelley, Ruth	TCCC Head Start	ruth@tricountyheadstart.com	850-548-9900 850-892-6144
	Lauen, Christopher	FDOH HOLMES-Tobacco	Christopher.Lauen@flhealth.gov	850-614-6070
	Lawton, Valery	FDOH HOLMES/WASHINGTON Healthy Start	Valery.Lawton@flhealth.gov	850-614-6042
	Lee, Missy	Department of Children and Families	mylisa_lee@dcf.state.fl.us	850-596-3288

COMMUNITY PARTNERS

Project:	Healthy Holmes Task Force	Meeting Date:	09/12/2019
Facilitator:	Karen Johnson	Place/ Room:	Doctors Memorial Hospital

Signature	Name	Agency	E-Mail Address	Phone #
	Long, Tracey	DMH	tracey.long@doctorsmemorial.org	850-547-8003
	Mathews, Preston	AHEC	pmathews@bigbendahec.org	386-956-5788
	Medley, Melissa	FDOH	Melissa.medley@flhealth.gov	850-614-6071
	Miller, Charlene	DJJ	charlene.miller@djj.state.fl.us	850-482-9618
	Murphy, Caitlin	Health Planning Council of Northeast Florida	Cmurphy282@gmail.com	
	Owens, Shirley	Holmes County School Board Member	owenss@hdsb.org	850-373-8621
	Parsons, George	PanCare	gparsons@pancarefl.org	850-814-6995
	Patterson, BJ	Bonifay Nursing and Rehab	Bfdon2@southerltc.com	850-547-9289 x7602
	Paul, Shelia A	FDOH HOLMES/WASHINGTON	Shelia.paul@flhealth.gov	850-614-6055
	Pettis, Julie	Emerald Coast Hospice	Julie.pettis@gentiva.com	850-638-8787 850-526-3577
	Powell, Cheryl		cherylpowell@gulfcoastcac.us	
	Ramirez, Mona	PAEC	Ramirez@paec.org	850-638-1310
	Riley, Amy	Healthy Start	ARiley@ChupolaHealthyStart.org	

COMMUNITY PARTNERS

Project:	Healthy Holmes Task Force	Meeting Date:	09/12/2019
Facilitator:	Karen Johnson	Place/Room:	Doctors Memorial Hospital

Signature	Name	Agency	E-Mail Address	Phone #
<i>Jordan Havath</i>	Sallas, Greg	Holmes District Schools	Greg.Sallas@Hdsb.org	850-547-9341 x1237
<i>Susie Sewell</i>	Sewell, Susie	FDOH HOLMES/WASHINGTON	Susie.Sewell@flhealth.com	850-614-6064 850-845-5068
	Shelby, Heather	Gentiva	heather.shelby@gentiva.com	850-557-1782
<i>Melanie</i>	Spradlin, Melanie	FDOH	Melanie.spradlin@flhealth.gov	850-614-6069
	Tate, John	Holmes County Sheriff	tatej@holmescosheriff.org	850-547-4421
	Wells, Chris	Bonifay Chief of Police	chiefwells@bonifaypolice.com	850-547-3681
	Wing, Ann	Big Bend Community Based Care	ann.wing@bigbendcbc.org	850-481-5797
	Wynne, Catherine	BBCBC/C.A.S.E.	Wynne_catherine@yahoo.com	850-263-4733
	Yates, Ken	Community	kenyates@embarqmail.com	850-547-3555
	Kohler, Emily	Big Bend ATTEC	ekohler@bigbendathec.org	850-224-1177
<i>Cecilia Spears</i>	Cecilia Spears	Early Learning Coalition 7 counties including Holmes + Washington	Cecilia.spears@eknwf.org	850-747-5400 ext 302
<i>Nancy Williams</i>	Nancy Williams	SAD	Nancy.Williams@SA14.FL.gov	850-547-2262
<i>Milton Braun</i>	Milton Braun	FDOH	ahausner@meccares.org	704-6404

Allison Hausner LMC MRT
Joanna Juels LMC MRT
Tara Oswald LMC MRT
Courtney Hill LMC MRT

COMMUNITY PARTNERS

Project:	Healthy Holmes Task Force	Meeting Date:	09/12/2019
Facilitator:	Karen Johnson	Place/ Room:	Doctors Memorial Hospital

Signature	Name	Agency	E-Mail Address	Phone #
<i>Jara Nix</i>	Jara Nix	New Vision	<i>tnix@specialcarecep.com</i>	850-547-8092
<i>Greg Johnson</i>	Greg Johnson	HCSO	<i>johnsong@holmeso.org</i>	850-547-4421
<i>Shelley Berry</i>	Shelley Berry	Doorways of Hope	<i>outreach@doorwaysnwfl.org</i>	850-630-9082

Appendix E:
Annual Review Evaluation

Community Engagement Survey

Healthy Holmes Task Force, Doctors Memorial
Hospital, September 12, 2019, 12:00-2:00 p.m.



Meeting: _____

My opinions were valued during this meeting.

Strongly Disagree Disagree Agree Strongly Agree

There was enough time for me to provide input during the meeting.

Strongly Disagree Disagree Agree Strongly Agree

The topics discussed during the meeting met the needs of my community.

Strongly Disagree Disagree Agree Strongly Agree

The meeting time and location met my needs.

Strongly Disagree Disagree Agree Strongly Agree

Based on your experience, how likely are you to return to another meeting?

Not Likely Somewhat Likely Likely Very likely

Please list additional needs for your community that were not discussed today:

If you would like us to follow up with you please provide your

Name/Email: _____

Phone Number: _____

We value your input!

Community Engagement Survey

Healthy Holmes Task Force, Doctors Memorial
Hospital, September 12, 2019, 12:00-2:00 p.m.



Meeting: _____

My opinions were valued during this meeting.

Strongly Disagree Disagree Agree Strongly Agree

There was enough time for me to provide input during the meeting.

Strongly Disagree Disagree Agree Strongly Agree

The topics discussed during the meeting met the needs of my community.

Strongly Disagree Disagree Agree Strongly Agree

The meeting time and location met my needs.

Strongly Disagree Disagree Agree Strongly Agree

Based on your experience, how likely are you to return to another meeting?

Not Likely Somewhat Likely Likely Very likely

Please list additional needs for your community that were not discussed today:

If you would like us to follow up with you please provide your

Name/Email: _____

Phone Number: _____

We value your input!