



**UNION COUNTY  
COMMUNITY HEALTH IMPROVEMENT PLAN**

**2018 – 2021**

Revised March 2019



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## TABLE OF CONTENTS

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|   |    |
|---|----|
| Acknowledgements .....  | 1  |
| Executive Summary .....   | 2  |
| Using the Community Health Improvement Plan.....                                | 3  |
| Review of Union County Community Health Assessment .....                        | 4  |
| The MAPP Process.....   | 4  |
| MAPP Assessment.....  | 5  |
| Community Strengths & Themes Assessment.....                                    | 6  |
| Community Health Status Assessment.....   | 6  |
| How Does Union County Compare?.....   | 6  |
| Leading Causes of Death in Union County.....                                    | 7  |
| Identifying Priority Health Issues .....  | 8  |
| Top Health Issues Identified by Focus Groups .....                              | 8  |
| Health Priorities Identified by FDOH-Union and Union Health Advisory Group..... | 8  |
| Description of Priority Health Issues .....                                     | 9  |
| Healthy Lifestyle and Behaviors .....   | 9  |
| Obesity & Physical Activity.....  | 9  |
| Nutrition & the Food Environment.....   | 9  |
| Tobacco Use.....  | 10 |
| Chronic Lower Respiratory Disease.....  | 10 |
| Lung Cancer .....   | 11 |
| Maternal and Child Health .....   | 11 |
| Infant Mortality.....   | 11 |
| Teen Pregnancy .....  | 12 |
| Public Safety .....   | 12 |
| Overview of CHIP Process .....  | 13 |
| Appendix A. Union CHIP Action Plans .....                                       | 15 |
| Appendix B. References .....  | 24 |

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## ACKNOWLEDGEMENTS

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The Florida Department of Health-Union County would like to extend gratitude to the organizations and individuals that dedicated their valuable time to complete this Community Health Improvement Plan. Thanks to their efforts Union County is on the path to improving the health and well-being of its citizens.

- Santa Fe College Andrews Center
- QuitDoc Foundation
- Shands Starke Regional Medical Center
- Lake Butler Hospital
- ACORN Clinic
- Union County Housing Authority
- Well Florida Council
- Union County School Board
- Alachua County Victims Services& Rape Crisis Center
- Union County Emergency Medical Service
- Church of God by Faith
- Bradford-Union Technical Center
- Union County Telegraph
- North Central Florida Chamber of Commerce

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## EXECUTIVE SUMMARY

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With guidance from the WellFlorida Council, Union Health Advisory Group, and Community Partners; the Florida Department of Health in Union County (FDOH-Union) developed this Community Health Improvement Plan (CHIP) as part of ongoing efforts to improve health in Union County.

FDOH-Union in partnership with WellFlorida, a nonprofit research and development organization, championed a Community Health Assessment (CHA) to identify and prioritize health issues in Union County, utilizing a hybrid planning model - Mobilizing for Action through Planning and Partnerships (MAPP) Framework from the National Association of County & City Health Officials (NACCHO) and a grassroots mobilization campaign designed by WellFlorida. The CHA uses quantitative (e.g., disease incidence rates and mortality rates) and qualitative data (e.g., community input) to assess the health status of the community and determine which health issues will be the focus of health planning efforts for the next three to five years.

FDOH-Union, with guidance and input from Union Health Advisory Group and the community, decided the CHIP would focus on the following priority health issues after reviewing and discussing the data collected via the CHA:

- ❖ **Healthy Lifestyle & Behaviors** including obesity and related chronic diseases (e.g., diabetes and cancer), HPV vaccination, and tobacco and other substance use
- ❖ **Maternal & Child Health** including infant mortality and teen pregnancy
- ❖ **Public Safety** including unintentional injury, car seat usage, bike helmet usage, and water safety awareness

The purpose of the community health improvement planning process is to create goals, objectives, and strategies targeting the priority health issues identified in the CHA. To improve implementation and evaluation of the goals in this plan, FDOH Union decided to utilize a balanced scorecard approach, which identifies goals, objectives, and strategies and sets measurable targets to move the community health improvement process forward.

The targets and measures outlined in the CHIP Action Plans at the end of this document were carefully selected through intensive workgroups with FDOH-Union leadership that discussed all health issues. Many of the targets align with the national Healthy People 2020 initiative and with goals and objectives from the Florida State Health Improvement Plan. These national and statewide initiatives provide evidence-based benchmarks to track and monitor health, as well as best practices to guide health promotion and disease prevention efforts, which will ultimately help improve health outcomes in Union County.

During the next steps of the MAPP health planning cycle, FDOH-Union will continue to work to address the three priority health issues outlined above. FDOH-Union will plan for action, implement strategies, and evaluate progress. As a living document, the **2018 Union County Community Health Improvement Plan** is flexible and can accommodate changes or updates as needed. FDOH Union will re-assess and update the CHIP both quarterly and annually to best address the needs of the local community.

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# USING THE COMMUNITY HEALTH IMPROVEMENT PLAN

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The creation of the Community Health Improvement Plan (CHIP) for Union County serves as a reminder for how the collaboration between government officials, community leaders, public health professionals, and community advocates, as well as many other Union County participants, can build public health infrastructure, aid and guide planning, and ultimately improve the health outcomes of Union County. There are several suggested ways to use this CHIP to improve the well-being and quality of life for the Union County community:

## Community Resident

- Use this CHIP to compare your individual health with Union County's community health data
- Be an advocate in the community to support healthy lifestyles and behaviors
- Volunteer! Share your resources, time, or funding with your community
- Understand the top health priorities facing Union County



## Health Care Professional

- Understand the top health priorities facing Union County
- Inform your patients/clients of community resources listed in the CHIP
- Be a resource for the community whether it be expertise, funding, time, or support

## Faith-based Organization

- Understand the top health priorities facing Union County
- Use this plan to improve the overall health (mind, body, and spirit) of your community
- Identify opportunities for your community or members to support, encourage, or participate with CHIP-related activities

## Government Official

- Understand the top health priorities facing Union County
- Participate in community efforts as laid out in the CHIP strategies
- Engage with other government officials to inform and promote your community's health

## Educators

- Understand the top health priorities facing Union County
- Be a resource for the community whether it be expertise, funding, time, or support
- Engage the support of leaders, teachers, students, and parents

## Public Health Professionals

- Understand the top health priorities facing Union County
- Recognize how the Union County community compares with peer counties, Florida, and the U.S. population as a whole
- Be a resource for the community whether it be expertise, funding, time, or support

## Employers

- Understand the top health priorities facing Union County
- Educate your team/staff on the importance of employee wellness and productivity

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# REVIEW OF UNION COUNTY COMMUNITY HEALTH ASSESSMENT

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FDOH-Union maintains strong relationships with multiple health and social services providers throughout the community. With aid from these partners as well as WellFlorida, a nonprofit research and development organization, the 2017 Union County Health Assessment (CHA) was created. The CHA results from a collaborative, systematic process to collect, analyze, interpret and use data to inform and mobilize communities, develop priorities, gather resources, and create a plan of action to improve the public's health. The CHA process is the foundation for improving and promoting the health of Union County's residents. The information contained in this report collectively contributes to a comprehensive view of the health and quality of life of Union County residents.

The CHA used a hybrid planning model – the Mobilizing for Action through Planning and Partnerships (MAPP) Framework from the National Association of County & City Health Officials (NACCHO) and a grassroots mobilization campaign designed by WellFlorida. A MAPP Committee, known as the CHA Steering Committee, was formed by recruiting members from FDOH Union and included the quality assurance team from FDOH-Union, a WellFlorida consultant, and representatives from the community.

Primary source data were collected through June 2017, while secondary data analysis, focus groups, and key informant interviews were conducted July through September. Data were presented to the CHA Steering Committee in September, and community feedback was incorporated into the final report in October 2017. All the processes and strategies were designed and monitored by the CHA Steering Committee.

The CHA identifies priority health and quality of life issues through extensive data reviews via both primary and secondary data collection and analysis. Questions answered by the assessment include:

- *How healthy are our residents?*
- *What does the health status of our county look like?*
- *What strengths and opportunities exist to make Union County a healthy community?*
- *What can we do to improve the resources in our community?*

## The MAPP Process

The CHA Steering Committee created the Community Health Assessment using the Mobilizing for Action through Planning and Partnerships (MAPP) process, developed by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control (CDC), along with a grassroots mobilization campaign. MAPP is a community-driven, participatory process intended to bring together not only health care providers, but also mental health and social service agencies, public safety agencies, education and youth development organizations, recreation agencies, local governments, neighborhood associations, and civic groups to improve community health. By participating in the MAPP process, community stakeholders gain a greater awareness of their community and local health issues.

## MAPP Assessment

The MAPP process consists of four major assessments:

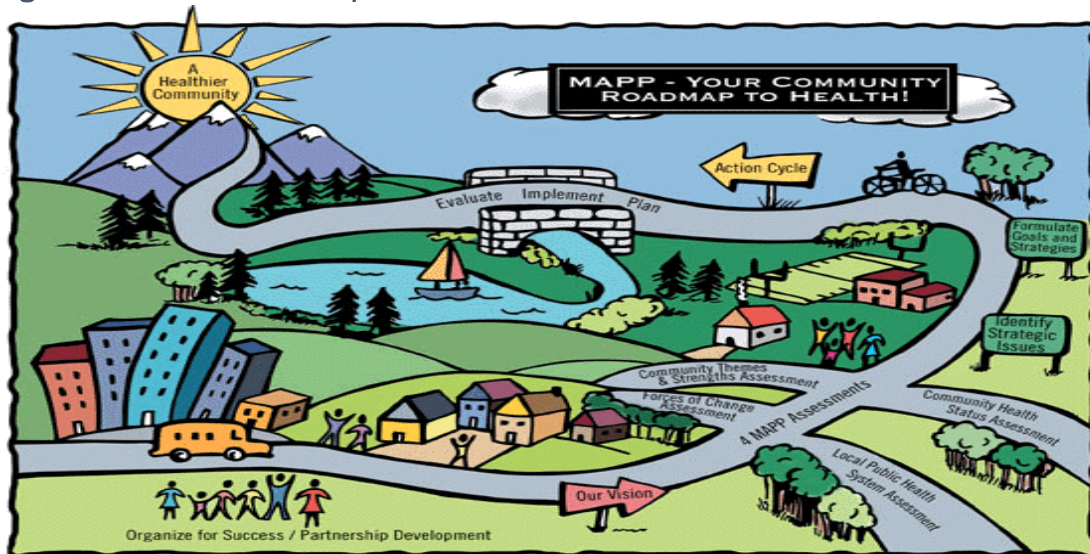
1. The **Forces of Change Assessment** identifies forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate.
2. The **Local Public Health System Assessment** focuses on all of the organizations and entities that contribute to the public's health. The LPHSA answers the question, "What are the components, activities, competencies, and capacities of our local public health system?"
3. The **Community Themes and Strengths Assessment** provides an understanding of the health issues that residents feel are important, including quality of life.
4. The **Community Health Status Assessment** identifies priority community health and quality of life issues. Questions answered here include, "How healthy are our residents?" and "What does the health status of our community look like?"

Figure 1. The MAPP Process



The 2017 Union County CHA incorporated two of the four MAPP assessments. Detailed information on the MAPP assessments can be found in the **2017 Union County Community Health Assessment**, which is available on the Florida Department of Health in Union County's website at <http://Union.floridahealth.gov/>. A brief summary of each assessment is provided below.

Figure 2. The MAPP Roadmap





## Community Strengths & Themes Assessment

The Community Strengths and Themes Assessment generates direct feedback from community residents regarding observations of their own health, community health, and access to healthcare services. Themes and issues identified during this phase often offer insight into information discovered through other MAPP assessments.

Community surveys, community focus groups and data analysis provided the information needed to complete the Community Strengths and Themes Assessment. The CHA Steering Committee conducted two focus groups and a community survey with the cooperation of FDOH-Union. The CHA Steering Committee monitored community participation by population demographics and socioeconomic indicators. Percentage of population by age, gender, race, socioeconomic status, and geographic distribution were matched with the 2010 Census Data by leveraging partners who solicited survey participation from each of these demographic groups. Participants were asked questions related to factors that contribute to 1) health status, 2) health issues, and 3) community resources. The findings provided qualitative information, revealing community sentiments regarding health status and services in Union County.

## Community Health Status Assessment

According to the Florida MAPP Field Guide, the Community Health Status Assessment is intended to answer the questions:

- “How healthy are our residents?”
- “What does the health status of our community look like?”
- “What are the strengths and risks in our community that contribute to health?”

To answer these questions, WellFlorida Council staff reviewed the Union County CHA and collected, analyzed, and reviewed additional secondary data describing population health in Union County. When possible, data were compared to other known time periods and/or geographies.

## How Does Union County Compare?

### *County Health Rankings*

*County Health Rankings & Roadmaps*, produced by the University of Wisconsin and Robert Wood Johnson Foundation, are a collection of reports that illustrate the overall health of counties in every state across the country and provide a comparison of counties within the same state. Two major categories exist for County Health Rankings: health outcomes and health factors. Health outcomes are measures that describe the current health status of a county. These health outcomes are influenced by a set of health factors. Health factors and their subsequent outcomes may be affected by community-based programs and policies designed to alter their distribution in the community. Counties can improve health outcomes by addressing all health factors with evidence-based programs and policies.

The report ranks Florida counties according to their summary measures of health outcomes and health factors, as well as the components used to create each summary measure. Outcomes rankings are based on an equal weighting of mortality and morbidity measures. The summary health factors rankings are based on weighted scores of four types of factors: behavioral, clinical, social and economic, and environmental.

In 2018, Union County ranked 62th out of the 67 Florida counties in health outcomes (which look at length of life and quality of life) and 49th of 67 counties in health factors. There were significant differences, however, when examining the individual rankings for each of the four topics considered for the health factors score. Health factors include health behaviors (ranked 57th), clinical care (ranked 56th), social and economic factors (ranked 38th), and physical environment (ranked 35th). Figure 3 lists the four topics, along with the types of indicators included within each, and the corresponding rank for Union County.

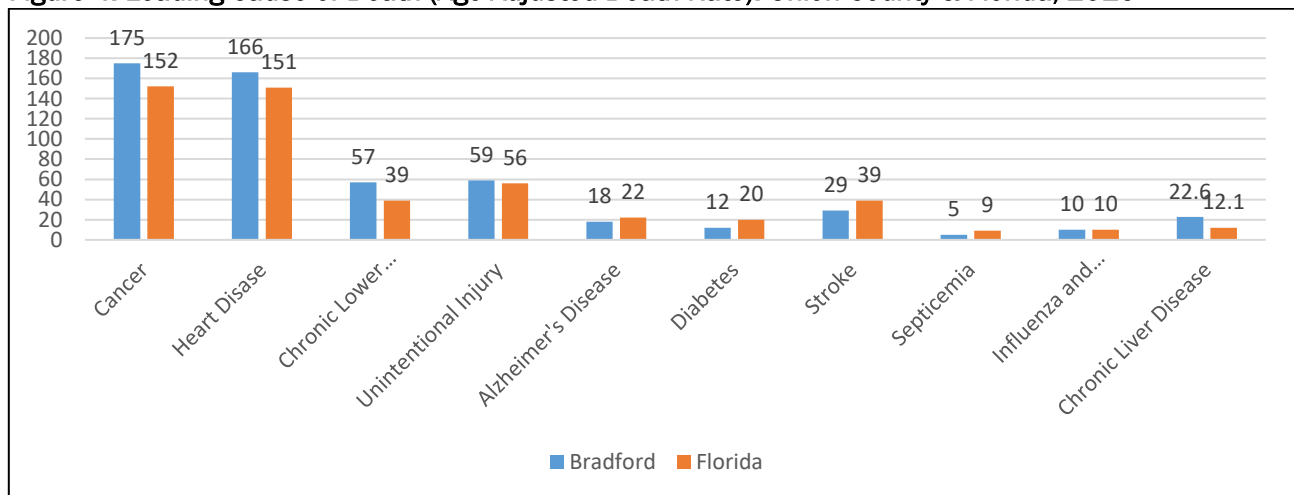
**Figure 3. Union County Health Factors Rankings, 2018**

| HEALTH BEHAVIORS   | CLINICAL CARE                     | SOCIO-ECONOMIC   | PHYSICAL ENVIRONMENT  |
|--|-----------------------------------|--|---|
| Tobacco<br>Diet and Exercise<br>Alcohol Use<br>High-Risk Sex | Access to Care<br>Quality of Care | Education<br>Employment<br>Income<br>Family/Social Support<br>Community Safety | Air Quality<br>Built Environment<br>Access to Healthy Food<br>Liquor Stores |
| <b>Union rank: 57th</b>                                      | <b>Union rank: 56th</b>           | <b>Union rank: 38th</b>  | <b>Union rank: 35th</b>   |

### Leading Causes of Death in Union County

Mortality rates are key indicators of the state of health of a community. Figure 4 shows the top ten causes of death in Union County and the state of Florida. Cancer, heart disease, unintentional injury and chronic lower respiratory disease are the leading killers in Union County.

**Figure 4. Leading Cause of Death (Age-Adjusted Death Rate). Union County & Florida, 2016**



Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

## Identifying Priority Health Issues

### Top Health Issues Identified by Focus Groups

During the Union Community Health Assessment process, community members and stakeholders participated in focus groups to provide community feedback related to health and healthcare issues. Participants identified the following issues when asked “What are the pressing health related problems in Union County?”

- Diabetes and high blood pressure
- Lack of primary care, vision and dental services
- Services for the elderly
- Obesity
- Drug abuse
- HIV, AIDS, STIs
- Affordable treatment, medication, or testing

### Health Priorities Identified by FDOH-Union and Union Health Advisory Group

To select health priorities, FDOH-Union reviewed key findings from the Union County Community Health Assessment, health issues identified through community input, County Health Rankings & Roadmaps, and the State Health Improvement Plan (SHIP). FDOH-Union leadership held one intensive workgroup session and performed a first review of the data presented in the CHA and through other sources, and narrowed the focus of the Community Health Improvement Plan (CHIP) to three priority health issues: Healthy Lifestyle and Behaviors, Maternal and Child Health, and Public Safety. The three priority health issues and pertinent data were presented to the Union Health Advisory Group in a meeting on May 17, 2018. The advisory group was asked for feedback on the issues via questions such as:

- “Are the health priority issues outlined important to the Union County community?”
- “Do these health issues affect a large percentage of the Union County population?”
- “Are the strategies for the health priority areas suitable?”

Union Health Advisory Group members were given the opportunity to provide feedback verbally during the meeting, or via answering a printed questionnaire. No feedback was received via the written questionnaire, though feedback was provided verbally. Overall, Union Health Advisory Group members agreed with FDOH-Union that the three priority issues listed below were important and appropriate for Union County to target for improvement in the CHIP:

- ❖ **Healthy Lifestyle & Behaviors** including obesity and related chronic diseases (e.g., diabetes and cancer), HPV vaccination, and tobacco and other substance use
- ❖ **Maternal & Child Health** including infant mortality and teen pregnancy
- ❖ **Public Safety** including unintentional injury, car seat usage, bike helmet usage, and water safety awareness

The following section of this plan – the Description of Priority Health Issues – highlights some of the data that led to the decision to focus on the above health issues.

# DESCRIPTION OF PRIORITY HEALTH ISSUES

## Healthy Lifestyle and Behaviors

Unhealthy lifestyle and behavior such as poor diet, inactivity, tobacco use, and excessive alcohol use are lead contributors to the development of heart disease, cancer, and stroke, all of which are leading causes of death in Union County, with rates of these diseases meeting or exceeding the state average. The Healthy Lifestyle and Behaviors priority health issue focuses on reducing obesity and chronic disease in children and adults by promoting healthy lifestyle choices and reducing illness, disability, and death related to tobacco and other substance use.

### Obesity & Physical Activity

According to the CDC, more than one-third (about 35%) of U.S. adults are obese. Understanding the cause of obesity is difficult because there are many contributing factors, including behavior (e.g., dietary habits and physical activity), exposures or genetics, the built environment, or education. Obesity is strongly linked to many of the leading causes of death in the world – heart disease, cancer, and stroke – and has a large financial toll on the healthcare system. Only 38% of Union County residents report that they meet moderate physical activity recommendations. Physical activity indicators from the Behavioral Risk Factor Surveillance System (BRFSS), the nation’s system of health-related phone surveys, are below.

Figure 5. Behavioral Risk Factor Surveillance System Indicators Related to Obesity/Physical Activity, 2013

| Obesity & Physical Activity                         | Union | Florida |
|---|-------|---------|
| Adults who are inactive or insufficiently active    | 33.6% | 27.7%   |
| Adults who are sedentary                            | 22.4% | 26.0%   |
| Adult who meet muscle strengthening recommendations | 28.9% | 29.6    |
| Adults with good physical health                    | 88.5% | 85.9%   |

Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

### Nutrition & the Food Environment

In Union County, only 26.5% of the population lived within ½ mile of a healthy food source in 2017, compared to 52% of Floridians. According to BRFSS, only 16.1% of individuals in Union County are getting the recommended 5 servings of fruits and vegetables per day, possibly explaining the top 3 conditions according to community survey results in the county- high blood pressure/ cholesterol, asthma and diabetes. Nutrition BRFSS indicators are below:

Figure 6. Behavioral Risk Factor Surveillance System Indicators Related to Nutrition, 2013

| Nutrition   | Union | Florida |
|---|-------|---------|
| Adults who consume 5 or more servings of fruits or vegetables per day | 16.1% | 18.3%   |
| Adults who consume 3 or more servings of vegetables per day           | 16.7% | 17.0%   |
| Adults who consume 2 or more servings of fruits per day               | 27.3% | 32.0%   |

Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

## Tobacco Use

Tobacco is the largest cause of preventable morbidity and mortality in the United States.<sup>1</sup> Approximately 17.7% of adults in Union County were current smokers in 2013, greater than the state rate of 16.8%. BRFSS findings related to tobacco use are presented in Figure 7.

**Figure 7. Behavioral Risk Factor Surveillance System Indicators Related to Tobacco Use, 2013**

| Tobacco Use  | Union | Florida |
|--|-------|---------|
| Adult current smokers who tried to quit smoking at least once in the past year | 77.2% | 61.1%   |
| Adults who are current smokers   | 17.7% | 16.8%   |
| Adults who are formers smokers (currently quit smoking)                        | 29.6% | 28.1%   |
| Adults who have never smoked   | 52.7% | 55.0%   |

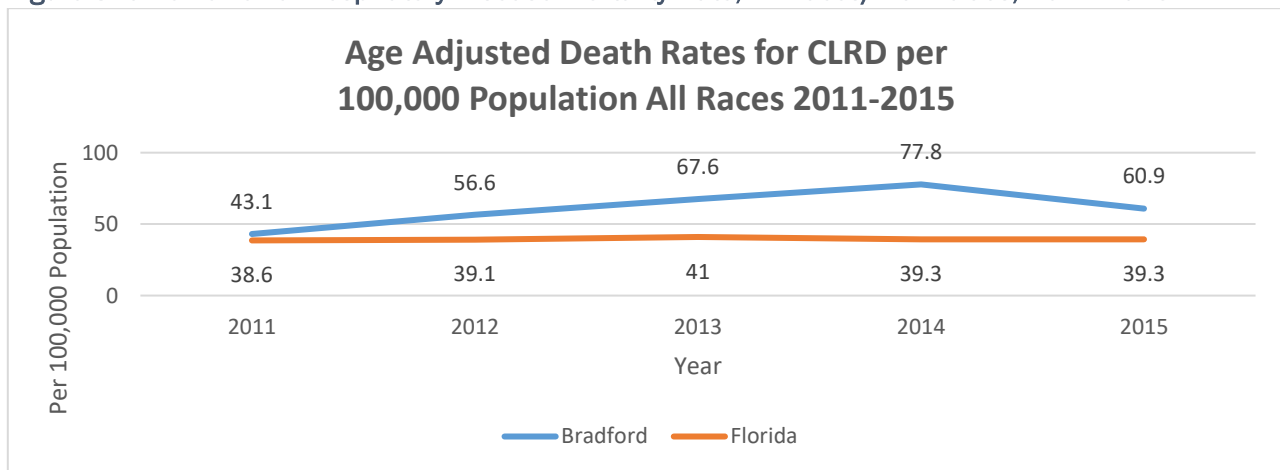
Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

## Chronic Lower Respiratory Disease

In 2013, chronic lower respiratory disease (CLRD) was the third leading cause of death in the United States. Fifteen million Americans reported having chronic obstructive pulmonary disease (COPD), a group of diseases that cause breathing-related problems including emphysema, chronic bronchitis, and some cases of asthma. Tobacco use is a key risk factor for the development of COPD, but exposure to air pollutants in the home/workplace, secondhand smoke, genetic factors, and respiratory infections are also causes.<sup>2</sup>

Union County has significantly higher chronic lower respiratory disease (CLRD) mortality rates than the state of Florida, almost doubling the state rate in 2014 (Figure 8). Union's CLRD mortality rate declined from 2014 to 2015 at 60.9 deaths per 100,000 population but remained higher than the state.

**Figure 8. Chronic Lower Respiratory Disease Mortality Rate, All Races/ Ethnicities, 2011-2015**



Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

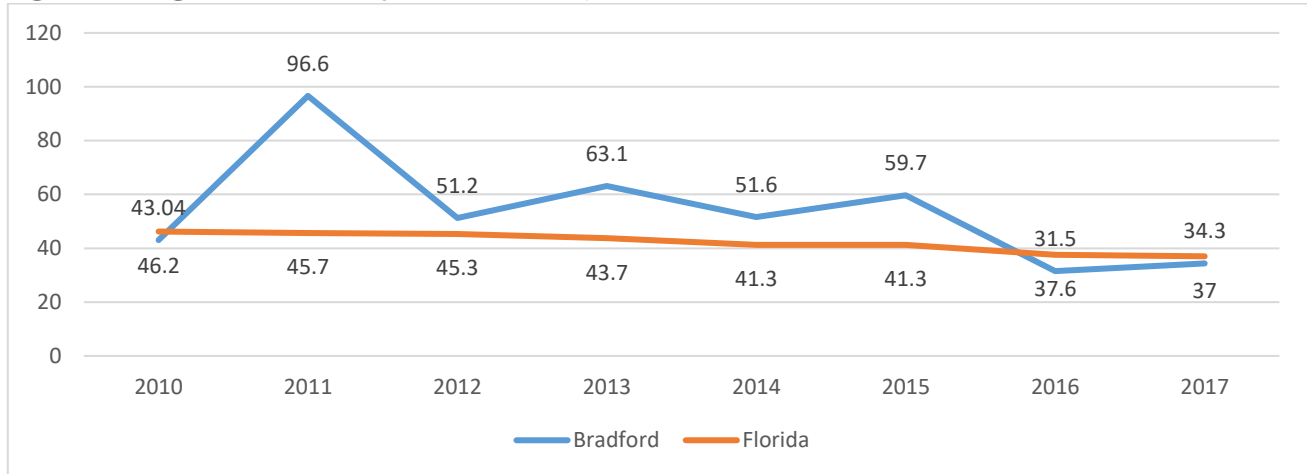
<sup>1</sup> U.S Centers for Disease Control and Prevention. (2015, July). Tobacco Use. Retrieved from The Community Guide. <http://www.thecommunityguide.org/tobacco/index.html>

<sup>2</sup> U.S Center for Disease and Prevention. (2015, March 12). Chronic Obstructive Pulmonary Disease (COPD). Retrieved from CDC.gov:<http://www.cdc.gov/copd/>

## Lung Cancer

More people die from lung cancer than any other cancer in the United States. The CDC suggests smoking is the number one predictor for the development of lung cancer; cigarette smoking causes about 90% of lung cancer deaths.<sup>3</sup> Figure 9 shows the lung cancer mortality rate for Union County and Florida.

Figure 4. Lung Cancer Mortality Rate, All Races/ Ethnicities, 2010-2017



Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com) |

## Maternal and Child Health

The health of mothers and their children is vital to creating a healthy world. Each year in the United States more than 600 women die from pregnancy related causes.<sup>4</sup> The Maternal and Child Health priority area focuses on improving maternal and child health through health education and prevention strategies.

### Infant Mortality

An estimated 4.5 million infants died worldwide in 2015.<sup>5</sup> Infant mortality refers to the loss of a baby before their first birthday and is a key measure of population health. Pregnancy outcomes are influenced by a woman's health and differ by factors such as race, ethnicity, age, location, health care access, education, and income.<sup>6</sup> Figure 10 shows the infant mortality rate for Union County and Florida from 2007-2017. The infant mortality rate in Union County has been higher than the Florida average over the past decade.

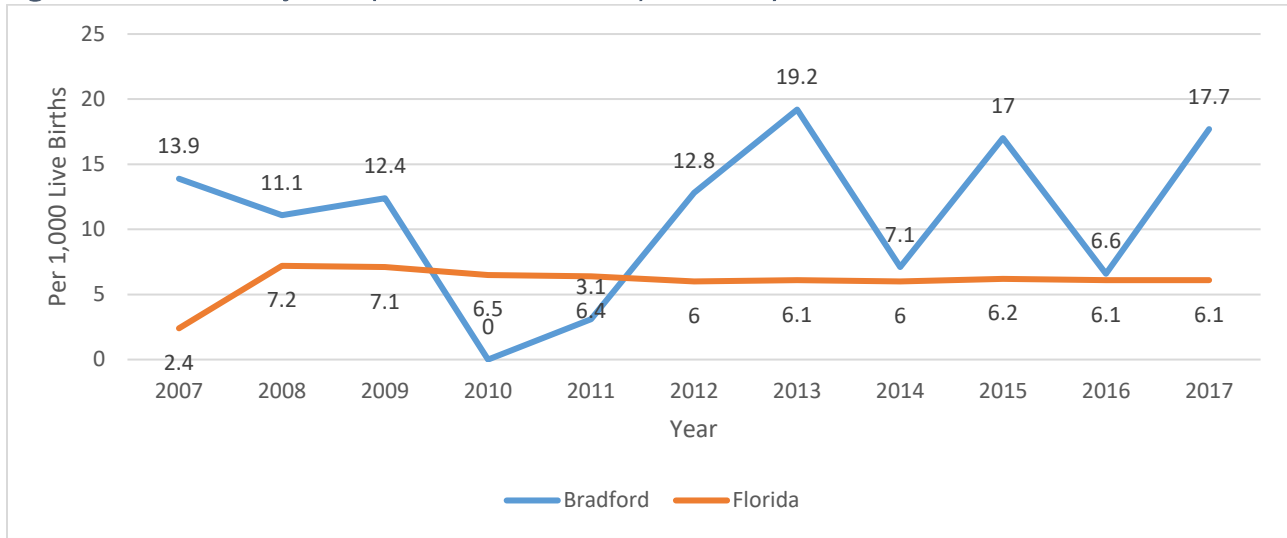
<sup>3</sup> Center for Disease Control and Prevention. (2014, June 11). *What Can I Do to Reduce My Risk of Lung Cancer?* Retrieved from [https://www.cdc.gov/cancer/lung/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/lung/basic_info/prevention.htm)

<sup>4</sup> Center for Disease Control. (nd). *At A Glance Maternal Health*. Retrieved from <https://www.cdc.gov/chronicdisease/resources/publications/aag/pdf/2016/aag-maternal-health.pdf>

<sup>5</sup> World Health Organization.(nd). *Infant Mortality situation and trends*. Retrieved from [http://www.who.int/gho/child\\_health/mortality/neonatal\\_infant\\_text/en/](http://www.who.int/gho/child_health/mortality/neonatal_infant_text/en/)

<sup>6</sup> Center for Disease Control and Prevention. (2016, September 28). *Infant Mortality*. Retrieved from <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

**Figure 5 Infant Mortality Rate (Per 1,000 Live Births), All Races/ Ethnicities, 2007-2017**

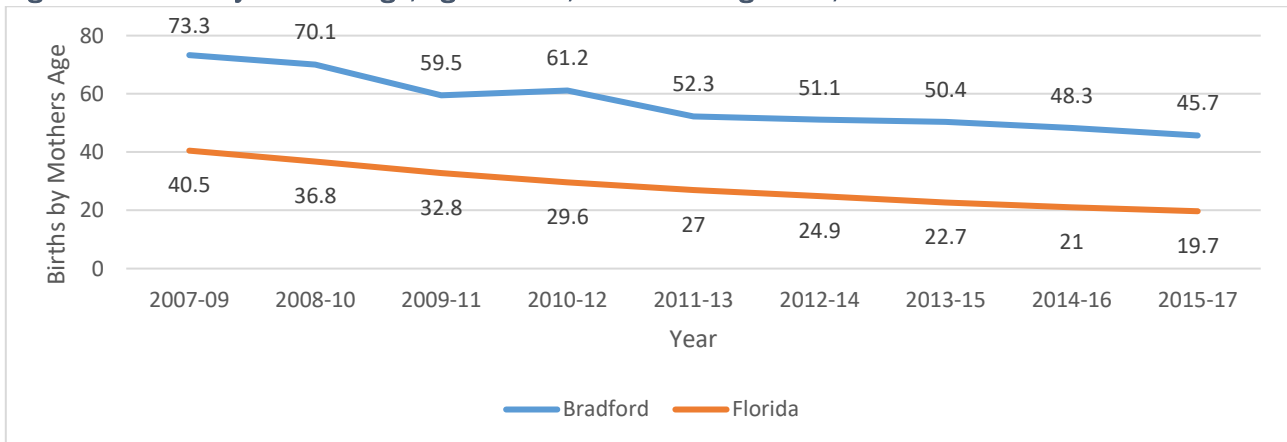


Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com)

### Teen Pregnancy

In 2010, teen pregnancy and childbirth accounted for at least \$443 million in cost to Florida tax payers and \$9.4 billion in costs to U.S. taxpayers (federal, state, and local) for increased health care and foster care, increased incarceration rates among children of teen parents, and lost tax revenue because of lower educational attainment and income among teen mothers.<sup>7</sup> Union County's teen pregnancy rate (births to mothers ages 15-19) is more than double the Florida average (Figure 11).

**Figure 11. Births by Mothers Age, Ages 15-19, 3-Year Rolling Rates, 2007-2017**



Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com)

### Public Safety

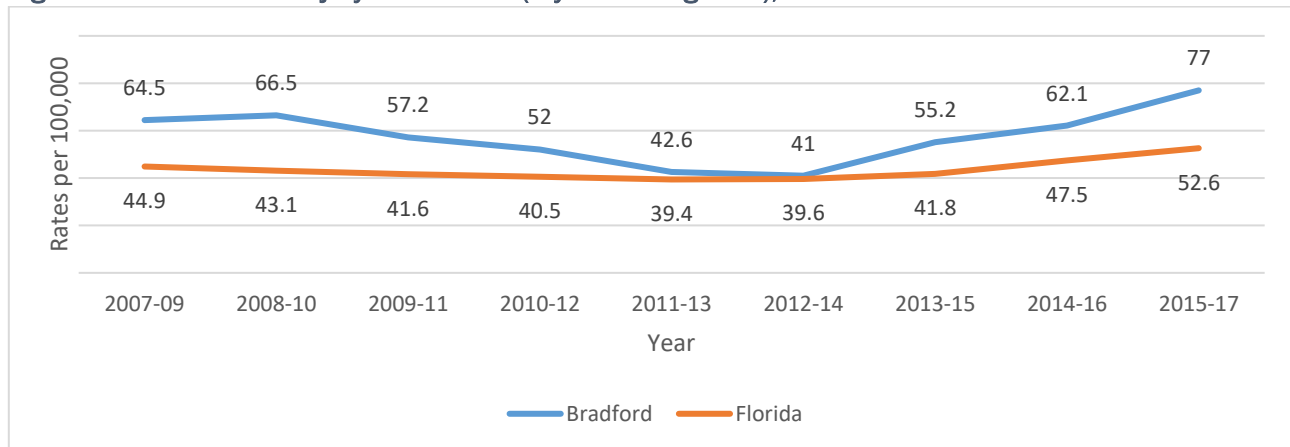
Unintentional injuries are a leading cause of morbidity and mortality among adults and children in the United States. Unintentional injury affects all age groups. The leading cause of unintentional injury deaths by age group are drowning (ages 1-4), motor vehicle accidents (ages 5-24), poisoning (ages 25-

<sup>7</sup> National Campaign to Prevent Teen and Unplanned Pregnancy, Counting It Up: The Public Costs of Teen Childbearing 2013.

64), and falls (ages 65+). Each year, among those 0 to 19 years of age, more than 12,000 people die from unintentional injuries and more than 9.2 million are treated in emergency departments for nonfatal injuries.<sup>8</sup>

Unintentional injury is the 4th leading cause of death in Union (and the U.S.).<sup>9</sup> There were 77 deaths per 100,000 population in Union County from 2013-2015, compared to 52.6 deaths in Florida (Figure 12).

**Figure 6. Unintentional Injury Death Rate (3-year Rolling Rate), 2007-2017**



Data Source: FDOH FL Health Charts, [www.flhealthcharts.com](http://www.flhealthcharts.com)

## OVERVIEW OF CHIP PROCESS

The strategic focus of health planning in the community for the next three to five years is determined in Phases 1-4 of the Mobilizing for Action through Planning and Partnerships (MAPP) process. Phases 1-4 of MAPP involve collecting and analyzing data and gathering community input in order to determine a community’s priority health issues. A CHIP is formulated primarily in Phases 5) Goals & Strategies and 6) Action Cycle of the MAPP process. In Phase 5, the community formulates broad goal statements addressing the previously identified health issues, as well as more specific strategies related to each goal. Phase 6 involves planning, implementation, and evaluation. During Phase 6, the community creates an action plan which provides details on how goals and strategies will be achieved.

FDOH-Union an intensive workgroup session to identify three priority health issues that would become the focus of the Union CHIP, and to create a draft of the CHIP Action Plans for each health issue. In the workgroup session, leadership performed a review of the data from the Union CHA, community surveys, and other sources, and narrowed the focus of the CHIP to the following priority health issues: Healthy Lifestyle and Behaviors, Maternal and Child Health, and Public Safety. The Health Planning Council (WELLFLORIDA COUNCIL) facilitated a discussion of the purpose of strategic planning and the creation of goals, objectives, and strategies. WELLFLORIDA COUNCIL provided example goals, objectives, and strategies, and guided the FDOH-Union leadership through the process of goal creation, developing objectives for each goal, as well as strategies for each objective. In addition to generating strategies

<sup>8</sup> Center for Disease Control and Prevention. (2015, December 23). Protect the Ones You Love: Child Injuries are Preventable. Retrieved June 29, 2017, from [https://www.cdc.gov/safechild/child\\_injury\\_data.html](https://www.cdc.gov/safechild/child_injury_data.html)

<sup>9</sup> Florida Department of Health, Bureau of Vital Statistics. (n.d.), from <http://www.flhealthcharts.com/charts/DataViewer/DeathViewer/DeathViewer.aspx?cid=0001>



that could be used to achieve each goal, leadership brainstormed and described potential resources, lead persons/organizations, measures for tracking progress of a strategy, current performance levels, and targets for each strategy that are detailed in the CHIP Action Plans included at the end of this document.

The goal of the CHIP is to not only outline health issues, future action steps, and strategies to improve the health of Union County, but also to align with existing local, state, and national objectives, programs, projects, and organizations. Efforts were made to align Union County with state and national objectives by referring to the Florida State Health Improvement Plan and the Healthy People 2020 initiative. Union County also aligned their strategic issues with existing local programs and projects when possible. Alignment is illustrated in the CHIP Action Plans, using the symbols below:

- This symbol represents alignment with the national Healthy People 2020 initiative.
- ▲ This symbol represents alignment with the Florida State Health Improvement Plan.

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## APPENDIX A. UNION CHIP ACTION PLANS

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# Union County Community Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce obesity and chronic disease in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)

**Objective:** Increase the percent of Union **adults** who are at a **healthy weight** from 19.8% in 2013 to 20.08% by December 31, 2020. (■)

| Strategies   | Resources  | Lead Entity   | Measure  | Current Performance Level | Target            |
|--|--|---|--|---------------------------|-------------------|
| Continue to provide Nutrition class and track the number of clients that attend classes to establish a baseline. Monitor BMI if applicable.  | <ul style="list-style-type: none"> <li>Centers for Disease Control and Prevention (CDC) Curriculum</li> <li>Health Department-Health Education BMI machine</li> <li>My Plate curriculum</li> <li>Health Educator</li> <li>Community partners referring clients to nutrition classes</li> <li>Women, Infants, and Children (WIC)</li> </ul> | <ul style="list-style-type: none"> <li>FDOH-Union County</li> </ul> | <p># of classes per year</p> <p>Baseline established</p> | <p>1</p> <p>4</p>         | <p>2</p> <p>6</p> |
| Produce and distribute “Heart Health Plus” Newsletter monthly.   | <ul style="list-style-type: none"> <li>Health Educator</li> <li>American Heart Association</li> <li>American Stroke Association</li> <li>CDC, Florida Dept. of Health (state), various accredited information materials</li> </ul>   | <ul style="list-style-type: none"> <li>FDOH-Union County</li> </ul> | <p># of times per year newsletter is distributed</p>     | <p>12</p>                 | <p>12</p>         |
| Increase awareness of healthy weight activities (walking group, one-on-one lifestyle support services, nutrition group, 5K walk/run, healthy eating, and healthy lifestyles via communication and advertisement. | <ul style="list-style-type: none"> <li>Healthy Union</li> <li>Local newspapers</li> <li>Union County School Board</li> <li>Community Health Fairs</li> <li>Suwannee River Area Health Education Centers (AHEC)</li> <li>Transition House</li> <li>Union County civic groups</li> </ul>   | <ul style="list-style-type: none"> <li>FDOH-Union County</li> </ul> | <p># of times per year</p>                               | <p>12</p>                 | <p>12</p>         |

# Union County Community Health Improvement Plan

|  |   |   |   |          |   |
|--|---|---|---|----------|---|
| Use the Heart Health Plus program to raise awareness of heart disease, stroke, and high cholesterol through informational material and events. | <ul style="list-style-type: none"> <li>Center for Disease Control</li> <li>100 Congregations Initiative</li> <li>Local faith-based organizations</li> </ul> | <ul style="list-style-type: none"> <li>FDOH Union County</li> </ul> | # of faith-based partners participating | 2 - 2017 | 6 |
|--|---|---|---|----------|---|

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce obesity and chronic disease in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)

**Objective:** Reduce the percent of Union middle and high school **students who are overweight or obese** from 43.1% in 2014 to 42.1% by December 31, 2020. (■)

| Strategies   | Resources   | Lead Entity  | Measure             | Current Performance Level | Target |
|--|---|--|---------------------|---------------------------|--------|
| Provide 5210 to middle school during 18/19 school. | <ul style="list-style-type: none"> <li>FDOH-Union County School Health Coordinator</li> <li>Union County School Board</li> <li>Health Educator/Healthiest Weight</li> </ul> | <ul style="list-style-type: none"> <li>FDOH-Union County</li> <li>Union County School Board</li> </ul> | # of times per year | 0                         | 4      |

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce obesity and chronic disease in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)

**Objective:** Decrease the age-adjusted death rate for **diabetes** from 56.6 deaths in 2013-15 to 55.6 deaths per 100,000 by December 31, 2020. (■)

| Strategies   | Resources  | Lead Entity   | Measure             | Current Performance Level | Target |
|--|--|---|---------------------|---------------------------|--------|
| Provide at least 3 Diabetes Self-Management Education classes (DSME) per year. | <ul style="list-style-type: none"> <li>American Diabetes Association (ADA) Curriculum</li> <li>Registered Nurse Certified Diabetic Educator</li> <li>Certified Diabetic Educator Dietitian</li> <li>Community partners for referrals to class</li> </ul> | <ul style="list-style-type: none"> <li>FDOH-Union County</li> </ul> | # of times per year | 2                         | 3      |

# Union County Community Health Improvement Plan

|   |   |   |                     |   |   |
|---|---|---|---------------------|---|---|
| Track the number of annual health screenings/fairs. | <ul style="list-style-type: none"> <li>• Community partners</li> <li>• Union County School Board</li> <li>• State and local government</li> <li>• Faith-based organizations</li> <li>• Union Sherriff's Office</li> </ul> | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> </ul> | # of times per year | 6 | 8 |
|---|---|---|---------------------|---|---|

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce obesity and chronic disease in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)

**Objective:** Decrease the age-adjusted death rate for **breast cancer** from 25.2 deaths in 2013-15 to 24.2 deaths per 100,000 by December 31, 2020. (■)

| Strategies  | Resources  | Lead Entity   | Measure   | Current Performance Level | Target |
|---|--|---|---|---------------------------|--------|
| Track number of clients referred to Florida Breast and Cervical Cancer Early Detection Program. | <ul style="list-style-type: none"> <li>• FDOH-Putnam County</li> <li>• FDOH-Union County medical staff</li> <li>• Believe in Miracles</li> </ul> | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> </ul> | # of clients enrolled                               | 26                        | 50     |
| Increase community awareness for mammogram screening.   | <ul style="list-style-type: none"> <li>• Local newspaper</li> <li>• Healthy Union website</li> </ul>   | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> </ul> | # of times per year awareness information is shared | 0                         | 2      |

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce obesity and chronic disease in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)

**Objective:** Increase education and awareness about the **HPV vaccine** through community outreach and **increase the number of adolescents** who received or completed the HPV vaccination series from 202 adolescents as of June 30, 2017 to 500 by December 31, 2020. (▲)

| Strategies   | Resources   | Lead Entity   | Measure                          | Current Performance Level | Target |
|--|---|---|----------------------------------|---------------------------|--------|
| Increase awareness of HPV vaccine and benefits among healthcare providers and the community. | <ul style="list-style-type: none"> <li>• Centers for Disease Control and Prevention (CDC)</li> <li>• Florida Department of Health (state)</li> <li>• Vaccines for Children</li> </ul> | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> </ul> | # of times information is shared | 1                         | 4      |

## Union County Community Health Improvement Plan

|   |  |  |  |                     |             |
|---|--|--|--|---------------------|-------------|
| Track the number of Union County adolescents who have received or completed HPV vaccination series. | <ul style="list-style-type: none"> <li>• Florida Department of Health (state)</li> <li>• Vaccines for Children</li> <li>• Local medical providers</li> <li>• FDOH Florida Shots</li> </ul> | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> <li>• Vaccines for Children</li> </ul> | # of adolescents who have received one or more HPV vaccine | 202 as of June 2017 | 500 by 2020 |
|---|--|--|--|---------------------|-------------|

### Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce illness, disability, and death related to tobacco and other substance use. (■) (▲)

**Objective:** Reduce the percent of youth age 11-17 who have smoked cigarettes in their lifetime from 22.6% in 2016 to 21.6% by December 31, 2020. (▲)

| Strategies  | Resources   | Lead Entity   | Measure                     | Current Performance Level          | Target   |
|---|---|---|-----------------------------|------------------------------------|----------|
| Increase the number of anti-tobacco community outreach methods (e.g., advertisements, events) based on suggestions received through community input. One of these strategies will include a social marketing component. | <ul style="list-style-type: none"> <li>• Local newspaper</li> <li>• Healthy Union website</li> <li>• Bureau of Tobacco Free Florida</li> </ul>                              | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> <li>• Union Tobacco Free Partnership</li> </ul> | # of times per year         | 5                                  | 10       |
| Provide Tobacco Education classes to youth who receive In School Suspension (ISS) for underage use/possession of tobacco products.  | <ul style="list-style-type: none"> <li>• Union County School Board</li> <li>• FDOH Union</li> <li>• Tobacco Awareness Program</li> <li>• American Cancer Society</li> </ul> | <ul style="list-style-type: none"> <li>• DOH-Union Tobacco Program</li> </ul>                                   | # of times per year         | 0                                  | 6        |
| Actively recruit student to participate in the Students Working Against Tobacco (SWAT) Program at the high school and middle school.  | <ul style="list-style-type: none"> <li>• Union County School District</li> <li>• DOH Union</li> <li>• Tobacco Free Florida</li> <li>• American Cancer Society</li> </ul>    | <ul style="list-style-type: none"> <li>• DOH-Union Tobacco Program</li> </ul>                                   | # of students participating | Middle School 55<br>High School 25 | 80<br>50 |

# Union County Community Health Improvement Plan

|  |  |   |                                      |    |    |
|--|--|---|--------------------------------------|----|----|
| Actively recruit community partners to participate in the Tobacco Free Partnership in support of the SWAT program. | <ul style="list-style-type: none"> <li>• Union County School District</li> <li>• DOH Union</li> <li>• Tobacco Free Florida</li> <li>• American Cancer Society</li> </ul> | <ul style="list-style-type: none"> <li>• DOH-Union Tobacco Program</li> </ul> | # of community members participating | 10 | 15 |
|--|--|---|--------------------------------------|----|----|

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▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Healthy Lifestyle & Behaviors

**Goal:** Reduce illness, disability, and death related to tobacco and other substance use. (■) (▲)

**Objective:**

- Reduce the **current smoking rate of adults** from 27.0% to 26.0% by December 31, 2020. (Florida rate = 15.5%) (■) (▲)
- Reduce the age-adjusted **death rate for lung cancer** from 37.6 deaths per 100,000 population in 2016 to 36.6 deaths by December 31, 2020. (■)(▲)

| Strategies   | Resources   | Lead Entity   | Measure                         | Current Performance Level | Target      |
|--|---|---|---------------------------------|---------------------------|-------------|
| Complete tobacco screening at each clinical visit (required for Electronic Health Record) at FDOH-Union County.  | <ul style="list-style-type: none"> <li>• FDOH-HMS Informatics</li> </ul>  | <ul style="list-style-type: none"> <li>• FDOH-Union County</li> </ul>   | % of patients screened per year | 88 in 2016                | 90 per year |
| Complete tobacco screening at each clinical visit (required for Electronic Health Record) at FDOH-Union County and track the number of patients referred for tobacco cessation services. | <ul style="list-style-type: none"> <li>• FDOH - HMS</li> </ul>  | <ul style="list-style-type: none"> <li>• FDOH Union County</li> </ul>   | # of patients referred per year | 67                        | 74          |
| Continue providing tobacco cessation classes at the FDOH-Union County.   | <ul style="list-style-type: none"> <li>• Suwannee River Area Health Education Centers (AHEC)</li> <li>• Facilitator</li> <li>• FDOH-Union County</li> <li>• Community partners</li> </ul> | <ul style="list-style-type: none"> <li>• Suwannee River Area Health Education Centers (AHEC)</li> <li>• FDOH Union</li> </ul> | # of classes per year           | 5                         | 10          |

# Union County Community Health Improvement Plan

|  |   |  |                   |            |    |
|--|---|--|-------------------|------------|----|
| Increase the number of Union residents attending AHEC tobacco cessation classes. | <ul style="list-style-type: none"> <li>• Suwannee River AHEC</li> <li>• Facilitator</li> <li>• FDOH-Union County</li> <li>• Community partners</li> </ul> | <ul style="list-style-type: none"> <li>• Suwannee River Area Health Education Centers</li> <li>• FDOH Union</li> </ul> | # of participants | 25 in 2016 | 50 |
|--|---|--|-------------------|------------|----|

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Maternal and Child Health

**Goal:** Improve maternal and child health through health education and prevention strategies. (■)(▲)

**Objective:** Reduce the **infant mortality** rate (3-year rolling) from 2.3 deaths in 2015-17 to 1.3 deaths per 1,000 live births by December 31, 2020. (■)(▲)

| Strategies   | Resources  | Lead Entity  | Measure  | Current Performance Level | Target |
|--|--|--|--|---------------------------|--------|
| Conduct safe sleep presentations throughout the community. | <ul style="list-style-type: none"> <li>• WIC</li> <li>• Healthy Start Staff</li> </ul>                       | <ul style="list-style-type: none"> <li>• Healthy Start of Northcentral Florida Coalition</li> <li>• FDOH-Union County</li> </ul> | # of presentations per year                            | 0                         | 6      |
| Increase the number of mothers who initiate breastfeeding. | <ul style="list-style-type: none"> <li>• WIC</li> <li>• Healthy Start</li> <li>• Healthy Families</li> </ul> | <ul style="list-style-type: none"> <li>• WIC</li> <li>• FDOH Union</li> </ul>  | Average annual % of mothers who initiate breastfeeding | 2016 average of 70.4%     | 75.4%  |

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# Union County Community Health Improvement Plan

## Health Issue Priority: Maternal and Child Health

**Goal:** Improve maternal and child health through health education and prevention strategies. (■)(▲)

**Objective:** Decrease the **teen birth rate** (15-19 year olds) from 45.5 births per 1,000 females age 15-19 in 2013-2015 to 44.5 by December 31, 2020. (■)

| Strategies   | Resources  | Lead Entity   | Measure                   | Current Performance Level | Target |
|--|--|---|---------------------------|---------------------------|--------|
| Increase the number of Long Acting Reproductive Contraception (LARC) placed in teens receiving Family Planning services at DOH Bradford. | <ul style="list-style-type: none"> <li>FDOH Union</li> </ul> | <ul style="list-style-type: none"> <li>FDOH-Union Clinic Staff</li> </ul> | % of teens receiving LARC | 15.9%                     | 30%    |

■ Represents alignment with the National Healthy People 2020 initiative

▲ Represents alignment with the Florida State Health Improvement Plan

## Health Issue Priority: Public Safety

**Goal:** Increase knowledge about public safety.

**Objective:** Decrease the **unintentional injury** age-adjusted death rate from 59.8 deaths per 100,000 in 2013-2015 to 58.8 deaths per 100,000 by December 31, 2020.

| Strategies  | Resources   | Lead Entity   | Measure                          | Current Performance Level | Target |
|---|---|---|----------------------------------|---------------------------|--------|
| Increase the number of water safety awareness outreach efforts. | <ul style="list-style-type: none"> <li>Local newspaper</li> <li>Healthy Union website</li> <li>Healthy Start</li> <li>Healthy Families</li> </ul>   | <ul style="list-style-type: none"> <li>FDOH-State and Union County</li> </ul> | # of times information is shared | 0                         | 4      |
| Assess community resources for car seat safety.                 | <ul style="list-style-type: none"> <li>Safe Kids</li> <li>Sheriff's Office</li> <li>Fire/Rescue</li> <li>Certified car seat installers in surrounding counties</li> <li>Healthy Families</li> <li>Well Florida Council</li> </ul> | <ul style="list-style-type: none"> <li>FDOH Union</li> </ul>                  | Resource list completed          | 0                         | 1      |

## Union County Community Health Improvement Plan

|  |   |  |                                      |   |     |
|--|---|--|--------------------------------------|---|-----|
| Increase number of Certified Car Seat Technicians                            | <ul style="list-style-type: none"> <li>• Florida Occupant Protection Resource Center</li> </ul>   | <ul style="list-style-type: none"> <li>• FDOH Union Healthy Start</li> </ul>           | # of technicians                     | 1 | 4   |
| Conduct car seat presentations throughout the community.                     | <ul style="list-style-type: none"> <li>• Sheriff's Office</li> <li>• Union County School Board</li> <li>• Union Health Advisory Group</li> <li>• Faith Based Organizations</li> </ul> | <ul style="list-style-type: none"> <li>• FDOH Union Healthy Start</li> </ul>           | # of presentations                   | 0 | 1   |
| Increase the number of a bike riders who wear a properly fitted bike helmet. | <ul style="list-style-type: none"> <li>• Well Florida</li> <li>• Safe Routes to School</li> <li>• DOT</li> <li>• Union County School District</li> </ul>                              | <ul style="list-style-type: none"> <li>• Well Florida</li> <li>• FDOH Union</li> </ul> | # of helmet fittings and distributed | 0 | 100 |

# Union County Community Health Improvement Plan

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## APPENDIX B. REFERENCES

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