Leon County
Community Health Improvement Plan
2012 – 2017
Forging Strong Partnerships to Promote Healthy Living

Updated 2014

Please note: The 2012 Community Health Assessment and 2013 Community Health Improvement Plan are incorporated by reference. Copies of the full text of these documents may be obtained at: http://leon.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/mapp/index.html

Project Staff

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Leon County Community Health Improvement Plan: One Year Update
September 2014

The Leon County Community Health Improvement Plan (CHIP) was finalized in June 2013. The CHIP was created using the MAPP process. The final product of this process was the Community Health Assessment in late 2012. With the CHA in hand, several participants in the MAPP process split into work groups to develop goals, strategies, objectives, and initial activities to address the community health priorities. The results of their efforts became the CHIP as the initial action plan. The work groups were formed and met sporadically to conduct activities related to the objectives.

The mission of the plan is “Forging Strong Partnerships to Promote Healthy Living”.

Vision: Leon County communities will distinguish themselves as collaborative, civically-engaged and accountable—communities where residents and leaders support health-based policies that ensure the healthy choice is the easy choice; where residents can live, work, and play in a safe and healthy environment; and where every resident has access to affordable and equitable health care and resources.

In 2011-2012, Community Health Assessment Roundtable discussions among diverse residents identified a variety of factors affecting quality of life and health in the community. The issues that emerged most often, with the most agreement and of community concern were:

- Violence, safety, and crime
- Disparities in quality of life by area of town
- Chronic diseases, especially obesity and diabetes
- Sexually transmitted diseases
- Substance abuse
- Limited affordable health care services for those without insurance
- Inconsistent quality of health care services, especially for advanced needs
- Limited access to dental care
- Lack of coordinated communications around services and opportunities

During the CHA strategic planning phase of the process, the strategic health issues were listed as:

1. Obesity and Chronic Disease
2. Health Disparities
3. Violence
4. Behavioral Health
5. Access to Health Care

The Capital Coalition for Health was formed to develop the CHIP and members of the Capital Coalition for Health Steering Team chose to focus on Obesity and Chronic Disease, Health Disparities and Access to Health Care for the initial health improvement plan.
The plan that was created was based on the State of Florida’s Health Improvement Plan and during the evaluation process for this CHIP annual, it was noted that the indicators did not easily transfer to the local level and because of a lack of available county level data, were not measureable. In addition, feedback from partners indicated that the committees had been actively working on projects that were not well articulated in the written plan. Furthermore, the Capital Coalition for Health had not convened a meeting in almost two years. These circumstances make it difficult to assess progress on the community health priorities except from an anecdotal perspective.

Limited feedback from partners indicated the following goal related activities occurred:

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<th>Leon County CHIP Goal &amp; Objective</th>
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| **Goal:** Increase the proportion of adults and children who are at a healthy weight  
**Objective:** By December 31, 2014, increase by 10% the number of targeted health care providers that provide counseling or education related to achieving or maintaining a healthy weight for their patient. | Whole Child Leon participated in a pre-conception conference attended by approximately 70 healthcare providers. Participants were provided a 95210 presentation and a toolkit containing information on implementing 95210 in pediatric healthcare practices and promotional materials for the practice to give patients and to use in waiting and exam rooms. Twenty-eight physicians to date have agreed to participate in 95210. |

**Goal:** Increase the proportion of adults and children who are at a healthy weight  
**Objective:** By June 30, 2014, increase by 5% the availability of employee wellness programs that address nutrition, weight management and smoking cessation counseling services in workplaces.

2013 Behavioral Risk Factor Surveillance Survey data indicates:

- Percentage of adults who are overweight is 28.6% compared to the 2010 percentage of 40.8%.
- Percentage of adults who are overweight or obese is 56.3 compared to 62.5% (2010) and 56.1% (2007).

In 2013, the percentage for adults who are overweight or obese with an annual income of less than $25,000 is 54.0 percent. However, adults with an annual income of $25,000 to $49,999 had the highest percent (62.7%).

When considering race and ethnicity, the 2013 percentage is highest for non-Hispanic Black women (75.5%) compared to non-Hispanic White women (46.7%). Data was not available for Hispanic women.

Activities conducted by any employer that may contribute include identification of criteria for a
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<td>Successful employee wellness program that includes the need for a least one policy and environmental change as identified through the use of the CHANGE tool and correlated to nutrition, weight management and/or smoking cessation. Establishment of Leon County Board of County Commissioners Wellness program that increased the availability of employee Wellness activities to at least two per month.</td>
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**Goal:** Increase the proportion of adults and children who are at a healthy weight

**Objective 1a:** By October 2012, every school in Leon county will have completed and submitted an online inventory for their school and identified 2-3 areas for improvement.

**Objective 1b:** By December 2012, every school will have submitted an Action Plan to address how identified areas of need will be improved upon.

**Objective 1c:** By May 2013, identify schools that have achieved levels of success as determined by the Alliance criteria.

**Goal:** Improve access to primary care services for low income populations.

**Objective:** By December 31, 2015, decrease the percentage of persons who report they were unable to see a doctor during the past 12 months due to costs from 22.7% to 21.8%.

**Progress:**

- **Objective 1a:** Completed – 100% of Leon County District Schools completed the online inventory and identified areas of improvement.
- **Objective 1b:** Completed – 100% of Leon County District Schools have developed action plans to address identified opportunities for improvement. The plans have been implemented.
- **Objective 1c:** As a result of the implementation of the action plans, Leon County District Schools have received recognition from the Alliance for a Healthier Generation. In 2014, Chaires Elementary was recognized with a bronze award and DeSoto Trail was recognized with a silver award. The previous year (2013), Ruediger Elementary was recognized with a bronze award.

- **2013 Behavioral Risk Factor Surveillance Survey data shows the percentage of adults who could not see a doctor in the past year due to costs is 12.4 for the overall population. By gender, the percent is 13.2 for men and 11.7 for women.**

The following changes in primary healthcare services for the low income population could potentially increase capacity for care:

- Neighborhood Medical Center has become the federally qualified health
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| **Goal:** Enhance access to preventive, restorative and emergency oral health care services for children and low income populations.  
**Objective:** By December 31, 2015, increase the percentage of children and adolescents who have received dental sealants on their molar teeth. | Completed a pilot program for dental sealants with 2 local elementary schools (Bond and Riley). The Florida Department of Health staff provided 176 services to elementary students. Whole Child Leon partnered with Leon County Schools and Molar Express to create the sealant pilot in 2013. Contributions included: coordination of meetings with Leon County Schools Special Programs and FDOH-Leon to solicit support; identified schools for pilot and met with the principals and arranged meetings; assisted with media event planning; promoted pilot to providers and the community; created SEAL LEON! Logo; created consent forms for parents; created Fact Sheet for parents and students; found video to be shown to students, parents and teachers prior to sealant treatment; provided staff to collect Medicaid eligibility forms from Bond and Riley. Leon County Board of County Commissioners announced in August of 2013, the availability of a Dental Discount Card program to assist residents with the high cost dental care. Approximately 375 2nd graders at Bond and Riley Elementary school received fluoride sealants in 2013-14. |
| **Goal:** Reduce maternal and infant morbidity and mortality by achieving health equity, eliminating disparities, and improving the health of all groups.  
**Objective:** By December 31, 2016, work with community partners to increase the percentage of women having a live birth, who prior to that pregnancy received preconception education and counseling regarding lifestyle behaviors and prevention strategies from a health care provider | The Capital Area Healthy Start Coalition in partnership with Florida State University, College of Medicine hosted a pre-conception conference in January 2014. The target audience for this event was physicians and healthcare providers that serve reproductive aged women. There were 70 attendees. Healthy Infant Partnership (led by Florida |
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<td>provider from 19.7% to 80%</td>
<td>Agricultural and Mechanical University) is a quantitative study that uses an 18-item questionnaire to collect data from approximately 1,200 women of childbearing age about their prenatal health. Participants are recruited from various locations throughout Leon County, such as the Lincoln Community Health Center, Bond Community Health Center, and the Walker-Ford Community Health Center. In addition, participants are recruited at various community outreach activities, such as health fairs and the Healthy Baby Community Shower. The anticipated findings may help determine the factors associated with late entry into prenatal care by women in the local community. There are both individual and societal benefits of this study. Participants gain knowledge on the importance of early prenatal health in birth outcomes. The local community will ultimately benefit from awareness and potential health education programs. It is hoped that this study will contribute to the overall goal of providing quality prenatal care that addresses physical, psychological, social, environmental and nutritional health to the women of Leon County.</td>
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It is acknowledged that the 2013 Leon County Community Health Improvement Plan lacked in project management, communication, and coordination with and between community partners and the community at large. While the Capital Coalition for Health may not have functioned as originally planned, another entity emerged to provide leadership.

The United Way of the Big Bend, in August 2013, created a Health Council comprised of executive level representatives from many community agencies that were also on the Capital Coalition for Health. The Health Council has a solid infrastructure and is led by Katrina Rolle, J.D., community volunteer. The Health Council reports to the United Way Collective Impact Council, an arm of the United Way Board and the authority for funding priority related initiatives. The United Way has appropriated $100,000 to the Health Council for initiatives to improve the health of the community in 2014.
The Health Council is currently focused on three community priorities:

Healthy Lifestyles and Mental Health
- specific focus is stress reduction and
- improving access to mental health services through a community triage and referral system and expanded use of telemedicine

Increasing Access to Dental Care
- continuation of the evidence-based school dental sealant program described in the matrix above

The Health Officer for Leon County has joined the Health Council and is actively involved in the Healthy Lifestyle sub-committee. Discussions are on-going between the Leon County Health Officer and the United Way CEO about how to collaborate and share resources to sustain and support the Health Council. An additional challenge is the desire to fully engage all partners working on identified health priorities in the community while staying focused on specific goals.

The goal is to utilize the Health Council’s plan as the CHIP going forward with the intention to add initiatives focused on the current and future health priorities in prospective planning cycles.