

Community Health Improvement Plan

Leon County, Florida

2015 - 2017



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Aligned National & State: Goals,
Objectives & Measures –
See Appendix A



CDC's Community
Guide



CDC's Winnable
Battles



Healthy People 2020



State Health
Improvement Plan

Introduction

A Community Health Improvement Plan (CHIP) is a long-term, systematic effort to address health issues in a community based on results from a community health assessment. The plan proposes priorities for action and is used by health and other governmental, education, and social service agencies and organizations to implement policies and programs that address health. Health is essential to well-being and full participation in society, and ill health can result in suffering, disability and loss of life. The economic impacts of health have become increasingly apparent. The health of our nation can be improved one community at a time through community engagement in ongoing health improvement planning.

A Community Health Improvement Plan guides policy and program decisions that enhance health and well-being. The plan reflects the understanding that the quality of the communities where we live, work, and play is as important to achieving good health as going to the doctor for a physical, proper nutrition, and adequate physical activity. There are many factors, or determinants, that affect health and have a tremendous influence on health outcomes.

This plan is designed to be implemented by community agencies and partners throughout the county. Working together we can reach our vision to be the healthiest state in the nation.

The Process

In the spring of 2011, DOH-Leon initiated a county-wide, community health assessment to determine public health priorities for the next five years. The health department chose the Mobilizing Action through Planning and Partnerships (MAPP) model to guide this comprehensive effort. MAPP is built on principles of broad community engagement and strategic planning, which prepare community partners to act together to address prioritized health issues and improve community health.

To assist with the process, DOH-Leon engaged two local health councils: Health Planning Council of Northeast Florida, who facilitated the overall assessment and community engagement processes; and Big Bend Health Council, who provided expertise on local health status data.

With results of the assessment 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 were added to the community health improvement plan as the initial course of action/action steps. The work groups continued to meet and work on the activities that progress toward meeting the objective(s) for the goals. The 2012-2017 Leon County Community Health Improvement Plan (CHIP) was finalized in June 2013.

This combined effort identified three strategic health issues for the community:

1. **Access to Care**
2. **Obesity and Chronic Disease**
3. **Health Disparities**

Within the MAPP process a Steering Committee was formed to help guide the assessment and implementation of the improvement plan. The following are organizations which have representatives serving on the Steering Committee:

Big Bend Cares	Florida A & M University	Leon County	United Health Care
Big Bend Health Council	Florida Department of Health	Leon County Health Department	United Way and 211
Bond Community Health Center	Florida State University	Leon County Sheriff's Office	WCTV
Capital Health Plan	Frenchtown Revitalization Council	MAACA	Whole Child Leon
Capital Regional Medical Center	Get Outdoors Florida	YMCA	Tallahassee Memorial Hospital
Elder Care Services	Health Equity Alliance of Tallahassee	The Foundation for Leon County Schools	

2015 Plan Update

The CHIP is a living document and an ongoing process. As part of the CHIP process, an annual evaluation report is required to document successes, challenges/barriers, recommendations for changes in the goals, objectives or activities, and the creation of an updated version of the CHIP document. In addition, the annual report identifies the lead community group and the data source being used to monitor progress.

The 2013 Leon County Community Health Improvement Plan lacked 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 reports to the United Way Collective Impact Council, an arm of the United Way Board and the authority for funding priority related initiatives.

Tallahassee Memorial Hospital (Leon County) is required to complete a health needs assessment as one provision of the Patient Protection and Affordable Care Act of 2010 (ACA). This provision states that nonprofit hospitals will “conduct a community health needs assessment” and “adopt an implementation strategy” once every three years. The ACA also specifies that hospital assessments must “take into account input” from those who “represent

the broad interests of the community (including) those with special knowledge of or expertise in public health.”¹ DOH-Leon and The United Way of the Big Bend are currently working with the hospital to meet their requirement and demonstrate the importance of conducting community health assessments every 3-5 years.

The focus on population-level health and the social determinants of health led the department to approach the upcoming assessment with a different focus: looking to the community for opportunities to collaborate with local organizations in conducting a robust community assessment and create a true community plan that could be used throughout the county. The current CHIP links the priorities identified by DOH-Leon, the Health Council, and Tallahassee Memorial Hospital.

¹ http://www.recovery.gov/About/Pages/The_Act.aspx

2015 Goals and Objectives Update

Strategic Health Issue - Access to Healthcare

Access to healthcare services is an important determinant of health and continues to be a primary focus for Leon County. In the 1990s the Leon County Board of County Commissioners initiated an indigent care program for its residents. Leon County is currently designated as a primary care health professional, mental health professional and dental care health professional shortage area.² These designations were last updated and retained in October 2011, January 2012, and November 2012 respectively.

In 2013, 84.7% of adults living in Leon County had any type of healthcare insurance, which is better than the state rate of 77.1%.³ However, further analysis revealed that adults with an annual income of less than \$25,000 had a coverage rate of 70.7%. Also, the percent of adults not able to see a doctor at least once in the past year due to cost increased from 22.7% in 2010 to 24.5% in 2013 for those earning less than \$25,000.⁴

In addition to access to medical care, dental care continues to be a health issue for Leon County. Data shows the rate of access to dental care by low income persons was at 14.5 in 2008 and steadily increased to 23.3 in 2012.⁵ In fiscal year 2013-2014, the rate of licensed dentists per 100,000 population for Leon County was 46.1 compared to 53.8 for the state.⁶ In 2011, the Emergency Department Dental visits for Leon County was at 1,931 and 2,006 in 2012.⁷

Poor mental health is often associated with health risk behaviors such as substance abuse, tobacco use, and physical inactivity. Depression has also been linked as a risk factor for chronic illnesses such as hypertension, cardiovascular disease, and diabetes and can negatively affect the management of these conditions.⁸ On the 2013 Florida County-Level BRFSS Survey, the percentage of adults who have ever been told they had a depressive disorder was 17.7% for Leon County compared to 16.8% for the State. Another indicator from the survey, average number of unhealthy mental health days in the past 30 days, is at 3.1 for Leon County compared to 3.8 for the state in 2010.

² U.S. Department of Health and Human Services, Health Resources and Services Administration

³ Florida County-Level BRFSS Survey, Florida DOH, Bureau of Epidemiology

⁴ Florida County-Level BRFSS Survey, Florida DOH, Bureau of Epidemiology

⁵ Florida Department of Health, Public Health Dental Program

⁶ Florida Department of Health, Medical Quality Assurance

⁷ Florida Public Health Institute

⁸ Centers for Disease Control and Prevention (CDC). www.cdc.gov/mmwr/preview/mmwrhtml.mm5434a1.htm

Goal AC1: Increase access to preventive oral health care services for children.

Strategy AC1.1: Implement a school dental sealant program in all Title I schools.

- **Objective AC1.1.1:** By June 30, 2017, 20% of second graders at Title I schools in Leon County will receive dental sealants during each school year. 20 ☀️
- **Objective AC1.1.2:** By December 31, 2015, two Medicaid providers in the Big Bend area will have a formal rate agreement of 140% of the current Medicaid rate for dental services provided in schools. ☀️

Goal AC2: Improve access to behavioral and mental health services.

Strategy AC2.1: Develop a comprehensive behavioral healthcare triage and service delivery system for the Big Bend region.

- **Objective AC2.1.1:** By June 30, 2016, implement a shared screening / triage system which includes service to rural emergency rooms to identify patient needs and appropriate community resources.
- **Objective AC2.1.2:** By December 31, 2016, implement a case management referral network through provider agencies to support non-severe clients.

Strategy AC2.2: Raise community's awareness on the role of stress in both mental health and healthy lifestyles

- **Objective AC2.2.1:** By August 31, 2015, assess the community's current stress level.
- **Objective AC2.2.2:** By December 31, 2015, identify initiatives for implementation to address stress in the community.

Organization(s) Responsible: The United Way of the Big Bend in partnership with the Florida Department of Health, Florida Department of Health in Leon County – Dental Program, Florida State University, Leon County Schools, Tallahassee Memorial Hospital, Florida State University, Florida A & M University

Strategic Health Issue - Obesity and Chronic Disease

Overweight and obesity are conditions that increase the risk for a variety of chronic diseases and health concerns, including heart disease, Type 2 diabetes, heart disease, hypertension, certain cancers, stroke, and high cholesterol (among others). The condition of overweight and obesity are determined by using a calculation, the Body Mass Index (BMI), which takes into account a person's height in proportion to his or her weight. BMI is correlated with the amount of body fat present.⁹

In 2013, the percentage of adults who are overweight was 28.6% for all races. However, the rate for White adults was 30.6%. Further analysis showed that for adults making more than \$50,000, the percent who were overweight was 32.9%, regardless of race.¹⁰ Likewise, Leon County middle school students with a BMI at/or above the 95th percentile was 10.8% in 2012. This was lower than the state percentage of 11.1%. The percentage for high school students was 12.6% compared to 14.3% for the State.¹¹

Goal OCD1: Increase healthy behaviors among adults and children 🏆 🌞

Strategy OCD1.1: Collaborate with partner agencies and organizations to implement initiatives that promote healthy behaviors among children.

- **Objective OCD1.1.1:** By January 31, 2015, establish a plan for monitoring body mass index among first and third graders. 🏆
- **Objective OCD1.1.2:** By June 30, 2017, decrease the percentage of first and third graders who are considered obese or overweight from 36% to 34%. 🏆

Strategy OCD1.2: Conduct marketing / community outreach to increase physical activity among adults.

- **Objective OCD1.2.1:** By June 30, 2017, increase the number of participants walking in monthly Move Tallahassee events by 20%. 🏆
- **Objective OCD1.2.2:** By June 30, 2017, increase the number of Move Tallahassee walking events by 20%. 🏆

Strategy OCD1.3: Participate in Alliance for a Healthier Generation's Healthy Schools Program

- **Objective OCD1.3.1:** By June 30, 2017, 20% of Leon County schools will achieve a level of success as determined by Alliance criteria – Bronze, Silver, or Gold. 🌞

⁹ Centers for Disease Control and Prevention (CDC). www.cdc.gov/obesity

¹⁰ BRFSS Survey, FDOH, Bureau of Epidemiology

¹¹ BRFSS Survey, FDOH, Bureau of Epidemiology

Strategy OCD1.4: Ensure that all elementary children have access to regular daily recess²⁰

- **Objective OCD1.4.1:** By June 30, 2017, increase the number of schools compliant with the 150 minutes per week as required by policy by 10% each school year. ²⁰

Strategy OCD1.5: Prevent the sale of “Blue Pop” and other such treats on campus as fundraisers ²⁰ 🏆

- **Objective OCD1.5.1:** By June 30, 2016, reduce the number of schools using unhealthy treats for campus fundraisers by 10% each school year. ²⁰ 🏆

Strategy OCD1.6: Prevent the use of candy and junk food as incentives for good behavior or school work. ²⁰ 🏆

- **Objective OCD1.6.1:** By June 30, 2017, reduce the number of teachers using unhealthy treats for rewards or incentives to zero. ²⁰ 🏆

Organization(s) Responsible: Leon County School District, Florida State University, Working Well Leon, Leon County School Health Advisory Council

Strategic Health Issue – Health Disparities

Improving the well-being of mothers, infants, and children is a Healthy People 2020 goal for the United States. Pregnancy and childbirth have a huge impact on the physical, mental, emotional, and socioeconomic health of women and their families. According to The Centers for Disease Control and Prevention, pregnancy-related health outcomes are influenced by a woman's health and other factors including, but not limited to age, race, environment, socioeconomic status, and ethnicity.

Breast milk is rich with nutrients and antibodies that help to boost an infant's immune system. Breast milk changes over time to meet infants' needs as they grow and develop. Infants who are not breastfed have a higher risk for impairments in the growth and development of the brain and nervous system and are more susceptible to infections. In Leon County for 2013, 78.4% of mothers initiated breastfeeding. The percentage for initiating breastfeeding was lowest among Black mothers at 65.5%.

Goal HD1: Raise awareness among health care staff and patients on the importance of breastfeeding.

Strategy HD1.1: Implement *Ten Steps to Successful Breastfeeding* at Tallahassee Memorial Hospital.

- **Objective HD1.1.1:** By July 31, 2015, TMH will have a written breastfeeding policy that is routinely communicated to health care staff.
- **Objective HD1.1.2:** By December 31, 2015, 100% of TMH health care staff working on the maternity ward will be trained in the skills necessary to implement the breastfeeding policy.
- **Objective HD1.1.3:** By December 31, 2016, at least 90% of all pregnant women receiving prenatal care through TMH or its associated clinics will be informed about the benefits and management of breastfeeding.
- **Objective HD1.1.4:** By December 31, 2016, at least 90% of mothers giving birth at TMH will receive help to initiate breastfeeding within one hour of birth. 20

Organization(s) Responsible: Tallahassee Memorial Hospital

Appendix A: Alignment with National and State Goals, Objectives and Measures

Strategic Health Issue	Aligned National, State Goals, Objectives and Measures
Access to Care	
Strategy AC1.1: Implement a school dental sealant program	
Objective AC1.1.1	Healthy People 2020 OH-9.1 Healthy People 2020 OH-8 State Health Improvement Plan AC4.3.2
Objective AC1.1.2	State Health Improvement Plan AC4.4.1
Obesity and Chronic Disease	
Goal OCD1: Healthy Weight	Healthy People 2020 NWS-8 objective; CDC Winnable Battle: Nutrition, Physical Activity, and Obesity; State Health Improvement Plan
Strategy OCD1.1: Healthy behaviors	
Objective OCD1.1.1	State Health Improvement Plan CD2.1 Healthy People 2020 NWS-10.2
Objective OCS1.1.2	State Health Improvement Plan CD2.1 Healthy People 2020 NWS-10.2
Strategy OCD1.2: Conduct marketing / community outreach to increase physical activity among adults.	
Objective OCD1.2.1	Healthy People 2020 NWS-8 Healthy People 2020 NWS-9 Healthy People 2020 PA-1
Objective OCD1.2.2	Healthy People 2020 NWS-8 Healthy People 2020 NWS-9 Healthy People 2020 PA-1
Strategy OCD1.3: Alliance for a Healthier Generation's Healthy Schools Program	
Objective OCD1.3.1	State Health Improvement Plan CD2.3.3
Objective OCD1.3.2	State Health Improvement Plan CD2.3.3
Strategy OCD1.4: Daily recess for children	
Objective OCD1.4.1	Healthy People 2020 PA-3.1
Strategy OCD1.5: Unhealthy treats for fundraisers	
Objective OCD1.5.1	Healthy People 2020 NWS-2.1, NWS-17.2
Health Disparities	
Strategy HD1.1: Baby friendly hospital	
Objective HD1.1.4	Healthy People 2020 MICH-21.1