



2019 Community Health Improvement Plan Executive Summary

Acknowledgements

The Florida Department of Health in Leon County (FDOH-Leon) is pleased to present the Community Health Improvement Plan (CHIP) to our community. This plan was developed with

input from the CHIP Steering Committee (SC) made up of a multidisciplinary and diverse group of community leaders coming together to develop a comprehensive health agenda. Multiple agencies addressed key goals and strategies that are needed to activate change and provide resources in collaboration with FDOH-Leon. The FDOH-Leon CHIP is a plan that the entire public health system in Leon County will follow to coordinate resources for more efficient directed and unified health improvement efforts. The CHIP is directly linked to the State Health Improvement Plan (SHIP).

Introduction

The FDOH-Leon CHIP presents a long-standing, organized effort to address health issues in a community based on results from a community health assessment. The latest plan was instituted in 2017 and proposes priorities for action until 2022. The FDOH-Leon CHIP is used by governmental, education, and social service agencies and organizations to implement policies and programs that protect and improve health. Health is essential to well-being, which involves full participation in communities and society. Poor health can result in suffering, disability and loss of life. The economic impacts of health have become increasingly apparent. The health of our nation depends on positive changes to public and private policies that can improve communities. Opportunities and challenges exist for addressing health issues while advancing 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.

Methodology

The 2015-16 Leon County Community Health Assessment Survey provided valuable information about the existing burden of chronic diseases, health behaviors, risk factors and disparities observed in 6 communities in the county. The CHIP consists of 9 domains specific to Leon County populations in alignment with the State Health Improvement Plan (SHIP). Each domain consists of goals, strategies, objectives, indicators, and partner agencies that will assist in ensuring that the goals are met.

Domain *one* addresses affordable housing and has five key activities.

GOAL: Increase availability of safe and sanitary affordable housing units	
Key Activity AH1	Identify resources and engage in collective impact group.
Key Activity AH2	<ul style="list-style-type: none"> • Obtain resource providers' commitment and capacity • Obtain community input
Key Activity AH3	Develop action plan based on commitments and capacity
Key Activity AH4	Identify, assess and engage large employers through discussions on the importance of affordable housing and what programs exist (universities, etc.)
Key Activity AH5	Develop strategies to leverage employer participation and resources with existing affordable housing initiatives

Domain *two* addresses sustainable employment and has four key activities.

GOAL: Minimize barriers to sustainable employment	
Key Activity SE1	<ul style="list-style-type: none"> • Job readiness; create holistic employment suitability assessment • Agree upon key areas to assess • Identify stakeholders within each area • Develop question/result set • Determine how to deploy assessment

Key Activity SE2	<ul style="list-style-type: none"> • Connect job-ready candidates directly with employers • Develop and implement strategies to disseminate existing and new job training/readiness information and opportunities to the community
Key Activity SE3	Create direct pipeline with employers through work-based learning models
Key Activity SE4	Conduct Gap Assessment: <ul style="list-style-type: none"> • Assess limits of current transportation system • Map employers • Determine viable employment shift by community

Domain *three* addresses HIV AIDS and has 24 key activities.

GOAL: Reduce new HIV infections in Leon County	
Key Activity HA1	Educate high-risk population and community about PrEP: <ul style="list-style-type: none"> • Four educational workshops • Four presentations to college community • Four community forums
Key Activity HA2	Educate health care providers about PrEP: <ul style="list-style-type: none"> • Two AETC trainings for health care providers (one each year) • One training for college students in health care programs (2019)
Key Activity HA3	Advertise PrEP through social media
Key Activity HA4	<ul style="list-style-type: none"> • GIS mapping of HIV in Leon County • Advertise PrEP through direct marketing: One mailout will occur in high-risk area • Creation and distribution of the message
Key Activity HA5	Advertise PrEP at community events, DCF events, Business Response to AIDS (BRTA), Faith Response to AIDS (FRTA).
Key Activity HA6	PrEP seminar for CBOs and CHDs
Key Activity HA7	Identify potential PrEP providers
Key Activity HA8	Identify best practices to finance PrEP expansion
Key Activity HA9	Implement “Test and Treat” immediately following a positive HIV test result
Key Activity HA10	Meet with at least three providers not currently providing “Test and Treat” services in Leon County to implement T&T protocol
Key Activity HA11	Generate a process map from point of testing to final linkage

Key Activity HA12	<ul style="list-style-type: none"> Identify potential members Email/mail letters to a diverse cross-section of the community to provide them with goal of BTAN
Key Activity HA13	Send a letter of intent to BTAN
Key Activity HA14	Submit an application
Key Activity HA15	<ul style="list-style-type: none"> Conduct a general interest meeting Work with BTAN to generate an interest meeting flyer
Key Activity HA16	<ul style="list-style-type: none"> Select a co-chair Submit a petition to the Black AIDS Institute to show a strong community commitment to BTAN
Key Activity HA17	Submit two MOAs
Key Activity HA18	Training for BTAN members
Key Activity HA19	Chapter recognition
Key Activity HA20	A directory of services for people living with HIV will be developed, printed, distributed
Key Activity HA21	An online version will be available to 2-1-1, posted on the DOH-Leon website and available for CBOs to post
Key Activity HA22	<ul style="list-style-type: none"> A condom distribution group will have convened A master list will be developed by this group for condom distribution sites and contacts
Key Activity HA23	Condom map distribution will be developed based on ZIP codes
Key Activity HA24	Three peer support groups will be actively meeting and providing feedback to DOH-Leon and CBOs through a yearly listening session

Domain *four* addresses STDs and has two key activities.

GOAL: To decrease STDs (gonorrhea, chlamydia and syphilis) in Leon County	
Key Activity ST1	Expedited Patient Therapy will be offered to all clients that have been exposed to STDs
Key Activity ST2	<ul style="list-style-type: none"> STD education to middle and high schools and colleges Meet with college admission regarding education during orientation

Domain *five* addresses Physical Activity and has two key activities.

GOAL: Develop and promote cross-sector community walking for maintaining health and managing chronic disease.

Key Activity PA1	<ol style="list-style-type: none"> 1. Develop recruitment materials 2. Identify partners (schools, churches, businesses) to focus recruitment efforts for the community walk 3. Develop educational and promotional materials 4. Promote and recruit 5. Execute community walk 6. Assess and report on participation, results and feedback
Key Activity PA2	Repeat steps 1-6 in Key Activity PA1, increasing participation each year

Domain six addresses Nutrition and has 11 key activities.

GOAL: To reduce the consumption of sugar-sweetened beverages (SSB) among teachers, staff and students at Title 1 Leon County schools

Key Activity NU1	Develop survey instrument and methodology to assess current water/sugar sweetened beverage consumption behaviors and organizational policies
Key Activity NU2	Identify two Title 1 Leon County schools for pilot
Key Activity NU3	Conduct survey and assessment
Key Activity NU4	Compile results and prepare summary of baseline data
Key Activity NU5	<p>Conduct literature review to:</p> <ul style="list-style-type: none"> • Describe the impact of inadequate water consumption and heavy consumption of sugar-sweetened beverages • Identify model healthy beverage organizational/workplace policies • Identify model elementary classroom activities and events that educate and encourage healthy beverage consumption
Key Activity NU6	Develop or purchase campaign and educational materials
Key Activity NU7	Design or purchase materials to conduct a “Reduce SB” challenge
Key Activity NU8	Execute education and campaign
Key Activity NU9	Compile challenge results
Key Activity NU10	Evaluate findings from first year pilot

Key Activity NU11	Revise as needed to execute in following years
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Domain seven addresses Maternal Child Health and has 12 key activities.

GOAL: Reduce infant mortality rate from 6.7 to 5 by 2022	
Key Activity MC1	Participate in health fairs/events organized by our partners that focus on creating awareness on maternal and child health. Educational materials like pamphlets will be distributed. These materials will be composed by DOH and partner agencies. Examples include: community baby showers, breastfeed walk, maternal child health equity community gathering.
Key Activity MC2	Conduct media campaigns that focus on creating awareness on MCH and educate women on infant health.
Key Activity MC3	Partner with Healthy Start to get more exposure for the traveling crib. Traveling crib will help educate mothers on infant safe sleep rules. It will demonstrate how the crib should be prepared for the infant. It will be placed on different locations provided by our community partners.
Key Activity MC4	Organize infant CPR classes in coordination with our community partners to equip the attended with the skill set to administer CPR to infants in case of an emergency
Key Activity MC5	Develop a strategy in coordination with community health equity partners that focuses on creating awareness in the community regarding the maternal and child health services available prior to pregnancy. Examples include: pamphlets available in the clinic with the required information, nutritional counseling provided to parents for their infants and educational sessions on breastfeeding
Key Activity MC6	Provide preconception trainings and workshops to women of reproductive age and the participating partners.
Key Activity MC7	Initiate the Reach Out and Read Program. This program helps children in developing improved language and reading skills. Books will be distributed to the WIC participants followed by a counseling session to the parents on why it is important to read aloud to their children and how best to look at books and talk about the stories with their infants.
Key Activity MC8	Conduct a collective impact research to study an association between infant mortality and having health insurance before and during pregnancy.
Key Activity MC9	Participate in Fetal and Infant Mortality Review (FIMR) and Child Abuse Death Review (CADR). These groups meeting monthly to review the cases. The purpose of these meetings is to analyze the leading causes of infant mortality and then devise strategies to overcome them.

Key Activity MC10	Provide Safe Baby Training to parents who are expecting or already have infants on how to care for their babies. WIC staff will be trained to counsel the parents who enroll in WIC program. The program covers the following avenues: choosing a safe caregiver, coping with crying, safe sleep, water safety, car safety and choking risks.
Key Activity MC11	Outreach and community events that focus on promoting the benefits of breastfeeding for the mother and the infant. Examples include African American Breastfeeding Week.
Key Activity MC12	Provide trainings, workshops and support groups to new mothers on the practice of breastfeeding

Domain *eight* addresses Mental Health and has 14 key activities.

GOAL: To improve mental health outcomes for residents of Leon County.	
Key Activity MH1	Collect and integrate the findings of recent studies and others into a comprehensive report.
Key Activity MH2	Development of comprehensive report.
Key Activity MH3	Present this report to the local community, health care stakeholders and elected officials.
Key Activity MH4	Continue planning to develop a psychiatric residency program at FSU College of Medicine.
Key Activity MH5	Engage FSU College of Nursing in discussion of development of specialty psychiatric ARNP program
Key Activity MH6	Develop a protocol linking non-prescriber mental health professionals with primary care physicians
Key Activity MH7	Develop an educational strategy to inform the public about the availability, benefits and success of mental health services.
Key Activity MH8	Partner with provider trade associations (FPS, NASW FL) to develop a messaging campaign around the benefits of non-prescriber treatment.
Key Activity MH9	Partner with Big Bend 2-1-1, FSU and the United Way to support the development of a comprehensive, tended database of local mental health providers.
Key Activity MH10	Develop an educational strategy to inform the public about the availability, benefits and success of mental health services.
Key Activity MH11	Partner with provider trade associations (FPS, NASW FL) to develop a messaging campaign around the benefits of non-prescriber treatment.
Key Activity MH12	Identify key stakeholders in targeted high-intensity communities, including churches and community groups.

Key Activity MH13	Engage with stakeholders to develop a plan for community engagement in order to publicize the need and behavioral health services.
Key Activity MH14	Develop a plan to expand and/or create necessary access to services in high intensity communities.

Domain *nine* addresses early education and has seven key activities.

GOAL: Increase the number of children enrolled in early childhood education	
Key Activity EE1	Collect data on the number of children enrolled in early learning (utilizing the data from the Parent Input Survey)
Key Activity EE2	Develop a short checklist outlining domains of quality early childhood education
Key Activity EE3	Review/revise kindergarten readiness checklist
Key Activity EE4	Develop campaign materials and plan
Key Activity EE5	Launch educational campaign
Key Activity EE6	<p>Explore establishment of 'Pop-Up Preschools' in identified neighborhoods</p> <ul style="list-style-type: none"> a. Conduct literature search and create summary of benefits and options for pop-up preschools b. Create implementation plan c. Develop budget for startup
Key Activity EE7	<p>Provide education on infant brain development and the importance of interacting with infants and young children parents and families</p> <ul style="list-style-type: none"> a. Explore establishment of peer counselors to educate parents and families b. Develop schedule for workshops that are easily accessible to parents and families c. Create materials for use by Healthy Start/Families and other home visiting programs, OB offices, and hospital discharge packets

In 2015, the FDOH-Leon collaborated with the United Way and Tallahassee Memorial HealthCare to meet the 3 to 5-year assessment requirements. The steering group (SG) has regular meetings and quarterly Community Health Improvement Planning (CHIP) meetings. The SG solicited input from a broad cross-section of people who live and work in Leon County, ensuring a truly collaborative community-based assessment. The community health assessment

documents the partners from various community sectors and broad representation, including community members, health care providers, health insurance agencies, educational institutions, early childhood advocates, affordable housing advocates, and social services. The SG guided the community health assessment process and identified priority public health issues in Leon County that are now represented as domains. The SG disbanded while the FDOH-Leon holds quarterly meetings with the nine CHIP workgroup leads and community partners.

Discussion

The FDOH-Leon CHIP adopts the county's Community Health Assessment (CHA) which gathered data from focus communities and served as the support for strategies and activities for the CHIP. The survey indicated that an overwhelming number of respondents exhibit one or more of the following chronic conditions: Hypertension/high blood pressure (35%), diabetes (18%), heart disease (14%), and asthma (10%). For the 2015-17 period, cancer was the leading cause of death, and heart disease was the second leading cause of death in Leon County (FDOH Leon, 2019).

According to the U.S. Census Bureau, as of July 2018, Leon County had a population of 292,502 (U.S. Census Bureau, 2018). Leon County, Florida has a total 125,481 households within a total 1,817.63 sq. km of land and water area, (World Atlas, 2019). Leon is ranked as the 22nd county out of 67 in Florida. More than two thirds of the residents are White (61.9%) and 31.7% are Black. Over 52.6% of its residents are female (U.S. Census Bureau, 2018).

Education statistics show that 93.2% of residents age 25 and over are high school graduates or higher and 45.5% of residents age 25 and over have a bachelor's degree or higher (U.S. Census Bureau, 2018). In 2017, the median household income was \$49,941 and the per capita income was \$28,548 (U.S. Census Bureau, 2018), with 18.0% of individuals living in poverty (U.S. Census Bureau, 2018). An estimated 10.8% of the population (over 27,083 individuals) ages 0-64 years are uninsured in Leon County (U.S. Census Bureau, 2018).

In 1988, the Institute of Medicine (IOM) stated that public health systems focus on prevention through population-based health promotion-those public services and interventions which protect entire populations from illness, disease, and injury-and protection (Institute of Medicine, 1988). The primary providers of these public health services are government public health agencies (IOM, 1988). Public health agencies are accountable for protecting, assessing, and assuring individual, community, and environmental health. These agencies are tasked with building partnerships and coordinating direct services to guarantee access to adequate health services in a community. The Florida Department of Health public health system is made up of all public, private and voluntary organizations that contribute to the well-being of Florida's communities. The FDOH-Leon will continue to fulfill its role in ensuring that it "works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts." (FDOH, 2019).

References

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