



2015-2016 Annual Report

PHAB Accredited Health Department
Public Health Accreditation Board

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MESSAGE FROM THE ADMINISTRATOR



It is my pleasure to present our Florida Department of Health in Lake County (FDOH-Lake) 2015/2016 Annual Report. This informative report demonstrates the efforts we have taken to improve the health and safety of Lake County residents.

FDOH-Lake operates a wide variety of programs to improve the health status of all of our residents and visitors. These efforts encompass many different health topics. Health protection, health promotion, disease prevention, and disaster preparedness are just a few of the health areas we strive to improve. Our focus has been on continuing prevention efforts, developing partnerships to address important health issues and eliminating health disparities.

These programs and services are aimed to improve the health of our residents and visitors in their daily lives as well as in emergency events.

In the past year, Department Health achieved accreditation recognition through National Association of City and County Health Officials. DOH-Lake partnered with three area hospitals in the Baby Friendly Initiative (Statewide Best Practice). Our team has collaborated with Lake County Schools and was recognized at the bronze level as a Florida Healthy School District by the Florida Coordinated School Health Partnership. We have worked together with our partners to improve our Robert Wood Johnson County Health Ranking from #19 in Florida to #14.

I would like to thank our team who continue to preserve, promote and protect the health of the Lake County in the work they carry out with dedication, creativity and professionalism.

I would also like to acknowledge our community partners for their outstanding leadership and collaboration in working to meet and expand the availability of vital public health needs in our community. I look forward to continuing our efforts as we lead the way to a healthier Lake County.

Sincerely,

Aaron Kissler, MPH
Administrator-Health Officer
Florida Department of Health in Lake County

Our Vision

To be the Healthiest State in the Nation

Our Mission

To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

Our Values

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: We promote quality outcomes through learning & continuous performance improvement.

What Is Public Health?

Public Health is what we do collectively to assure conditions in which people can be healthy.

10 Essential Public Health Services:

1. Monitor health status to identify community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure a competent public health and personal healthcare workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

* Source – Center for Disease Control and Prevention - <http://www.cdc.gov/nphpsp/essentialServices.html>

BACKGROUND AND OVERVIEW

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts. The focus of public health intervention is to improve health and quality of life through prevention and treatment of disease and other physical and mental health conditions. This is done through education, surveillance of cases and health indicators, research of disease, injury prevention, and through promotion of healthy behaviors. Through research, surveillance, and data analysis, we develop programs and policies that protect the health of the entire community.

Public health touches every aspect of our daily lives. By definition, public health aims to provide the maximum benefit for the largest number of people. It is what we do collectively to assure conditions in which people can be healthy. The dimensions of health include a state of complete physical, mental and social well-being. Public health incorporates the interdisciplinary approaches of epidemiology, biostatistics and health services. Environmental health, community health, behavioral health, health economics, public policy, insurance medicine and occupational safety and health are other important subfields.

The Florida Department of Health in Lake County serves a population of 311,197 citizens. Florida's Population is 19,548,031. DOH-Lake offers a wide range of programs specifically for women, infants and children, dental services, school-based health clinics, immunizations, family planning services, communicable disease and nutrition education.

DOH-Lake is also tasked with the broad responsibility of maintaining public health and safety in many aspects including drinking water, sewage treatment, biomedical waste, public bathing places, and other areas concerning the public's health. In addition, the DOH-Lake participates in disaster planning and facilitates the staffing of shelters for community members with special health care needs in the event of disasters or emergencies. The Department maintains vital statistic record recordings of all births and deaths in the county and responsible for educating the public through outreach events regarding certain behaviors such as tobacco cessation, healthy eating, exercise and injury prevention.

There are eight locations throughout Lake County that host a multidisciplinary team of 135 public health professionals. The dedicated staff are the key to fulfilling our mission, vision and values in addition to community partners and the support of local and state government to "protect, promote and improve the health of all citizens in Lake County".



ACCESS TO HEALTH CARE



Assure Access to Health Care

- Dental Care
- Family Planning
- Florida Breast and Cervical Cancer Early Detection Program
- Maternity Care
- Vital Statistics (Birth Certificates and Death Records)
- Quick Script



Encourage a Healthy Environment

- Drinking water and irrigation wells/systems
- Onsite sewage disposal systems
- Public drinking water
- Swimming pools and spas
- Biomedical Waste and Community Used Sharps Disposal
- Food hygiene inspections at schools, detention centers, bars, fraternal/ civic organizations and theaters
- Safety and sanitation inspections at schools, residential care facilities, migrant housing, mobile home parks, campgrounds, body piercing and tattooing salons



Prevent Disease and Protect Health

- Adult and child immunizations
- Planning, Evaluation and Data Analysis
- Hepatitis
- HIV/AIDS
- Mosquito-Borne Illness
- Outbreak Investigations
- Public Health Preparedness
- Rabies
- Sexually Transmitted Diseases
- Special Needs Shelters
- Surveillance (tracking and monitoring)
- Tuberculosis



Promote Healthy Living

- Community Health Outreach
- Community Health Assessment and Improvement Planning
- Healthy Lake Pace EH
- Lead Poisoning Prevention
- Tobacco Prevention
- WIC and Nutrition Services



ACCESS TO HEALTH CARE

IMMUNIZATIONS	
Child Visits	4,374
Child Services	7,841
Adult Visits	1,345
Adult Services	1,916
SEXUALLY TRANSMITTED DISEASE	
Visits	1,889
Services	8,612
HIV	
Visits	2,366
Services	10,242
Tuberculosis Surveillance	
Visits	1,586
Services	2,251
Family Planning	
Visits	3,546
Services	131,780
Maternity	
Visits	4,965
Services	25,696
Child Health	
Visits	1,754
Services	4,293
Adult Health	
Visits	3,140
Services	14,769
Dental Health	
Visits	3,140
Services	14,769
Total Services	
Visits	31,912
Services	238,572



Clinical Services

The Clinic Services Division of the Florida Department of Health in Lake County works hard to play a vital role in improving the health of our county. We offer services to not only clients of Lake County, but also surrounding counties as well.

Services offered at our clinical sites include: family planning, sexually transmitted infections (STI), HIV, TB, adult primary care, pediatrics, maternity care, immunizations, traveler vaccines, and refugee health.

Did you know?

We proudly offer "Quick script" appointments for uninsured clients at a low cost of \$50 per visit. This program was created as an urgent care emulate in effort to serve as an emergency room diversion by decreasing the amount of unnecessary Emergency room visits.



DOH-Lake –Lynn Penley Foley and Katie Kaiser attended the 2016 HPV-Immunization Summit in St. Petersburg, FL Feb 11-12th.



2015-2016 Accomplishments

- Partnered with the South Lake Hospital OB Group to provide continuity of client care by providing maternity services at our Clermont Health Center and delivery at South Lake Hospital. This partnership has resulted in a total of 375 visits and a total of 62 clients this fiscal year.
- Now offering HIV/STI screening at the Clermont Health Center one day per week.
- Expanded pediatric services by adding an ARNP two days per week to the Leesburg Health Center.
- We were able to offer comprehensive adult health services to over 1,014 clients and comprehensive child health services to over 1,043 children.

Dental Services

The Florida Department of Health in Lake County currently has two dental locations. One is located in the Northern part of Lake County in Fruitland Park and the other is in the southern part of Lake in Clermont. The dental team is dedicated to improving access to preventive oral health services for the financially under-served children of Lake County and to promote and provide oral health care as part of one's overall health and well-being. In addition, we have partnered with several agencies throughout the community in order to assure and improve access to dental care.

Our team is staffed with a compassionate team of dentists, hygienists, assistants, and administrative staff who are eager to provide quality dental care to our patients.



2015-2016 Accomplishments

- The Mobile Dental Unit (MDU), known as **TOOTHY TWO**, started the school sealant program in January 2016. The staff consists of a Dental Hygienist and Dental Assistant. The MDU travels to the schools and provides exams, screenings, sealants, and oral hygiene instructions to all second grade students. We offer children in the second grade free oral health screenings in the 16 Lake County elementary schools.
- During summer school break we partnered with community agencies to provide sealants and fluoride to Medicaid eligible children requiring these services.
- Participated in various community outreach events including health fairs, Back-to-School Events, and Department of Children and Families.

School Health

The mission of the School Health program is to appraise, protect and promote the health of our students. The state mandated services include health assessments, community health education, immunization clinics, reviewing student records for immunization compliance and health screenings including vision, hearing, scoliosis, height, weight and Body Mass Index (BMI). The 7 school health team members have traveled all corners of the county including some private schools in order to fulfill their requirements.

SCHOOL HEALTH		
Services		41,794
Medication Administration		35,574
Immunizations Administered		580
First Aid Services		56,430
SCREENINGS	GRADE	COMPLETED
VISION	KG, 1 ST , 3 RD & 6 TH	13,440
HEARING	KG, 1 ST , & 6 TH	10,024
SCOLIOSIS	6 TH	3,040
Ht/Wt/BMI	1 ST , 3 RD , & 6 TH	18,502



2015-2016 Accomplishments

- Our county was recognized at the **Bronze Level** as a Florida Healthy School District by The Florida Coordinated School Health Partnership (CSHP).
- Vaccination rate for Kindergarten is **95%** and 7th grade is **96.8%** which is above the state requirement.
- Reviewed **15,918** student cumulative records for immunizations, physicals and birth certificates.

Women, Infant and Children (WIC)

The DOH-Lake WIC program provides a nutrition program for financially eligible women who are pregnant or breastfeeding, or who have recently been pregnant, infants and children under age 5. This is a no cost program, which provides the following: healthy foods, nutrition education and counseling, breastfeeding support, referrals to health care, immunizations and community services. The DOH-Lake WIC program provides services in a bi-county area, covering both Lake County and Sumter County. Locations are provided in five sites; Bushnell, Clermont, Leesburg, Umatilla and Wildwood. DOH-Lake WIC Breastfeeding Peer Counselors (BPC's) offer a breastfeeding support group, "Breastfeeding & You: Community Breastfeeding Support," at each of these locations. The Lake County WIC director and BPC's are also participants in the Lake County Breastfeeding Task Force.

Did you Know?

During 2015-2016 the WIC department

- Served 8,348 clients in their five locations
- WIC EBT card purchases brought 6,152,362 into the Lake County economy.



Breastfeeding Week



2015-2016 Accomplishments

- Continues to work in the new FL-WISE System, which provides electronic benefits (EBT) for WIC clients.
- Celebrated DOH-Lake's 1st community World Breastfeeding Week (WBW) in 2015 and then partnered with local hospitals in 2016 for a 2016 WBW county-wide celebration.
- Partnered with local hospitals; Leesburg Regional Medical Center, South Lake Hospital and Florida Hospital Waterman, to support them in their efforts towards becoming designated as Baby-Friendly hospitals.
- In 2015, established the Lake County Breastfeeding Task Force with local community partners.

Tobacco Program

The Outreach Events Committee is composed of the following programs: Clinical Services, Environmental Health, School Health, Dental, Community Health and WIC. The team's mission is to provide Lake County residents, visitors and community partners with education, materials and information regarding programs and services including resources needed to form an active and healthy lifestyle. This year the Outreach Events Committee participated in over 200 events where they were able to distribute approximately 8,430 informational materials and 2,415 Quit Kits to help the residents of Lake County quit smoking. The committee came in contact with an estimated 10,035 participants.

Did You Know?

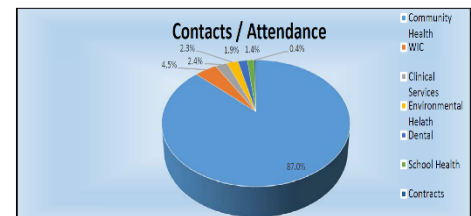
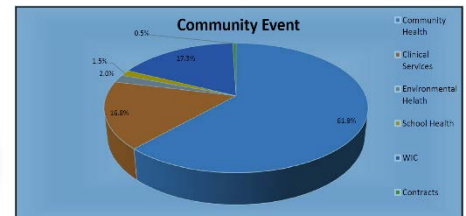
Due to the outstanding job that DOH-Lake Tobacco Program has done, smoking prevalence is down 6%; in the last four years; 3% in this last year. That is a tremendous decrease which improves the overall health of Lake County residents. They have done this by changing community behavior through education. They have encouraged residents to quit smoking by offering cessation classes/services and discouraging young adults from starting to smoke with programs like Student Working Against Tobacco (SWAT).



LifeStream Facilities
Become Tobacco Free!



The Great American Smoke Out
Lake Sumter State College



*Did you know?
88 people die daily from
Tobacco-related illnesses
in Florida?*

2015-2016 Accomplishments

- Two (2) Multi-Unit Dwellings have adopted Tobacco Free policies with the assistance of the Tobacco Prevention staff. Sun Dance Apartments in Clermont adopted a 100 % Tobacco Free Grounds effective July 1, 2016 and Silver Pointe at Leesburg Apartments in Leesburg adopted 100% Tobacco Free Policy Indoors with outside designated areas effective August 1, 2016. Both properties also include Electronic Nicotine Delivery Systems (ENDS) (i.e. electronic cigarettes, e-hookah, personal vape devices) in their policy.
- The tobacco prevention staff continue to work with the property manager at Serenity @ Leesburg and the director with Eustis Housing Authority in their properties going Tobacco Free. The targeted effective date of January 2017 for policy adoption for both properties.



National Diabetes Prevention Program

National Diabetes Prevention Program (NDPP) is an evidence-based Lifestyle Change intervention proven to prevent or delay the onset of type 2 diabetes in people who are at risk for the disease. DOH Lake offers this program as a free community resource. NDPP last for 12 months and consists of 16 weekly one-hour core sessions followed by 6 monthly follow-up sessions. The program empowers participants to eat healthier, be more active, lose a modest amount of weight and manage their health better long term. The program aims to reduce the number of newly diagnosed cases by raising awareness of pre-diabetes and the risk factors associated with it. Participants are given the skills and tools necessary to reduce their risk.

Did You Know?

- Prediabetes is when your blood sugar level is higher than normal but not high enough to be diagnosed with type 2 diabetes. It is a strong indicator/risk factor for the future development of type 2 diabetes.
- Type 2 diabetes continues to be a chronic condition that plagues our state with Lake County having rates higher than national and state averages. Type 2 diabetes usually progresses over time and is a serious condition that can contribute to cardiovascular disease, stroke, blindness and kidney failure.



You may be at risk for Type 2 Diabetes if you:

- Are overweight
- Are 45 years of age or older
- Have a family history of Type 2 Diabetes
- Are physically active fewer than 3 times per week
- Had gestational diabetes or gave birth to a baby that weight more than 9 pounds.

You can find information about the program and the curriculum at www.cdc.gov/diabetes/prevention



2015-2016 Accomplishments

- There are currently 24 participants enrolled in NDPP at DOH Lake, current total weight loss of 212lbs!
- Two Classes are being offered at Clermont Health Center and one at Leesburg Regional Medical Center.

ENCOURGE A HEALTHY ENVIRONMENT

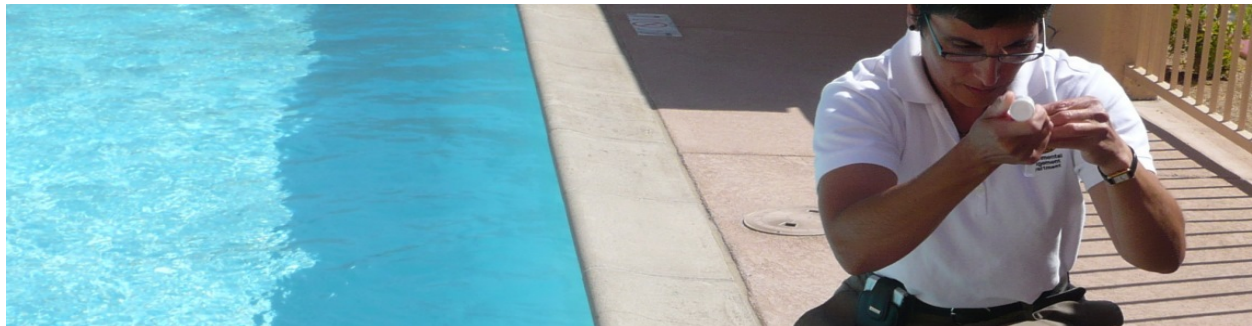
Environmental Health

Florida Department of Health in Lake County's Environmental Health section protects the County's residents and visitors from natural and man-made health risks and exposures.

To protect the public from potential illnesses and injuries of an environmental nature, core Environmental Health activities focus on prevention, preparedness, and education. Diverse program authority, under the county, state and federal law, allows Environmental Health to implement these activities through investigation, routine monitoring of regulated facilities, education, surveillance, and sampling.

Environmental Health also provides timely guidance and information to the public, businesses, and other governmental agencies on public health issues and concerns when the health of Lake County residents and visitors is threatened during emergencies such as hurricanes, fires, floods, hazardous materials incidents, sewage spills, and disease outbreaks.

Environmental Health in Lake County is involved with the regulation of tanning facilities, public swimming pools, limited use water systems, onsite treatment and disposal systems, tattoo artists, tattoo facilities, body piercing, biomedical wastes, institutional facilities, detention facilities, assisted living facilities, private well construction as well as well surveillance.



2015-2016 Accomplishments

- Partnered with Lake County Public Safety and Swimming for Life Swim School for "Water Safety Day" to prevent drowning in our community.
- We were the first county in Florida to have an on-line permitting system with our county partners in planning and building where the homeowner can submit their new home plans electronically.
- We are in our third year of this permitting initiative with popularity of convenience increasing yearly.
- We have participated in numerous outreach events distributing environmental health literature on Zika virus, septic systems, private wells, food safety, water safety and entrapment and educating the attendees.
- We are also appointed to the county water safety advisory committee and received a Consumer product Safety Commission grant for promoting education and enforcement for drowning prevention and drain entrapments of children in pools and spas.

DOH-Lake Public Health Preparedness

The Florida Department of Health in Lake County is the lead agency for health and medical response to public health threats that may occur in in our county. DOH-Lake in conjunction with Lake County Emergency Management conduct regular meetings with our local hospitals, emergency medical services and other medical partners to develop and coordinate disaster response and plans. The specific purpose of this activity is:

- To provide for the organization, mobilization, coordination and direction of emergency health and medical services and resources in a disaster.
- To provide for the coordination of emergency hospital services.
- To provide for the care of the sick, injured and fatalities resulting from a disaster.
- To facilitate the coordinated use of medical personnel.
- To provide for the coordination of crisis response and mental health services for persons who suffer from reactions to the disaster and stress management services for emergency service workers.
- To provide for the systems and methods required to prevent or control disease.
- To coordinate emergency support for hospitals, nursing homes and assisted living facilities.
- To coordinate emergency medical services for vulnerable populations and persons with special needs during a disaster.



In addition to planning with our community partners DOH-Lake collaborates closely with nine other counties in central Florida to ensure access to a comprehensive support network and resources.

A primary component of our countywide planning is to exercise our plans to reveal any gaps in plans' operational capability. The plans are then revised to include lessons learned and the cycle of exercise-plan-exercise continues. In the past twelve months, DOH-Lake conducted and/or participated in the following types of exercise with our community partners:

- 3 - biological response tabletop exercises
- 1 - receive, store & stage emergency medication
- 1- medical inventory management drill
- 1- special needs shelter set up drill
- 12 emergency alert staff call-down exercises
- 2 hospital active shooter exercises



2015-2016 Accomplishments

- National Association of County and City Health Officers -Project Public Health Ready – DOH-Lake received its 2nd five year recognition for dedication and commitment to public health preparedness
- DOH-Lake received a perfect score on a regional preparedness special project assigned by the State
- DOH-Lake continues to maintain a 97-98% annual rating for meeting grant funded requirements.

PROMOTE PUBLIC HEALTH AWARENESS

Public Information Office

The Public Information Office is the central location for all press contacts and media request. We are responsible for disseminating all DOH-Lake information quickly and accurately saving thousands of dollars in earned media cost.

Media Relations: Respond to media inquiries, draft and distribute press releases.

Marketing: Promote and advertise department features and campaigns.

Internal Communication: Provide consistent and timely information regarding internal priorities, action plans and special situation on.



Did You Know?

Earned Media translates into positive publicity as a result of news release, story pitches, news conference and other tools based on building strong media relationships.



Public Health Week Activities

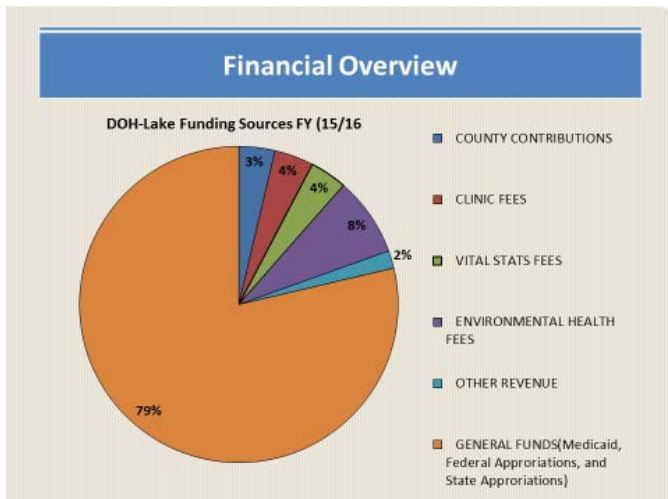
2015-2016 Accomplishments

- Disseminated 71 public releases.
- For Disaster Preparedness Month, created 8 display boards for all of our locations with information that clients were able to take with them. Weekly emails sent to staff on Disaster Preparedness and press release submitted.
- Lead Vaccine Campaign, advertising in local newspapers, theater public service announcement, bus advertisement and promotional items.
- Lead Public Health Week Campaign.
- Lead Zika Campaign, advertising in local newspapers, public service announcements, banners, press release and service exposition. Drain and Cover banners were printed and posted in all Lake County Hospitals/County Commissioner buildings and DOH-Lake sites.

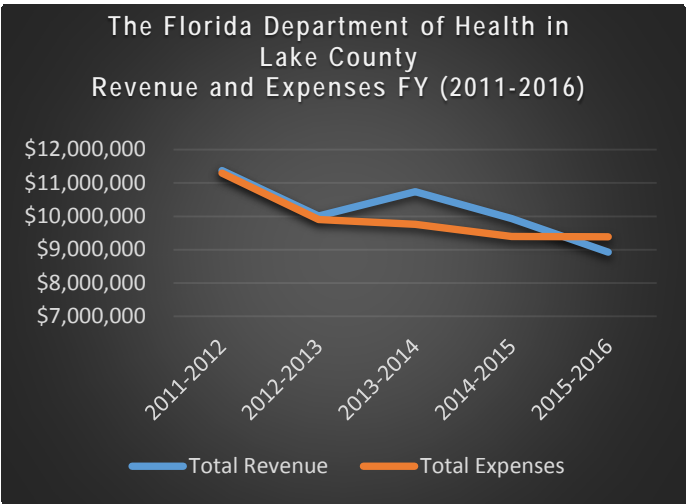
Finance and Accounting

Florida Department of Health in Lake County financial resources are provided through multiple sources. These include fee, grants, and budget allocations from the County, State and Federal government. Some of the changes affecting our services and programs include the advent of Statewide Managed Medicaid, state and federal cuts to the Florida Department of Health in Lake County. The graph below represents our revenue and expense relationship of the last five years. As illustrated, the expenses are corresponding to our revenue decreases...

Total Estimate Revenue: \$8,925,640



**The Florida Department of Health in Lake County
Revenue Percentage by Source
Fiscal Year 2015-2016**



**The Florida Department of Health in Lake County
Revenue and Expenses 2011 – 2016**



ORGANIZATIONAL EXCELLENCE

Vital Statistics

Vital Statistics is the repository for all birth and death records in Lake County. Birth records are available from 1930 forward and death records are available from 2009 forward. Florida records prior to these dates can be obtained from the State Office of Vital Statistics in Jacksonville.

Vital Statistics	
Births Recorded	2,665
Births Recorded	3,508
Applications Processed	10,084

*Did you know?
*In 2015 the leading cause of death in
Lake County was heart disease.*

**Source- Florida CHARTS*



2015-2016 Accomplishments

- This year, the Vital Statistics Office began offering services at DOH-Lake satellite offices the 3rd Tuesday of every month.

Information Technology



Through partnership with the Department of Health in Orange County, the local Information Technology (IT) team supports all aspects of technology including computers, networks services and equipment, printers, fax machines, productivity software, clinic management software and various other pieces of equipment and/or software.

2015-2016 Accomplishments

- Site bandwidths upgraded to a more stable speed for better performance within clinics.
- We have begun deploying Windows 10 computers and laptops so that users are running the most recent version of Windows.
- All sites now have wireless networks installed for mobile computing
- Customer Surveys are now all electronic
- All server have been migrated to new virtual servers for daily production and emergency recovery
- Slowly migrating to centralized printing and scanning

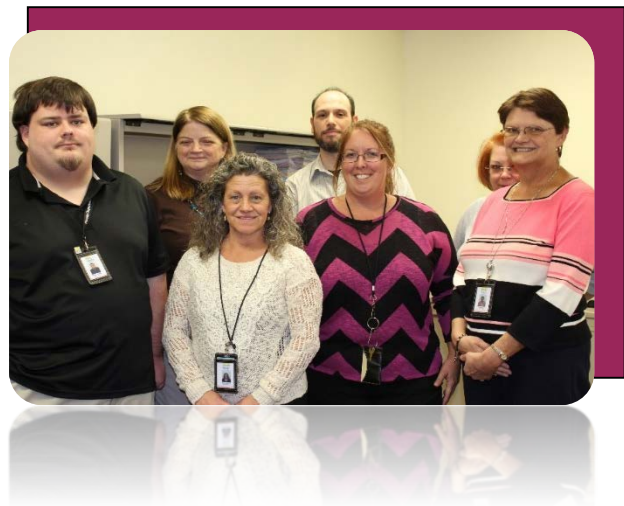
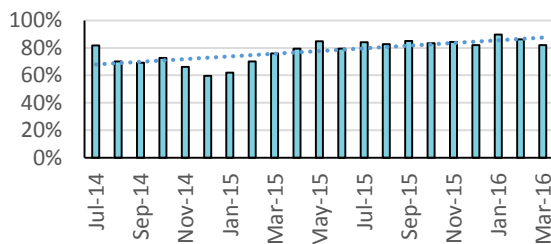
Planning, Evaluation and Data Analysis Accounts Receivable

The Planning, Evaluation and Data Analysis and Accounts Receivable team is responsible for various administrative functions including submitting insurance claims, posting payments received by insurance companies, sending client statements, researching denials, working billing opportunities and reconciliation reports in addition to clinical database administration, developing local reports, providing training and maintaining data integrity.

This team is responsible for increasing collection rates for all clinical services and completing various performance improvement projects to streamline processes. The trend line below illustrates how collections from insurance companies is trending upward and the new revenue recovery team has recovered over \$150,000 in the last year.

Billing Opportunities	Billing Reconciliation and Dental Aging	Medical Aging	Total Recovered
\$47,439.55	\$65,121.48	\$38,000.00	\$ 150,561.03

**Percent Collections
July 2014-March 2016**



2015-2016 Accomplishments

- Expanded department, improving processes and creating Recovery Team resulting in collecting \$150,561.03 this year.

Office of Performance and Quality Improvement

DOH-Lake is committed to the ongoing improvement of the quality health services it provides to the citizens of Lake County. As a result of this focus on continued quality improvement, the department achieves high levels of efficiency, effectiveness and customer satisfaction.

The DOH-Lake Office of Performance and Quality Improvement monitors the results from client satisfaction surveys and this data is used to identify opportunities for improvement. DOH-Lake achieved 95.1% in overall customer satisfaction in 2015.

The DOH-Lake Quality Council was established in April 2015 in conjunction with the Public Health Accreditation process. The Quality Council includes Health Department Leaders and additional members from all levels of the organization. The Quality Council identified the following quality improvement initiatives for 2015 – 2016:

- Healthiest Weight Problem Solving Project
- Revenue Cycle Process Improvement Project
- Rabies Control and Prevention Project
- Family Planning Data Improvement Project
- Budget Allocation Rapid Process Improvement Project
- Everbridge SERVFL Project



The DOH-Lake Accreditation team collaborated with the Florida Department of Health in order to submit the required documentation for accreditation through the Public Health Accreditation Board (PHAB). PHAB made the decision to confer accreditation to the Florida Integrated Local Public Health Department System on March 8, 2016. This seal of accreditation signifies that the unified Florida Department of Health, including the state health office and all 67 county health departments, has been rigorously examined and meets or exceeds national standards for public health performance management and continuous quality improvement.



PUBLIC HEALTH IN ACTION



National Preparedness Month Boards" being displayed at DOH-Lake Sites during the month of September.



DOH-Lake Staff and the community participated in the 5K Walk/Run in the Clermont Historical Village. 91 participants attended the event.



DOH-Lake Staff participated in CPR Trainings which were held during the month of September



Breast Cancer Awareness Month – (Administration) The Florida Department of Health in Lake County Participated in PinkTober (turning Central Florida Pink) on Friday, October 16, 2015.



Breast Cancer Awareness Month – (WIC) The Florida Department of Health in Lake County Participated in PinkTober (turning Central Florida Pink) on Friday, October 16, 2015.



On November 19th, The DOH-Lake Tobacco Prevention Staff and the Lake Sumter State College Student Government Association hosted a "1-Day Stand" Event for the Great American Smoke Out. Lake Sumter State College became a Tobacco Free Campus for one day to help promote the benefits of a Tobacco Free Campus Policy.



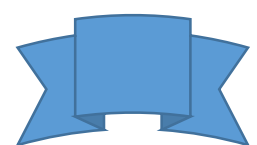
DOH-Lake -6th Annual World AIDS Day Celebration of Life was held in Donnelly Park, Mt. Dora on December 2, 2015.



DOH-Lake Staff & Healthiest Weight Committee took part of a cleanup around the Eustis Community Center on Friday, December 11. A total of 78 pounds of debris was collected.



WAY TO GO DOH-LAKE!



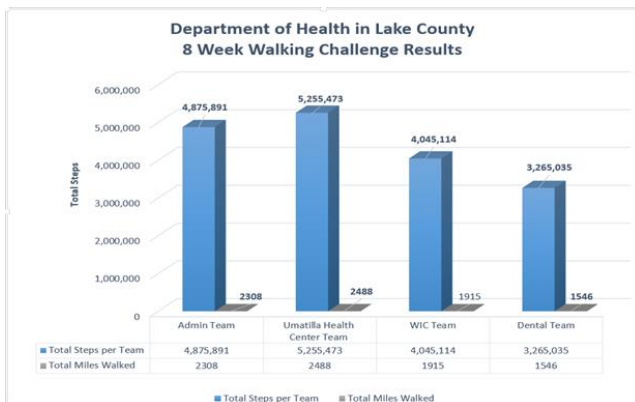
PUBLIC HEALTH IN ACTION



Aaron Kissler, Administrator of The Florida Department of Health in Lake County presented Ms. Gail Ash, the Mayor of Clermont, with "The 2016 State Surgeon General Healthy Weight Community Champion" Award. This award was given to the City of Clermont for positively impacting the health environment in this area. Particularly for their parks and recreational opportunities which encourages physical activity to their residents and visitors.



Challenge Final Results



The 8 Week Walking Challenge was composed of 45 DOH-Lake employees who volunteered to participate in this adventure.

As a result, the data showed that combined the teams walked – 17,441,513 steps which totals 8257 miles and lost 73 pounds.

DOH-Lake staff was challenged March 2015 by the Employee Wellness Committee to participate in a 30 Day Food Challenge. This challenge consisted of substituting “Junk Food” with healthier food alternatives in an effort to improve health.

Staff was encouraged to annotate body measurements and weight, maintain a daily food journal and exercise before and after the exercise for ultimate results.

Tools and resources were provided to staff and tracking progress was recommended. At the end of the challenge, staff was encouraged to review their journal, compare the data they had collected during the past 30 days, review trends and evaluate the challenge.

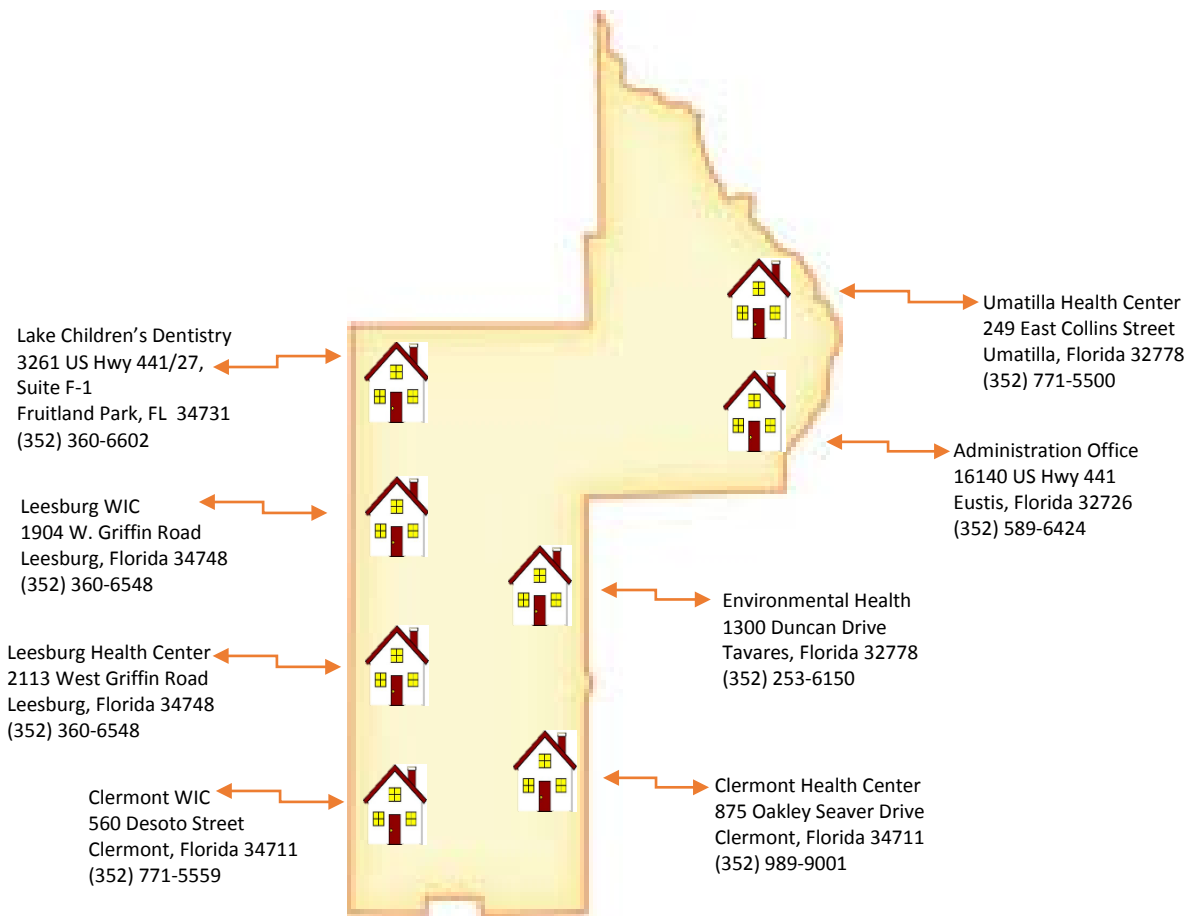


REVIEWS *by Staff*

- My greatest success with the challenge was mindful eating. I lost 8 pounds, feel better, more focused and look forward to more challenges.
- Participating in the 21 Day Food Challenge motivated me to be more mindful of the foods I was eating. I used the MyFitnessPal application as a tracking tool which assisted me in monitoring my nutrition including my calorie, fat, carb and sugar intake. As a result, I lost 6 pounds in the span of four weeks.
- The challenge increased awareness.
- I have had more energy and feel better.
- I always feel good and motivated.
- I realized that when I went back to eating sugar, it was gross
- It has made it easier for me to stop junk food and lose 3 pounds.
- Has encouraged me to start eating healthier and exercise.
- I am more aware of the items that I eat and the amount of sugar in them.
- Mindful eating.



We have eight convenient locations to serve the community.



You can also visit us online at
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