COMMUNITY HEALTH

IMPROVEMENT PLANNING

in Lake County

2017-2020

THE VISION:

- ✓ **Obtainable, Quality Services for Optimal Health**
- ✓ **Evolving Collaboration for Transforming Community Health & Wellness**
- ✓ **Achieving Prevention through Compassionate Education & Awareness**

ACKNOWLEDGMENTS

The Lake County Health Improvement Plan (CHIP) is the result of a multi-year, data-driven and collaborative effort involving local residents, health care professionals, and organizations vested in making Lake County, Florida a healthy community. The plan is based on the results of health assessment activities, and is part of a community health improvement process.

All members of the CHIP process, teams, and focus groups who have contributed to this plan to date are listed in Appendix A.

Financial and administrative support for this initiative is provided by the Florida Department of Health in Lake County's Performance Management Council. The department is nationally accredited through the Public Health Accreditation Board (PHAB), which signifies that the department meets national standards for ensuring that essential public health services are provided in the community. The mission of the department is to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts, with a vision to be the healthiest state in the nation.

For more information or to download this document, please visit:

http://lake.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/index.html

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PREFACE

From the Desk of the Administrator:

The Community Health Improvement Plan (CHIP) is one of the most important components of planning for a county's healthier future. Different organizations complete their CHIPs, and the most successful ones are inclusive as possible. Including as many different community organizations and maintaining a level of cohesive direction is a balance that every CHIP strives to achieve. No one organization should drive a CHIP.

I am proud to say that this CHIP is one that has been inclusive of multiple agencies and will continue in that direction in the future. The goal of this report is for the Florida Department of Health in Lake County to be the organizer and equal partner in the CHIP process. We will be the lead on some of the issues, but we also rely on our community partners to be the lead on others. This will help to ensure the success of the CHIP, and maximize resources and action to improve the health of the people of Lake County.

As a health officer, I am thankful for the leadership in health in Lake County and their contributions to this plan!

With Appreciation,

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

TABLE OF CONTENTS

Introduction **7**
How to use this guide 9
Focus Area #1: Obesity **11**
Goals and Strategies 12-13
Community Spotlights 14-15
Charting Progress 16
Focus Area #2: Substance Abuse **17**
Goals and Strategies 18-19
Community Spotlights 20
Charting Progress 21
Focus Area #3: Access to Food and Nutrition **22**
Goals and Strategies 23-24
Community Spotlights 25
Charting Progress 26
Focus Area #4: Access to Primary Care **27**
Goals and Strategies 28-29
Community Spotlights 30
Charting Progress 31
Focus Area #5: Diabetes **32**
Goals and Strategies 33-34
Community Spotlights 35
Charting Progress 36
Conclusion **37-40**
References **41-42**
Appendices **43**
Appendix A: CHIP Teams 44
Appendix B: Glossary of Terms 45-46

INTRODUCTION

INTRODUCTION

WHERE PEOPLE WORK, LIVE, AND PLAY AFFECTS THEIR HEALTH

Public health belongs to the community. To create the conditions in which people can be healthy, communities must collectively address social, economic, environmental, and biological factors. Therefore, ensuring the public's health is not just the responsibility of healthcare providers and public health officials. Everyone makes important contributions to the health of people in a community and is part of the local public health system. For example:

- Parents, teachers, and school nurses protect the health and safety of children.
- Police, fire, and emergency departments prevent and respond to emergencies that threaten personal safety.
- City planners, transportation authorities, neighborhood associations, and businesses provide access to services that promote and support healthy lifestyles, such as safe parks and recreational facilities, bus routes to healthcare providers, and vendors that sell nutritious foods.
- The judicial and penal systems identify potential risk factors and health trends, such as increases in drug use, domestic abuse, and personal injury.
- Neighbors and groups such as churches, homeowners' associations, and civic organizations provide insight into the quality of health and services in a community.

Lake County, Florida has an impressive history of people working together to address health concerns.

A CHIP IS A PLAN FOR HEALTH

The 2017-2020 Lake County CHIP uses the Mobilizing for Action through Planning and Partnerships, or MAPP, model of community health planning. A CHIP is a long-term, systematic effort to address public health concerns in a community. The plan is based on the results of health assessment activities, and is part of a community health improvement process. The plan provides a roadmap for a continuous health improvement in the local public health system over the next three years.

The Top Five (5) identified focus areas for 2017-2020 are:

1. OBESITY
2. SUBSTANCE ABUSE
3. ACCESS TO FOOD AND NUTRITION
4. ACCESS TO PRIMARY CARE
5. DIABETES

LIMITATIONS OF THE RECOMMENDATIONS

This report does not include statistical tests for significance and does not constitute medical advice. Individuals with health problems should consult an appropriate health care provider. This report does not constitute legal advice.

This plan provides a framework for the chosen strategic issue focus areas. It is not intended to be an exhaustive and static document. The CHIP will continue to change and evolve over time as new information and insights emerge at the local, state and national levels. Progress is evaluated on an ongoing basis and shared though annual implementation reports and quarterly convening with community partners.

YOU ARE PART OF THE LOCAL PUBLIC HEALTH SYSTEM

Improving health requires the expertise of all those who live, work, and play in the community. We hope you will be a part of the process of improvement. By working together, we can have a significant impact on the community's health and realize the vision of a healthier Lake County.

"A goal without a plan is just a wish."

~Antoine De Saint-Exupéry

HOW TO USE THIS GUIDE

GOAL

Identifies the focus area goal and describes why it is important to the community.

STRATEGIES FOR SUCCESS

Identifies a plan of action to achieve the goal and target areas of implementation.

Goal: *Reduce the percentage of food insecure households in Lake County*

The food insecurity rate in Lake County is 14.8%.

The 2017-2020 CHIP goal for access to food and nutrition is to reduce the percentage of food insecure households in Lake County.

Lack of access to food and nutrition can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

DID YOU KNOW?

Food security is the condition in which all people, at all times, have physical, social and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.[14]

The relationship between food security and health is often bidirectional—poor health is both an outcome and a risk factor for food insecurity.[4]

Food insecurity is a household situation, not an individual situation, and is strongly associated with income. Families who pay more than 30 percent of their income for housing are considered cost burdened by the U.S. Department of Housing and Urban Development and may have difficulty affording necessities such as food, clothing, transportation and medical care.

Food and dietary choices are influenced not only by prices and income, but also by family structure, time constraints, psychological factors, nutritional information, and food and nutrition assistance programs.[14]

Geography and economic forces were the most cited contextual factors influencing food security. Nearly all of the food deserts in Lake County are located in census tracts with high percentages of SNAP recipients.[2]

Local Resources

United Way of Lake and Sumter Counties seeks to ensure that people have access to the resources they need right now. They sponsor a free, easy-to-remember phone number, 2-1-1, through their Impact Fund. The number connects people with important health and human services in their communities– for everyday needs and in crisis situations and trained call specialists provide local information and referrals.
www.uwls.org (call 2-1-1 or 877-431-3668)

ACCESS TO FOOD AND NUTRITION: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Healthy Behaviors	**Strategy 1**: Promote healthy behaviors that increase protective factors and reduce risk factors for food insecurity.	*County-wide*
Social & Economic Factors	**Strategy 2:** Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities.	*Individuals with low income or within low-access areas, children, seniors*

Suggested Evidence-Based Practices:

Campaigns That Include Mass Media and Health-Related Product Distribution

Interventions Engaging Community Health Workers

Additional Local Resources

The Supplemental Nutrition Assistance Program (SNAP) is administrated by the Florida Department of Children and Families as a way to provide low-income Floridians the opportunity to purchase healthy food. The Automated Community Connection to Economic Self Sufficiency (ACCESS) Florida system allows customers to connect with their public assistance information 24/7, through the online application and MyACCESS Account.
https://dcf-access.dcf.state.fl.us/access/index.do

Women, Infants, and Children (WIC) is a federally funded nutrition program for women, infants, and children. WIC provides no cost healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services. Visit https://lake.floridahealth.gov or call 352-589-6424

DID YOU KNOW

Highlights health assessment results and other local data surrounding the focus area.

SUGGESTED EVIDENCE-BASED PRACTICES

Identifies interventions that have been proven to have impact on the focus area.

LOCAL RESOURCES

Highlights a local resources available in the area.

HOW TO USE THIS GUIDE

LAKE COUNTY IN ACTION

Summarizes the targets of the local public health system over the next three years.

CHARTING PROGRESS

Identifies a S.M.A.R.T. measurable target for system improvement.

ACCESS TO FOOD AND NUTRITION: LAKE COUNTY IN ACTION

Creating Change:

Local public health system strategies include conducting a county-wide campaign to promote healthy eating and food resources and encouraging the use of interventions engaging community health workers in healthcare and community settings.

Community Spotlights:

Community Health Worker Program

The Community Health Worker Program (CHWP) was created to improve the health and well-being of individuals with diverse backgrounds in Lake County and focuses on health education, self-help and community unity. A major goal of the CHWP is to reduce health disparities. The program works with clinics, churches and local programs, informing people through one-on-one education.

The program also trains community members to become Community Health Workers (CHWs). CHWs provide outreach and improve the community's health awareness. Trained CHWs provide a variety of services in a variety of settings with culturally appropriate health education and resources. CHWs help to bridge the gap between individuals and the health and social service systems.

Contact: Lake County Community Health Worker Program, 352-343-9626

Lake County Breastfeeding Task Force

The Lake County Breastfeeding Task Force is dedicated to improving the success of breastfeeding initiation and duration, and to promote breastfeeding as the cultural norm for families and professionals in our community by providing consistent support, advocacy and evidence-based education. The Task Force formed one year ago because of the need for a joint effort in the community for private and public entities to come together to increase breastfeeding initiation and duration in Lake County. The Task Force is a committee of community partners involved in the lives of mothers and babies, partnering together to improve breastfeeding outcomes in Lake County.

Contact: Lake County Community Health Worker Program, 352-343-9626

ACCESS TO FOOD AND NUTRITION: CHARTING PROGRESS

MEASURE: Over the next three years, the focus group seeks a reduction in the food insecurity rate by 2.2%.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Food insecurity rate	14.8%	16.2%	**-2.2%**	14.3%	13.6%	12.6%
Percentage of adults who consumed five or more servings of fruits or vegetables per day	17.4%	18.3%	**3.0%**	18.4%	19.4%	20.4%

Aim(s)

The focus group also recommends increasing protective factors of good nutrition with a 3.0% increase in the percentage of adults who consumed five or more servings of fruits or vegetables per day.

Potential Impact

Success is predicted to positively impact the health of approximately 300 households and 1,300 adults over 18 years of age in the community.

Data Sources

Sources of Data for the measure. Other useful resources and data references provided in Appendix and References.

*green text indicates the county measure compares favorably to the state percentage, red text indicates it compares unfavorably.

INDICATORS

Identifies current data available to measure progress and objectives over the next three years.

COMMUNITY SPOTLIGHTS

Highlights activities being done locally that align with the suggested strategies.

AIMS, IMPACT, & DATA SOURCES

Describes how additional data relate to the target, anticipated outcomes, and where the data comes from.

Strategic Health Focus Area #1:

OBESITY

Improve diet and increase physical activity among adults and children in Lake County

Goal: *Improve diet and increase physical activity among adults and children in Lake County*

The 2017-2020 CHIP goal for obesity is to improve diet and increase physical activity of adults and children in Lake County.

Obesity can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

1 of 3 kids are now considered overweight or obese.

DID YOU KNOW?

The number one public health threat to Florida's future is unhealthy weight. Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated $34 billion.[10]

Lake County fares worse than Florida as whole on adult obesity, physical inactivity and access to exercise opportunities.[3]

Obesity considered one of the three most important health problems among Lake County business leaders, citizens, and physicians and was cited in two or more local health needs assessments. Enhancing or creating programs to address the obesity epidemic and promote attainment of healthy weight is a key recommendation.[2,3,5,9]

Childhood obesity is considered a community threat because of children experiencing health problems early on in life, and the perpetuation of obesity among future generations. There is opportunity to educate parents and children at a young age about this issue.[3]

Local Resources

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.
www.healthiestweightflorida.com

OBESITY: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Policies & Programs	**Strategy 1:** Identify local policies and programs that impact healthy eating and physical activity.	*Governmental and private entities*
Healthy Behaviors	**Strategy 2:** Promote healthy behaviors that increase protective factors and reduce risk factors for obesity.	*County-wide*
Clinical Care	**Strategy 3:** Encourage the use of evidence-based practice for early intervention.	*Health professionals*
Social & Economic Factors	**Strategy 4:** Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities.	*Individuals with low income or within low-access geographical areas*
Physical Environment	**Strategy 5:** Encourage the creation of physical environments that support healthy behaviors.	*Individuals within low-access geographical areas*

Suggested Evidence-Based Practices:

Policies and Programs that Support Healthy Eating and Physical Activity

Campaigns That Include Mass Media and Health-Related Product Distribution

Technology-Supported Multicomponent Coaching or Counseling Interventions

Changes in Access and Availability to Favor Healthy Foods and Beverages

Increases in Access to and Number of Places for Physical Activity

OBESITY: LAKE COUNTY IN ACTION

Creating Change:

Local public health system strategies include policies and programs that support and conducting a county-wide campaign to promote healthy eating and physical activity.

Community Spotlights:

Healthy Weight Community Champion

The City of Clermont was recognized as the 2017 Healthy Weight Community Champion for the second year for their important role in decreasing the prevalence of unhealthy weight in their jurisdictions. Ninety-seven other communities in Florida were recognized 2017 Healthy Weight Champions.

Contact: City of Clermont, 352-394-4081, https://www.clermontfl.gov

Florida Healthy School District

Lake County Schools has been named a 2016-2018 Florida Healthy School District in partnership by Florida Action for Healthy Kids (FLAFHK), Florida Association of District School Superintendents (FADSS) and Florida Healthy Kids Corporation. The recognition is the result of the district's submission of the Florida Healthy School District Self-Assessment, a tool based on sustainable infrastructure, policy, programs, and practices identified from national and state guidelines, best practices, and Florida statutes. It was developed by the Florida Coordinated School Health Partnership (CSHP) out of a desire to recognize and celebrate the hard work and success of school districts related to physical, mental and social health of students and staff. The assessment was written by school experts, evaluated, piloted and field tested for three years before being released in 2009. Lake County Schools demonstrated its highest scores related to policies and processes in the areas of Health Services, Nutrition Services and Education, and Employee Wellness, and was recognized at the Bronze level.

Contact: Lake County School District, 352-253-6500, http://www.lake.k12.fl.us

Picture to right: Aaron Kissler, Administrator of DOH-Lake, Gail L. Ash, Mayor of Clermont and Paul Butler, Assistant Administrator of DOH-Lake

Creating Change (continued):

Additional strategies include encouraging the use evidence-based coaching or counseling interventions in healthcare settings, changing access and availability to favor healthy foods and beverages, and increasing access to and number of places for physical activity in the environment.

Community Spotlights (continued):

Lake County Parks & Recreation and Trails Masters Plans for the creation of new spaces

Lake County Parks & Trails is in the process of updating its comprehensive master plans, which will be used as an overall guide to the development and operation of Parks & Trails facilities offering active and passive recreation, paved trails and boat ramps over the next decade. The team has been hosting multiple public meetings, and all residents are encouraged to complete a short survey on parks and trails to provide additional input into future development of recreational opportunities across the county. https://www.surveymonkey.com/r/LakeCountyCommSurvey

New parks and trail projects in various phases of completion include construction of the North Hancock, Wekiva, and South Lake Trail systems, which add approximately 12 miles of trails and 5 acres of additional trailhead.

Contact: Lake County Dept of Public Resources, Parks & Trails Division, 352-253-4950

Umatilla Corridor Study Project Visioning Team's Healthy Community Design approach

The built environment affects the physical, social, and mental health of communities and can enable people to live healthy lives. Healthy Community Design (HCD) is a planning approach that integrates public health, transportation, and community planning.

The SR 19 Corridor Planning Study uses the HCD approach to identify physical improvements and policies which can result in better health outcomes for the residents and business community alongside SR 19. As the SR 19 Corridor Planning Study progresses, it will consider Complete Street design components, safety improvements, and walkable/bike able access to educational facilities, parks and open space, and employment opportunities, which contribute to increased physical activity and a healthier community.

Contact: Florida Dept of Transportation, District 5, 386-943-5167

OBESITY: CHARTING PROGRESS

MEASURE:

Over the next three years, the focus group seeks a reduction in the percentage of adults who are obese by 3.5% and a reduction in the percentage of middle and high school students who are obese by 3.0%.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Percentage of adults who are obese	27.5%	26.4%	**-3.5%**	26.0%	25.0%	24.0%
Percentage of middle and high school students who are obese	13.7%	12.4%	**-3.0%**	12.70%	11.70%	10.70%
Percentage of adults who have a healthy weight, overall	33.5%	35.0%	**3.0%**	34.50%	35.50%	36.50%
Percentage of adults who meet aerobic recommendations	53.3%	50.2%	**3.0%**	54.30%	55.30%	56.30%
Percentage of adults who meet muscle strengthening recommendations	24.0%	29.6%	**1.5%**	24.50%	25.00%	25.50%

Aim(s)

The focus group also recommends increasing protective factors against obesity with a 3.0% increase in the percentage of adults who have an overall healthy weight and meet aerobic recommendations, and increasing the percentage of adults who meet muscle strengthening recommendations by 1.5%.

Potential Impact

Success is predicted to positively impact the health of approximately 10,000 adults over 18 years of age and 101 middle and high school students, aged 12-18 in the community.

Data Sources

Florida Charts, Healthiest Weight Profile, Lake County 2014; Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2013. Other useful resources and data references provided in Appendix and References.

*green text indicates the county measure compares favorably to the state percentage, red text indicates it compares unfavorably.

Strategic Health Focus Area #2:

SUBSTANCE ABUSE

Reduce and prevent alcohol and drug use among adults and youth in Lake County

Goal: *Reduce and prevent alcohol and drug use among adults and youth in Lake County*

Today, 1 in 4 deaths is attributable to alcohol, tobacco, and illicit drug use.

The 2017-2020 CHIP goal for substance abuse is to reduce and prevent alcohol and drug use among adults and youth in Lake County.

Substance abuse can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

DID YOU KNOW?

Drug-related deaths in the United States have more than doubled since the early 1980s. There are more deaths, illness, and disabilities from substance abuse than from any other preventable health condition.[7]

Destructive social impacts can include crime, alcohol and drug-related motor-vehicle accidents, violence, such as domestic violence or community violence, child abuse, family disruptions, lost economic productivity, cost of care for treatment and recovery or relapse, and cost of law enforcement activities.[13]

Untreated substance abuse and mental health issues both contribute to the loss of wages that can lead to homelessness and make it significantly difficult to secure housing. Therefore, wrap-around services and coordinated care are important when addressing the intersectionality of poverty, homelessness and mental illness/substance abuse.[2]

Assessments point to an inappropriate use of emergency rooms and jails to receive mental health services.[9]

Some individuals may have a genetic or other predisposition to addiction, such as from prenatal exposure to alcohol, which can influence risk for substance abuse later in life.[8]

Local Resources

The Quality of Life: A Snapshot of Lake County report is an annual report conducted since 2011 by the BeFree Lake community substance abuse and violence coalition. The report gives planners a snapshot of trends and patterns in drug and alcohol use, and attitudes and behaviors among adults and school aged children. www.befreelake.org

SUBSTANCE ABUSE: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Policies & Programs	**Strategy 1:** Identify federal, state, and local policies and programs that address prevention, intervention, and treatment of substance abuse.	*Governmental and private entities*
Healthy Behaviors	**Strategy 2:** Promote healthy behaviors that increase protective factors and reduce risk factors for substance abuse.	*County-wide*
Clinical Care	**Strategy 3:** Encourage the use of evidence-based practice for early interventions to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.	*Healthcare settings*
Social & Economic Factors	**Strategy 4:** Encourage the use of evidence-based practices to learn how to identify, understand and respond to signs of mental illnesses, including substance use disorder.	*Community settings*

Suggested Evidence-Based Practices:

Campaigns That Include Mass Media and Health-Related Product Distribution

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Mental Health First Aid courses

SUBSTANCE ABUSE: LAKE COUNTY IN ACTION

Creating Change:

Local public health system strategies include conducting a county-wide campaign to promote healthy behaviors, encouraging the use of Screening, Brief Intervention, Referral and Treatment (SBIRT) in healthcare settings, and conducting Mental Health First Aid courses in community settings.

Community Spotlights:

Project Aware

Mental Health First Aid (MHFA) courses empower communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Through the Project Aware initiative, Be Free Lake offers free training and technical assistance to (1) increase the mental health literacy of adults who interact with adolescents and youth; (2) conduct outreach and engagement strategies with adults and youth and their families or caregivers to increase awareness of and to promote positive behavioral health; and (3) link adolescents and youth with behavioral health issues to mental, emotional, and behavioral health assistance and services.

Contact: BeFree Lake, 352-383-2099, http://www.befreelake.org

SBIRT at the WIN Clinic

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs in a medical setting. LifeStream's Wellness Integrated Network (WIN) clinic consumers complete a SBIRT screening annually. Clinic staff, including ARNPs, Care Managers and Peer Wellness Coaches use motivational interviewing techniques to raise awareness of substance use disorder and its risk factors and to move the consumer towards action as needed. Follow up appointments are scheduled to monitor progress and/or the need for additional interventions such as medication, inpatient detoxification, and/or referral to addiction specialist.

Contact: LifeStream Behavioral Center, 352-315-7555
http://www.lsbc.net

SUBSTANCE ABUSE: CHARTING PROGRESS

MEASURE:

Over the next three years, the focus group seeks a reduction in the percentage of self-reported use of prescription pain relievers by middle and high school students in the past 30 days by 1.2%.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Percentage of self-reported use of alcohol and other drugs by middle and high school students in the past 30 days (*Prescription Pain Reliever Focus*)	3.7%	2.1%	**-1.2%**	3.20%	2.90%	2.50%
Percentage of persons over the age of 12 in District 5 who perceive great risk of having greater than or equal to 5 drinks once or twice a week (*Alcohol Focus*)	45.1%	46.5%	**1.1%**	45.4%	45.7%	46.2%

Aim(s)

The focus group also recommends increasing protective factors against alcohol abuse through social norming evidenced by a 1.1% increase in the percentage of persons over the age of 12 in District 5 who perceive great risk of having greater than or equal to 5 drinks once or twice a week.

Potential Impact

Success is predicted to positively impact the health of approximately 1,300 individuals over the age of 12 and 11 middle and high school students, aged 12-18 in the community.

Data Sources

2016 Quality of Life: Snapshot of Lake County Report. Other useful resources and data references provided in Appendix and References.

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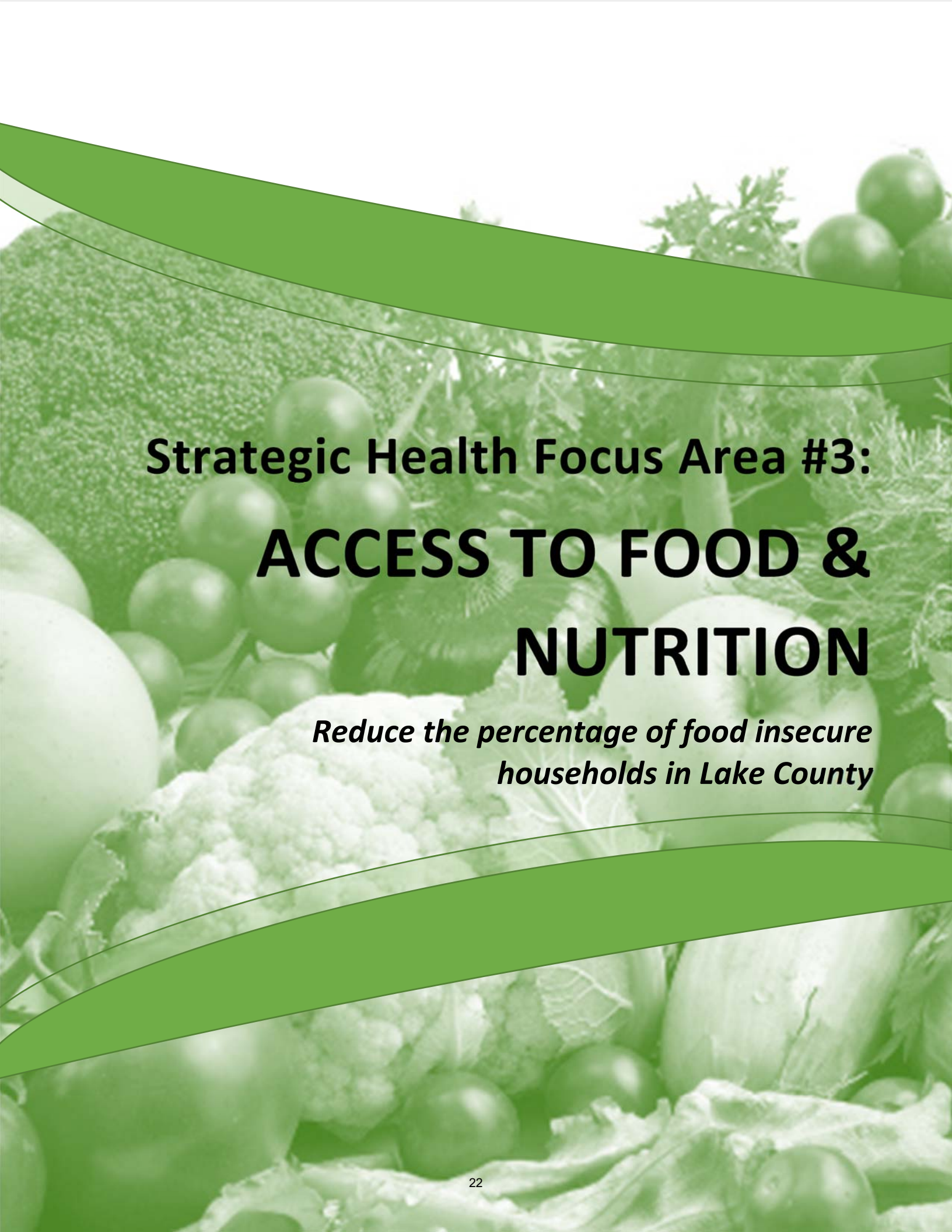

Strategic Health Focus Area #3:

ACCESS TO FOOD & NUTRITION

Reduce the percentage of food insecure households in Lake County

Goal: *Reduce the percentage of food insecure households in Lake County*

The food insecurity rate in Lake County is 14.8%.

The 2017-2020 CHIP goal for access to food and nutrition is to reduce the percentage of food insecure households in Lake County.

Lack of access to food and nutrition can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

DID YOU KNOW?

Food security is the condition in which all people, at all times, have physical, social and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.[14]

The relationship between food security and health is often bidirectional—poor health is both an outcome and a risk factor for food insecurity.[4]

Food insecurity is a household situation, not an individual situation, and is strongly associated with income. Families who pay more than 30 percent of their income for housing are considered cost burdened by the U.S. Department of Housing and Urban Development and may have difficulty affording necessities such as food, clothing, transportation and medical care.

Food and dietary choices are influenced not only by prices and income, but also by family structure, time constraints, psychological factors, nutritional information, and food and nutrition assistance programs.[14]

Geography and economic forces were the most cited contextual factors influencing food security. Nearly all of the food deserts in Lake County are located in census tracts with high percentages of SNAP recipients.[2]

Local Resources

United Way of Lake and Sumter Counties seeks to ensure that people have access to the resources they need right now. They sponsor a free, easy-to-remember phone number, 2-1-1, through their Impact Fund. The number connects people with important health and human services in their communities– for everyday needs and in crisis situations and trained call specialists provide local information and referrals. www.uwls.org (call 2-1-1 or 877-431-3668)

ACCESS TO FOOD AND NUTRITION: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Healthy Behaviors	**Strategy 1**: Promote healthy behaviors that increase protective factors and reduce risk factors for food insecurity.	*County-wide*
Social & Economic Factors	**Strategy 2:** Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities.	*Individuals with low income or within low-access areas, children, seniors*

Suggested Evidence-Based Practices:

Campaigns That Include Mass Media and Health-Related Product Distribution

Interventions Engaging Community Health Workers

Additional Local Resources
The Supplemental Nutrition Assistance Program (SNAP) is administrated by the Florida Department of Children and Families as a way to provide low-income Floridians the opportunity to purchase healthy food. The Automated Community Connection to Economic Self Sufficiency (ACCESS) Florida system allows customers to connect with their public assistance information 24/7, through the online application and My ACCESS Account. https://dcf-access.dcf.state.fl.us/access/index.do
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Creating Change:

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The program also trains community members to become Community Health Workers (CHWs). CHWs provide outreach and improve the community's health awareness. Trained CHWs provide a variety of services in a variety of settings with culturally appropriate health education and resources. CHWs help to bridge the gap between individuals and the health and social service systems.

Contact: Lake County Community Health Worker Program, 352-343-9626, https://www.lakecountyfl.gov

Lake County Breastfeeding Task Force

The Lake County Breastfeeding Task Force is dedicated to improving the success of breastfeeding initiation and duration, and to promote breastfeeding as the cultural norm for families and professionals in our community by providing consistent support, advocacy and evidence-based education. The Task Force formed one year ago because of the need for a joint effort in the community for private and public entities to come together to increase breastfeeding initiation and duration in Lake County. The Task Force is a committee of community partners involved in the lives of mothers and babies, partnering together to improve breastfeeding outcomes in Lake County.

Contact: Lake County WIC Program, 352-589-6424, http://lake.floridahealth.gov

ACCESS TO FOOD AND NUTRITION: CHARTING PROGRESS

MEASURE:

Over the next three years, the focus group seeks a reduction in the food insecurity rate by 2.2%.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Food insecurity rate	14.8%	16.2%	**-2.2%**	14.3%	13.6%	12.6%
Percentage of adults who consumed five or more servings of fruits or vegetables per day	17.4%	18.3%	**3.0%**	18.4%	19.4%	20.4%

Aim(s)

The focus group also recommends increasing protective factors of good nutrition with a 3.0% increase in the percentage of adults who consumed five or more servings of fruits or vegetables per day.

Potential Impact

Success is predicted to positively impact the health of approximately 300 households and 1,300 adults over 18 years of age in the community.

Data Sources

Feeding America, Map the Meal Gap 2016; Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2013. Other useful resources and data references provided in Appendix and References.

*green text indicates the county measure compares favorably to the state percentage, red text indicates it compares unfavorably.

Strategic Health Focus Area #4:

ACCESS TO PRIMARY CARE

Increase the proportion of underserved able to obtain necessary medical, dental care and prescriptions

Goal: *Increase the proportion of underserved able to obtain necessary medical, dental care and prescriptions in Lake County*

The 2017-2020 CHIP goal for access to primary care is to increase the proportion of underserved individuals who are able to obtain necessary medical, dental care, and prescriptions in Lake County.

Lack of access to primary care can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

Access to care requires not only financial coverage, but also, access to providers.

DID YOU KNOW?

Access to care means the timely use of personal health services to achieve the best health outcomes. It requires 3 distinct steps: gaining entry into the health care system, accessing a health care location where needed services are provided, finding a health care provider with whom the patient can communicate and trust.[2]

The definition of primary care includes primary care practices, primary care physicians, non-primary care physicians providing primary care services, and non-physician primary care providers.[1]

Business leaders, citizens, and physicians agree that access to healthcare is one of the top three factors that define a healthy community. When preventative care and early action are not feasible or accessible, people wait to seek medical care until they are in an emergency situation, leaving the burden of care heavily on the shoulders of the community.[2]

Lake County fares worse than Florida as whole on primary care physicians-to-population ratio, dentists-to-population ratio, mental health providers-to-population ratio, preventable hospital stay rate, percentage of some college graduates, and unemployment.[3]

Resources

ACCESS is the State of Florida's convenient way of applying for public assistance benefits on-line, including Medicaid insurance and other programs. The application is online, the interview is completed with a phone call, the verifications can be faxed, scanned or mailed in, and creates a MY ACCESS account that empowers individuals to manage their own public assistance information. https://dcf-access.dcf.state.fl.us/access/index.do

ACCESS TO PRIMARY CARE: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Healthy Behaviors	**Strategy 1:** Encourage the use of evidence-based practices to educate on the importance of preventative healthcare.	*Schools, Community settings*
Clinical Care	**Strategy 2:** Encourage the use of evidence-based practices that employ health communication and education and link patients to family and social/psychosocial services.	*Healthcare settings*
Social & Economic Factors	**Strategy 3:** Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities, such as community linkages to health services.	*Individuals with low income or within low-access geographical areas*

Suggested Evidence-Based Practices:

Campaigns That Include Mass Media and Health-Related Product Distribution

Case Management Interventions

Interventions Engaging Community Health Workers

Creating Change:

Local public health system strategies include conducting a county-wide campaign to promote preventative healthcare, encouraging the use of case management and engaging community health workers in healthcare and community settings to provide a link to local resources, particularly for adults with annual incomes less than $25,000 or less than a high school degree.

Community Spotlights:

Lake Health Partnership

The Lake Health Partnership was established in 2011 as a public-private network of agencies dedicated to improving access to primary care homes for the low income and uninsured/underinsured residents in geographic locations throughout Lake County. The partnership includes hospitals, faith-based organizations, emergency responders, public health and local medical providers working together to strengthen safety net system efficiencies and effectiveness.

Contact: Lake County Health Department, Community Health unit, 352-589-6424

Healthcare Planning Forum

In March, local hospital Florida Hospital Waterman facilitated a first-of-its-kind Healthcare Planning Forum initiative to help answer the question, "Together how can we make the largest impact on the health status of the indigent population in Lake County?" Twenty-three professionals from healthcare and social service organizations around the county gathered to help address health inequities by identifying barriers and developing system-wide collaborative strategies to improve the health status of the indigent population in Lake County.

Contact: Community Primary Care Clinic, 352-589-2501 or https://www.floridahospital.com

ACCESS Community Partner Network

The Department of Children and Families also maintains a network of community partners in Lake County that can help with the entire ACCESS public assistance application process, in the event a person does not have a computer, transportation challenges to regional offices, or needs additional assistance.

Contact: https://access-web.dcf.state.fl.us/CPSLookup/search.aspx

ACCESS TO PRIMARY CARE: CHARTING PROGRESS

MEASURE:

Over the next three years, the focus group seeks an increase of approximately 30 total licensed Florida physicians and an increase in the percentage of adults who have a personal doctor by 5.0%.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Preventable Hospitalizations under 65 from All Conditions, All Race/Ethnicity, Rate per 100,000 Population (3 year rolling)	1,441	1,184	**-257**	222.5	232.5	242.5
Total Licensed Florida Physicians, Rate per 100,000 Population (3 year rolling)	212.5	261.2	**+30**	76.1%	78.1%	80.1%
Percentage of adults who have a personal doctor	75.1%	73.2%	**+5.0%**	80.9%	82.4%	83.9%
Percentage of adults with any type of health care insurance coverage	79.4%	77.1%	**+4.5%**	67.5%	69.0%	70.5%
Percentage of adults who had a medical checkup in the past year	65.5%	70.3%	**+5.0%**	58.3%	61.8%	65.8%
Percentage of adults with annual incomes <$25,000 who had a medical checkup in the past year	55.3%	64.6%	**+10.5%**	56.0%	58.0%	60.0%
Percentage of adults with less than a high school degree who have a personal doctor	54.5%	59.9%	**+5.5%**	54.3%	57.3%	60.3%
Percentage of adults with less than a high school degree with any type of health care insurance coverage	51.5%	60.1%	**+8.8%**	3.20%	2.90%	2.50%

Aim(s)

The focus group also recommends increasing protective factors to accessing care by increase in the percentage of adults with any type of health care insurance coverage by 4.5% and increasing the percentage of adults who had a medical checkup in the past year by 5.0%.

Potential Impact

Success is predicted to positively impact the health of approximately 80,000 adults over 18 years of age in the community.

Data Sources

Florida Charts, Health Resources Availability Profile, Lake County 2012-2014 & 2014-2016; Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2013.

*green text indicates the county measure compares favorably to the state percentage, red text indicates it compares unfavorably.

Strategic Health Focus Area #5:

DIABETES

Increase the diabetes screening rate for adults in Lake County

Goal: *Increase the diabetes screening rate for adults in Lake County*

Almost 25 percent of individuals with diabetes are undiagnosed.

The 2017-2020 CHIP team's goal for diabetes is to increase the diabetes screening rate for adults in Lake County.

Diabetes can cause harm to a person over their entire lifetime and cause a cycle of harm throughout a community. It can negatively impact a person's physical and mental health, cause physical and mental distress, and poor birth outcomes in pregnancy.

DID YOU KNOW?

There are multiple types of diabetes, including types 1 and 2. Most people with diabetes have type 2, which used to be called adult-onset diabetes because it was more common in people over age 45. But now more young people, even children, have the disease because many are overweight or obese. Diabetes in children is called juvenile diabetes. Diabetes, if first diagnosed during pregnancy, is called gestational diabetes.

Diabetes prevention is proven, possible, and powerful. Prediabetes is a "pre-diagnosis" of diabetes and it a warning sign. People with prediabetes are at increased risk for developing type 2 diabetes and cardiovascular disease. An individual may have prediabetes and not know it. If prediabetes is diagnosed early, it is possible to prevent prediabetes from developing into type 2 diabetes.[6]

Health assessment data collected using a variety of methods draw strong connections between diabetes, poverty, and access to quality and nutritious foods. Lake County and the State of Florida, as a whole, have been showing a steady increase in the percent of adults with diagnosed diabetes. The death rate due to diabetes has remained relatively constant with minimal fluctuations.[2]

People from minority populations are more frequently affected by type 2 diabetes. Minority groups constitute 25 percent of all adult patients with diabetes in the United States and represent the majority of children and adolescents with type 2 diabetes.[11]

With regard to juvenile diabetes, the rates for children aged 12-18 years are higher than those for children aged 5-11 years, indicating either an increase in diabetes diagnoses or an increase in severity of symptoms. For diabetes hospitalizations among children aged 12-18 years, Lake County's 2014 rate is the highest it has been for the county and much higher than the state level.[2]

Local Resources

The Diabetes Prevention Program's lifestyle change program is a nationally recognized, structured and evidence-based program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes. The program focuses on long-term changes and lasting results. https://nccd.cdc.gov/DDT_DPRP/Programs.aspx

DIABETES: STRATEGIES FOR SUCCESS

STRATEGY		Agents of Change
Policies & Programs	**Strategy 1:** Identify local policies and programs that target individuals with or at risk of developing type II diabetes, such as preventative and disease management programs.	*Governmental and private entities*
Healthy Behaviors	**Strategy 2:** Promote healthy behaviors that increase protective factors and reduce risk factors for diabetes.	*County-wide*
Clinical Care	**Strategy 3:** Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities, such as community linkages to health services.	*Healthcare settings*
Social & Economic Factors	**Strategy 4:** Educate community about the importance of early detection of and screening for diabetes.	*Schools, Worksites, Community Settings*

Suggested Evidence-Based Practices:

Policies and Programs that Support Diabetes Prevention and Disease Management

Campaigns That Include Mass Media and Health-Related Product Distribution

Case Management Interventions

Worksite Assessment of Health Risks with Feedback

DIABETES: LAKE IN ACTION

Creating Change:

Local public health system strategies include policies and programs that support diabetes prevention and disease management, such as conducting diabetes prevention programs, a county-wide campaign to promote healthy behaviors, encouraging the use of case management and linkage to diabetes prevention programs in healthcare settings, and conducting assessments of diabetes risk at worksites and community settings.

Community Spotlights:

UF/IFAS Extension Lake County Educational Classes

The mission of the UF/IFAS Extension in Lake County is to develop knowledge in agricultural, human and natural resources and to make that knowledge accessible to sustain and enhance the quality of human life. The Extension service provides free consultations, as well as educational programs on a variety of subjects, including healthy eating, physical activity, and diabetes prevention.

Contact: UF/IFAS Extension in Lake County, 352-343-4101 or visit http://lake.ifas.ufl.edu

"Healthy You, Healthy Us" Wellness Program

The "Healthy You, Healthy Us" Central Florida Health Wellness Program was created to improve the health, well-being and quality of life of employees and the surrounding community, by empowering people through activities and programs that support healthy lifestyles, attitudes and a commitment to wellness. The program provides educational courses/events/information on preventing/managing diabetes, blood pressure, stress and chronic disease, along with nutrition and exercise awareness. Occupational Health and a developing Corporate Wellness Program are in place to assist companies in bringing greater levels of health and wellness to their places of work.

Contact: Central Florida Health, 352-323-5568 or www.centralfloridahealth.org

National Diabetes Prevention Program Referrals

Florida Department of Health in Lake County has partnered with Central Florida Health's Employee Wellness Program to offer the National Diabetes Prevention Program to their employees at the Leesburg and Villages location. Central Florida's Employee Wellness Program conducts biometric screening for their employees, refers eligible participants and provides a classroom for the 12-month program.

Contact: Lake County Community Health unit, 352-589-6424
http://lake.floridahealth.gov

DIABETES: CHARTING PROGRESS

MEASURE:

Over the next three years, the focus group seeks an increase in diabetes risk screenings and decrease in the progression from prediabetes to diabetes among adults, particularly among vulnerable populations.

Indicator	Lake	Florida	Target	Year 1	Year 2	Year 3
Percentage of adults who have ever been told [by a medical professional] they had prediabetes	10.1%	7.1%	**-4.1%**	9.0%	7.5%	6.0%
Percentage of adults who have ever been told [by a medical professional] they had diabetes	15.2%	11.2%	**-6.2%**	13.0%	11.0%	9.0%

Aim(s)
The focus group recommends that individuals “know their status” by having a personal doctor and regular medical checkups that include diabetes risk screening. The group also recommends increasing protective factors to preventing diabetes by maintaining a healthy weight, eating healthy foods, and maintaining a physically active lifestyle. *
Potential Impact
Success is predicted to positively impact the health of approximately 3,500 adults over 18 years of age in the community.
Data Sources
Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2013. *See also Obesity, Primary Care and Food and Nutrition goals, strategies, and indicators. Other useful resources and data references provided in Appendix and References.

A CULTURE OF HEALTH

A CULTURE OF HEALTH

HEALTH STARTS WITH YOU

When it comes to health, making healthy choices and avoiding behaviors that promote poor health is part of an individual's personal responsibility to themselves, their families, and their community. Building a culture of health means working together to improve health for all. A plan can only make true progress when we work together toward a shared goal of better health. In a culture of health, communities flourish and individuals thrive.

PART OF THE TEAM

A CHIP Community Health Team was established in January 2017. The following key units were determined to be core focus areas within the Community Health Team for 2017-2020.

- Obesity focus group
- Substance Abuse focus group
- Access to Food and Nutrition focus group
- Access to Primary Care focus group
- Diabetes focus group

The CHIP team members create and support a culture of health that recognizes the commitment of a group of individuals from different sectors to a common agenda for solving specific health issues at scale. Members represent local organizations and communities by sharing ideas, needs and concerns related to the top identified community health focus areas.

Through the CHIP Community Health Team, individuals motivate, educate, coordinate, and evaluate community activities using a collective impact approach to health improvement within the local public health system of Lake County, Florida. Team members:

- Share a vision for change that includes a common understanding of the problem and a joint approach to solving the problem through agreed-upon actions.
- Encourage a diverse set of stakeholders, typically across sectors, to coordinate a set of differentiated activities through a mutually reinforcing plan of action.
- Engage in frequent and structured open communication to build trust, assure mutual objectives, and create common motivation.
- Agree on the ways success will be measured and reported, with a short list of common indicators identified and used for learning and improvement.

The CHIP Community Health Team uses the Plan, Do, Check, Act (PDCA) problem-solving model for improving a process and carrying out change. The team identifies evidence-based strategies for improvement, and S.M.A.R.T (specific, measurable, aligned, realistic, and time-based) criteria for goals, strategies, activities, actions and outcomes. The plan is shared in this three-year projection and progress reported on through annual impact reports on CHIP activities.

Please help support a culture of health in Lake County, Florida!

COMMUNITY HEALTH IMPROVEMENT PLAN

in Lake County

2017 QUARTERLY CHIP MEETINGS

Dates and Times

Monday, January 30, 2017	**10:00am-12:00pm**
Thursday, April 27, 2017	**10:00am-12:00pm**
Thursday, July 27, 2017	**1:00pm-3:00pm**
Thursday, October 26, 2017	**1:00pm-3:00pm**

Location:

Lake County Extension
Services Auditorium
1951 Woodlea Road
Tavares, FL 32778

RSVP to:

DOHLakeCHIP@flhealth.gov

Florida HEALTH Lake County

If you have any special accommodation needs, please contact Page Barningham at (352) 483-7967 in advance.

LAKE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

2017-2020

What are you doing or planning related to the health improvement focus areas?

- OBESITY
- SUBSTANCE ABUSE
- ACCESS TO FOOD & NUTRITION
- ACCESS TO PRIMARY CARE
- DIABETES

Please let us know!

Contact Community Health Improvement at

DOHLakeCHIP@flhealth.gov

or (352) 589-6424

Learn more at lake.floridahealth.gov

Florida HEALTH Lake County

REFERENCES

REFERENCES

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APPENDIX A:

CHIP TEAMS

APPENDIX A: CHIP TEAMS

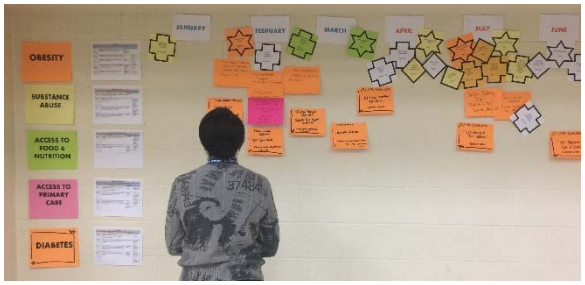
A total of 66 attendees representing 21 unduplicated local public health system organizations and 7 departmental units participated in the planning consensus workshop series. We would like to thank all of the organizations and individuals willing to invest their time and energy in the planning and action cycles of the 2017-2020 community health improvement plan to the benefit of the Lake County, Florida community.

CHIP Planning- Consensus Workshop Participating Organizations

American Heart Association, *Greater Southeast Affiliate*
Be Free Lake, *Safe Climate Coalition of Lake County, Inc.*
Central Florida Health, *Leesburg Regional Medical Center & The Villages Hospital*
Cornerstone Hospice & Palliative Care, Inc.
E3 Family Solutions
Florida Department of Health- Central Office
Division of Public Health Statistics and Performance Management, Bureau of Community Health Assessment, Health Improvement Planning
Florida Department of Health in Lake County
Administrator
Administrative Services Unit
Clinical Services Unit
Community Health Unit
Environmental Health Unit
Epidemiology Unit
Performance and Quality Improvement Unit
Florida Hospital Waterman
Greater Clermont Cancer Foundation, Inc.
Lake County Government
Community Services Department, Health and Human Services Division
Lake County Schools, *Student Services Department*
Lake County Shared Services Network, *Lake County Schools*
Lake Technical College, *Lake Technical Center, Inc.*
Lake-Sumter State College
LifeStream Behavioral Center
Lifetime Dental, Inc.
Monarch Health & Fitness
Residents of Lake County, Florida
South Lake Hospital, Inc.
United Way of Lake and Sumter Counties, Inc.
University of Florida, UF/IFAS *Lake County Extension Office*

CHIP Action Cycle- 2017-2020 Focus Groups

Obesity
Substance Abuse
Access to Food & Nutrition
Access to Primary Care
Diabetes



CHIP Quarterly Meeting, Wall of Wonder Activity

Participation in a focus group is on a volunteer basis and is open to all members of the general public. The CHIP team is facilitated by the Administrative Services staff of the Florida Department of Health in Lake County. To learn more about community health improvement planning, please contact us at DOHLakeCHIP@flhealth.gov or (352) 589-6424.

APPENDIX B:

GLOSSARY OF TERMS

APPENDIX B: GLOSSARY OF TERMS

Adolescent	A person 10 to 19 years of age	https://www.healthypeople.gov
Adult	A person who has reached the age of maturity as specified by law. Frequently, it is defined as a person over 18 years of age	https://www.healthypeople.gov
Body mass index (BMI)	A person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness	https://www.cdc.gov
Child	A person 1 to 18 years of age	http://www.countyhealthrankings.org
Community Health Assessment	Review that identifies key health needs and issues through systematic, comprehensive data collection and analysis	https://www.cdc.gov
Community Health Improvement Plan	A long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process	https://www.cdc.gov
Community Health Worker	A front-line health worker who, by virtue of their trusted status in the community, serve as a liaison, link and intermediary between health services and the community to facilitate access to services and improve the quality and cultural competence of service delivery	http://floridachw.org
Cost-Burdened Household	A household that pays 30 percent or more of their income on housing costs are considered to be housing-cost burdened, HUD	https://portal.hud.gov
Determinants of Health	A range of personal, social, economic, and environmental factors that influence health status. It is a combination of risk and protective factors	https://www.healthypeople.gov
Diabetes	A disease in which your blood glucose, or blood sugar, levels are too high	http://www.diabetes.org
DSM	Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published by the American Psychiatric Association	http://www.psychiatry.org
Evidence-Based	The conscientious, explicit and judicious use of current best evidence in making decisions to increase the likelihood of a favorable outcome. It may applied in care, practice, strategy, intervention, approach, or management	http://www.cebm.net
Food Deserts	Low-income communities without ready access to healthy and affordable food, USDA	https://www.ers.usda.gov
Food Insecurity	Household-level economic and social condition of limited or uncertain access to adequate food, USDA	https://www.ers.usda.gov
Food Security: secure, low, very low	Access by all people at all times to enough food for an active, healthy life	https://www.ers.usda.gov
Health	A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity	http://www.who.int
Health Equity	Attainment of the highest level of health for all people, Healthy People 2020	https://www.healthypeople.gov
Health Inequities and Disparities	Differences in health that are avoidable, unfair, and unjust and differences in health outcomes among groups of people, Healthy People 2020	https://www.healthypeople.gov

GLOSSARY OF TERMS (CONTINUED)

Health Literacy	Degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions	https://www.cdc.gov
Illicit and Nonillicit Drug Use	The abuse of illegal drugs and/or the misuse of prescription medications or household substances	https://www.hhs.gov
Infant	A person less than one year of age	http://www.countyhealthrankings.org
Local Public Health System	All public, private, and voluntary entities that contribute to the delivery of essential public health services within a jurisdiction	https://www.cdc.gov
Mental Health	Emotional, psychological, and social well-being	https://www.mentalhealth.gov
Mental Health First Aid	A national program that teaches the skills to respond to the signs of mental illness and substance use	https://www.mentalhealthfirstaid.org
Morbidity (Quality of Life)	How healthy people feel while alive	http://www.countyhealthrankings.org
Mortality (Length of Life)	How long people live	http://www.countyhealthrankings.org
Nutrition	Current federal dietary guidelines for Americans	https://health.gov/dietaryguidelines
Obesity	A BMI measurement of greater than 30	https://www.cdc.gov
Overweight	A BMI measurement between 25.0 to 30	https://www.cdc.gov
Physical Activity	Current federal physical activity guidelines for Americans	https://health.gov/paguidelines
Premature death	Death of an adult before the age of 75	http://www.countyhealthrankings.org
Protective Factor	Characteristics associated with a lower likelihood of negative health outcomes or that reduce a risk factor's impact	http://www.who.int
Risk Factor	characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative health outcomes	http://www.who.int
Screening, Brief Intervention, and Referral to Treatment (SBIRT)	An evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs	https://www.samhsa.gov
Social Norms Theory	A model for understanding human behavior that states that a person's behavior is influenced by incorrect perceptions of how other members of their social groups think and act	http://sphweb.bumc.bu.edu
Substance Abuse	See substance use disorder	https://www.samhsa.gov
Substance use disorder	A diagnosis using the DSM which is based on the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home	https://www.samhsa.gov
Young adult	A person 20 to 24 years of age	https://www.healthypeople.gov
Youth	A general term that is used to convey the early stages of a person's life. See also adolescent.	https://www.healthypeople.gov

parkrun
Clermont Waterfront
FL, USA
FINISH
www.parkrun.us/clermontwaterfront
Weekly
Free
5K
HEALTH
WEEK
PARKRUN
USA