



# Community Health Improvement Plan Annual Progress Report, 2018

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*Florida Department of Health in Lake County*

*December 2018*

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## **Introduction**

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This is the annual progress report for the 2017 – 2020 Lake County Community Health Improvement Plan (CHIP). The activities and collaborative efforts of the Florida Department of Health in Lake County and community partners are reflected within the report. This document serves as a review of the strategies that were developed, reports progress on health indicators, and highlights community activities that have been implemented. While the CHIP is a community driven and collectively owned health improvement plan, the Florida Department of Health in Lake County is charged with providing administrative support, tracking and collecting data, and preparing the annual progress report.

## Overview of the Community Health Improvement Plan (CHIP)

In 2016, the Florida Department of Health in Lake County convened the Community Planning Core Support Team, formerly called the Strategic Planning Council, Performance Management Council, and now known as the Performance Management and Quality Improvement Council (PMQI). The PMQI Team facilitated the CHIP process through using the National Association of City and County Health Officials' Mobilizing for Action through Planning and Partnership (MAPP) strategic planning model.

### Instruments Used

- ❖ Mobilizing for Action through Planning and Partnerships (MAPP): Achieving Healthier Communities through MAPP, a user's handbook
- ❖ A Strategic Approach to Community Health Development: Mobilizing for Action through Planning and Partnerships (MAPP) field guide, May 2001
- ❖ The Florida MAPP Field Guide, November 2008 update

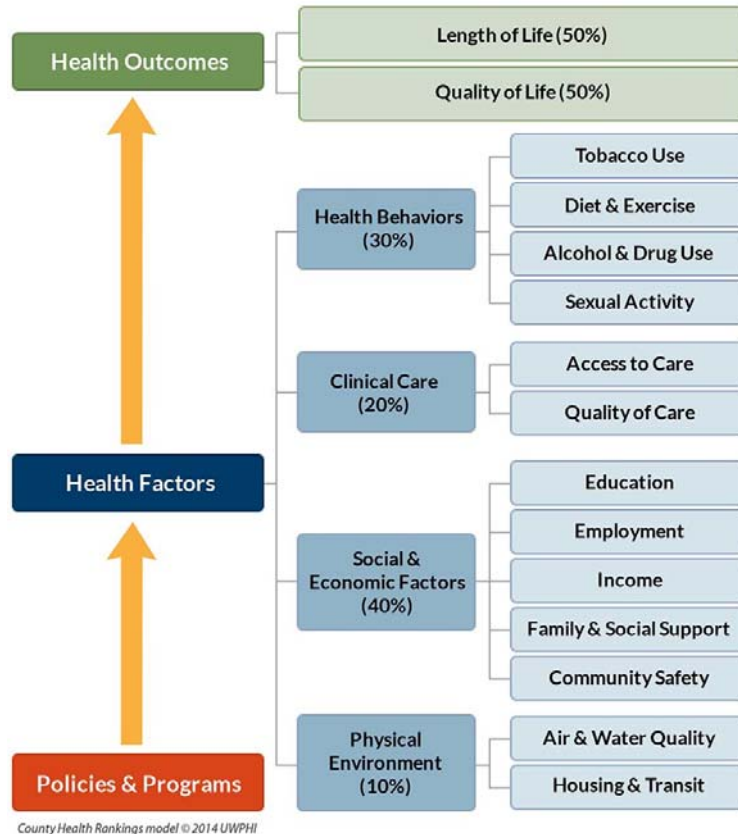
From September through November of 2016, the Planning Team developed findings and presented these findings to a community-based Steering Committee. These subject matter experts from across a diverse group of partners completed five phases of the MAPP process: *Organizing for Success, Visioning, The Four Assessments, Identification of Strategic Issues, and Formulating Goals and Strategies.*

The Steering Committee comprised a diverse leadership group representing 21 agencies and organizations in Lake County. The Steering Committee set priorities through a facilitated consensus process by looking for cross-cutting strategic issues that emerged from the four assessments. Individually, the assessment yielded in-depth analyses of factors and forces that impact population health. Taken together, the assessment findings contribute to a comprehensive view of health and quality of life in Lake County.

The Steering Committee reached consensus on five strategic issue areas: **Obesity, Substance Abuse, Access to Food & Nutrition, Access to Primary Care,** and **Diabetes.** The table below identifies the strategic issue areas with their goals, developed by a workgroup of subject matter experts.

<b>STRATEGIC ISSUE AREA</b>	<b>GOAL</b>
1. <i>Obesity</i>	<i>Improve diet and increase physical activity among adults and children in Lake County</i>
2. <i>Substance Abuse</i>	<i>Reduce and prevent alcohol and drug use among adults and youth in Lake County</i>
3. <i>Access to Food &amp; Nutrition</i>	<i>Reduce the percentage of food insecure households in Lake County</i>
4. <i>Access to Primary Care</i>	<i>Increase the proportion of underserved able to obtain necessary medical, dental care and prescriptions</i>
5. <i>Diabetes</i>	<i>Increase the diabetes screening rate for adults in Lake County</i>

Strategies for each 2017-2020 CHIP goal are structured using the categories of the 2014 County Health Rankings model.



### **Community Health Improvement Planning Team**

The Community Health Improvement Planning (CHIP) Community Health Team was established in January 2017 as advisory group to the 2017-2020 Lake County CHIP to continue phase 6 of the MAPP process: *The Action Cycle*.

#### *Membership*

The Steering Committee identified the following key units as core roles 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

Membership is on a volunteer basis and is open to all members of the public. The Community Health Team is facilitated by the Administrative Services staff of the Florida Department of Health in Lake County. The CHIP Community Health Team convened in the 2018 calendar year on the following schedule:

2018 Location

Eustis Community Center  
601 Northshore Drive  
Eustis, Florida 32726

2018 Dates and Times

Thursday, May 31, 2018 from 10:00am-12:00pm

Thursday, August 30, 2018 from 10:00am-12:00pm

\*Thursday, November 29, 2018 from 10:00am-12:00pm (webinar) \*revised to Tuesday, December 11, 2018 from 1:00pm-3:00pm (face to face format) at Lake County Extension Services Building, 1951 Woodlea Road, Tavares, FL 32778

*Goals and Activities*

The Community Health Team is asked to 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. The CHIP Community Health Team goals are to:

- A. 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
- B. Represent local organizations and communities by sharing ideas, needs and concerns related to the top identified community health areas

The primary activities of the CHIP Community Health Team are to:



- Advise the CHIP implementation plan by convening on a quarterly basis to review work plan progress and recommend quality improvements using the Plan-Do-Check-Act process
- Provide feedback to inform CHIP activities

The CHIP Community Health Team uses the Plan, Do, Check, Act (PDCA) problem-solving model for improving a process and carrying out change. Meetings are announced at least seven business days before each event. Agenda information is provided at each meeting and meeting summaries are posted on the Florida Department of Health in Lake County's website. The Florida Department of Health in Lake County maintains a database of S.M.A.R.T (specific, measurable, aligned, realistic, and time-based) criteria for goals, strategies, activities, actions and outcomes and produces a three-year plan and annual impact reports on CHIP activities.

**Why this is important to our community:**

<b>**An explanation of why this is important to the community should go here (in narrative form)**</b>					
<b>Objective</b>	<b>Indicator</b>	<b>Current Level</b>	<b>2017 Target</b>	<b>Status</b>	<b>Explanation of Status*</b>
<b>Objectives listed in the CHIP</b>	**this is the space for the indicator used to measure performance/success**	**current value of the indicator as of last reporting**	**Target value set within the CHIP for 2017**	**See status indicators key below for explanation**	**An explanation of the status given

\* Status indicators are as follows:

-  = increasing or decreasing baseline movement in **opposition to** objective  
 = increasing or decreasing baseline movement in **support of** objective

## **Summary of CHIP Annual Review Meeting**

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In partnership with the community, the Florida Department of Health in Lake County continued the community-driven strategic planning process of improving health in 2018 CHIP team meetings. The third quarter meeting was held on August 30, 2018 and focused on the ‘Check’ cycle of Plan, Do, Check, Act problem-solving model (PDCA).

### **Strategic Issue Area #1: OBESITY**

*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.*

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

*Strategy 1 POLICIES & PROGRAMS: Identify local policies and programs that impact healthy eating and physical activity.*

*Strategy 2 HEALTHY BEHAVIORS: Promote healthy behaviors that increase protective factors and reduce risk factors for obesity.*

*Strategy 3 CLINICAL CARE: Encourage the use of evidence-based practice for early intervention.*

*Strategy 4 SOCIAL & ECONOMIC FACTORS: Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities.*

*Strategy 5 PHYSICAL ENVIRONMENT: Encourage the creation of physical environments that support healthy behaviors.*

**Key Partners:** **Obesity focus group**

**Why this is important to our community:**

Lake County fares worse than other Florida counties and the state as whole for several of obesity indicators. Obesity is 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. Childhood obesity is considered a community threat because of children experiencing health problems early in life, and the perpetuation of obesity among future generations.

Indicator	Objective	Current Level	2018 Target	Status	Explanation of Status*
<a href="#">Percent of adults who are obese in Lake County</a>	Reduce by 3.5% Baseline: 27.5% (2013); 32.6% (2016)	32.6% (2016)	25.0%	No new data available.	Trending away from target. Current level compares unfavorably to state rate.
<a href="#">Percentage of middle and high school students who are obese in Lake County</a>	Reduce by 3.0% Baseline: 13.7% (2014)	13.7% (2014)	11.7%	No new data available.	No trend data available. Current level compares unfavorably to state rate.
<a href="#">Percentage of adults who have a healthy weight, overall, in Lake County</a>	Increase by 3.0% Baseline: 33.5% (2013); 32.5% (2016)	32.5% (2016)	35.5%	No new data available.	Trending away from target. Current level compares favorably to state rate.
<a href="#">Percentage of adults who meet aerobic recommendations, overall, in Lake County</a>	Increase by 3.0% Baseline: 53.3% (2013); 44.5% (2016)	44.5% (2016)	55.3%	No new data available.	Trending away from target. Current level compares unfavorably to state rate.
<a href="#">Percentage of adults who meet muscle strengthening recommendations, overall, in Lake County</a>	Increase by 1.5% Baseline: 24.0% (2013); 34.3% (2016)	34.3% (2016)	25.0%	No new data available.	Target met. Current level compares unfavorably to state rate.

Source(s): [Florida Charts, Healthiest Weight Profile, Lake County 2016](#); [Florida Charts, Florida Youth Tobacco Survey \(FYTS\), Lake County 2014](#). [Florida Charts, Behavioral Risk Factor Surveillance System \(BRFSS\), Lake County 2016](#).

**Strategic Issue Area #2: SUBSTANCE ABUSE**

*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.*



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



*Strategy 1 POLICIES & PROGRAMS: Identify federal, state, and local policies and programs that address prevention, intervention, and treatment of substance abuse.*

*Strategy 2 HEALTHY BEHAVIORS: Promote healthy behaviors that increase protective factors and reduce risk factors for substance abuse.*

*Strategy 3 CLINICAL CARE: 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.*

*Strategy 4 SOCIAL & ECONOMIC FACTORS: Encourage the use of evidence-based practices to learn how to identify, understand and respond to signs of mental illnesses, including substance use disorder.*

**Key Partners:** **Substance Abuse focus group**

Why this is important to our community:					
Lake County fares worse than other Florida counties and the state as whole for several substance abuse indicators. Destructive social impacts of use and abuse 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.					
Indicator	Objective	Current Level	2018 Target	Status	Explanation of Status
<a href="#">Percentages of youth who reported having used various drugs in the past 30 days in Lake County. (Prescription Pain Reliever Focus)</a>	Reduce by 1.2%  Baseline: 3.7% (2014); 2.0% (2016)	0.8% (2018)	2.9%		Target met. Current level compares favorably to state rate.  Note: new indicator language.
<a href="#">Percentages of youth who perceive great risk of harm when having 5+ drinks once or twice a week in Lake County (Alcohol Focus)</a>	Increase by 1.1%  Baseline: 45.1% (District 5); 51.3% (2014); 53.4% (2016)	62.0% (2018)	45.7%		Target met. Current level compares favorably to state rate.  Note: new indicator language.

Source(s): [Florida Youth Substance Abuse Survey, 2018](#)

### Strategic Issue Area #3: ACCESS TO FOOD & NUTRITION

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.

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

*Strategy 1 HEALTHY BEHAVIORS: Promote healthy behaviors that increase protective factors and reduce risk factors for food insecurity.*


*Strategy 2 SOCIAL & ECONOMIC FACTORS: Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities.*

**Key Partners:** Access to Food & Nutrition focus group

#### **Why this is important to our community:**

Access concerns speak to health equity. Everyone has a personal responsibility to themselves and their communities to be healthier, but choices we make can depend on what is available to us. Communities that improve health equity increase opportunities to be healthier for everyone, including those whose obstacles are greatest.

Food security is the condition in which all people, always, 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.

Indicator	Objective	Current Level	2018 Target	Status	Explanation of Status
<a href="#">Food insecurity rate in Lake County</a>	Reduce by 2.2%  Baseline: 14.8% (2014); 14.1% (2015);	13.3% (2016)	13.6%		Target met. Current level compares favorably to state rate.
<a href="#">Percentage of adults who consumed five or more servings of fruits or vegetables per day in Lake County</a>	Increase by 3.0%  Baseline: 17.4% (2013)	17.4% (2013)	18.4%	No new data available from 2017 report.	No trend data available. Current level compares unfavorably to state rate.

Source(s): [Feeding America, Map the Meal Gap 2016](#); [Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2013](#).

## Strategic Issue Area #4: ACCESS TO PRIMARY CARE

*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.*


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

*Strategy 1 HEALTHY BEHAVIORS: Encourage the use of evidence-based practices to educate on the importance of preventative healthcare.*

*Strategy 2 CLINICAL CARE: Encourage the use of evidence-based practices that employ health communication and education and link patients to family and social/psychosocial services.*

*Strategy 3 SOCIAL & ECONOMIC FACTORS: Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities, such as community linkages to health services.*

**Key Partners:** Access to Primary Care focus group

<b>Why this is important to our community:</b>					
<p>Access concerns speak to health equity. Everyone has a personal responsibility to themselves and their communities to be healthier, but choices we make can depend on what is available to us. Communities that improve health equity increase opportunities to be healthier for everyone, including those whose obstacles are greatest.</p> <p>Access to care means the timely use of personal health services to achieve the best health outcomes. It requires 3 distinct steps: entering 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.</p>					
<b>Indicator</b>	<b>Objective</b>	<b>Current Level</b>	<b>2018 Target</b>	<b>Status</b>	<b>Explanation of Status</b>
<a href="#">Preventable Hospitalizations under 65 from All Conditions, All Race/Ethnicity, Rate per 100,000 Population (3-year rolling)</a>	Reduce by 257 per 100,000  Baseline: 1,441 (2012-2014); 1,432 (2014-2016)	1,432 (2014-2016)	1,209	No new data available from 2017 report.	Trending towards target. Current level compares unfavorably to state rate.
<a href="#">Total Licensed Florida Physicians in Lake County, Rate per 100,000 Population (3-year rolling)</a>	Increase by a total of 30  Baseline: 212.5 (2014-2016); 210.3 (2014-2017)	220.0 (2015-2018)	232.5		Trending towards target. Current level compares unfavorably to state rate.

<a href="#">Percentage of adults who have a personal doctor in Lake County</a>	Increase by 5.0% Baseline: 75.1% (2013); 75.6% (2016)	75.6% (2016)	78.1%	No new data available from 2017 report.	Trending towards target. Current level compares favorably to state rate.
<a href="#">Percentage of adults with any type of health care insurance coverage in Lake County</a>	Increase by 4.5% Baseline: 79.4% (2013); 83.5% (2016)	83.5% (2016)	82.4%	No new data available from 2017 report.	Target met. Current level compares unfavorably to state rate.
<a href="#">Percentage of adults who had a medical checkup in the past year in Lake County</a>	Increase by 5.0% Baseline: 65.5% (2013); 80.4% (2016)	80.4% (2016)	69.0%	No new data available from 2017 report.	Target met. Current level compares favorably to state rate.
<a href="#">Percentage of adults who had a medical checkup in the past year in Lake County, annual incomes less than \$25,000</a>	Increase by 10.5% Baseline: 55.3% (2013); 80.2% (2016)	80.2% (2016)	61.8%	No new data available from 2017 report.	Target met. Current level compares favorably to state rate.
<a href="#">Percentage of adults who have a personal doctor in Lake County, with less than a high school degree</a>	Increase by 5.5% Baseline: 54.5% (2013); 60.6% (2016)	60.6% (2016)	58.0%	No new data available from 2017 report.	Target met. Current level compares favorably to state rate.
<a href="#">Percentage of adults with less than a high school degree with any type of health care insurance coverage in Lake County</a>	Increase by 8.8% Baseline: 51.5% (2013); 63.4% (2016)	63.4% (2016)	57.3%	No new data available from 2017 report.	Target met. Current level compares unfavorably to state rate.

Source(s): [Florida Charts, Health Resources Availability Profile, Lake County 2015-2018](#); [Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2016](#).

### **Strategic Issue Area #5: DIABETES**

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.

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

*Strategy 1 POLICIES & PROGRAMS: Identify local policies and programs that target individuals with or at risk of developing type II diabetes, such as preventative and disease management programs.*

*Strategy 2 HEALTHY BEHAVIORS: Promote healthy behaviors that increase protective factors and reduce risk factors for diabetes.*

*Strategy 3 CLINICAL CARE: Identify and remove potential barriers to adopting healthy behaviors by addressing health inequities or disparities, such as community linkages to health services.*

*Strategy 4 SOCIAL & ECONOMIC FACTORS: Educate community about the importance of early detection of and screening for diabetes.*

**Key Partners:** [Diabetes focus group](#)

<b>Why this is important to our community:</b>					
Diabetes increases risk for many serious health problems. It is possible to prevent some types of diabetes. Prediabetes is a “pre-diagnosis” of diabetes and it a warning sign. An individual may have either prediabetes or diabetes and not know it. Communities can encourage people to know their diabetes status to help them get the best information, care or treatment.					
<b>Indicator</b>	<b>Objective</b>	<b>Current Level</b>	<b>2018 Target</b>	<b>Status</b>	<b>Explanation of Status</b>
<a href="#">Percentage of adults who have ever been told [by a medical professional] they had prediabetes</a>	Monitor the percentage of adults who have ever been told [by a medical professional] they had prediabetes.  Baseline: 10.1% (2013); 12.1% (2016)	12.1% (2016)	7.5%  Increased health-seeking behavior	Not applicable. Indicators are being monitored for change.	Changes may reflect improving/worsening disease incidence.  However, changes may also reflect increases/decreases in diagnostic activity by providers, which could indicate improving/worsening health-seeking behavior by adults.
<a href="#">Percentage of adults who have ever been told [by a medical professional] they had diabetes</a>	Monitor the percentage of adults who have ever been told [by a medical professional] they had diabetes.  Baseline: 15.2% (2013); 12.5% (2016)	12.5% (2016)	11.0%  Increased health-seeking behavior		

Source(s): [Florida Charts, Behavioral Risk Factor Surveillance System, Lake County 2016.](#)

## Revisions

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Revisions to the CHIP were made after careful review of the goals, objectives, strategies and measures of the 2017-2020 CHIP. Evidence-based practices use the best, research-proven interventions in local public health system care and service delivery.

Through the last quarter of 2018, focus group members reviewed the available data, suggested evidence-based practice from the 2017-2020 CHIP and had the opportunity to suggest additional evidence-based practices for each health focus area. Dialogue surrounding the evidence-based practices included discussions of availability of data to monitor progress, availability of resources, community readiness, evident progress, and alignment with goals. Detailed information regarding the recommendations can be located at [lake.floridahealth.gov](http://lake.floridahealth.gov).

In partnership with the community, the Florida Department of Health in Lake County continued the community-driven strategic planning process of improving health in 2018 CHIP team meetings. The third quarter meeting was held on August 30, 2018 and focused on the 'Check' cycle of Plan, Do, Check, Act problem-solving model (PDCA).

- The team identified the strengths and weaknesses of 8 of 12 evidenced-based practice recommendations listed in the CHIP
- The team proposed plan revisions for 2019

The teams proposed revisions using the following criteria:

**CONTINUE AS-IS** = The proposed practice will meet the intention of one or more strategy; The practice does not need to be altered to successfully reach the goal of the health focus area.

**CONTINUE WITH REVISIONS** = The proposed practice needs to be reviewed to successfully reach the intention of the focus area goals or strategies. A separate meeting will be convened in 2019 to work on the revisions.

**ELIMINATE** = The proposed practice will not meet the intention of the focus area goals or strategies and should be eliminated.

Below is a listing of each strategic issue area, with a summary of revisions made to the action plan, based on the review.

### Obesity focus group recommendations for 2018:

Evidence-Based Practice	Recommendation
Policies and Programs that Support Healthy Eating and Physical Activity	<b>CONTINUE AS-IS</b>
Campaigns That Include Mass Media and Health-Related Product Distribution	<b>CONTINUE AS-IS</b>
Technology-Supported Multicomponent Coaching or Counseling Interventions	<b>ELIMINATE</b>
Changes in Access and Availability to Favor Healthy Foods and Beverages	<b>CONTINUE AS-IS</b>

Increases in Access to and Number of Places for Physical Activity	<b>CONTINUE AS-IS</b>
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**Substance Abuse focus group recommendations for 2018:**

Evidence-Based Practice	Recommendation
Campaigns That Include Mass Media and Health-Related Product Distribution	<b>CONTINUE AS-IS</b>
Screening, Brief Intervention, and Referral to Treatment (SBIRT)	<b>CONTINUE WITH REVISIONS</b>
Mental Health First Aid courses	<b>CONTINUE AS-IS</b>

**Access to Food & Nutrition focus group recommendations for 2018:**

Evidence-Based Practice	Recommendation
Campaigns That Include Mass Media and Health-Related Product Distribution	<b>ELIMINATE</b>
Interventions Engaging Community Health Workers	<b>CONTINUE WITH REVISIONS</b>

**Access to Primary Care focus group recommendations for 2018:**

Evidence-Based Practice	Recommendation
Campaigns That Include Mass Media and Health-Related Product Distribution	<b>CONTINUE AS-IS</b>
Case Management Interventions	<b>CONTINUE AS-IS</b>
Interventions Engaging Community Health Workers	<b>CONTINUE WITH REVISIONS</b>

**Diabetes focus group recommendations for 2018:**

Evidence-Based Practice	Recommendation
Policies and Programs that Support Diabetes Prevention and Disease Management	<b>CONTINUE WITH REVISIONS</b>
Campaigns That Include Mass Media and Health-Related Product Distribution	<b>CONTINUE AS-IS</b>
Case Management Interventions	<b>CONTINUE WITH REVISIONS</b>
Worksite Assessment of Health Risks with Feedback	<b>CONTINUE WITH REVISIONS</b>

# Accomplishments

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Community Health Improvement Planning (CHIP) is an everyday effort to address health concerns in a community.

## CHIP Process Outcomes

- ❖ Improves coordination of services for people in Lake County
- ❖ Engages new partners into health improvement planning
- ❖ Empowers community ownership and comprehensive planning for maximum impact
- ❖ Forges stronger relationships within the local public health system
- ❖ Emphasizes continuous quality improvement on a plan for health

## 2018 CHIP Process Outputs:

- 50+ individual participation in CHIP events
- 50+ unduplicated Lake County organizations represented
- 3 CHIP Team meetings held
- 1 2017 CHIP Annual Report produced and disseminated to a wide audience
- 1 2018 Data Compendium
- 1 2018 Data Compendium- Special Populations Volume
- 1 continuous quality improvement cycle completed

## CHIP Community Highlights:

This was another year of amazing local accomplishments! In 2018, we have seen examples of how the local Lake County community:

- ❖ **Supports Healthy Places to Live and Learn**
- ❖ **Helps People Understand the Issues**
- ❖ **Helps Leads Local-Level Response to Health Concerns**
- ❖ **Helps Identify and Connect People to Care**
- ❖ **Supports Initiatives That Work**
- ❖ **Works Together to Solve Health Problems**
- ❖ **Helps Prevent Disease**
- ❖ **Empowers Individuals in Health**

Goal	Strategy	Accomplishment
<b>OBESITY</b>		
<b>1. Obesity:</b> Improve diet and increase physical activity among	<u>Physical Environment:</u> Local Public Health System encourages	<b>NEW PUBLIC RECREATION SPACES AND ACTIVITY CENTERS</b> The county and local cities are working together to develop several new public



adults and children in Lake County	the creation of physical environments that support healthy behaviors.	access points, including South Lake Regional Park in <b>Groveland</b> , Hickory Point Beach Athletics Center in <b>Tavares</b> , and Lake May Reserve in <b>Eustis</b> .
<p><b>How it's important for our community:</b>  ❖ <i>The Community Supports Healthy Places to Live</i></p> <p>Local governments can encourage healthy behaviors by increasing access to places where people can be physically active.</p>		
	<u>Policies &amp; Programs:</u> Local Public Health System identifies local policies and programs that impact healthy eating and physical activity.	<b>SMARTER LUNCHROOMS</b> The USDA Food and Nutrition Service recognized several Lake County Schools for excellence in nutrition and physical activity in the HealthierUS School Challenge, including <b>Triangle Elementary School</b> (Gold status) and <b>Clermont Elementary School</b> (Silver status). <b>Lake County Schools</b> were also recognized as a Florida Healthy School District (Bronze level).
<p><b>How it's important for our community:</b>  ❖ <i>The Community Supports Healthy Places to Learn</i></p> <p>Local schools can implement a variety of policies that have been shown to increase physical activity and improve nutrition for students and their families. These best practices are reflected in the HealthierUS School Challenge submission criteria and Florida Healthy School District assessment.</p>		
<b>SUBSTANCE ABUSE</b>		
<b>2. Substance Abuse:</b> Reduce and prevent alcohol and drug usage among adults and youth in Lake County	<u>Policies &amp; Programs:</u> Local Public Health System identifies federal, state, and local policies and programs that address prevention, intervention, and treatment of substance abuse.	<b>FAITH IN RESPONSE TO ADDICTION</b> <b>AdventHealth Waterman</b> sponsored “The Opioid Epidemic and its Effects on Healthcare” in Tavares on October 25 <sup>th</sup> . Additionally, the <b>First Baptist Church of Umatilla</b> , through its Celebration Recovery program, hosted a town hall meeting “Addictions & Hope” in Umatilla on October 28 <sup>th</sup> .
<p><b>How it's important for our community:</b>  ❖ <i>The Community Helps People Understand the Issues</i></p> <p>The sessions provided community partners an opportunity to learn about opioids and opioid-related issues, cases, and death statistics in Lake County and promoted effective strategies to help combat the epidemic.</p>		

	<p><u>Polices &amp; Programs:</u> Local Public Health System identifies federal, state, and local policies and programs that address prevention, intervention, and treatment of substance abuse.</p>	<p><b>SUBSTANCE-EXPOSED NEWBORN TASKFORCE</b> <b>LifeStream Behavioral Health Center</b> is leading a taskforce to share and learn about best practices in the treatment of the addicted pregnant patient and her newborn and in the prevention of Neonatal Abstinence Syndrome (NAS).</p>
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**How it's important for our community:**  
❖ *The Community Leads Local-Level Response to Health Concerns*

The taskforce is a local extension of regional efforts supporting substance-exposed newborns and their families.

	<p><u>Social &amp; Economic Factors:</u> Local Public Health System encourages the use of evidence-based practices to learn how to identify, understand and respond to signs of mental illnesses, including substance use disorder.</p>	<p><b>SCREENING FOR MENTAL HEALTH</b> The <b>BeFree Lake Coalition</b> was awarded funding for Mental Health Awareness Training to build community capacity to detect and respond appropriately to behavioral health concerns impacting adults and youth, and to connect them to needed services.</p>
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**How it's important for our community:**  
❖ *The Community Helps Identify and Connect People to Care*

The project works with agencies, families, law enforcement, and policy makers to increase mental health awareness and training opportunities for local veterans, armed services members, their families, and community members.

**ACCESS TO FOOD AND NUTRITION**

<p><b>3. Access to Food and Nutrition:</b> Reduce the percentage of food insecure households in Lake County.</p>	<p><u>Social &amp; Economic Factors:</u> Local Public Health System identifies and removes potential barriers to adopting healthy behaviors by addressing health inequities or disparities.</p>	<p><b>FUNDING THE NEED</b> <b>United Way of Lake and Sumter Counties</b> and <b>Community Foundation of South Lake County</b> dedicated funding to programs addressing health needs, including summer feeding and other programs to help increase knowledge of, access to and consumption of healthy foods.</p>
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**How it's important for our community:**  
❖ *The Community Supports Initiatives That Work*

Community partners work together to share resources and leverage funding for services needed to improve the lives of food insecure households in the community.

**ACCESS TO PRIMARY CARE**

<p><b>4. Access to Primary Care:</b> Increase the proportion of underserved able to obtain necessary medical, dental care and prescriptions in Lake County.</p>	<p><u>Clinical Care:</u> Local Public Health System encourages the use of evidence-based practices that employ health communication and education and link patients to family and social/psychosocial services.</p>	<p><b>COMPASSIONATE CARE</b> <b>Lake County Shared Services Network</b> partnered with <b>Deliver the Difference</b> to host a free medical and dental clinic in March of 2018 at the Lake County Fairgrounds in Eustis. The event provided over \$125,000 worth of medical, dental, and vision care to approximately 350 individuals in the community.</p>
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**How it's important for our community:**  
 ❖ *The Community Works Together to Solve Health Problems*

In cooperation with a national organization, community members, leaders, and local nonprofits and volunteers joined together to fund, plan, recruit, mobilize, and organize the first-of-its-kind county event.

**DIABETES**

<p><b>5. Diabetes:</b> Increase the diabetes screening rate for adults in Lake County.</p>	<p><u>Healthy Behaviors:</u> Local Public Health System promotes healthy behaviors that increase protective factors and reduce risk factors for diabetes</p>	<p><b>KNOWLEDGE IS POWER</b> The <b>University of Florida, Institute of Food and Agricultural Sciences Lake County Extension</b> offered several free community classes focused on eating well and proper nutrition for people with diabetes and prediabetes. The offices also partnered with <b>South Lake Hospital</b> to host National Diabetes Program: Prevent T2 classes, a year-long class and support group to prevent Type 2 diabetes.</p>
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**How it's important for our community:**  
 ❖ *The Community Helps Prevent Disease*

DPP is a nationally recognized lifestyle change program to prevent or delay type 2 diabetes. The program teaches participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

<p><b>6. Diabetes:</b> Increase the diabetes screening rate for adults in Lake County.</p>	<p><u>Social &amp; Economic Factors:</u> Local Public Health System educates the community about the importance of early</p>	<p><b>KNOW YOUR NUMBERS</b> The <b>Lion's Club of Mount Dora</b> participates in free blood sugar and retina screening at community events as part of diabetes awareness activities.</p>
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	detection of and screening for diabetes.	
<p><b>How it's important for our community:</b>  ❖ <i>The Community Empowers Individuals in Health</i></p> <p>The U.S. Preventive Services Task Force recommends screening for abnormal blood glucose and type 2 diabetes in adults 40 to 70 years of age who are overweight or obese, and repeating testing every three years if results are normal. Individuals at higher risk should be considered for earlier and more frequent screening.</p>		

## Conclusion

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The Community Health Improvement Planning (CHIP) Community Health Team is asked to 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.

This plan serves as a roadmap for a continuous health improvement process for the local public health system by providing a framework for the chosen strategic issue 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 insight emerge at the local, state and national levels.

By working together, we can have a significant impact on the community's health, improving where we live, work and play and realize the vision of a healthier Lake County.

### 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.

Thank you for supporting a culture of health in Lake County, Florida!

***What is your organization or neighborhood doing or planning related to the health improvement focus areas? Please let us know!***

**Contact Community Health Improvement at [DOHLakeCHIP@flhealth.gov](mailto:DOHLakeCHIP@flhealth.gov) or (352) 589-6424  
Learn more at [lake.floridahealth.gov](http://lake.floridahealth.gov).**

Lake County  
Community Health Improvement Planning  
2017-2020 Health Focus Areas



# Lake County

## Community Health Improvement Planning

### 2018 Focus Group Partners



#### Obesity Focus Group

- AdventHealth Waterman
- Central Florida Health Alliance
- Citizens
- Community Foundation of South Lake
- Community Health Centers
- Early Learning Coalition of Lake County
- Florida Department of Health in Lake County
- Lake Cares
- Lake County Government
- Lake County Schools
- LifeStream Behavioral Center
- Saint Luke's Medical and Dental Clinic
- South Lake Hospital
- Straight Forward Ministries
- Towers for Change
- University of Florida, Lake County Extension Office
- WellCare Health Plans



#### Substance Abuse Focus Group

- AdventHealth Waterman
- Be Free Lake
- Central Florida Health Alliance
- Citizens
- Clermont Behavioral Health
- Dr. Candace Booth, ND, PhD, CNC
- E3 Family Solutions
- Florida Department of Health in Lake County
- First Baptist Church Umatilla
- Kids Central
- Lake Technical College
- LifeStream Behavioral Center
- Lutheran Services Florida Health Systems
- South Lake Hospital
- The Connection Helpline
- Unitarian Universalist Congregation of Lake County
- Well Florida Council
- WellCare Health Plans

# Lake County

## Community Health Improvement Planning

### 2018 Focus Group Partners



#### Access to Food and Nutrition Focus Group

- AdventHealth Waterman
- Central Florida Health Alliance
- Citizens
- Commissioned Beyond Borders
- Community Foundation of South Lake
- East Central Florida Regional Planning Council
- Faith Neighborhood Center Food Pantry
- Florida Department of Health in Lake County
- Kitch'n Lyfe Skills
- Lake Cares
- Lake County Schools
- LifeStream Behavioral Center
- Lifetime Dental
- Redlands Christian Migrant Association, Area B
- Second Harvest Food Bank
- South Lake Community Ministries
- South Lake Hospital
- Towers for Change
- United Healthcare
- United Way of Lake and Sumter Counties



#### Access to Primary Care Focus Group

- AdventHealth Waterman
- Be Free Lake
- Catholic Charities of Central Florida
- Central Florida Health Alliance
- Citizens
- Community Foundation of South Lake
- Community Health Centers
- Community Medical Care Center
- Community Primary Health Clinic
- Cornerstone Hospice and Palliative Care
- Early Learning Coalition of Lake County
- Florida Department of Health in Lake County
- Florida Cancer Specialists and Research Institute
- Florida Guardian Ad Litem Program, Lake County
- Florida's Vision Quest
- Health Insurance Marketplace Navigators
- Lake County Government
- Lake County Schools
- Lake Emergency Management Services
- Lake-Sumter State College
- LifeStream Behavioral Center
- Lifetime Dental
- Merck Global Human Health
- Saint Luke's Medical and Dental Clinic
- South Lake Hospital
- United Way of Lake and Sumter Counties

# Lake County

## Community Health Improvement Planning

### 2018 Focus Group Partners



#### Diabetes Focus Group

- Advent Health Waterman
- American Diabetes Association
- Central Florida Health Alliance
- Citizens
- Community Foundation of South Lake
- Florida Department of Health in Lake County
- Lake Cares
- Lake County Government
- LifeStream Behavioral Center
- Lifetime Dental
- Merck Global Human Health
- South Lake Hospital
- Towers for Change
- University of Central Florida
- University of Florida, Lake County Extension Office
- We Care of Lake County