



Community Health Improvement Plan Annual Progress Report, 2017

Florida Department of Health in Lake County

December 2017

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Introduction

This is the annual review report for the 2017 – 2020 Lake County Community Health Improvement Plan. 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 progress review of the strategies that were developed and the 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 review 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 (SPIL), now known as the Strategic Planning Council. The Planning Team facilitated the CHIP process through using the National Association of City and County Health Official’s 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.*

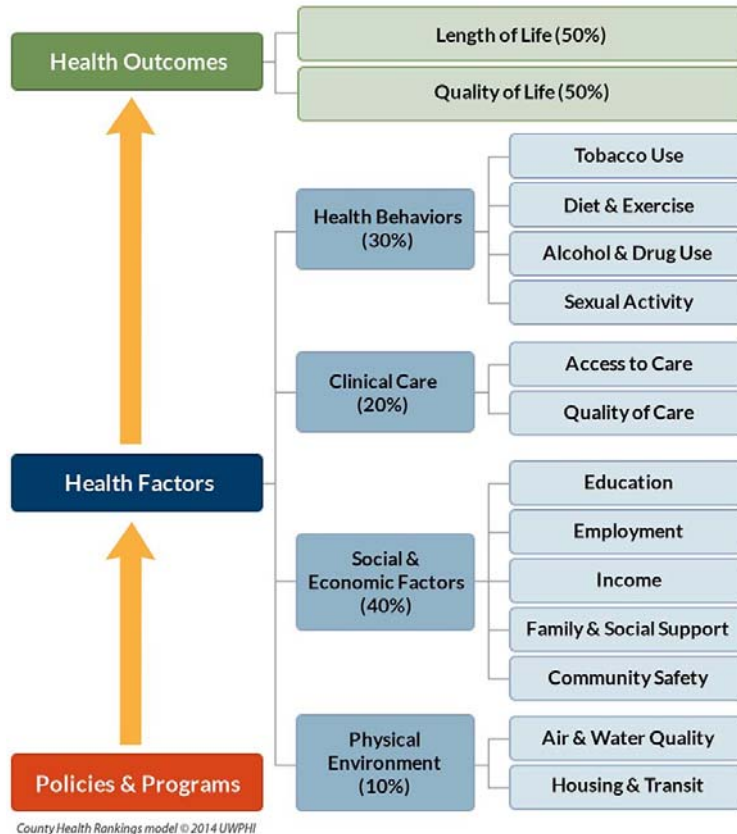
The Steering Committee comprised a diverse leadership group representing 21 agencies and organizations in Lake County. The Steering Committee set priorities through a facilitated consensus process by looking for cross-cutting strategic issues that emerged from the four assessments. Individually, the 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.

STRATEGIC ISSUE AREA	GOAL
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 & 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.



2017 Community Health 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 on the first month of each quarter of the calendar year in 2017. Meetings occurred on the following schedule:

2017 Location

Lake County Extension Services Division Auditorium
1951 Woodlea Road
Tavares, Florida 32778

2017 Dates and Times

Monday, January 30, 2017 from 10:00am-12:00pm
Thursday, April 27, 2017 from 10:00am-12:00pm
Thursday, July 27, 2017 from 1:00pm-3:00pm
Thursday, October 26, 2017 from 1:00pm-3:00pm* *revised to Thursday, October 5, 2017 from 1:00pm-3:00pm (webinar format)

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 concerns



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 monthly 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:					
An explanation of why this is important to the community should go here (in narrative form)					
Objective	Indicator	Current Level	2017 Target	Status	Explanation of Status*
Objectives listed in the CHIP	**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

In partnership with the community, the Florida Department of Health in Lake County continued the community-driven strategic planning process of improving health at October's fourth quarterly CHIP team meeting. The combination of third and fourth quarter meetings make up the annual review. The July 2017 third quarter meeting focus was on the 'Check' cycle of Plan, Do, Check, Act problem-solving model (PDCA).

- Focus groups provided feedback on the plan's goals, strategies, activities, actions and outcomes, both for their own focus area and the other focus group areas
- Focus groups had the opportunity to break out into groups and provide additional updates

The October 2017 fourth quarter meeting focus was on the 'Act' cycle of PDCA problem-solving model.

- A spokesperson from each focus presented the discussion summary from last quarter, including comments and recommendations/considerations for the future
- Focus groups completed a prioritization matrix to determine actionable recommendations and those actions that will have high impact in the community
- Focus groups reviewed the 2017 evidence-based practice suggestions and decided whether to continue, revise, or eliminate each practice for the 2018 calendar year

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

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

American Heart Association. Central Florida Health Alliance (Leesburg Regional Medical Center & The Villages Hospital), Citizens, Community Foundation of South Lake, Inc., Community Health Centers, Inc., Florida Department of Health in Lake County, Florida Hospital Waterman, Inc., Lake Cares, Inc., Lake County Government, Community Services Department & Public Resources Department, Parks and Trails Division, Lake County Schools, LifeStream Behavioral Center, Inc., Monarch Health & Fitness, Saint Luke's Medical and Dental Clinic, South Lake Hospital, Inc., Straight Forward Ministries, Inc., Swimming for Life Water Safety Education, University of Florida, Lake County Extension Office, WellCare Health Plans

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 on in life, and the perpetuation of obesity among future generations.					
Indicator	Objective	Current Level	2017 Target	Status	Explanation of Status*
Percent of adults who are obese in Lake County	Reduce by 3.5%	32.6%	26.0%		2016 data reports a baseline increase from 27.5% in 2013

Percentage of middle and high school students who are obese in Lake County	Reduce by 3.0%	13.7%	12.7%	No new data available.	Indicator not used in 2016 BRFSS questionnaire, but may be added into future BRFSS analyses
Percentage of adults who have a healthy weight, overall, in Lake County	Increase by 3.0%	32.5%	34.5%		2016 data reports a baseline decrease from 33.5% in 2013
Percentage of adults who meet aerobic recommendations, overall, in Lake County	Increase by 3.0%	44.5%	54.3%		2016 data reports a baseline decrease from 53.5% in 2013
Percentage of adults who meet muscle strengthening recommendations, overall, in Lake County	Increase by 1.5%	34.3%	24.5%		2016 data reports a baseline increase from 24.0% in 2013

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

Source(s): [Florida Charts, Healthiest Weight Profile, Lake County 2016](#); [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

Be Free Lake (Safe Climate Coalition of Lake County, Inc.), Central Florida Health Alliance (Leesburg Regional Medical Center & The Villages Hospital), Citizens, Dr. Candace Booth, ND, PhD, CNC, E3 Family Solutions, Inc., Florida Department of Health in Lake County, Florida Hospital Waterman, Inc., Kids Central, Inc., Lake Technical College, LifeStream Behavioral Center, Inc., Lutheran Services Florida Health Systems, South Lake Hospital, Inc., The Connection Helpline, Unitarian Universalist Congregation of Lake County, Well Florida Council, Inc, WellCare Health Plans

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	2017 Target	Status	Explanation of Status
Percentage of self-reported use of alcohol and other drugs by middle and high school students in the past 30 days in Lake County (Prescription Pain Reliever Focus)	Reduce by 1.2%	2.0%	3.2%		2016 data reports a baseline decrease from 3.7% in 2014
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 in Lake County (Alcohol Focus)	Increase by 1.1%	45.1%	45.4%	Not applicable.	Source data no longer tracks this indicator from 2016. Changed to <i>Alcohol: Perceptions of Great Risk of Having ≥5 Drinks Once or Twice a Week for Persons Aged 18+ in Circuit 5, 2012-2014 = 40.6%</i>

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

Source(s): [Quality of Life 2017: Behavioral Health Needs Assessment of Lake County.](#)

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

American Heart Association, Central Florida Health Alliance (Leesburg Regional Medical Center & The Villages Hospital), Citizens, Commissioned Beyond Borders, Community Foundation of South Lake, Inc., East Central Florida Regional Planning Council, East Central Florida Regional Planning Council, Faith Neighborhood Center Food Pantry, Florida Department of Health in Lake County, Florida Hospital Waterman, Inc., Kitch'n Lyfe Skills, Inc., Lake Cares, Inc., Lake County Schools, LifeStream Behavioral Center, Inc., Lifetime Dental, Inc., Monarch Health & Fitness, Redlands Christian Migrant Association, Area B, Second Harvest Food Bank, South Lake Community Ministries, South Lake Hospital, Inc., United Way of Lake and Sumter Counties, Inc.

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	2017 Target	Status	Explanation of Status
Food insecurity rate in Lake County	Reduce by 2.2%	14.1%	14.3%		2015 data reports a baseline decrease from 14.8% in 2014

Percentage of adults who consumed five or more servings of fruits or vegetables per day in Lake County	Increase by 3.0%	17.4%	18.4%	No new data available.	Indicator not used in 2016 BRFSS questionnaire, but may be added into future BRFSS analyses
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*green text indicates the county measure compares favorably to the state percentage, red text indicates it compares unfavorably

Source(s): [Feeding America, Map the Meal Gap 2015](#); [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

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

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.

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.

Indicator	Objective	Current Level	2017 Target	Status	Explanation of Status
Preventable Hospitalizations under 65 from All Conditions, All Race/Ethnicity, Rate per 100,000 Population (3-year rolling)	Reduce by 257 per 100,000	1,432	1,184		2014-2016 data reports a baseline increase from 1,441 in 2012-2014
Total Licensed Florida Physicians in Lake County, Rate per 100,000 Population (3-year rolling)	Increase by a total of 30	210.3	242.5		2014-2017 data reports a baseline decrease from 215.5 in 2014-2016
Percentage of adults who have a personal doctor in Lake County	Increase by 5.0%	75.6%	80.9%		2016 data reports a baseline increase from 75.1% in 2013
Percentage of adults with any type of health care insurance coverage in Lake County	Increase by 4.5%	83.5%	67.5%		2016 data reports a baseline increase from 79.4% in 2013
Percentage of adults who had a medical checkup in the past year in Lake County	Increase by 5.0%	80.4%	58.3%		2016 data reports a baseline increase from 65.5% in 2013
Percentage of adults who had a medical checkup in the past year in Lake County, annual incomes <\$25,000	Increase by 10.5%	80.2%	56.0%		2016 data reports a baseline increase from 55.3% in 2013

Percentage of adults who have a personal doctor in Lake County, with less than a high school degree	Increase by 5.5%	60.6%	54.3%	↑	2016 data reports a baseline increase from 54.5% in 2013
Percentage of adults with less than a high school degree with any type of health care insurance coverage in Lake County	Increase by 8.8%	63.4%	3.20%	↑	2016 data reports a baseline increase from 51.5% in 2013

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

Source(s): [Florida Charts, Health Resources Availability Profile, Lake County 2014-2016 & 2014-2017](#); [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

American Diabetes Association, Central Florida Health Alliance (Leesburg Regional Medical Center & The Villages Hospital), Citizens, Community Foundation of South Lake, Inc., Florida Department of Health in Lake County, Florida Hospital Waterman, Inc., Lake Cares, Inc., Lake County Government, Public Resources Department, Parks and Trails Division, LifeStream Behavioral Center, Inc., Lifetime Dental, Inc., Merck Global Human Health, Monarch Health &

Why this is important to our community:					
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.					
Indicator	Objective	Current Level	2017 Target	Status	Explanation of Status
Percentage of adults who have ever been told [by a medical professional] they had prediabetes	Monitor the percentage of adults who have ever been told [by a medical professional] they had prediabetes	12.1%	9.0% 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.	2016 data reports a baseline increase from 10.1% in 2013 Percentage of adults with diagnosed diabetes is the equivalent indicator
Percentage of adults who have ever been told [by a medical professional] they had diabetes	Monitor the percentage of adults who have ever been told [by a medical professional] they had diabetes	12.5%	13.0% Increased health-seeking behavior		2016 data reports a baseline decrease from 15.2% in 2013 Percentage of adults with diagnosed pre-diabetes is the equivalent indicator

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

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

Revisions

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 2017, 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.

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 2018 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

Obesity focus group recommendations for 2018:

Evidence-Based Practice	Recommendation
Policies and Programs that Support Healthy Eating and Physical Activity	CONTINUE AS-IS
Campaigns That Include Mass Media and Health-Related Product Distribution	CONTINUE WITH REVISIONS
Technology-Supported Multicomponent Coaching or Counseling Interventions	CONTINUE WITH REVISIONS
Changes in Access and Availability to Favor Healthy Foods and Beverages	CONTINUE WITH REVISIONS
Increases in Access to and Number of Places for Physical Activity	CONTINUE AS-IS

Substance Abuse focus group recommendations for 2018:

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

Access to Food & Nutrition focus group recommendations for 2018:

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

Access to Primary Care focus group recommendations for 2018:

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

Diabetes focus group recommendations for 2018:

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

Accomplishments

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

2017 CHIP Process Outputs:

- 100+ individual participation in CHIP events
- 50+ unduplicated Lake County organizations represented
- 5 Focus groups established for top identified priority areas
- 4 CHIP Quarterly team meetings held
- 1 2017-2020 CHIP Report produced and disseminated to a wide audience
- 1 2017 Data Compendium
- 1 continuous quality improvement cycle completed

CHIP Community Highlights:

This was a year of amazing local accomplishments! In 2017, we have seen examples of how the local Lake County community:

- ❖ **Supports Healthy Places to Live**
- ❖ **Helps People Understand the Issues**
- ❖ **Helps People Get Needed Care**
- ❖ **Enables People to Adopt Healthy Behaviors**
- ❖ **Connects People to Resources**
- ❖ **Works Together to Solve Health Problems**

Goal	Strategy	Accomplishment
OBESITY		
1. Obesity: Improve diet and increase physical activity among adults and children in Lake County	<u>Policies & Programs:</u> Local Public Health System identifies local policies and programs that impact healthy eating and physical activity.	CITY OF CLERMONT The Florida Department of Health recognized the City of Clermont as a 2017 Healthy Weight Community Champion.

<p>How it's important for our community: ❖ <i>The Community Supports Healthy Places to Live</i></p> <p>Local governments can implement a variety of policies that have been shown to increase physical activity and improve nutrition. These best practice policies are reflected in the Healthy Weight Community Champion submission criteria.</p>		
SUBSTANCE ABUSE		
<p>2. Substance Abuse: Reduce and prevent alcohol and drug usage among adults and youth in Lake County</p>	<p><u>Polices & Programs:</u></p> <p>Local Public Health System identifies federal, state, and local policies and programs that address prevention, intervention, and treatment of substance abuse.</p>	<p>OPIOIDS IN LAKE COUNTY The BeFree Lake Coalition hosted two town halls across Lake County and one "Understanding the Opioid Crisis in Our Community" lunch and learn session hosted by the BeFree Lake Coalition in Mount Dora on September 29th.</p>
<p>How it's important for our community: ❖ <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>		
SUBSTANCE ABUSE (CONTINUED)		
	<p><u>Clinical Care:</u></p> <p>Local Public Health System encourages the use of evidence-based practice for early interventions to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs</p>	<p>SUBSTANCE USE DISORDER TREATMENT LifeStream Behavioral Health Center was awarded funding to support the creation of an eight-bed substance use disorder residential treatment center in Lake County.</p>
<p>How it's important for our community: ❖ <i>The Community Helps People Get Needed Care</i></p> <p>This center will be embedded in the community and the support provided by various parts of that community also play an important role in supporting the recovery of people with substance use disorders.</p>		
	<p><u>Social & Economic Factors:</u></p>	<p>SCREENING FOR MENTAL HEALTH The BeFree Lake Coalition conducted 100% of planned activities in 2017. This</p>

	<p>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>included Mental Health First Aid (MHFA) courses throughout the county, Screening, Brief Intervention, and Referral to Treatment (SBIRT) training in Mount Dora in May, and offered a free Screening, Brief Intervention & Referral to Treatment (SBIRT) tool to local providers.</p>
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How it's important for our community:
❖ *The Community Helps Identify People in Need*

MHFA and SBIRT are evidence-based interventions selected by the CHIP focus group to promote healthy behaviors and improve clinical care in substance use and abuse disorders.

ACCESS TO FOOD AND NUTRITION

<p>3. Access to Food and Nutrition: Reduce the percentage of food insecure households in Lake County.</p>	<p><u>Social & Economic Factors:</u> Local Public Health System identifies and removes potential barriers to adopting healthy behaviors by addressing health inequities or disparities.</p>	<p>EATING HEALTHY FOODS Lake Cares food pantry began working on plans on a Victory Garden in Tavares. The produce grown in the Victory Garden will primarily be used through the Lake Cares Food Pantry's distribution channels throughout their 5 Lake County locations.</p>
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How it's important for our community:
❖ *The Community Enables People to Adopt Healthy Behaviors*

The Victory Garden is designed to strengthen the local community by providing fresh produce as well as education in nutrition, environmental sustainability and training in micro-enterprise.

ACCESS TO PRIMARY CARE

<p>4. Access to Primary Care: 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>CONNECTING TO CARE Lake County Government's Community Health Worker Program began working with the local free and charitable clinics participating in the Lake Health Partnership to help institute Community Health Workers in their operations.</p>
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How it's important for our community:

❖ ***The Community Connects People to Resources***

Community Health Workers (CHWs) provide outreach and improve community health awareness. Trained CHWs help to bridge the gap between individuals and the health and social service systems

	<p><u>Social & Economic Factors:</u></p> <p>Local Public Health System identifies and removes potential barriers to adopting healthy behaviors by addressing health inequities or disparities, such as community linkages to health services.</p>	<p>KNOWLEDGE OF RESOURCES Florida Hospital Waterman hosted Healthcare Planning Forum on March 2nd in Tavares, Florida. Community knowledge of resources in the community was cited as the top barrier to access to care, resources were identified, actions steps to improve awareness for these resources were implemented.</p>
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How it's important for our community:

❖ ***The Community Works Together to Solve Health Problems***

Working together improves health in a community. Professionals from around the county gathered to help answer the question, "Together how can we make the largest impact on the health status of the indigent population in Lake County?"

DIABETES

<p>5. Diabetes: Increase the diabetes screening rate for adults in Lake County.</p>	<p><u>Healthy Behaviors:</u></p> <p>Local Public Health System promotes healthy behaviors that increase protective factors and reduce risk factors for diabetes</p>	<p>DIABETES PREVENTION Florida Department of Health in Lake County conducted 100% of planned activities in 2017. They targeted individuals with pre-diabetes to participate in several Diabetes Prevention Program (DPP) classes throughout the county.</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.

Conclusion

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 or (352) 589-6424
Learn more at lake.floridahealth.gov.***