



# Community Health Improvement Plan 2016 Updated Plan

---

*Florida Department of Health in Walton County*

November 2016

---

## Table of Contents

---

Overview of Community Health Improvement Plan (CHIP) .....	3
Review Process .....	4
Annual Review .....	7
2016-2019 CHIP Revisions .....	11
Strategic Issue Area #1.....	11
Strategic Issue Area #2.....	11
Strategic Issue Area #3.....	12
Conclusion .....	13
Appendices .....	14
Appendix A: Comprehensive List of Community Partners .....	14

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

In 2011, the Walton County Health Department (now DOH-Walton) initiated community-wide strategic planning for improving community health utilizing the Mobilizing for Action through Planning and Partnerships (MAPP) model. This community health planning model is evidence-based and is designed to provide a strategic approach to community health improvement by helping communities to identify and use existing resources wisely, consider unique local conditions and needs, and form effective partnership for action. MAPP is consistent with guidance from the Florida Department of Health and National Association of County and City Health Officials.

The MAPP assessment format was adapted from multiple documents to meet the needs of Walton County, Florida. Review and analysis of information focused on data which directly associated with the health status of Walton County residents. The Walton County Community Health Profile Report 2012 integrated and presented information from multiple sources, including

- Four assessments collectively known as the MAPP assessments
- Environmental Health Local Public Health System Assessment
- Community Health Assessment Resource Tool set – [www.floridacharts.com](http://www.floridacharts.com)

Individually, the assessments yielded in-depth analyses of factors and forces that impact population health. Taken together, the assessment findings contributed to a comprehensive view of health and quality of life in Walton County.

During March 2012, WCHIP hosted a Health Summit to begin development of a Community Health Improvement Plan leading to a healthier future for the people of Walton County. Nearly forty (40) community partners were engaged in this community-wide, strategic planning process to identify and prioritize public health and medical issues in Walton County. After development of a vision statement for the partnership and data review and analysis, participants identified the most important issues facing the community and listed strategic opportunities for improving the health of our community.

During calendar years 2012 and 2013, WCHIP continued development and implementation of a community health improvement plan. Bi-monthly WCHIP meetings were hosted by DOH-Walton in DeFuniak Springs. Participant agencies and organizations were encouraged to show support for the partnership and improvement plan by continued engagement and activity.

In June 2013, DOH-Walton and community partners involved in WCHIP initiated the WCHIP Steering Committee to monitor and plan for WCHIP / CHIP activities and to plan for community health improvement sustainability. Beginning in December 2013, the WCHIP Steering Committee started meeting in alternate months; the steering committee became fully functional in mid-2014. Currently the WCHIP Steering Committee meets to review progress on CHIP action plans; plan for full partnership meetings and the annual health summit; and coordinate the next Community Health Needs Assessment.

June 18, 2014, the Steering Committee performed an annual review of the progress of the Community Health Improvement Plan. At this meeting the Steering Committee reviewed the CHIP based upon the progress and current data available to identify the most important issues facing the community and revisited strategic opportunities to improve the health of our community. And in January of 2015 the WCHIP Steering Committee revised the strategies and objectives for the strategic issue areas.

At the April 2015 Walton Health Summit, WCHIP members performed an annual review of the vision statement for the partnership; analyzed the most current data available identifying the most important issues facing the community; and revisited strategic opportunities to improve the health of our community. The community partners decided to keep the same strategic priorities delineated in the [2013 – 2015 CHIP](#) and created the 2015 – 2016 CHIP.

### **2016 – 2019 CHIP - Review Process**

In the fall of 2015, the partnership began performing assessments to create a current Community Health Needs Assessment (CHNA). The CHNA was developed using the Mobilization for Action through Planning and Partnership (MAPP) method, which was developed by the National Association of City and County Health Officials in concert with the U.S. Centers for Disease Control and Prevention. The MAPP process has four elements:

- Community Health Status Assessment
- Local Public Health System Assessment
- Community Themes and Strengths Assessment
- Forces of Change Assessment

The CHNA process was led by Sacred Heart Health Systems and FDOH-Walton, with active participation by community organizations and private and public agencies which collectively comprise the Walton Community Health Improvement Partnership (WCHIP).

The CHNA process included WCHIP meetings, a survey of health and human service organizations, and a community survey distributed both on-line and in paper format. More than 50 people representing more than 30 different community agencies and organizations and the general public participated in various meetings throughout the process. In addition, 253 Walton County residents completed the community survey. Particular focus was placed on obtaining input from vulnerable population groups.

Quantitative and qualitative data was collected and aggregated in support of the four MAPP elements. Quantitative data were obtained from county, state, and national sources. Qualitative information was obtained through regular WCHIP meetings and workshops and a community survey distributed both on-line and in paper format.

A summary of key findings from each MAPP Assessment is provided below.

<p><b>Community Health Status Assessment</b></p> <ul style="list-style-type: none"> <li>• Unhealthy behaviors are a significant contributor to poor health status in Walton County, including: <ul style="list-style-type: none"> <li>• Substance abuse</li> <li>• Excess weight/obesity</li> <li>• Poor eating habits/nutrition</li> <li>• Tobacco use</li> <li>• Sedentary lifestyle/lack of exercise</li> <li>• Not seeing doctor/dentist</li> </ul> </li> <li>• Mental health issues are of significant concern in the County</li> <li>• Heart disease and stroke are of major concern</li> <li>• Inadequate access to care is a recurring theme, based on a number of factors, including: <ul style="list-style-type: none"> <li>• Lack of availability of providers/services</li> <li>• High cost/lack of insurance coverage</li> <li>• Lack of awareness of available services, primarily for mental health services</li> </ul> </li> </ul>	<p><b>Community Themes &amp; Strengths Assessment</b></p> <ul style="list-style-type: none"> <li>• Recurring themes include: <ul style="list-style-type: none"> <li>• High rate of poverty/working poor; need for help with affordable housing and healthcare</li> <li>• Education: schools overcrowded, need vocational education for available jobs</li> <li>• Employment is strong, but many jobs are low pay or require more specialized skills</li> <li>• Transportation is difficult; many don't have a car and public transportation is limited</li> <li>• Need for more cultural diversity in healthcare</li> <li>• Access to care is major issue; including lack of certain specialties, lack of insurance, &amp; lack of providers who accept certain plans, Medicaid</li> </ul> </li> <li>• The following were identified as strengths: <ul style="list-style-type: none"> <li>• Good healthcare providers</li> <li>• Environment/location/weather</li> <li>• Sense of community/low crime rate</li> <li>• Churches/faith-based organizations</li> <li>• Future growth/technical skilled jobs</li> <li>• Volunteers/mentors/Boys &amp; Girls Club</li> </ul> </li> </ul>
<p><b>Local Public Health System Assessment</b></p> <ul style="list-style-type: none"> <li>• The local public health system performs particularly well in the following areas:</li> <li>• The local public health system could improve performance in the following areas:</li> </ul>	<p><b>Forces of Change Assessment</b></p> <ul style="list-style-type: none"> <li>• Forces of change were grouped into the following categories: <ul style="list-style-type: none"> <li>• Economic, e.g., Lack of insurance, low wages</li> <li>• Environmental, e.g., flooding from storms</li> <li>• Legal/political, e.g., no Medicaid expansion</li> <li>• Social, e.g., insufficient healthcare services</li> <li>• Technological/scientific, e.g., lack of fiber optics and cable providers</li> </ul> </li> <li>• Threats posed by these forces include: <ul style="list-style-type: none"> <li>• No or limited access to healthcare</li> <li>• Insufficient infrastructure to handle growth</li> <li>• Increase in drug/substance abuse</li> <li>• Increase in untreated mental health disorders</li> <li>• Poor eating habits and housing conditions</li> <li>• Potential water shortages in outlying areas</li> </ul> </li> </ul>

Based on the results of the assessments, a list of 50 indicators that were of greatest concern in Walton County was compiled. Using the County Health Ranking's model of population health as a framework, the top five (5) priority health issues facing Walton County were identified as the following:

- Provider Availability and Access
- Preventive Care
- Healthy Weight
- Tobacco Use
- Substance Abuse and Mental Health

These top health issues were presented and discussed at a community meeting organized by WCHIP. Participants were asked to consider three criteria for prioritizing the top issues:

- Severity/Magnitude (of the health issue)

- Feasibility to Address (availability of resources, community will)
- Potential Impact (on community health status)

After reviewing the results of the MAPP Assessments and taking into consideration these three prioritization criteria, participants used a hybrid multi-voting/nominal group technique to identify the top health issues facing Walton County.

### **Top Priority Health Issues**

The top priority health issues identified for Walton County were:

- Substance Abuse and Mental Health
- Healthy Weight
- Provider Availability and Access

The findings resulted in the compilation of the 2016 Community Health Needs Assessment for Walton County, Florida and identified new top priorities for 2016-2019 related to Substance Abuse and Mental Health, Healthy Weight, and Provider Availability and Access.

**In November of 2016, during the 2016 Walton Health Summit**, WCHIP members collectively performed an annual review of the vision statement for the partnership; analyzed the most current data available identifying the most important issues facing the community; and revisited strategic opportunities to improve the health of our community. Participants also received a data presentation on health outcomes and risk factors by neighborhood presented by the University of West Florida Haas Center. Discussions on performance measures and progress related to health improvement factors was conducted in breakout sessions using information obtained through the Community Health Needs Assessment. Workgroups were established for each Strategic Issue Area. The workgroups worked on developing their goal statements and identifying strategies to meet their objectives.

During the summit, the community partners decided to conclude the 2015 – 2016 CHIP and create a new 2016 – 2019 CHIP version. This was necessary to address the current top priorities related to Substance Abuse and Mental Health, Healthy Weight, and Provider Availability and Access as identified through the CHNA and presented during the summit.

**The following 2015-2016 CHIP Strategic Issue Area's goals, strategies and objectives were reviewed and concluded during the annual review meeting:**

### **Strategic Issue Area #1**

#### **Strategic Issue Area #1 – Improve Healthy Behaviors**

**Goal:** Increase healthy behaviors among Walton County residents

**Strategy:** Create StoryWalk® at one location in Walton County

Objective 1.1: By September 19, 2015 StoryWalk® will be created at the Wee Care Park in DFS. (Completed)

Objective 1.2: By June 30, 2016 baseline participation at the StoryWalk® will be established, monitoring and evaluation process created and implemented. (Completed)

The Centers for Disease Control and Prevention (CDC) states, “chronic diseases (such as heart disease, stroke, cancer, diabetes, and arthritis) are among the most common, costly, and preventable of all health problems in the U.S.” Even though Walton County adults exceed Florida rates for moderate and vigorous physical activity recommendations, a large number of adults engage in no leisure-time physical activity.

Why is this important? According to the CDC, four modifiable health risk behaviors (lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption) are responsible for much of the illness, suffering, and early death related to chronic diseases. Creating a venue for physical activity for adults and children, such as StoryWalk® will enable children, parents, and grandparents to have a low-cost, attainable opportunity to be physically active.

Indicators of success for Objective 1.1 for the creation of StoryWalk® in Walton County includes the following:

- StoryWalk® location and children's book selected.
- Applicable permissions and signed contracts completed.
- Initial marketing tools developed and distributed.

Explanation of Status<sup>1</sup>: COMPLETE.

Indicators of success for Objective 1.2 for the baseline participation in StoryWalk® to be establish includes the following:

- Creation of monitoring and evaluation process
- Completion of Guestbook process
- Completion Hashtag and geocaching processes

Explanation of Status: COMPLETE.

Key partners contributing to this priority include the Okaloosa Walton Early Learning Coalition; University of Florida IFIS; Chautauqua Cruisers; City of DeFuniak Springs; Walton County Board of County Commissioners; Gulf Coast Site; Walton Correctional Institute; and Mac Bailey Construction.

---

<sup>1</sup> Explanation of Status: Complete = objective is complete on or before the target date. On Schedule = no changes or delays and no scope changes. At risk = objective needs some attention; milestones in action plan may be met, but results are not as anticipated. Not on Schedule = even with redirected efforts, it appears the objective will not be met by the target date: objective may no longer be feasible, or it may take longer to complete than originally anticipated.

Revisions to the CHIP were made after careful review of the goals, objectives, strategies and measures of the 2013 – 2015 CHIP. Recommended changes were made based on the following parameters:

- Previous CHIP action plan concluded.
- Availability of strong evidence based or promising practice activity to increase physical activity researched
- Availability of data to monitor progress and to measure performance measures with county-level data availability
- Availability resources
- Community interest and readiness to pursue project

Accomplishments:

- 2013 – 2015 CHIP action plans – Accomplishments from original CHIP include
  - Development of list of local calendars amenable to events distributed to WCHIP (03.2014)
  - Partnership with local extension office resulted in successful local events to improve healthy behaviors, i.e., ongoing electronic newsletter distribution, community freeze the gain challenges, school nutrition classes and BMI measurement.
- 2015 – 2016 CHIP (to date) Permanent StoryWalk project has been completed in a local park and is established for ongoing use.

Revisions:

- 2013 – 2015 CHIP action plans –
  - Dropped action step to create list of physical activities for both indoor and outdoor venues - there is no designated and funded resource that can do this and there are multiple calendar venues in existence.
  - Dropped action step to develop tool kit for worksites with vending machines to offer healthy snacks – new laws passed regarding vending machines.
  - Dropped action step to pilot business toolkits for worksite wellness – availability of resources and worksite readiness to act.

### **Strategic Issue Area #2:**

#### **Strategic Issue Area #2 – Increase use of screening services, preventive services and / or primary care services**

**Goal:** Provide people with the tools and information needed to make healthy lifestyle choices.

**Strategy:** Introduce health screenings and assessments to local organizations.

Objective 2.1: By June 30, 2016 complete one full cycle of health screenings / assessments; education on healthy lifestyle choices; and rescreening in at least two organizations.

Objective 2.2: Develop health and wellness plan for each location and provide at least 2 health and wellness activities per site by April 1, 2016.

The 2012 Walton County Community Health Profile Report included the Behavioral Risk Factor Surveillance System (BRFSS) information related to health conditions, risk behaviors and especially preventive measures such as cancer screening, cholesterol awareness, diabetes screening, and hypertension awareness and control. In order to address this, the Walton Community Health Improvement Plan decided to increase the use of screening services, preventive services and /or primary care services by introducing health screenings and assessment to local organizations.

Why is this important? The risk factors associated with diabetes, hypertension, smoking and associated behaviors are believed to cause or be contributing factors to injuries, disease, and death during youth and adolescent and to significant morbidity and mortality in later life.

Indicators for success for Objective 2.1 to complete one full cycle of health assessments and health education in at least two local organizations include:

- Selection of two pilot organizations
- Completion of screenings

Explanation of Status: COMPLETE.

Indicators for success for Objective 2.2 to develop a health and wellness plan for the two locations include:

- Review and analysis of aggregate data to determine top opportunities for individual and group health and education and wellness activities
- Site specific health and wellness activities developed and participation tracked

Explanation of Status: COMPLETE.

Key partners contributing to this priority include Hospital Corporations of American (Twin Cities); Florida Department of Health in Walton County; Walton County School District; First Baptist Church of Mossy Head; White Wilson Community Planners; Council on Aging; and Sacred Heart Health Systems.

Revision to the CHIP were made after careful review of the goals, objectives, strategies and measures of the 2013 – 2015. Recommended changes were made based on the following parameters:

- Initial CHIP action plan concluded.
- Diabetic screening activities for community events were provided but were not well attended.
- Community interest and readiness to pursue project

Accomplishments: 2013 – 2015 CHIP action plans – Accomplishments form original CHIP include completion of diabetic healthcare screenings at four major Walton County events.

Revisions: Though the initial CHIP objectives were met, the project reached very few people and was amended.

### **Strategic Issue Area #3:**

#### **Strategic Issue Area #3 – Increase awareness of local resources**

**Goal:** Provide people with tools and information to make healthy lifestyle choices.

**Strategy:** Develop sustainable process to maintain Community Resource and Organizational Leaders listing and materials. (Empower individuals and their families to develop and participate in healthy promotion programs through neighborhood associations, community coalitions, community groups, faith-based groups and service providers. Identify and help connect people to key resources for health care, education and safe physical activity opportunities.)

Objective 3.1: By June 30, 2016 create and implement process to maintain Community resource and Organizational Leader Listing and materials.

Indicators for success for Objective 3.1 include completion of Community Resource and Organizational Leader listings and materials.

Explanation of status: COMPLETE.

Key partners contributing to the success of this priority include DOH-Walton; COPE; City of Freeport Planner; Pan Care of Florida; and various members of the workgroup team that participated intermittently throughout.

Accomplishments: Community resource leader list and orientation materials created. Walton Service Providers Facebook Group created.

Revisions: 2013 – 2015 CHIP action plan revised to include service providers as community resource leaders and development of service provider tradeshow added to CHIP action Plan.

**REVISIONS:**

## 2016-2019 Walton Community Health Improvement Plan

### **Strategic Issue Area #1 – Improve Healthy Weight**

**Goal:** Increase the number of cities and counties working to advance health equity by implementing best practices related to physical activity and nutrition.

**Goal:** Reduce childhood obesity.

**Goal:** Increase diabetes education.

### **Strategic Issue Area #2 – Reduce Substance Abuse and Improve Mental Health**

**Goal:** Reduce infant mortality in Walton County.

**Goal:** Reduce substance abuse in Walton County.

### **Strategic Issue Area #3 – Increase community awareness of Provider Availability and Access to care**

**Goal:** Increase the number of health care settings promoting chronic disease prevention strategies and programs.

**Goal:** Produce a comprehensive medical, dental, and behavioral resources directory.

**Goal:** Identify community leaders and get them actively engaged.

---

### **Strategic Issue Area #1 – Improve Healthy Weight**

**Goal:** Increase the number of cities and counties working to advance health equity by implementing best practices related to physical activity and nutrition.

**Strategy:** Identify areas of income disparities within the county

**Objective 1.1:** Carry out one locally defined strategy in partnership with city or county planners to increase access to healthy foods and/or physical activity through policy, environmental, or system changes to advance health equity by June 30, 2017.

**Goal:** Reduce childhood obesity.

**Strategy:** Improve countywide 5210 Campaign through the utilization of community resources and establish partnerships. My Plate, 5210, WIC Mom & Me day, breastfeeding - implement education classes.

**Objective 1.2:** Decrease Childhood Obesity from 30% to 28% by June 30, 2019

**Goal:** Increase diabetes education.

**Strategy:** Implement education classes: 1 diabetes prevention class with a minimum of 5 participants.

**Objective 1.3:** Decrease % of pre-diabetes by 1% by 12/31/18.

### **Strategic Issue Area #2 – Reduce Substance Abuse and Improve Mental Health**

**Goal:** Reduce infant mortality in Walton County

**Strategy:** Increase awareness of Safe Haven program and locations

**Objective 1.1:** Increase number of partners providing Safe Haven information to their clients by 20%

**Goal:** Reduce substance abuse in Walton County.

**Strategy:** Assess funding sources to support the implementation of Drug Court in Walton County. Educate WCHIP committee on Drug Court evidence based models. Build support for Drug Court in Walton County.

**Objective 1.2:** Establish a first time Drug Court in Walton County by June 30, 2019.

**Strategic Issue Area #3 – Increase community awareness of Provider Availability and Access to care.**

**Goal:** Increase the number of health care settings promoting chronic disease prevention strategies and programs.

**Strategy:** Review county data during WCHIP Summit.

**Objective 1.1:** Examine county data to determine the burden of hypertension and heart disease in your county by November 30, 2016.

**Strategy:** Establish a Diabetes Prevention Program. Enhance 211 operators' knowledge regarding diabetes to connect community to available resources.

**Objective 1.2:** Carry out one locally defined strategy to raise awareness about high blood pressure, heart disease, and related risk factors among high risk populations by June 30, 2017.

**Goal:** Increase public awareness

**Strategy:** Produce a comprehensive medical, dental, and behavioral resource directory.

**Objective 1.3:** Produce an electronic version of a comprehensive resource directory to WCHIP partners by June 30, 2017.

## Conclusion

---

Mobilizing for Action through Planning and Partnerships (MAPP) is intended to result in the development and implementation of a community-wide strategic plan for community health improvement. For the plan to be realistically implemented, it must be developed through broad participation by persons who share the commitment to and responsibility for the community's health and overall well-being. When people with different points of view come together they develop solutions to problems that may be better and more

The MAPP process and resulting assessment and community health improvement 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 priorities. It is not intended to be an exhaustive and static document. We will evaluate progress on an ongoing basis through quarterly CHIP implementation reports and bi-monthly discussion with community partners. We will conduct annual reviews and revision based on input from patterns and create CHIP annual reports each year by July 1<sup>st</sup>. The CHIP will continue to change and evolve over time as new information and insight emerge at the local, state and national levels.

The processes and planning for community health needs assessment and community health improvement plans are cyclical. There have been challenges in development of a truly community-driven initiative. It is often difficult to engage populations and individuals that traditionally may not have the opportunity to participate in such a process. Various individuals and agencies have competing priorities. DOH-Walton is committed to assuring that we are truly listening to the discussions of our partners. This process is time-consuming and resource-consuming; but basic issues can be clarified and a shared understanding developed. Attendance often fluctuates and is at times inconsistent. Our intent remains constant: to mobilize community partnerships to identify and solve health problems. Our vision is clear: "A Healthy Walton Begins Today! Join the Movement!"

# Appendix A

## Comprehensive List of Community Partners involved in reviewing the CHIP:

Florida Department of Health – Walton County  
Walton Community Health Center, Inc.  
Walton County Prevention Coalition  
Chautauqua Rehab and Nursing  
Walton County Council on Aging  
Healthy Start Okaloosa/Walton  
Sacred Heart Hospital on the Emerald Coast  
Sacred Heart Health System  
Sunshine Shuttles  
Walton County Board of County Commissioners  
Emerald Coast Children's Advocacy Center  
Habitat for Humanity  
SoWal Life  
Healthmark  
COPE- 211  
University of Florida Institute of Food and Agricultural Sciences  
Northwest Florida State College  
Emerald Coast Technical College  
NW Florida Health Council/PanCare Health  
Shelter House  
Pregnancy Support Center First Baptist Church  
Catholic Charities of NW Florida  
Walton County Tourist Development Council  
Tri-County Community Council, Transportation  
Walton County Sheriff's Department  
City of DeFuniak Springs