

Walton Community Health Improvement Partnership (WCHIP)

"A Healthy Walton Begins Today – Join the Movement!"

September 16, 2015

Walton Community Health Improvement Partnership	MINUTES
Date: September 16, 2015	Time: 9:00 – 11:00
Leader: Laura Brazell	Facilitator: NA
Recorder(s): Brandi Gill	Timekeeper: NA
Attendees: Please sign in...	
Meeting Purpose: Mobilizing for Action through Planning and Partnerships (MAPP) – a strategic approach to community health improvement. www.myfloridaMAPP.com	
1.0 Introduction and Housekeeping – Laura Brazell	
<ul style="list-style-type: none">Participants will understand meeting purpose – to not only continue the current strategic approach to community health improvement but to also engage the community in health improvement through open two-way dialogue.Assigned meeting roles and responsibilities as needed. Note change in evaluation format to Community Engagement Survey).Attendees reviewed minutes of July 15, 2015 meeting. No changes.	
2.0 Presentations – Community Health Needs Assessment (CHNA) – Laura Brazell for Becky Washler	
<ul style="list-style-type: none">CHNA conducted in August, approximately 323 surveys completed from both the community-at-large and from vulnerable populations. At this time there is no further requirement to host focus groups.Identified small group of people to meet and review primary and secondary data, i.e., 2015 Community Assessment Indicators and 2015 Walton CHNA Raw Data. In addition to the WCHIP Steering Committee, the following were identified to assist with the survey and community health indicators review: Bryan Callahan - WCPC (Substance Abuse, Alcohol, and Tobacco); Sheri Hundley - ECCAC (preventable hospital stays); Kathryn Barley – DOH Walton (Communicable Disease, Case Management, Chronic Disease).Next steps related to CHNA reviewed:<ul style="list-style-type: none">September / October – survey and data analysis, draft priorities for community health improvementNovember – finalize priorities through WCHIPDecember – publicize Assessment “Executive Summary”	
3.0 Partner Updates & Announcements – All participants encouraged to introduce themselves, provide information on new programs and agency updates or announcements.	
<ul style="list-style-type: none">Laura introduced Jamie Carmichael as the DOH-Walton Community Liaison and WCHIP upon Laura’s retirement.	
Announcements	
<ul style="list-style-type: none">Catholic Charities Caring Coach will be distributing food to different locations throughout Walton County. For more information about locations, contact Eva Wise, wissee@cc.ptdiocese.org or 850-244-2824 x1056.Thomas Baker from the Family Self Sufficiency Program / Walton County Housing Agency provide information on numbers of clients served by this agency. Program is open and accepting applications for housing and there are opportunities for veterans in the program as well. Informative presentation on the cycle of dependency that this agency is seeing. Contacts: Thomas Baker, Executive Director – Walton County Housing Agency 850-892-8185 (baktom@co.walton.fl.us) and Kerri Aplin (aplkerri@co.walton.fl.us).Deborah Cantrell from the Friendship House introduced September 21st as World Alzheimer’s Day. The Friendship House is using this day to ‘kick off’ “Pennies for Caring” to receive pennies to provide a day of rest for a primary family caregiver in Walton County. For more information and to receive a “Pennies for Caring” collection bottles and flyers, contact DCantrell5358@yahoo.com or call 850-892-0565.Stephanie King of the COPE Center Disaster Case Management Program reminded attendees that applications for assistance still available for those affected by the flooding in Northwest Florida in the spring of 2014. sking.dcmp@gmail.com or 1-855-903-8553.	
Here are some of the events shared at the WCHIP meeting today:	
<ul style="list-style-type: none">09.18.15 - COPE Health Fair at the DFS Civic Center from 10:00 a.m. to 1:00 p.m. Todom@copecenter.org09.19.15 – Safety First for All Festival Introducing StoryWalk Project® at the WeeCare Park in DFS from 9:00 – 11:00 a.m. Brandi.Gill@flhealth.gov09.21.15 – Open House Especially for Alzheimer’s Caregivers from 10:00 a.m. to 6:00 p.m. at the Friendship House at 353 Juniper Lake Road in DFS. DCantrell5358@yahoo.com09.22.15 – West Florida Area Health Education Center – Free IQuit Program (tobacco cessation) class from 5:30 p.m. to 6:30 p.m. at DOH-Walton. Mlavandier@wfahec.org @ 850-398-6965.09.26.15 – Biophilia Center Family Fun 5K Nature Hike – in Freeport; gates open 7:00 a.m. to 11:00 a.m. Brandi.Gill@flhealth.gov09.29.15 – World Heart Day – Catch a CPR class; classes throughout the county. Kathryn.Barley@flhealth.gov	

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Here's how to access information about the events and opportunities via the Walton Service Providers Facebook presence!

The Walton Services Providers presence on Facebook is a closed group of service providers in Walton County. Flyers for agency announcements or events can be posted here. To join the group and stay informed of local activities, simply open your Facebook page, search for 'Walton Service Providers' and send a request to be added. For more information, please contact Bryan Callahan at bcallahan@copecenter.org.

4.0 Review Strategic Priorities – Workgroup Breakout sessions

- *Introduced CHIP Implementation tool to workgroups, especially workgroup leads.*
- *Requested specific feedback on current CHIP, i.e., Facilitating Factors of Success; Barriers and Issues Encountered and CHIP Accomplishments to date; encouraged workgroups to discuss updates on actions completed thus far.*
 1. Improve healthy behaviors.
 2. Increase use of screening services, preventive services and / or primary care services.
 3. Increase awareness of local resources.

This following information from workgroup discussions today will be added to the CHIP Implementation tool.

4.1 – IMPROVE HEALTHY BEHAVIORS – Story Walk ® is coming to DeFuniak Springs this Saturday, September 19, 2015.

- **Facilitating Factors of Success** – Community partnership and effort to implement project. Enthusiastic participation.
- **Barriers / Issues Encountered** – DOH Purchasing constraints. Many interested in having the project, but no champions for other projects identified.
- **Outcomes / Accomplishments to date** – Unanticipated – Paxton School created StoryWalk project; book donations for ongoing book exchange; multiple schools and early education centers have scheduled field trips. Permanent StoryWalk® (physical activity and health literacy project) established for ongoing use.

4.2 – INCREASE USE OF PREVENTIVE SERVICES –

- **Facilitating Factors of Success** - Workgroup willingness to contact organizations; WCHIP workgroup and leads established; locations enthusiastic about participation; affordable health assessments; ability to leverage local health and wellness efforts of other WCHIP partners. Building community partnerships. Ability to add other partners to screening program and to make screenings cost effective.
- **Barriers / Issues Encountered** - Workgroup turnover; time to work the plan; changing attitudes about healthy behaviors. Scheduling school board screenings in timely manner.
- **Outcomes / Accomplishments** - Increased amount of participation of school board beyond just administrative personnel to include teachers and staff at all schools in county.

4.3 – INCREASE AWARENESS OF LOCAL RESOURCES –

- **Facilitating Factors of Success** – Workgroup commitment to plan; knowledge of community and community resources; regularly scheduled WCHIP and WCHIP Steering meetings; strong workgroup leadership. Divided county into communities through voting precincts and subdivisions of those precincts if they overlapped multiple self-identified communities. Identified people within WCHIP who could enlist CRSs within these communities. Developed toolkit that included a recruitment letter, overview of the initiative, and guidelines for CRLs to provide them with orientation and purpose. Developed Facebook Group called Walton Service Providers where members could post their events and important information that needed to be shared with WCHIP peers.
- **Barriers / Issues Encountered** – Limited time to work the plan; change in DOH-Walton staff to lead CRLs; inability of CRLs to commit time to orientation. Unable to convene CRLs with WCHIP. Distributing training materials has been difficult due to the large area covered and WCHIP capacity. Electronic divide between WCHIP members and some CRLs who do not have availability to email and internet or who do not use electronic media for information gathering. Agency restrictions on using social media as the most effective communication tool with the community.
- **Outcomes / Accomplishments** – Initial list of CRSs and initial guidebook and resources compiled for their use and CRL list covers the majority of communities in Walton County; Walton County Service Providers Facebook Group created (40 members currently). 2014 Community empowerment and engagement training completed.

5.0 Workgroups Report - Workgroup leads provided brief update on status of community health improvement projects to attendees and incorporated information above into their report.

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6.0 Special Session to solicit input from the community on the Healthiest Weight in High Schools Performance Improvement Project (HW/HS Project) through open two-way dialogue. Open forum and discussion facilitated by Kathryn Barley, HW/HS Project Lead.

- **Introduce Topic:** HW/HS Project is an expansion and continuation of last school year activities in local high school environment to address abnormal weight for students. The current project runs from July 1, 2015 through May 31, 2016. AIM Statement: An opportunity exists to improve healthy weight for high school students. Success will be measured if at least 50% of participating students make measureable progress toward their personal goal.
- **Discuss Supporting Information:** High School coaches working with DOH-Walton have formulated a planned approach to improving the health of children, i.e., students make personal goals; coaches address physical activity, and DOH staff obtain BMI measurements and provide nutrition education.
- **Open Floor for Community Input:** WCHIP attendees today were asked to provide input on the root causes and potential solutions after the root cause analysis provided. Root cause analysis obtained from the HW/HS Project workgroup and from student input through surveys and discussion.
- **Consider Possible Directions:** Initially, the workgroup utilized the "Five Why" tool to drill down to the root cause(s) for unhealthy weight and identified potential improvement actions for each. These were shared with WCHIP today to get their feedback. Root Causes number below along with WCHIP suggestions for potential improvement actions. (*Note: the workgroup will evaluate all suggestions for effectiveness and feasibility to determine activities.*)
 - 1. Lack of engagement between parents and children related to screen time and healthier options to fill free time.
 - *Comments: need parental buy-in on screen time and healthy food options; parents buy what is quick and easy and what children will eat; kids can't go out and play safely; need for afterschool programs such as the Boys and Girls Club; and parents can contact and guide their children by phone.*
 - *Suggestions: consider wellness newsletter for parents that educates them on resources available, family strategies and activities.*
 - 2. Culture of fast foods combined with a lack of time limits opportunities for readily available fruits and vegetables.
 - *Comments: it is hard to work and live healthy; hungry teens will eat most anything readily available, but still need guidance on healthy food options; need for increase in education for parents and teens on healthy foods and choices.*
 - *Suggestions: encourage cooking classes.*
 - 3. Student desire to have time with peers and for sleep combined with less than appealing cafeteria foods results in missed meals for high school kids.
 - *Comments: consider healthier options at school vending machines; enforce limited access to machines, especially if options are less than healthy and other options available, i.e., through the cafeteria. Discussed perception that the current culture of these students is that there is status with availability of money to buy from vending machines.*
 - *Suggestions: consider incorporating challenges and competitions that encourage healthy activity and food choices. Provide incentives for participation.*
- **Actions:** WCHIP members given the opportunity to assist with the project and complete some of the identified actions, though none volunteered.
- **Meeting Evaluation:** The Community Engagement Survey tool used for the WCHIP meeting at-large used, though the evaluation was not specific to this presentation. See summary evaluation at the end of this document.

7.0 Wrap Up, Next Steps, Meeting Evaluation

- Please complete Community Engagement Survey return prior to leaving today! 17 attendees; 10 surveys received = 58% response rate.

NEXT WCHIP MEETING IS Tuesday, November 17, 2015

Next WCHIP Steering Committee Meeting is ~~October 14, 2015~~ Correction to October 21, 2015

COMMUNITY ENGAGEMENT SURVEY

	Strongly Disagree	Disagree	Agree	Strongly Agree
My opinions were valued during this meeting.	0	0	5	5
There was enough time for me to provide input during the meeting.	0	0	4	6
The topics discussed during the meeting met the needs of my community.	0	0	3	7
The meeting time and location met my needs.	0	0	4	06
	Not Likely	Somewhat Likely	Likely	Very Likely
Based on your experience, how likely are you to return to another meeting?	0	0	1	9
<p>Please list additional needs for your community that were not discussed today: <i>No additional needs for community identified on evaluations.</i></p>				
	POOR	FAIR	GOOD	EXCELLENT
Overall, how would you rate the meeting today?	0	0	2	8
<p>If you would like us to follow up with you, please provide your Name / Email: Phone Number: <i>No contact information provided.</i></p>				

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09/17/15
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Please print clearly. Thanks!

NAME	AGENCY	EMAIL	PHONE	CELL
Laura Brazell	DOH-WALTON	laura.brazell@flhealth.gov	850-892-8040 x1163	
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