

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

RECEIVED

January 12<sup>th</sup>, 2015

JAN 13 2015

Robert Presnell  
Gadsden County Administrator  
9 E. Jefferson St.  
Quincy, Florida 32351

COUNTY ADMINISTRATOR'S  
OFFICE

Re: Florida Department of Health-Gadsden Quarterly Progress Report for ½ Cent Sale Tax Prevention and Education Program.

Dear Mr. Presnell:

Please find enclosed the Florida Department of Health-Gadsden Prevention and Education Program second quarter report (October 1, 2015 – December 31, 2015) for the 2015-2016 fiscal year. If you have any questions, please do not hesitate to contact Cannella Jefferies at (850)-875-7200 ext. 341.

Sincerely,

A handwritten signature in black ink that reads "Cannella M. Jefferies".

Cannella Jefferies  
FDOH-Gadsden Populations Based Service Dir.

Cc: Howard McKinnon Gadsden County Health Council, Inc.  
Nicolas Thomas Clerk of Courts

**Florida Department of Health-Gadsden Population Based Services:**

**Prevention & Education Program**

**Quarterly Report – October 1, 2015-December 30, 2015**

**Report due by January 15, 2016**

**Program Accomplishments:**

**Community Health Education:**

The Prevention and Education Program (PEP) is continuing to increase visibility throughout Gadsden County to ensure the success of the PEP staff. We provide the following resources to the community and individuals; educational pamphlets, fact sheets, informative flyers, and posters. With the diverse population in Gadsden County, the resources are given out in both English and Spanish. In an effort to increase the residents we reach, we are working with the City Halls and County Libraries to offer monthly preventative screenings.

Services for this quarter included health fairs, presentations, and preventative screenings. Preventative screenings were performed at the Quincy Senior Center, Florida Department of Health Gadsden, Jesse Furlow Medical Center, Triple Oaks Apartments, Gadsden County Public Libraries, and Riverchase Health and Rehabilitation Center.

Internally, the PEP staff has continued with the employee wellness program at the Florida Department of Health Gadsden County. The employees are continuing to participate in thirty minute lunch time walks daily. The PEP staff has also distributed a quarterly health and wellness newsletter which the employees received in December as well. The employees participated in a step challenge from October to November in which we walked the steps from Quincy to Key West! We hope to reach out to other companies within the county to implement employee wellness programs within their organizations and encourage them participate in Get Going Gadsden 2016.

**Health Education Classes:**

Chronic diseases are responsible for 7 of 10 deaths each year, and treating people with chronic diseases accounts for 86% of our nation's health care costs. Through health education awareness and promoting prevention we can prevent or delay the onset of chronic diseases such as the leading causes of death in Gadsden County which include: cardiovascular disease, cancer, hypertension, and diabetes. These lifestyle changes include proper nutrition including all food groups, exercising a minimum of thirty minutes per day, and scheduling regular wellness check-ups that include blood pressure, cholesterol, and glucose screenings.

The Prevention and Education staff has been providing health education classes, presentations and workshops since conception in January 2011. Classes are offered to the community both individually and in groups. The goal is to educate and empower the community to prevent chronic illnesses. Special emphasis is placed on achieving and maintaining a healthy weight through the Healthiest Weight Initiative. Healthy weight is the first step to prevention and best way to combat acceleration of chronic illnesses for those already impacted.

Below are the total numbers of classes offered, outreach efforts, and actual screening services provided during the 2<sup>nd</sup> quarter.

**2<sup>nd</sup> Quarter Community Education & Outreach**

	October 2015	November 2015	December 2015	Quarter Totals
<b>Classes Completed</b>	1	4	1	6
<b>Outreach Activities</b>	33	26	15	74
<b>Health Education Material Disseminated</b>	441	215	39	695
<b>Community Referrals/Linkage</b>	46	24	16	86
<b>County Residents Serviced</b>	882	430	78	1390

**Figure 1.0**

**Strategic Planning with Partners Initiative Updates:**

The Ten Essential Public Health Service # 3 (Inform, Educate and Empower) continues to be driving force for the Prevention and Education Program. The PEP staff instills in community stakeholders the Center for Disease Control’s national model to generate a new perspective about prevention and control, utilizing the Local Public Health System Essential Services.

Major activities for the quarter included:

- St. John COGIC Fall Festival and Community Bazaar  
The PEP Health Educator attended this event and provided Healthiest Weight Florida Frisbees to children along with WIC coloring books on healthy eating. Material was also provided for adults on blood pressure, HIV, diabetes, mammograms, portion control, and cholesterol.
- Sexual Violence Luncheon  
In collaboration with The Refuge House, the PEP staff set up a table and also presented videos on sexual violence awareness at the luncheon.
- Florida Health Cleans Up  
The PEP staff, in addition to staff from Environmental Health, participated in a clean-up event at Eugene Lamb Park in Midway, FL to promote a healthy environment and also physical activity.
- Farmshare  
The PEP staff participated in FarmShare in multiple ways in November. Our participation included an educational information table, a pre-diabetes screening, and food packaging. We reached over 200 families.
- Gretna Health and Help Day  
The PEP staff participated in the Gretna Health and Help Day. We provided information on chronic diseases such as High Blood Pressure, Diabetes, Stroke, HIV/AIDS, and STD’s.
- The Carribbean Festival  
The focus of this event was diabetes. The PEP staff provided a table on services offered at the health department as well as educational information on diabetes and other chronic

diseases.

- Breast Cancer Walk

The PEP staff participated in the 3<sup>rd</sup> Annual Morris A. Young Breast Cancer Awareness Walk, hosted by the Gadsden County Sheriff department. This effort is a county wide walk to increase the awareness of Breast Cancer. The walk began in Chattahoochee, FL and ended in Midway, FL.

- World AIDS Day

World AIDS Day was an opportunity for the PEP staff to promote awareness of HIV, AIDS, and STDs. We had a candlelight vigil along with educational tables, a video and offering HIV testing.

**Outreach Activities/Community Partnership:**

Population Based Services (PBS) of the Florida Department of Health-Gadsden partnered with several community based organizations within Gadsden County for numerous events this quarter. For this quarter PBS partnered with Jesse Furlow, Big Bend Cares, Triple Oaks, Quincy Senior Center, and Riverchase Health and Rehabilitation Center, Gadsden County Libraries, and the Gadsden Community Health Council. Through these community outreach services, we were able to provide Gadsden County residents with health education services and preventative screenings.

Some community partnerships activities to highlight for this quarter (July-September 2015) are:

- Gadsden Community Health Council, Inc.

The PEP staff continues to actively participate in the efforts of the GCHC. PEP staff attends monthly meetings and partners with the organization on education & outreach activities. The Gadsden Community Health Council also supported the Get Going Gadsden Award Ceremony.

- Gadsden Community Health Council, Inc: PAMS Program

The PEP staff continues to partner with the PAMS Program, (prescription assistance). The PEP staff meets with the PAMS staff monthly to discuss the upcoming events of PEP. PAMS is continuing to schedule community outreach events to promote their program and distribute educational material.

- Gadsden Senior Citizens Centers (Quincy)

The PEP staff has created a lasting partnership with the Senior Citizens Centers to conduct education classes on a monthly basis at the Quincy location. This past quarter the PEP staff presented on Sun Safety and Fitness for the Older Adult.

Other partnerships have been established by the PEP staff to provide monthly services. The PEP staff visit various county locations and provide educational materials, calculate BMI and conduct preventative screenings such as blood pressure and blood sugar. With the new addition of our Community Health Nurse we have been able to reach additional locations. Those locations include:

Chattahoochee	Flint Gardens Apartments, River Junction Apartments, Florida State Hospital, Chattahoochee Library, Chattahoochee City Hall
Gretna	Vanguard Village, Gretna City Hall
Havana	Dogwood Manor, Havana Heights Apartments, Riverside Apartments, Havana Library, Havana City Hall
Midway	Ochlocknee Point Apartments, Midway City Hall
Quincy	Arbor Crest, Gadsden Arms Apartments, Golden Leaf Apartments, Parkview Gardens Apartments, Quincy Full-Time Fitness, Shiloh Baptist Church, Triple Oaks Apartments, Quincy Library

**Healthiest Weight Florida**

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

The Healthiest Weight Initiative focuses on five strategies which include: physical activity, nutrition, schools, worksites, and community outreach. The PEP staff will be working on all of these areas throughout the 2015-2016 fiscal year. We are also working on two quality improvement projects which focus on childhood obesity with our attention being in the schools and the second project which centers on Gadsden County residents diagnosed with hypertension and diabetes.

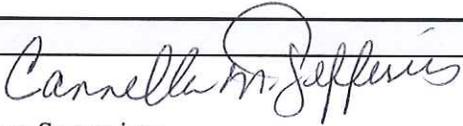
This quarter we focused on a Florida Clean Up event as part of Healthiest Weight Florida which was held in Midway at Eugene Lamb Park. We promoted and supported breast cancer awareness while getting physical activity by collecting any trash within the park. We also marketed the State Surgeon General Healthy Weight Community Champion Program to all City Managers and County Commissioners to apply for 2016. Lastly, we submitted an analysis for breastfeeding services offered in Gadsden County. Through this analysis, we have developed an action plan to support this strategy.

**Fiscal Management**

It is our goal to utilize the financial resources sacrificed by the citizens of Gadsden County wisely. It is understood that the citizens have an expectation that their ½ cents will be used to provide access to quality healthcare to those in need, increase educational opportunities, and make financial decisions in an open and transparent way.

Through partnership with the We Care Network, they have continued to provide specialty medical services to low-income and/or uninsured adults in Gadsden and surrounding counties. There are over 300 volunteer physicians as well as 40 dentists participating in the program. In addition, numerous providers of imaging services and durable equipment are committed to the program.

Patients are referred to the program by their primary care physician at Gadsden Medical Center, The Florida Department of Health Gadsden County, Jessie Furlow, Neighborhood Medical Center, Eye Associates of Tallahassee, Leon County Health Department, and TMH Family Medicine of Quincy. When referrals are received, a medical social worker screens the patient for financial eligibility. Pending qualification, he/she will be provided donated care from one of the

participating physicians/dentists.	
<p>During the reporting period of October-December, 2015, there were a total of 78 current cases. Of that, 4 new patients were determined eligible and provided with specialty medical care, and 23 new patients were provided short-term case management. In this quarter, \$34,642.20 services were donated from physicians &amp; dentists, and \$264,711.52 was donated from hospitals/ambulatory surgery centers. Overall, the total value of donated services for the reporting period is \$328,868.72. The reporting year to date for this first reporting period is \$727,041.87.</p>	
<b>Input/Issues Requiring Director Action:</b>	
None Reported	
<b>In-Kind Donations Received:</b>	
None Reported	
<b>For Information Purposes Only:</b>	
None Reported	
<b>Report submitted by:</b>	<b>Date:</b>
Cannella Jefferies, RN Population Based Services Supervisor	 January 12 <sup>th</sup> , 2015

