

**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 &amp; Secretary

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

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April 15<sup>th</sup>, 2016

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

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 third quarter report (January 1, 2016 – March 31, 2016) 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,

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 – January 1, 2016-March 31, 2016**

**Report due by April 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 Florida Department of Health Gadsden, Jessie 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 March as well. We have also incorporated a population based service quality improvement program with our Quality Improvement Council. This program will focus on diabetes and pre-diabetes for Gadsden County residents.

**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 3<sup>rd</sup> quarter.

### 3<sup>rd</sup> Quarter Community Education & Outreach

	January 2016	February 2016	March 2016	Quarter Totals
<b>Classes Completed</b>	1	3	1	5
<b>Outreach Activities</b>	7	13	4	24
<b>Health Education Material Disseminated</b>	50	215	19	284
<b>Community Referrals/Linkage</b>	25	50	8	83
<b>County Residents Serviced</b>	100	420	40	560

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:

- Get Going Gadsden Kickoff  
This challenge is going on its 5<sup>th</sup> year within Gadsden County and kicked off in January for 2016. The challenge is 6 months from January to July with bi-weekly weigh ins and weekly tip sheets on health and wellness. The challenge is geared to motivate residents to increase physical activity and healthy eating habits. The challenge also strives to increase awareness about obesity and chronic diseases. The challenge currently has 18 teams and over 300 participants.
- Healthy Heart Presentation  
In collaboration with the FSU Healthy Hearts Leadership Institute Project, the PEP staff presented to Bostick Temple Christian Cener on cardiovascular disease. We described what it is, the risk factors, signs and symptoms, and how to prevent it. We also demonstrated exercises that can be done at home and provided blood pressure screenings along with educational material.
- Chattahoochee Smoochie 5k  
The Chattahoochee Smoochie is a 5k run/walk to support the beautification projects of the Downtown Historic District. The PEP staff set up a booth with educational material on heart disease and hypertension and provided blood pressure screenings and heart rate.
- Florida State Hospital (FSH) Annual Employee Health Fair  
The PEP staff attended the FSH Annual Employee Health Fair in Chattahoochee, FL. The booth highlighted: HIV/AIDS prevention, nutrition, STD prevention, wellness care which included hypertension screenings and chronic diseases such as diabetes, heart disease, and hypertension. Over 400 FSH employees attended the health fair.

- Healthy Food Demonstrations

In collaboration with our CHIP (Community Health Improvement Plan), we provided a food demonstration at Piggly Wiggly. We offered healthy green smoothies to residents as well as other healthy recipes.

- State Surgeon General Community Champion Presentation

Our Health Educator and Administrator presented the Gadsden County Board of County Commissioners with the State Surgeon General Community Champion Award in March for their efforts in creating a healthier Gadsden.

- Work@Health Train the Trainer Training

Our Health Educator held a Work@Health training for other County Health Departments such as: Wakulla County, Leon County, Jefferson County, and Madison County to give them the tools to create an employee wellness committee and program at their locations.

**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, 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 pre-diabetes.

This quarter we focused on Coordinated School Health best practices by presenting at the Gadsden County School Health Advisory Board meeting in January and creating a breastfeeding room for employees at our office. Since finishing the room, we have applied to become a Breastfeeding Friendly Employer through the Florida Breastfeeding Coalition. It is our hope, with some modifications, that we can also offer this room to clients that need a more private room to breastfeed. The Gadsden County Board of County Commissioners applied for the State Surgeon General Community Champion award for promoting health and wellness throughout the county. Our Health Officer and Health Educator presented them with this award in March.

### **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.