

Mission:

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

**Rick Scott**

Governor

Celeste Phillip, MD, MPH

State Surgeon General

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

JUL 12 2016

July 15th, 2016**COUNTY ADMINISTRATOR'S
OFFICE**

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 fourth quarter report (April 1, 2016 – June 30, 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,

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 – April 1, 2016-June 30, 2016
Report due by July 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, up to date fact sheets, informative flyers, and posters. With the diverse population in Gadsden County, the resources are given out in both English and Spanish.

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, Walgreens, Triple Oaks Apartments, Havana Library, and various faith based organizations.

This quarter, PEP Staff conducted five community education classes. The classes included: Healthiest Weight, Women's Health, Human Growth and Development, HIV 500/501 and Healthy Heart.

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 as well as monthly fitness challenges that require daily exercises such as squats, push-ups, and lunges. The employees are currently taking a step challenge named the Tour of the South which requires staff to keep track of their step totals daily. The PEP staff has also distributed a quarterly health and wellness newsletter which the employees received in June as well. We hope to reach out to other companies within the county to implement employee wellness programs within their organizations.

Health Education Classes:

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.

As a Healthiest Weight Initiative, the PEP staff continued to weigh in participants bi-weekly for the fifth year of Get Going Gadsden. To date, Gadsden County has over 300 participants in Get Going Gadsden for a total weight loss of 754 pounds. The challenge ends the week of July 11th and an award ceremony will follow in September.

Below are the total numbers of classes offered, outreach efforts, and actual screening services provided during the 4th quarter.

4th Quarter Community Education & Outreach

	April 2016	May 2016	June 2016	Quarter Totals
Classes Completed	1	2	1	4
Outreach Activities	7	11	13	31
Health Education Material Disseminated	87	309	557	953
Community Referrals/Linkage	27	77	61	165

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:

- Law Enforcement Torch Run
Our Health Educator led the warm up for the event before the run and we provided a table with educational information at the end location for teachers, parents, and students.
- Every Kid Healthy Week
In collaboration with the Titus Sports CHAMPIONS program, we partnered to host an event at Tallavana Christian School that focused on physical activity and nutrition. The students participated in physical activity games and a Jeopardy game on nutrition.
- Diabetes Prevention Program
Two members of the PEP staff became Certified Lifestyle Coaches through the CDC for the Pre-Diabetes Prevention Program. Our goal is to host our first class starting September 2016 for the year long program.
- Women's Health Week
The PEP staff hosted three events for Women's Health Week in May. The first event included wellness screenings at the Quincy Walgreens. The next event was a health walk at the Tanyard Creek Park and the final event was a presentation on Women's Health at the Quincy Senior Center. We also attended Quincy Fest where we distributed information on the Breast and Cervical Program.
- FarmShare
The PEP staff participated in FarmShare in multiple ways in May. Our participation included an educational information table, condom distribution, an assessment about Pre-

Diabetes, and food packaging.

- Florida Cleans Up!

The PEP staff, participated in a clean-up event at Tanyard Creek Park to promote a healthy environment and also physical activity in May.

- Sun and Water Safety

The PEP staff attended a 21st Century Summer Camp hosted at Joe Ferolito Recreation Facility and presented students with information on staying safe in the sun and water safety.

- Food Demonstration

In collaboration with the CHIP, our Health Educator set up a table at Wal-Mart with educational information and a food demonstration on healthier food options.

- AME Education Classes

Our Health Educator presented to students aged 12-17 at the AME Gadsden on physical activity and nutrition. The teens played a Jeopardy game, completed a crossword puzzle, and were given many educational tools.

- Hooping for Health: Men's Health Fair

In an effort to educate men on Men's Health issues, the PEP staff hosted the 2nd annual Hooping for Health: Men's Health Fair that featured community vendors, and a 3 on 3 basketball tournament. Five different teams competed in the basketball tournament.

- Super Value Hepatitis B Vaccination

Our Community Health Nurse distributed Hepatitis B vaccinations at Super Value.

- Oak Grove Missionary Baptist Church

An educational table was set up at this event along with health screenings provided by our Community Health Nurse.

- Fiesta De La National HIV Testing Day

This event was hosted at Greensboro Elementary in an effort to focus on Latino Health and HIV prevention. The PEP staff provided HIV testing, blood pressure checks, and STD screenings.

- The B-Out Day

The PEP staff attended this event at Jackson Heights Park to raise awareness for American Heart Association. We provided safe sex kits to 120 people.

- Human Growth and Development

This class was presented at the St. Hebron AME Church Vacation Bible School for 20 children and 10 adults.

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, the Leon County Health Department, Delta Sigma Theta Sorority Incorporated Alumnae Chapter, Walgreens, Triple Oaks,

Quincy Senior Center, and Riverchase Health and Rehabilitation Center. 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 (April-June 2016) 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 PEPs Men's Health Fair this quarter.
- 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.
- 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 Women's Health.
- School Health Advisory Committee (SHAC)
In an effort to join forces with the Gadsden County School District and those that provide services to our students, the PEP staff participates in regular monthly meetings of the SHAC. This organization strives to give our students the best options for healthier choices.
- Community Health Improvement Plan (CHIP)
The PEP staff meets with the CHIP team quarterly to focuses on the two strategies of obesity and health literacy in Gadsden County.

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. With the new addition of our Community Health Nurse, we are now offering again, blood sugar screenings in addition to blood pressure. Those locations include:

Chattahoochee	Flint Gardens Apartments, River Junction Apartments, Florida State Hospital, Chattahoochee Library
Gretna	Vanguard Village
Havana	Dogwood Manor, Havana Heights Apartments, Riverside Apartments, Havana Library
Midway	Ochlocknee Point Apartments
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.

Currently, only 36 percent of Floridians are at healthy weight. On our current trend, by 2030, almost 60 percent will be obese. Additionally, six out of ten children born today will be obese by the time they graduate high school.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion. To address this important public health issue, the Department of Health launched the Healthiest Weight Florida initiative in January 2013.

The PEP staff participates in multiple Healthiest Weigh Florida events which focus on five objectives: physical activity, nutrition, schools, worksites, and community outreach. This quarter, the PEP staff planned and participated in events including: Florida Cleans Up and Small Steps to Living Healthy. The Get Going Gadsden program is also a Healthiest Weight Initiative.

In the next fiscal year, the PEP staff plans to target each of the five objectives more specifically. Reaching physical activity, we will be working towards complete street policies that would allow residents more options for walking. For nutrition, the staff will be promoting breastfeeding during the month of August. We will also be encouraging the schools in apply for Healthy District Award and hope to implement the 5210 Go Gadsden program! In addition to the worksite wellness programs the FDOH Gadsden participates in, we also want to participate in the CDC worksite health scorecard and encourage other employers within Gadsden County to do so as well. Lastly, the PEP staff will be planning two more Florida Cleans Up events this year.

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.

During the reporting period of April-June, 2016, there were a total of 117 current cases. Of that, 4 new patients were determined eligible and provided with specialty medical care, and 18 new patients were provided short-term case management. In this quarter, \$3,621.50 services were donated from physicians & dentists, and \$33,555.92 was donated from hospitals/ambulatory surgery centers. Overall, the total value of donated services for the reporting period is \$44,922.42. The reporting year to date for this first reporting period is \$1,300,044.92.

Input/Issues Requiring Director Action:	
None Reported	
In-Kind Donations Received:	
Gadsden Community Health Council Inc. awarded the Florida Department of Health Gadsden funds for the Hooping for Health: Men's Health Fair on June 11 th , 2016.	
For Information Purposes Only:	
Report submitted by:	Date:
Cannella Jefferies, RN <i>Cannella M. Jefferies RN</i>	July 15 th , 2016



HealthiestWeight