

Mission:

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



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

October 14, 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 1st quarter report (July 1, 2016-September 30, 2016) for the 2016-2017 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 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 – July 1, 2016-September 30, 2016
Report due by October 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. In an effort to increase the residents we reach, next quarter we will be providing screenings in each municipality at their City Halls.

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, Fast Penny Loans, Ochlocknee Pointe, Shiloh Baptist Church, Gadsden County Public Libraries, and Pine Bloom Church.

This quarter, PEP Staff conducted six community education classes. The classes included: Older Adult Physical Activity, Immunizations, High Blood Pressure, STD's, HIV 500/501, and Heart Disease.

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 September as well. We are starting a step challenge October 2nd which is a team effort to walk 1,393,920 steps which is the equivalent of walking from Quincy to Key West! The challenge is titled "The Florida Department of Health Gadsden Goes to Key West for Thanksgiving" since the challenge ends the Friday before Thanksgiving. We are also in the beginning stages of the CDC Worksite Health Scorecard which will help assess our CHD and where we need to improve. We hope to reach out to other companies within the county to implement employee wellness programs within their organizations and encourage them to fill out the CDC Worksite Health Scorecard as well.

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.

- Get Going Gadsden Award Ceremony

Awards were presented to the overall individual winner who lost over 40 pounds, the individual male and female winners, and the overall team winner. Out of all the teams and participants, there was a total weight loss of over 1,000 pounds!

- Jessie Furlow Medical Center Back to School Event

This event was filled with parents and children to whom the PEP staff provided screenings and educational information.

- Quincy Senior Center Bone Health

After polling the participants at the center for topics that interest them, the PEP staff presented on bone health risk factors and preventative methods. We also offered blood pressure screenings.

- Heart Day 5K Walk/Run

In an effort to promote Heart Day on September 29th, the Florida Department of Health Gadsden joined the State in hosting a 5K walk/run. The event was held at Leisure Park and provided screenings as well as educational information from ourselves and other local vendors. All participants finished the 3.1 miles within an hour and the winner finished in 24 minutes!

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

participating physicians/dentists.

During the reporting period of July-September, 2016, there were a total of 116 current cases. Of that, 15 new patients were determined eligible and provided with specialty medical care, and 59 new patients were provided short-term case management. In this quarter, \$286,301.96 services were donated from physicians & dentists, and \$181,254.22 was donated from hospitals/ambulatory surgery centers. Overall, the total value of donated services for the reporting period is \$509,742.14. The reporting year to date for this first reporting period is \$509,742.14.

Input/Issues Requiring Director Action:

None Reported

In-Kind Donations Received:

None Reported

For Information Purposes Only:

None Reported

Report submitted by:

Date:

Cannella Jefferies, RN
Population Based Services Supervisor

October 15th, 2016

