

Rick Scott
Governor

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

**Mission:**

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

Vision: To be the Healthiest State in the Nation

July 25, 2014

Robert Presnell
County Administrator
9 East Jefferson Street
Quincy, Florida 32351

Re: Gadsden County Health Department Quarterly Progress Report for ½ Cent Sale Tax Prevention and Education Program

Dear Mr. Presnell:

Please find enclosed the Florida Department of Health-Gadsden's Prevention and Education Program 1st quarter report (April-June 2014) for the 2013-2014 fiscal year.

If you have any questions, please do not hesitate to contact Canella Jefferies at (850) 875-7200 x341.

Sincerely,

A handwritten signature in cursive script that reads "Canella M. Jefferies".

Canella Jefferies
Florida Department of Health-Gadsden
Population Based Service Director

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

Florida Department of Health-Gadsden Population Based Services:

Prevention & Education Program

Quarterly Report – April 1, 2014-June 30, 2014

Report due by July 10, 2014

Program Accomplishments:

Community Health Education:

The Prevention & Education Program (PEP) strives continuously to reach all groups, ethnicities and socio-economic backgrounds of the diverse Gadsden County population. To achieve the health education classes PEP staff works nonstop to provide the resources available to the community. Reaching out to the entire county of Gadsden to provide our services are increasing and the staff continues to work harder to achieve this goal.

Services for this quarter were provided in the form of 37 total community education classes as well as community nurses conducting preventative screenings. Health education materials were disseminated to several events that took place this quarter and over 2,000 residents with Gadsden County was serviced.

Outreach is the core of the program. A total of 27 outreach activities were given this quarter. PEP staff set up in several locations such as Piggly Wiggly, Gretna County municipality, Winn Dixie, and Woman to Woman are just a few to name.

Monthly presentation partnerships have been established with community churches, fitness centers, schools, correctional facilities, businesses, senior citizen centers, social clubs and other community-based facilities. This is in an effort to maximize the opportunities for all Gadsden citizens to be impacted by the program. During the third quarter (April-June 2014), the following courses were facilitated throughout the county:

- Achieving & Maintaining a Healthy Weight
- Human Growth & Development (Local Schools)
- Hygiene 101 (Local Schools)
- Diabetes: Often Preventable...Often Reversible
- Hypertension
- Managing Diabetes
- Recognizing the Signs of Stroke

Requests for classes are made via email or phone. Efforts are being made to extend request options to the Florida Department of Health- Gadsden's website. Staff continues to allocate time to visit local community-based organizations and businesses to market and/or collaborate on health classes and/or county-wide initiatives.

At least one day per quarter is dedicated to posting upcoming classes, initiatives and available services in all businesses, faith-based institutions and community-based proprietries. Sixty-one educational outreach activities occurred during the reporting quarter, wherein health information was distributed and preventative health screenings were conducted at highly trafficked areas throughout the county. Staff was available and trained to answer health questions, calculate body mass index (BMI) and assist in weight management goals upon request.

Health Education Classes:

As research studies shows, promoting prevention through health education awareness can prevent or delay the onset of chronic disease illness such as Type 2 Diabetes and Cardiovascular Disease. These lifestyle interventions can include but are not limited to diet and moderate-intensity physical activity (i.e. walking for 2.5 hours each week).

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 (i.e. diabetes, cardiovascular disease). Special emphasis is placed on achieving and maintaining a healthy weight. Healthy weight is the first step to prevention and best way to combat acceleration of chronic illnesses for those already impacted. Participants are educated on risk factors of chronic disease and given appropriate nutrition counseling via calorie recommendations and portion control ideas.

Initiated preventative screenings have not only identified community residents with blood pressure and sugar disorders, but have possibly saved a few lives. There were twelve instances during the quarter wherein residents were identified in need of immediate medical attention and possibly hospitalization.

Below are the total numbers of classes offered, outreach efforts, and actual screening services provided during the 3rd quarter.

3rd Quarter Community Education & Outreach

	April 2014	May 2014	June 2014	Quarter Totals
Classes Completed	12	19	6	37
Outreach Activities	7	3	53	63
Health Education Material Disseminated	1,587	920	2,472	4,979
Community Referrals/Linkage	44	68	21	133
County Residents Serviced	1,608	934	2,472	5,014

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:

- Dental Screenings
The PEP staff participated in mass dental screenings conducted at George W. Monroe Elementary and Stewart Street Elementary schools. Educational materials were disseminated to all participating children.
- Relay For Life
The American Cancer Society held an event called Relay For Life in Gadsden County. The Prevention & Education staff attended the event in efforts to promote ways individuals can reduce their cancer risk. An informational booth was set up with pamphlets detailing the importance of addressing cancer in the early stages. There were 46 teams and over 463 participants.
- Men's Health Fair
The PEP staff held a Men's Health Fair to help initiate men in the community to come out and get educated. The event consisted of fourteen vendors and about 75 men and women participants were given information on the disparities men today are faced with.
- National HIV Testing
The PEP staff had an HIV two day awareness event that was partner with the Florida Department of Health in Leon County. The first location was June 26 at Ochlockonee Pointe Apartments, where we tested 20 individuals on HIV, handed-out condoms and pamphlets. The second location on June 27th took place in Leon County at Walgreens, where we tested about 45 individuals and had other vendors that were doing screenings as well. The third location took place on the same day at Windrush Apartments in Leon County, where we tested for 34 people for HIV, STD's, and gave out condoms.
- Health Education Classes
Staff held Lunch & Learn with the senior citizens in (Quincy, Gretna, and Chattahoochee). In addition, health education classes were conducted at local schools, businesses and faith-based institutions. Participants received health information on various health topics ranging from Cardiovascular Disease, Diabetes, Sex Education, Puberty, Nutrition, and Healthy Weight.

Outreach Activities/Community Partnership:

Population Based Services (PBS) of the Florida Department of Health-Gadsden partnered with several community based organizations within Leon and Gadsden County for our events this quarter. For the Men's Health Fair PBS partner with Walgreens, Windrush Apartments, and Ochlockonee Pointe Apartments to do HIV/STD testing. A total of 79 people were tested and over 150 safe sex kits were distributed. The partnerships organizations provide the space need and light refreshments.

Some community partnerships activities to highlight for this quarter (April-June 2014) are:

- Center for Health Equity, Gadsden County Public Schools & National Hook-Up of Black Women-Gadsden Chapter
The PEP staff partnered with these groups to design the first ever "A Better Me" day camp. It is designed for girls ages 13-17. The focus of the day is nutrition and physical activity. The girls will spend one hour daily exercising, two hours swimming, and the other six hours in a classroom type setting discussing self-esteem teen-specific issues.
- 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.
- 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 creates their monthly outreach schedule based upon the efforts of the PEP team. All events wherein PAMS is unavailable to attend and enroll new clients, PEP staff ensure residents are knowledgeable about the resources that are available to them via PAMS.
- Gadsden Senior Citizens Centers (Chattahoochee, Gretna, Quincy)
The PEP staff has created a lasting partnership with the Senior Citizens Centers to conduct education classes on a monthly basis at the Chattahoochee, Gretna and Quincy locations.
- Mother Care Network, Inc.
Mother Care Network, Inc. received a grant from DOH: Office of Minority Health to address diabetes, stroke and hypertension in Gadsden County. PEP staff provides educational classes as well as conducts preventative screenings at all events hosted by the MCN. At least four hours are devoted to assisting with the Mother Care Network grant weekly.

Other partnerships have been established to by the PEP community nurses to provide monthly

services. The PEP community nurses visit various county locations and provide educational materials, calculate BMI and conduct preventative screenings. Those locations include:

Chattahoochee	Flint Gardens Apartments, River Junction Apartments
Gretna	Vanguard Village
Havana	Dogwood Manor, Havana Health & Fitness Center, Havana Heights Apartments, New Canaan MB Church, Riverside Apartments
Midway	Ochlocknee Point Apartments
Quincy	Arbor Crest, Gadsden Arms Apartments, Golden Leaf Apartments, Parkview Gardens Apartments, Quincy Full-Time Fitness

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, Gadsden County Health Department, Jessie Furlow, Neighborhood Medical Center, Eye Associates of Tallahassee, Leon County Health Department, GCHD Dental, 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, 2014, there were a total of 78 current cases. Of that, 11 new patients were determined eligible and provided with specialty medical care, and 12 new patients were provided short-term case management. In this quarter, \$43,908.18 services were donated from physicians & dentists, and \$350.00 was donated from hospitals/ambulatory surgery centers. Overall, the total value of donated services for the reporting period is \$44,258.18. The reporting year to date for this third reporting period is \$879,940.59.

Input/Issues Requiring Director Action:

None Reported

In-Kind Donations Received:

For Information Purposes Only:

- The community health nurse position is now vacant. Measures are being taken to quickly fill this position and continue in the surge experienced after adding a nurse to the team.

Report submitted by:

Date:

Cannella Jefferies, RN