



Holmes County, Florida

Community Health Improvement Plan 2024-2029

Table of Contents

Executive Summary	3
Acknowledgements	4
Community Profile	5
Using the Community Health Improvement Plan	6
Community Health Status Assessment	7
Leading Causes of Death	8
Description of Priority Health Issues	
Heart Disease	9
Overweight, Obesity, and Diabetes	10
Smoking and Vaping	11
Mental Health	12
CHIP Action Plans	13

.

Executive Summary

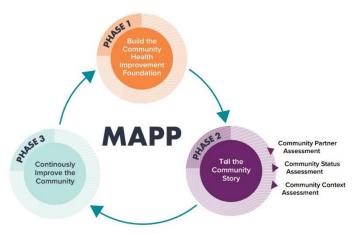
In 2023, the Florida Department of Health in Holmes County (FDOH-Holmes) and the Healthy Holmes Task Force (HHTF) launched a major initiative to understand the health needs of the community and develop programs and policies to address these needs. This process included conducting a Community Health Needs Assessment (CHNA) to provide a portrait of the community's health and developing a Community Health Improvement Plan (CHIP) to identify areas of action. The CHNA was a year-long, community-wide undertaking. Health, business, social service, education, faith organizations, and other community partners across Holmes County provided guidance and input by serving on a CHNA Team. Community residents participated through online and paper surveys. Community stakeholders were engaged through collection of feedback and comments from presentations of the findings.

From the CHNA, the Healthy Holmes Task Force chose the following four health priorities for the CHIP. The plan will focus on these priorities for the next five years.

- 1. Heart Disease
- 2. Overweight, Obesity and Diabetes
- 3. Smoking and Vaping
- 4. Mental Health

The purpose of the community health improvement planning process is to create goals, objectives, and strategies targeting the priority health issues identified in the CHNA.

The CHNA was completed using the Mobilizing for Action through Planning and Partnerships (MAPP 2.0) process. It highlights three phases to address authentic community engagement, sustained partner engagement, action, and impact. The three phases are Community Partner Assessment, Community Status Assessment, and Community Context Assessment.



Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP 2.0 is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems.

Acknowledgements

With valuable input from Holmes County's community stakeholders and leaders, the 2024 Holmes County CHIP became a decisive community call to action. The Florida Department of Health in Holmes County (FDOH-Holmes) and the Healthy Holmes Task Force (HHTF) would like to extend gratitude to the organizations and individuals that dedicated their valuable time to make sure that the CHIP goals, objectives, and strategies aligned best with the needs of the local community.

FDOH-Holmes would also like to thank the organizations involved with implementing the CHIP action plan; through cooperation and leadership, Holmes County will make strides towards its desired health outcomes.

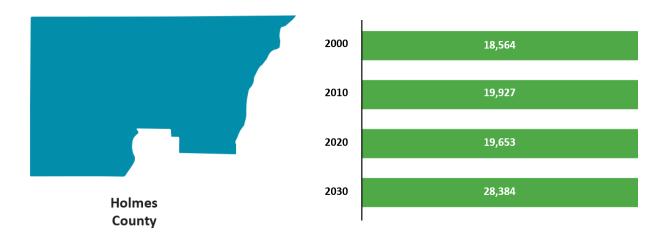
- Florida Department of Health in Holmes County
- Doctors Memorial Hospital
- Tri-County Community Council
- Holmes County Emergency Medical Services
- University of Florida/IFAS Extension Holmes County
- · Veteran's Health Administration
- Chipola Healthy Start
- Department of Children & Families
- Holmes Council on Aging
- Holmes County Public Library
- Bonifay Nursing and Rehab Center
- Doorways of NWFL
- United Way of Northwest Florida
- NWF Health Network

Community Profile

Holmes County is located in the northwestern part of the State of Florida, in the Panhandle. According to the US Census Bureau, in 2020, Holmes County's estimated population was 19,653, the median age was 41, with a median household income of \$55,802, and over 20% of persons living in poverty.

While each county and city or town has its own unique characteristics, the surrounding counties to Holmes County are intertwined. It is common for residents from one county to commute to and from another county for jobs, entertainment, education, and health care. These neighboring counties include Washington, Jackson, Walton, and Bay Counties. This assessment covers Holmes County, although individual partners may serve in multiple counties and/or communities.

Holmes County, Florida is rural (outside of urban cores of 10,000 or more population). Holmes County has a racial and ethnic composition, age, demographics, income, educational attainment, and occupation which distinguish this community from other Florida communities. All these factors collectively impact the health of county residents.



Sources: US Census Bureau 2000, 2010, 2020, 2029; US Census Bureau ACS 5-year 2018-2022

Using the Community Health Improvement Plan

The creation of the community health improvement plan (CHIP) for Holmes County serves as a reminder for how the collaboration between government officials, community leaders, public health professionals, and community advocates, as well as many other Holmes County participants, can build public health infrastructure, aid and guide planning, and ultimately improve the health outcomes of Holmes County. There are several suggested ways to use this CHIP to improve the wellbeing and quality of life for the Holmes County community:

Community Resident

- Use this CHIP to compare individual health with that of Holmes County's community health data
- Be an advocate in the community to support healthy lifestyles and behaviors
- Volunteer! Share your resources, time, funding with your community
- Understand the top health priorities facing Holmes County

Health Care Professional

- Understand the top health priorities facing Holmes County
- Inform your patients/clients on available resources in the community listed in the CHIP
- Be a resource for the community whether it be expertise, funding, time, or support

Faith-based Organization

- Understand the top health priorities facing Holmes County
- Use this plan to improve the overall health (mind, body, and spirit) of members in your community
- Identify opportunities for your community or members to be able to support and encourage participation with other organizations

Government Official

- Understand the top health priorities facing Holmes County
- Participate in community efforts as laid out in the CHIP strategies
- Engage with other government officials to inform and promote your community's health

Educators

- Understand the top health priorities facing Holmes County
- Be a resource for the community whether it be expertise, funding, time, or support
- Engage the support of leaders, teachers, students, and parents

Public Health Professionals

- Understand the top health priorities facing Holmes County
- Recognize how the Holmes County community compares with peer counties, Florida, and the U.S. population as a whole
- Be a resource for the community whether it be expertise, funding, time, or support

Employers

- Understand the top health priorities facing Holmes County
- Inform and educate your team/staff on the importance of employee wellness and productivity

Community Health Status Assessment

Health is more than just the absence of illness or disease. Health is influenced by many other factors, including healthcare services, treatments, medications, physical environments, social and economic influences, and by our own behaviors. Factors such as education level, neighborhood safety, air quality, available housing, poverty, and employment can have a positive or negative impact on health.

To assess quality of health care and health behaviors, the County Health Rankings and Roadmaps were developed by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute (UWPHI). The framework illustrates the strong influence that Health Factors and Health Outcomes have on illness and death.

Health Factors can be modified to improve the length and quality of life.

Health Outcomes represent the overall health of a county, reflecting the physical and mental well-being of residents measured by length and quality of life. Health Outcomes are indicators of trends that contribute to the health within a community.

Policies and Programs can improve Health Factors, and thus lead to lower rates of disease and better Health Outcomes.

The County Health Rankings are based on a model of population health that emphasizes the factors that, if improved, can help make communities a healthier place to live, learn, work and play. HHTF has adopted the County Health Rankings framework. The CHNA reviewed the causes of death, disease, and disability and then determined the Health Outcomes root causes. Contributing Health Factors were then identified that impacted Health Outcomes. Health Outcomes and Health Factors provided a snapshot of the community health status.

1	Collier	13	Broward	25	Charlotte	37	Hernando	49	Highlands	61	Jackson
2	St. Johns	14	Manatee	26	Sumter	38	Gilchrist	50	Jefferson	62	Holmes
3	Seminole	15	Hillsborough	27	Wakulla	39	Calhoun	51	Escambia	63	Dixie
4	Monroe	16	Okaloosa	28	Brevard	40	Volusia	52	Glades	64	Gadsden
5	Martin	17	Pinellas	29	Polk	41	Lafayette	53	Marion	65	Madison
6	Miami-Dade	18	Walton	30	Nassau	42	Gulf	54	Levy	66	Putnam
7	Orange	19	Santa Rosa	31	Alachua	43	Hendry	55	Citrus	67	Union
8	Osceola	20	Flagler	32	Liberty	44	Bay	56	Taylor		
9	Palm Beach	21	Clay	33	Pasco	45	Baker	57	Columbia		
10	Indian River	22	Lake	34	Hardee	46	Duval	58	Bradford		
11	Lee	23	St. Lucie	35	Franklin	47	Suwannee	59	Washington		
12	Sarasota	24	Leon	36	DeSoto	48	Okeechobee	60	Hamilton		

Leading Causes of Death

In Holmes County, the leading causes of death in 2023 were 1) Heart Disease, 2) Cancer, and 3) Chronic Lower Respiratory Disease. The graphic below indicates Holmes County's leading causes of death compared to those in the state of Florida.

Unhealthy lifestyles – including poor diet, lack of exercise, tobacco use, and excessive alcohol use – are key contributors to the development of heart disease, cancer, stroke, and diabetes, all of which are leading causes of death in Holmes County.

	HOLMES COUNTY	FLORIDA
1	Heart Disease	Heart Disease
2	Cancer	Cancer
4	Chronic Lower Respiratory Disease	Unintentional Injury
4	Unintentional Injury	Stroke
5	COVID-19	COVID-19
6	Stroke	Chronic Lower Respiratory Disease
7	Alzheimer's disease	Diabetes
8	Diabetes	Alzheimer's Disease
9	Septicemia	Chronic Liver Disease and Cirrhosis
10	Nephritis, Nephrotic Syndrome and Nephrosis	Nephritis, Nephrotic Syndrome and Nephrosis

Source: FLHealthCHARTS 2022

Description of Priority Health Issues

Heart Disease

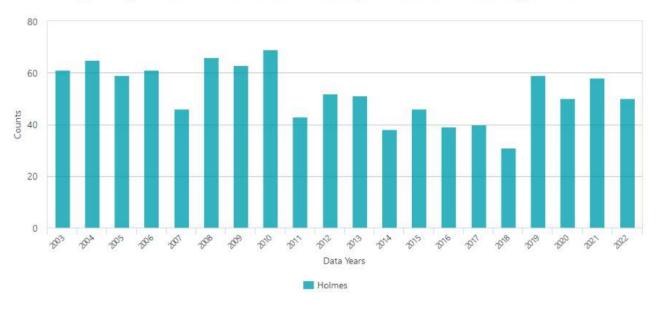
Common risk factors for heart disease can include age, family history, smoking, unhealthy diet, high blood pressure, high cholesterol, diabetes, lack of exercise, stress, and obesity.

As we grow older the risk of damaged and narrowing arteries increases, as well as a weakened or thickened heart muscle. Men are generally at a greater risk for heart disease, although the risk for women increases after menopause.

Heart attacks are more common in smokers than in nonsmokers. Diets that are high in fat, salt, sugar, and cholesterol have been linked to heart disease. Uncontrolled high blood pressure can cause arteries to become hard and thick. These changes interrupt blood flow to the heart and body.

Obesity worsens other heart disease risk factors because it increases the danger of developing diabetes. Lack of exercise, being inactive or unrelieved stress can contribute to heart disease. (Source: www.cdc.gov)

Age-adjusted Deaths From Coronary Heart Disease, Single Year



(Source: FLHealthCharts.gov)

Overweight, Obesity, and Diabetes

Overweight is defined as a body mass index (BMI) of 25 or higher. Obesity is defined as a BMI of 30 or higher.

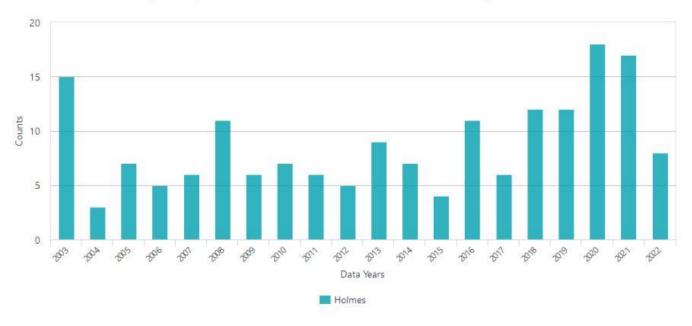
Obesity increases the likelihood of developing diabetes, the condition of having too much glucose (sugar) circulating in your bloodstream.

If you are obese, you are about six times more likely to develop Type 2 diabetes than those at a healthy weight. Not everyone with obesity automatically gets diabetes. Other factors are likely to contribute too, including family history, diet, exercise, stress, and gut health.

Since excess fat worsens diabetes, losing weight can greatly improve the condition. Sometimes when you are diabetic and lose weight you may reduce medications or even go off medication entirely.

Obesity also contributes to many other health issues like, high blood pressure, high cholesterol, gallbladder disease, coronary heart disease, stroke, and breathing problems such as sleep apnea. Mental illness, such as clinical depression, anxiety or other mental disorders can be contributed to obesity. (Source: www.cdc.gov)

Age-adjusted Deaths From Diabetes, Single Year



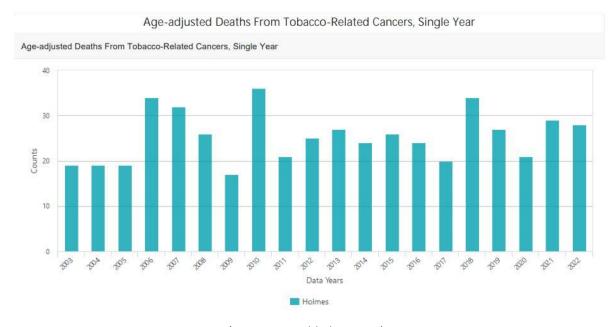
(Source: FLHealthCharts.gov)

Smoking and Vaping

Smoking is the leading cause of preventable death in the United States. Nearly one in five deaths can be contributed to smoking. Smokers are more likely to develop heart disease, stroke, and lung cancer than nonsmokers. Smoking damages the heart and blood vessels, making them thicken and grow narrower, causing your heart to beat faster and your blood pressure to increase.

Smoking can cause lung diseases. Chronic Lower Respiratory Disease (CLRD) is a group of disorders affecting the lungs and airways and is considered the fourth-leading cause of death in the United States. CLRD encompasses four commonly overlapping chronic diseases: chronic obstructive pulmonary disease (COPD), asthma, emphysema, and chronic bronchitis. Cigarette smoking is the major cause of these illnesses, accounting for about 80% of cases. However, exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections can also play a role in the development of chronic lower respiratory disease.

Vaping exposes a person to toxic chemicals that can damage health and cause lung damage and throat irritation. In the long-term, it can harm brain development. The nicotine in vapes is addictive, especially for teens and those in their early 20s. Short and long-term vaping is dangerous to a person's health. It can irritate the mouth and airways and cause nausea and dizziness. (Source: www.cdc.gov)



(Source: FLHealthCharts.gov)

Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood to adolescence through adulthood.

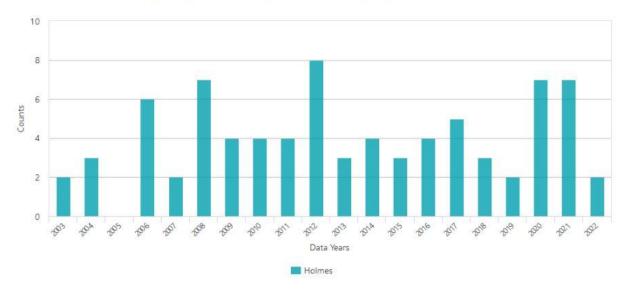
Mental illnesses are among the most common health conditions in the United States. More than 1 in 5 U.S. adults live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently, or at some point during their life have had a debilitating mental illness. About 1 in 25 U.S. adults live with a serious mental illness such as schizophrenia, bipolar disorder, or major depression.

There is no single cause for mental illness, although adverse childhood experiences, trauma, abuse or assault, can lead to adverse mental stability. Other related factors include use of alcohol, isolation, chronic medical conditions or biological and chemical imbalances in the brain.

Mental health can change over time. It can improve or worsen depending on many factors and coping abilities. (Source: www.cdc.gov)

(Source: FLHealthCharts.gov)

Age-adjusted Deaths From Suicide, Single Year



CHIP Action Plans

Healthy Holmes Task Force						
Priority Group: Heart Disease						
SMART Objective: By December 31, 2025, Increase Physical Activity opportunities in 2 City\County public parks. STRATEGIC ISSUE AREA: Date last updated: Date last updated:						
Group Members: Lisa Moon and Salathia Faxon	Leader: Olivia Brock					
LISA MIOOTI ATIU SAIALITIA FAXOTI	Co-Leader:					
GOAL:(Desired outcome)						
STRATEGY:(How to get desired outcome)						

Major Milestone	Responsible	Completion Date	Status	Progress Comments			
Activities/Action Steps	Person						
(What will be done?)	(Who will do it?)	(When? Month/Yr))	(Not started; on schedule; at	(Describe progress; barriers;			
			risk; not on schedule complete)	successes)			
How will you measure improv	ement?						
How will you continue to mor	nitor the process?						

Healthy Holmes Task Force						
Priority Grou	Priority Group: Heart Disease					
SMART Objective: By December 31, 2027, Facilitate 2 healthy lifestyle education focusing on mental health, physical activity, nutrition and strategic issue area.	-	Date last updated:				
Group Members: Lisa Moon and Salathia Faxon	Leader: Olivia Brock Co-Leader					
GOAL:(Desired outcome)						
STRATEGY:(How to get desired outcome)						

Major Milestone	Responsible	Completion Date	Status	Progress Comments			
Activities/Action Steps	Person						
(What will be done?)	(Who will do it?)	(When? Month/Yr))	(Not started; on schedule; at	(Describe progress; barriers;			
			risk; not on schedule complete)	successes)			
How will you measure improv	ement?						
How will you continue to mon	iitor the process?						

Healthy Holmes Ta	ask Force					
Priority Group: Overweight, Obesity, Diabetes						
SMART Objective: By December 31, 2026, implement one nutrition and physical activity school setting.	Date last updated:					
STRATEGIC ISSUE AREA:						
Group Members:	Leader:					
Olivia Brock, Penny Dockery, JoAnn Baker, Salathia Faxon, Amber Whitford	James Lewis Co-Leader:					
whitiora	Co-Leader:					
GOAL:(Desired outcome)						
STRATEGY:(How to get desired outcome)						

Major Milestone	Responsible	Completion Date	Status	Progress Comments			
Activities/Action Steps	Person						
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;			
	it?)	Month/Yr))	schedule; at	barriers;			
			risk; not on	successes)			
			schedule				
			complete)				
How will you measure impro	vement?	-	-1				
How will you continue to monitor the process?							

Healthy Holmes Ta	ask Force	
Priority Group: Overweight,	Obesity, Diak	petes
SMART Objective: By December 31, 2026, work with 1 local business to implement an er program.	Date last updated:	
STRATEGIC ISSUE AREA:		
Group Members:	Leader:	
Olivia Brock, Penny Dockery, JoAnn Baker, Salathia Faxon, Amber	James Lewis	
Whitford	Co-Leader:	
GOAL:(Desired outcome)		
STRATEGY:(How to get desired outcome)		

Major Milestone	Responsible	Completion Date	Status	Progress Comments				
Activities/Action Steps	Person							
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;				
	it?)	Month/Yr))	schedule; at	barriers;				
			risk; not on	successes)				
			schedule	,				
			complete)					
			complete					
How will you measure impro	vement?							
How will you continue to mo	How will you continue to monitor the process?							

Healthy Holmes Task Force						
Priority Group: Overweight, Obesity, Diabetes						
SMART Objective: By December 31, 2027, Partner with 1 local restaurant to implement 1 selection on the menu.	Date last updated:					
STRATEGIC ISSUE AREA:						
Group Members: Leader:						
Olivia Brock, Penny Dockery, JoAnn Baker, Salathia Faxon, Amber Whitford	James Lewis					
Whitiora	Co-Leader:	Co-Leader:				
GOAL:(Desired outcome)						
STRATEGY:(How to get desired outcome)						

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	,
			complete)	
			complete	+
				_
				_
	13			
How will you measure impro	vement?			
How will you continue to mo	nitor the process?			
you continue to mo	into: the process:			

Healthy Holmes Task Force					
Priority Group: Smoking a	nd Vaping				
SMART Objective: By December 31, 2024, NWF Health engage in 1 promotion with the direct services in Holmes County to introduce the school vaping program and CA implementation during the school year 2025-2026	Date last updated:				
STRATEGIC ISSUE AREA:					
Group Members:	Leader:				
Melanie Spradlin and Brenda Blitch	Arely Sapp				
	Co-Leader:				
	Jill Braxton				
GOAL:(Desired outcome)					
STRATEGY:(How to get desired outcome)					

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
How will you measure impro	vement?	-	-1	
How will you continue to mo	nitor the process?			

Healthy Hol	mes Task Force	
Priority Group: S	Smoking and Vaping	
SMART Objective: By December 31, 2024, Healthy Start implement one meet provider(s) to promote the SCRIPT Program.	Date last updated:	
STRATEGIC ISSUE AREA:		
Group Members:	roup Members: Leader:	
	Arely Sapp	
Melanie Spradlin and Brenda Blitch	Co-Leader: Jill Braxton	
GOAL:(Desired outcome)	JIII BIAXLOII	
STRATEGY:(How to get desired outcome)		

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	,
			complete)	
			complete	
How will you measure impro	vement?			
How will you continue to mo	nitor the process?			

Healthy Holmes Task Force			
Priority Group: Smoking a	nd Vaping		
SMART Objective: By June 30 th , 2025, increase number of tobacco intervention trainings confrom 0 to 2. (Training topics – brief tobacco intervention, motivational intesites, CHD & DMH)	Date last updated:		
STRATEGIC ISSUE AREA:			
Group Members:	Leader:		
Melanie Spradlin and Brenda Blitch	•		
	Co-Leader: Jill Braxton		
GOAL:(Desired outcome)			
STRATEGY:(How to get desired outcome)			

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
How will you measure impro	vement?	·		·
How will you continue to mo	nitor the process?			

Healthy Holmes Task Force			
Priority Group:	Mental Health		
SMART Objective: By December 31, 2024, NWF Health will engage in one promonwork Health resource guide for students and families.	Date last updated:		
STRATEGIC ISSUE AREA:			
Group Members:	Leader:		
Lauren Anzaldo, Lexi Harris, Mary Ann Roberts.	Lisa Moon		
, , ,	Co-Leader:		
GOAL:(Desired outcome)			
STRATEGY:(How to get desired outcome)			

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
How will you measure impro	vement?	-	-1	
How will you continue to mo	nitor the process?			

Healthy Holmes Task Force				
Priority Group: Mental Health				
SMART Objective: By December 31, 2025, implement one training for county providers to ed Oriented Systems of Care (ROSC)	Date last updated:			
STRATEGIC ISSUE AREA:				
Group Members:	Leader:			
Lauren Anzaldo, Lexi Harris, Mary Ann Roberts.	Lisa Moon			
	Co-Leader:			
GOAL:(Desired outcome)				
STRATEGY:(How to get desired outcome)				

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	,
			complete)	
			Completey	
How will you measure impro	woment?			
now will you measure impro	veilletit:			
How will you continue to mo	nitor the process?			
•	•			

Healthy Holmes Task Force Priority Group: <i>Mental Health</i>				
Group Members: Lauren Anzaldo, Lexi Harris, Mary Ann Roberts.	Leader: Lisa Moon Co-Leader:			
GOAL:(Desired outcome)				
STRATEGY:(How to get desired outcome)				

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
			Completey	
				+
How will you measure impro	wement?			
now will you measure impro	venient:			
How will you continue to mo	nitor the process?			
•	•			

Healthy Holmes Task Force				
Priority Group: <i>Mental Health</i>				
SMART Objective: By December 31, 2026, implement one shared services fair for mental he	alth services.	Date last updated:		
STRATEGIC ISSUE AREA:		<u> </u>		
	Ι			
Group Members: Lauren Anzaldo, Lexi Harris, Mary Ann Roberts.	Leader: Lisa Moon			
Co-Leader:				
GOAL:(Desired outcome)				
STRATEGY:(How to get desired outcome)				

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
How will you measure impro	vement?	·		
How will you continue to mo	nitor the process?			

Healthy Holmes Task Force				
Priority Group: Mental Health				
SMART Objective: By December 31, 2027, increase the number of in county Day of Play eve	nts from 0 to 1.	Date last updated:		
STRATEGIC ISSUE AREA:		<u> </u>		
	Τ			
Group Members: Lauren Anzaldo, Lexi Harris, Mary Ann Roberts.				
Co-Leader:				
GOAL:(Desired outcome)				
STRATEGY:(How to get desired outcome)				

Major Milestone	Responsible	Completion Date	Status	Progress Comments
Activities/Action Steps	Person			
(What will be done?)	(Who will do	(When?	(Not started; on	(Describe progress;
•	it?)	Month/Yr))	schedule; at	barriers;
			risk; not on	successes)
			schedule	
			complete)	
How will you measure impro	vement?	·		
How will you continue to mo	nitor the process?			