

VI. CHIP Action Plan

Health Issue Priority: Healthy Lifestyle & Chronic Disease Prevention

Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices.

Objective:

- By April 30, 2023, increase the percent of adults who engage in aerobic physical activity of at least moderate intensity for at least 150 minutes per week, or 75 minutes per week of vigorous activity, or an equivalent combination from 38.1% to 41.1% .
- By April 30, 2023, decrease the percent of adults who are obese from 30.7% to 27.7%. (■)

Data Source:

- Behavioral Risk Factor Surveillance System (BRFSS)
- Behavioral Risk Factor Surveillance System (BRFSS)

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Sponsor one 5k race in Holmes County.	<ul style="list-style-type: none"> ● Holmes County Ministerial Association ● Faith Based Organizations ● Holmes County School District ● Holmes County Advertiser 	Doctors Memorial Hospital	5k implemented	0	1
Research other health programs that include physical activity as an option for staff and patients.	<ul style="list-style-type: none"> ● Weight Watchers- Chipley ● Bonifay Athletic Club ● Doctors memorial Physical Therapy area. 	Florida Department of Health in Holmes County	List of health programs researched	0	1
Initiate “Heart Walk” for Cardio health.	<ul style="list-style-type: none"> ● Florida Department of Health in Holmes County ● Local Medical Providers ● Holmes County Library ● Holmes County Advertiser 	Doctors Memorial Hospital	# of walking events	1	1

■ represents alignment with the National Healthy People 2020 initiative

▲ represents alignment with the Florida State Health Improvement Plan

Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices.

Objective:

- By April 30, 2023, increase the percent of adults in Holmes County who consume three or more servings of vegetables per day from 10% to 12%.
- By April 30, 2023, decrease the proportion of adults who are obese from 30.7% to 27.7%. (■)

Data Source:

- Behavioral Risk Factor Surveillance System (BRFSS)
- Behavioral Risk Factor Surveillance System (BRFSS)

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Partner with HHTF to provide nutritional information and resources.	<ul style="list-style-type: none"> • Healthy Holmes Taskforce • Local Providers • Florida Department of Health in Holmes County • Holmes County School District 	Healthy Holmes Task Force	List of resources	0	5 total (1 annually)
Provide nutrition class options to Holmes County citizens.	<ul style="list-style-type: none"> • Weight Watchers-Chipley • Other Peer County Best Practices • NACCHO • Bonifay Athletic Club 	Doctors Memorial Hospital	# of classes	0	1

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Goal: Reduce obesity and chronic disease rates in children and adults to enhance quality of life by promoting healthy lifestyle choices. (■)(▲)

Objective:

- By April 30, 2023, decrease the percent of students without sufficient vigorous physical activity from 29.9% to 27.9% in middle school and from 36.7% to 34.7% in high school. (■)
- By April 30, 2023, decrease the percent of students reporting BMI at or above 95th percentile from 14.5% to 11.5% in middle school and from 14.4% to 11.4% in high school. (■)

Data Source:

- Florida CHARTS, School-Aged Child and Adolescent Profile
- Florida CHARTS, School-Aged Child and Adolescent Profile

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Research other counties' implementation of 5-2-1-0 or similar local healthy lifestyle promotion campaigns.	<ul style="list-style-type: none"> • NACCHO • National 5-2-1-0 website • County health department websites 	Healthy Holmes Taskforce Members	Examples of 5-2-1-0 programs in peer counties	0	5
Partner with lead agencies in Holmes County to create an implementation plan for the 5-2-1-0 or similar local healthy lifestyle promotion campaign.	<ul style="list-style-type: none"> • Holmes County Public Library • Tri-County Community Council Head Start • Local Early Learning Centers • Holmes County School Board • School Health Advisory Council (SHAC) • Holmes County 4-H • Healthy Start • Holmes County Advertiser 	Florida Department of Health in Holmes County	Creation of Implementation Plan	0	1

<p>Help sponsor the implementation of a 5-2-1-0 or similar local healthy lifestyle promotion campaign in Holmes County.</p>	<ul style="list-style-type: none"> • Holmes County Public Library • Tri-County Community Council Head Start • Local Early Learning Centers • Holmes County School Board • School Health Advisory Council (SHAC) • Holmes County 4-H • Healthy Start • Holmes County Advertiser 	<p>Florida Department of Health in Holmes County</p>	<p># of organizations that implement 5-2-1-0</p>	<p>0</p>	<p>5 (or 1 annually)</p>
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Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure. (▲)

Objective:

– By 2023, reduce the current smoking rate among adults from 23.8% to 20.8% and reduce use of smokeless tobacco products. (▲)(■)

Data Source:

– Behavioral Risk Factor Surveillance System (BRFSS)

Strategies	Resources	Lead Person/ Organization	Measure	Current Performance Level	Target
Increase the number of people trained to conduct cessation classes.	<ul style="list-style-type: none"> AHEC – for getting people trained 	Florida Department of Health in Holmes County, AHEC	# of people trained	1 person trained	At least 3 more people (1 at hospital, 1 at DOH)
Make cessation classes available on a routine basis with options available in both the day (around lunch hour) and evening.	<ul style="list-style-type: none"> AHEC – for getting people trained 	Florida Department of Health in Holmes County, AHEC	# of classes held	2x per month	3x per week
Implement new services to assist people who want to quit smoking.	<ul style="list-style-type: none"> AHEC Florida Department of Health in Holmes County Tobacco Program 	Doctors Memorial Hospital	Completed survey of local providers	0	2

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Goal: Reduce illness, disability, and death related to tobacco use and secondhand smoke exposure. (▲)

Objective:

- By December 31, 2023, reduce the percent of youth (ages 10-17) that have used cigarettes in their lifetime from 29.5% to 27.5%. (▲)(■)
- By December 31, 2023, reduce the percent of youth (ages 11-17) that have used smokeless tobacco on one or more of the past 30 days from 12.9% to 9.9%.

Data Source:

- Florida Youth Substance Abuse Survey (FYSAS)
- 2014 Florida Youth Tobacco Survey

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Participate in a health fair in schools/day cares.	<ul style="list-style-type: none"> • AHEC • School nurses and faculty 	Florida Department of Health in Holmes County Tobacco Program	# of health fairs	0	1 fair annually
Implement at least 2 tobacco observance activities in the Hospital.	<ul style="list-style-type: none"> • Tobacco Prevention Staff/Students Working Against Tobacco (SWAT) • School resource officer • Local schools 	Doctors Memorial Hospital	# of tobacco observance activities # of schools	0 activities	2 per year

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Health Issue Priority: Behavioral Health (including Mental Health, Substance Abuse, & Domestic Violence)

Goal: Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities. (■)

Objective:

- By December 31, 2023, reduce the suicide death rate in Holmes County from 21.3 per 100,000 population to 20.3 per 100,000 population. (■)
- By December 31, 2023, reduce the percent of Holmes County adults reporting poor mental health on 14 or more of the past 30 days from 13.2% to 12.7%.

Data Source:

- Florida CHARTS
- Behavioral Risk Factor Surveillance System (BRFSS)

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Create/ provide a behavioral health resource program which includes services, support groups, etc.	<ul style="list-style-type: none"> • Local Service Providers • National Alliance on Mental Illness (NAMI) • Life Management Center • Florida Therapy • Doctors Memorial Hospital • Pancare • Chautauqua Offices of Psychotherapy and Evaluation (COPE) • Chemical Addiction Recovery Effort (CARE) • DCF- Family Intervention Program • Families First • Anchorage Outreach 	Healthy Holmes Task Force (HHTF) Sub-Committee	Creation of the behavioral health resource list	0	1

Partner with organizations to provide stress management classes.	<ul style="list-style-type: none"> ● Local Service Providers ● National Alliance on Mental Illness (NAMI) ● Life Management Center ● Florida Therapy ● Doctors Memorial Hospital ● Families First ● Anchorage Outreach 	Healthy Holmes Task Force (HHTF) Sub-Committee	# of stress management classes offered # of attendees at stress management classes	0 0	5 (1 annually) 50 total (10 annually)
Research capacity of faith based organizations to provide behavioral health support.	<ul style="list-style-type: none"> ● Ministerial Association ● Faith-based organizations ● Pregnancy Center 	Healthy Holmes Task Force Sub-Committee	List of researched faith-based organizations	0	1
Support the implementation of the Mental Health First Aid 101 program as conducted by System of Care, Circuit 14.	<ul style="list-style-type: none"> ● System of Care, Circuit 14 ● Holmes County School System ● Department of Children and Families ● Department of Juvenile Justice 	Healthy Holmes Task Force Sub-Committee & System of Care, Circuit 14	# of people trained in Mental Health First Aid	0	5

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Goal: Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities. (■)

Objective:

– By April 30, 2023, decrease the domestic violence offense rate from 694 offenses per 100,000 population to 619 per 100,000 population. (■)

Data Source:

– Florida CHARTS

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Partner with Green Dot program to provide education, bystander prevention.	<ul style="list-style-type: none"> DJJ could provide education in schools Green Dot Florida Department of Health in Holmes County School nurses 	Milton Brown (Green Dot) Healthy Holmes Task Force Sub-Committee	# of classes/sessions	0	1class total annually
Partner with Healthy Start to educate women on domestic violence.	<ul style="list-style-type: none"> Holmes County organizations Gulf Coast Sexual Assault Healthy Start Florida Department of Health in Holmes County 	Healthy Start Florida Department of Health in Holmes County	# of events where education is provided	0	5 events
Partner with the Holmes County Sheriff's Office to provide community education.	<ul style="list-style-type: none"> Salvation Army Gulf Coast Sexual Assault Holmes County Sheriff's Office Florida Department of Health in Holmes County 	Healthy Holmes Task Force Sub-Committee	# of presentations	0	10 total (2x annually)
Promote abuse hotline at events throughout Holmes County.	<ul style="list-style-type: none"> Salvation Army Gulf Coast Sexual Assault Panhandle Area Educational Consortium (PAEC) 	Healthy Holmes Task Force Sub-Committee	# of events	0	25 total (5 events annually)

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Goal: Improve behavioral health (to include mental health, substance abuse, and domestic violence) in Holmes County so that adults, children, and families are healthy participants living in their communities. (■)

Objective:

– By April 30, 2023, increase the proportion of adolescents who perceive a great risk of harm from trying marijuana from 37.9% to 39.9%. (■)

Data Source:

– Florida Youth Substance Abuse Survey (FYSAS)

Strategies	Resources	Lead Person/Organization	Measure	Current Performance Level	Target
Partner with school district to utilize resource officers as substance abuse educators in high schools.	<ul style="list-style-type: none"> • Holmes County Sheriff’s Office • Holmes County Schools • CARE 	Healthy Holmes Task Force Sub-Committee	# of educational presentations	0	5
Partner with CARE to educate students on the dangers of drugs and alcohol in middle schools.	<ul style="list-style-type: none"> • CARE • Laurel Oaks • Holmes County Schools 	Healthy Holmes Task Force Sub-Committee	# of educational presentations	0	5

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Health Issue Priority: Contagious Disease: COVID-19

Goal: Decrease and minimize the spread of contagious disease primarily COVID-19.

Strategies	Resources	Lead Person/ Organization	Measure	Current Performance Level	Target