

# Bay County Community Health Improvement Plan

## A YEAR IN REVIEW

**ACTIVATE  
EDUCATE  
PARTICIPATE**

The Bay County Community Health Improvement Plan (CHIP) was the culmination of months of work by hundreds of people – concerned citizens and representatives from the private, public, and nonprofit sector. Under the umbrella of the Bay County Community Health Task Force (CHTF), this group assessed and prioritized community health needs and released the CHIP in September 2012. Community partners have been busy implementing the goals and objectives of the CHIP and are proud to share this progress report.

The CHIP identified the three most pressing health concerns and developed a plan of action to address these issues.

- The 3 priority Health Issues are:
  - » **Diabetes** (Obesity and Diabetes)
  - » **Access to Healthcare**
  - » **Healthy Lifestyles Education**

Action Teams were formed for each health issue and “staffed” by volunteers interested in that topic. “We are very proud of the progress made by each of the Action Teams since the CHIP was unveiled a year ago. It is amazing the impact a group of dedicated people can make when working toward a common goal,” said Douglas M. Kent, MPH, Administrator, Florida Department of Health in Bay County.

### The Diabetes Action Team

- Conducted 10 diabetes screening events at multiple locations since February 2013.
  - » 1,680 people screened
  - » 179 (10.7%) people had glucose readings outside normal limits, putting them at risk for prediabetes or diabetes.
- More than 70 people attended the National Diabetes Prevention Program classes
- Over 200 people attended one or more free diabetes self-management education classes

### The Bay County Health Education Action Team (BayHEAT)

- Provided information on healthy food choices and physical activity to more than 1,500 community members
- Handed out dental kits and activity trackers to over 1,000 children at two community events
- Planted organic pumpkins in recycled newspaper flowerpots with over 150 adults and children to encourage healthy nutrition

### The Access to Healthcare Action Team (A2HC)

- Worked with community partners including the United Way, Florida Department of Health in Bay County, PanCare, and the Homeless and Hunger Coalition of NWFlorida to bring 2-1-1 service to our area. The 2-1-1 service is a toll-free, 24/7, health and human service resource line. Look for this service to be fully operational in December 2013.



From left to right: Julia Ruschmann, Community Projects Director FDOH-Bay County; Carmen Bailey, RN, FDOH-Bay County; Douglas M. Kent, MPH, Administrator, FDOH-Bay County; Bay County Commissioner Bill Dozier; Pamela Dorwarth, Bay County Community Health Task Force Board Member, at proclamation reading at the Bay County Government Building in support of the Diabetes Risk Screening event on April 5, 2013.

Creating and maintaining a healthy community is a team effort that requires a vast amount of activity, time and dedication by community leaders, organizations and concerned citizens. The CHIP is a game plan for the next 3-5 years and we are at the starting line. We still have much work to do and we need the entire community's involvement to be successful. Call Healthy Bay Coordinator Lisa Rahn at 850-872-4455 ext. 1344 or [lisa\\_rahm@doh.state.fl.us](mailto:lisa_rahm@doh.state.fl.us) to learn how you can participate.



**Read the CHIP online!**

[www.communityhealthtaskforce.org/  
Documents/HealthyTips/2012%20  
CHIP\\_ALL.pdf](http://www.communityhealthtaskforce.org/Documents/HealthyTips/2012%20CHIP_ALL.pdf)



# Diabetesity Action Team

The Diabetesity Action Team (DAT) was formed to address the rising rate of diabetes and obesity, "Diabetesity", among Bay County residents and raise awareness of obesity, pre-diabetes and diabetes risk factors. The Centers for Disease Control and Prevention estimates that two-thirds of Americans are either overweight or obese, and that one in

three U.S. adults has prediabetes (most don't even know it). That means that as many as 56,000 Bay County residents may have prediabetes. People with prediabetes are at greater risk of developing type 2 diabetes and its possible complications - heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems.

Studies show that people with prediabetes can delay or even prevent type 2 diabetes by increasing their physical activity to 30 minutes on most days and losing 5% to 7% of their weight—that is 10 to 14 pounds for a 200-pound person. The earlier prediabetes or type 2 diabetes is identified, the lower the risk for developing serious complications.

## CDC Prediabetes Screening Test



### COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Prediabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

### TAKE THE TEST—KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.

Yes	No
1	0
1	0
1	0
5	0
5	0
5	0
9	0

- Are you a woman who has had a baby weighing more than 9 pounds at birth?
- Do you have a sister or brother with diabetes?
- Do you have a parent with diabetes?
- Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
- Are you younger than 65 years of age and get little or no exercise in a typical day?
- Are you between 45 and 64 years of age?
- Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

### AT-RISK WEIGHT CHART

Height	Weight, Pounds	Height	Weight, Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	182
5'0"	138	5'9"	188
5'1"	143	5'10"	193
5'2"	147	5'11"	199
5'3"	152	6'0"	204
5'4"	157	6'1"	210
5'5"	162	6'2"	216
5'6"	167	6'3"	221
		6'4"	227

### IF YOUR SCORE IS 3 TO 8 POINTS

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

### IF YOUR SCORE IS 9 OR MORE POINTS

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

### HOW CAN I GET TESTED FOR PREDIABETES?

**Individual or group health insurance:** See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

**Medicaid:** See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.

**Medicare:** See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

**No insurance:** Contact your local health department for more information about where you could be tested or call your local health clinic.



[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

## National Diabetes Prevention Program (NDPP)

Several community partners, including the Florida Department of Health in Bay County, Tyndall Air Force Base and Life Management Center, offer National Diabetes Prevention Program classes. The NDPP is a lifestyle change program that focuses on healthy eating and increased physical activity. The core program consists of 16 weekly group support sessions to promote and inspire practice of behavioral and lifestyle changes for individuals with prediabetes, a condition likely to lead to diabetes without early intervention. Prediabetes may be reversed through consistent healthy eating and regular physical activity. The goals of the NDPP are modest weight loss (5-7% of body weight) and slowly increasing moderate physical activity to at least 150 minutes a week. As a result, participants can significantly reduce their risk of developing type 2 diabetes and cardiovascular disease.

Some of the NDPP class participants are utilizing a social media site to encourage one another and anyone in the community to join a group of walkers. For more information visit: [www.meetup.com/walk-and-change](http://www.meetup.com/walk-and-change).

Six NDPP classes have been held in Bay County since January 2013. To date, 51 people have participated in at least four NDPP core sessions. Please contact Cheryl McCormack at (850) 872-4455 x1131 for information about new NDPP classes beginning in late October 2013.



The NDPP was certainly not what I expected at all. Instead of carrot sticks and celery, I got a real education in goal setting, food intake tracking, portion size, label reading and a multitude of other skills that allowed

me to become conscious of how and what I was consuming. Making changes resulted in a 36 pound weight loss - and most importantly, a lab report suitable for framing. In addition, my children have been telling me they haven't seen me look this good in years.

Later in the course I assisted in bringing a late joining couple up to speed and enjoyed assisting in their success. I am looking forward to assisting others in their endeavors to reduce health risks, by sharing my experience in working the National Diabetes Prevention Program.

— Clayton Wentworth



My name is Natasha Coleman. I am a wife and full-time working mother of 3. In 2010, I made a life-changing choice to take control of my life. I was 428 lbs. and a size 32. I was simply sick and tired of being sick and tired. It was never the case of low self-esteem. I dominated in the plus size pageant industry holding several national

pageant titles and awards and had also been offered an opportunity to start a career in plus size modeling. However, I was on my weight loss journey, so I declined the heavily suggested it. I felt the risk for weight loss surgery was too high for me and my family, so I did it the old-fashioned way. I earned it!

Being over 400 lbs., I could not exercise until I lost some weight, so after losing over 40 lbs. by watching my eating and totally cutting sugar, fried food and all soda, I felt like I was ready to start exercising. I started out by walking about 3 minutes at a time on the treadmill at the gym and I worked up to 45 minutes, still at a slower pace... but I kept moving. I was introduced to Zumba, which I started doing 4 days a week and walked a 2 mile bridge on the weekends while still watching my eating. I lost 100 lbs. in 10 months! I felt confident to continue and some light weight lifting. I continued to walk the bridge but now for an hour. The weight continued to just fall off.

I have now started lifting heavy weight. I was very worried about looking too buff at first, but I was finally seeing definition in my body! I LOVE weight lifting! I have now incorporated stair running for cardio. I run 14 flights of stairs at a retirement home three times, which I try to do at least twice a week. It's crazy because I was the one who never wanted to mess up my hair or sweat - now I can't sleep unless I work out daily! My energy level is through the roof, and life is great!

I now mentor women with BMI's 30 and higher using the National Diabetes Prevention Program curriculum from the Florida Department of Health in Bay County to show them they have other options other than weight loss surgery. I didn't have a working mom and, 'wife who want to be that role model for the ladies in my group. I am still working towards a healthier BMI but inspiring and mentoring others to start their journey. This keeps me on track and makes me want to keep going. My group of ladies looks up to me and they depend on me. I am a love watching them on their journey because it keeps me grounded and reminds me where I started. I am so thankful that God gave me another chance to live and the renewed mind and the heart to WANT to help others. Thank you for taking the time to hear my story.

## What's Next for the Diabetesity Action Team

- **DIABETES RISK SCREENING**  
at the 2013 Bay County Fair - visit the Florida Department of Health in Bay County booth
- **DIABETES AWARENESS WALK**  
at the Hathaway Bridge on November 14, 2013
- **FREE DIABETES RISK SCREENING**  
at the Florida Department of Health in Bay County Monday-Friday, 1-4pm
- **MINI-GRANTS** to community organizations and churches to hold diabetes risk screenings

## WEBSITES:

- » **American Diabetes Association**  
[www.diabetes.org](http://www.diabetes.org)
- » **Centers for Disease Control and Prevention (CDC)**  
<http://www.cdc.gov/diabetes>
- » **National Diabetes Education Program (NDEP)**  
<http://ndep.nih.gov>
- » **Medline Plus**  
<http://www.nlm.nih.gov/medlineplus/diabetes.html>



# Diabetes Self Management Education Program

## FREE DIABETES CLASSES!

*Taught by Certified Diabetes Educators*

**Open to the public; come to one or all.**

Thursdays 5:30—7:00 p.m.

**Diabetes—Type 1, Type 2 and Prediabetes**

**Understanding Diabetes Self Management**

**Just Tell Me What to Eat!**

**Monitoring, Meds, and Sick Day Care**

### Where:

Florida Department of Health  
Bay County Auditorium  
597 W. 11th Street  
Panama City, FL 32401

### To Register:

Contact Lisa Rahn  
(850) 872-4455 x1344  
lisa\_rahm@doh.state.fl.us



www.baycountyhealth.org



## Diabetes: The Best Thing That Happened to Me



My name is Bill Swift and this is my story of how a diabetes diagnosis was the best thing that happened to me. It was a beautiful November day. I had just enjoyed a piece of my favorite Apple Strudel prepared by the bakery in the village each fall. I had been feeling sluggish for days but thought it was just due to my busy schedule. My wife and I had plans to go out to celebrate our anniversary.

As we prepared to go out, my wife said that she was concerned about the way I looked and insisted that I see the doctor on our way to the restaurant. We went to the doctor's office where I was examined by the doctor and sent to the nurse's station to check out. Much to my surprise, the nurse said that the doctor has reserved a room for me at the hospital. I'd been diagnosed with type 2 diabetes with a blood sugar level of 560, just shy of coma levels. I pled with the doctor that it was my anniversary and that I was on my way to celebrate. The doctor said, "Go, but at 10:00 a.m. tomorrow morning report to the hospital - eat what you want tonight because tomorrow you belong to me."

I reported to the hospital, where I was admitted and assigned a room where there was another diabetes patient. When I saw the patient in the next bed, I was horrified. The man in the next bed had his left leg lying on top of the sheets, uncovered. His leg was black and leathery looking. I learned that his leg was sloughing off

due to advanced gangrene caused by diabetes. Doctors were preparing to amputate his leg.

When my doctor came to see me, I said to him that he had pulled a dirty trick on me by putting me in the room with a patient who was losing a leg to diabetes. He told me that it did not have to be like that. That I did not have to lose body parts to diabetes. That I could take control of my eating and avoid the ravages of the disease. He brought me an article titled "Diabetes, The Best Thing That Ever Happened to Me." The article focused on lifestyle, eating, and exercise changes to bring the diabetes under control. In addition, he scheduled me for the diabetes education classes given by the hospital each day. I was instructed on injection of Insulin, the function of the pancreas in the production of Insulin, the role of alcohol and carbohydrates in the production of sugars, and the conversion of foods to sugar for use by the body.

After five days in the hospital my sugar was brought into the desired range, of between 80 and 120, for three days. I was released with appropriate diets and food exchange charts a guide to keeping carbohydrate intake within acceptable levels.

I was started out on Insulin injections and at a point in my treatment the doctor offered to take me off of injections and put me on a pill to control my sugar level. I opted to continue on injections and have been on insulin since November of 1989.

I've changed my drinking and eating habits and have improved my life overall through my treatment program following the diagnosis. Take control of your life and live the life you were intended!

## The Bay County Health Education Action Team (BayHEAT)



The Bay County Health Education Action Team (BayHEAT) was formed to address the need for healthy lifestyles education in our community. Originally called the Healthy Lifestyles Education Action Team, the group was in need of something catchier. A challenge was first put out to a Mosley High School marketing class as a real-

world project. After learning about the mission and activities of the group, the students were asked to come up with ideas for names and logos. Their ideas were shared with the committee members, one of whom came up with the Bay County Health Education Action

Team name and BayHEAT logo. What was still missing was a logo. Kelland Yarbrough was just starting out in his mother's business when he was asked to come up with a logo for BayHEAT. The fruit of his labor is the weight-lifting BayHEAT Broccoli Guy!

BayHEAT has partnered with the Florida Department of Health in Bay County Freedom 180 program and the Waterfront Markets Inc. group to offer healthy lifestyles information and activities at community events such as the Healthy Start Coalition's World's Greatest Baby Shower and the Early Education and Care Health Ready Fest. Services provided to over 1,500 Bay County residents to date include handouts and presentations on healthy eating and physical activity, fitness trackers, dental kits for kids, and gardening activities.



## Dietary Guidelines

**Take action on the Dietary Guidelines by making changes in these three areas.**

**Choose steps that work for you and start today.**



### 1 Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### 2 Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### 3 Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals- and choose the foods with lower numbers
- Drink water instead of sugary drinks.

## Fitness Tips

Everyone should aim for at least 150 weekly minutes of moderate physical activity such as running, walking, biking, swimming, dancing.

30 minutes five days a week is ideal, but even 10 minutes at a time helps.

Brisk walking is a great place to start for many people.

You can do it anywhere;  
all you need is a supportive pair of shoes.

Find an exercise partner. Check out  
**www.meetup.com/walk-and-change**  
to join a group of walkers.

Don't forget weight bearing exercise to keep your bones strong! Make it fun!  
Choose activities that you enjoy so you'll stick with it.  
Vary your routine to keep from getting bored.

## What's Next for BayHEAT

**11/1 – Integrative Healthcare Symposium**

**11/21 – Healthy Holiday Eating Class**

## WEBSITES:

- » [www.choosemyplate.gov](http://www.choosemyplate.gov)
- » [www.aicr.org/new-american-plate](http://www.aicr.org/new-american-plate)
- » [www.letsmove.gov](http://www.letsmove.gov)
- » [www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html)
- » [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)



# Access to Healthcare Action Team

The objectives of the Access to Healthcare Action Team (A2HC) were to establish a single point of eligibility data system for citizens in need of special healthcare assistance programs, implement the 2-1-1 as a 24 hour a day/7 day a week service, and create an ongoing advocacy campaign for healthcare issues. Through diligence and effective collaboration, the A2HC Team expanded the 2-1-1 system to a full time information and referral service in our area. The A2HC Team began exploring options for the single point of eligibility data system. Health services are being expanded with the opening of the Village Health Center (an ER Diversion Clinic).

## The Village Health Center

AT THE A. D. HARRIS  
LEARNING VILLAGE

### GRAND OPENING

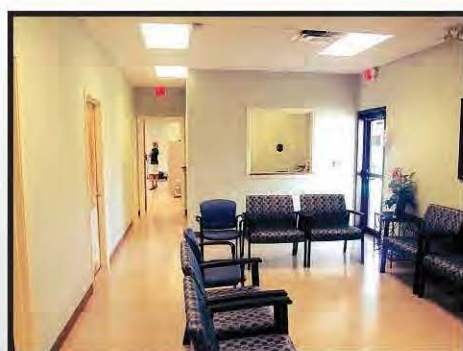
The Florida Department of Health in Bay County invites the community to the  
Grand Opening of The Village Health Center.

- **Tour The Village Health Center Acute Care Clinic**
- **Participate in an Activity Walk** (health screenings and information)
- **Enjoy the Tobacco Prevention Program's Artful Truth Exhibit**

**OCTOBER 3, 2013 – 10:00am - 2:00 pm**



**819 East 11th Street  
Panama City, Florida 32401  
850.872.4455**



Information prepared for news insert on September 30th  
devoted to a one-year update on the Bay County Health Improvement Plan (CHIP):

## BAY COUNTY'S "BEST KEPT SECRET"

Access to health care is key to improving the health of any community. When the number 9-1-1 was launched in 1968, it fairly quickly became a household term. Today, if you are in danger and need police, fire or ambulance, there would be no hesitation—you would dial 9-1-1.

Dialing 2-1-1 produces a similar effect—helping people in financial and health crisis to find resources. Like 9-1-1 it is 24 hours a day, 7 days a week; staff members are well trained in a national curriculum, certified through national testing, and 2-1-1 centers can become nationally accredited after rigorous reviews.

Residents of Bay County are fortunate to have the forward thinking team members at the Florida Department of Health – Bay County. They had the foresight to identify 2-1-1 as a critical component to accessing health care and

now support the development and expansion of 2-1-1 in the area. Health referrals include clinics, health education services (like Diabetes education programs), prescription assistance and dental options.

Today, 2-1-1 Northwest Florida is available to all residents in nine northwest Florida counties, including Bay, Calhoun, Escambia, Gulf, Jackson, Holmes, Okaloosa, Santa Rosa and Washington. The staff managed over 38,000 calls last year and made over 60,000 referrals to families with 33,000 children. Over 900 children found summer "free lunch" feeding sites by dialing 2-1-1 Northwest Florida this year.

Your United Way 2-1-1 is an AIRS nationally accredited center, with staff in Bay, Okaloosa and Escambia Counties. Resource Specialists search for community resources for our database (accessible online at [www.211nwfl.org](http://www.211nwfl.org)).

org), meet with local agencies and attend local health and human service agency meetings to support that end product. It may be Bay County's "best kept" secret.

#### Contact Information:

Gina Watson  
2-1-1 Resource Specialist for  
Bay, Calhoun, Gulf, Jackson,  
Holmes and Washington Counties  
[resources@211nwfl.org](mailto:resources@211nwfl.org)  
(850) 867-0622 (Panama City)

Rita Icenogle, Director  
2-1-1 Northwest Florida  
A program of United Way  
[www.211nwfl.org](http://www.211nwfl.org)  
[director@211nwfl.org](mailto:director@211nwfl.org)  
(850) 444-7111

## What's Next for the A2HC Team

**Watch for the Expanded 2-1-1 Service in December 2013**

### ACTIVATE. EDUCATE. PARTICIPATE.

Creating and maintaining a healthy community is a team effort that requires a vast amount of activity, time and dedication by community leaders, organizations and concerned citizens. The CHIP is a game plan for the next 3-5 years and we are at the starting line. We still have much work to do and we need the entire community's involvement to be successful.

Call Healthy Bay Coordinator Lisa Rahn at 850-872-4455 ext. 1344 or email [lisa\\_rahn@doh.state.fl.us](mailto:lisa_rahn@doh.state.fl.us) to learn how you can participate.

## PARTICIPATING COMMUNITY PARTNERS

3203 Fitness Center  
Area Municipalities  
Avicenna Medical Clinic  
BASIC  
Bay County Commission  
Bay County Public Libraries  
Bay District Schools  
Bay Medical Center/Sacred Heart Health System  
Bayer  
Big Bend Health Council  
Bridge Care/Youth in Action  
CARE  
Children's Medical Services  
City of Panama City Community Redevelopment Agency  
Community Health Center

Coopers Drug Store  
Covenant Hospice  
Early Education & Care  
Early Learning Coalition of NWFL  
Florida Department of Health in Bay County  
Florida State University – Panama City  
Gulf Coast Medical Center  
Gulf Coast State College  
Gulf Coast Workforce Center  
HealthSouth Emerald Coast Rehabilitation Center  
Healthy Start Coalition  
Homeless & Hunger Coalition of NWFL  
Life Management Center of NWFL  
Medical Reserve Corps  
Mullins Pharmacy

Nova Nordisk  
Panama City Mall  
Po' Folks  
Rainbow Food Store  
Roche Diagnostics  
Sanofi  
Second Chance, NWFL  
St. Andrew Community Health Center  
Tyndall Air Force Base  
United Way of NWFL  
University of Florida - IFAS Extension Bay County  
Walgreen's  
Walmart  
Waterfront Markets, Inc.  
And Others