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:
  - Diabesity (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.

- 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 (BayHEA)

- Provided information on healthy food choices and physical activity to more than 1,500 community members
- Handled 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.

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_rahn@doh.state.fl.us to learn how you can participate.

Read the CHIP online!
www.communityhealthtaskforce.org/ Documents/HealthyTips/2012%20CHIP_ALL.pdf
The Diabesity Action Team (DAT) was formed to address the rising risk of diabetes and obesity, "Diabesity", 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 in 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.

**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.

Six NDPP classes have been held in Bay County since January 2013. To date, 75 people have participated in at least four NDPP core sessions. Please contact Cheryl McCormack at (850) 672-4485 x1113 for information about new NDPP classes beginning in late October 2013.

**CDC Prediabetes Screening Test**

**SELF-TEST—KNOW YOUR SCORES!**

**If your Score is 5 to 10 Points**

This means you are at risk for developing prediabetes now. Fix these problems. 1. If overweight, lose weight. 2. Make small move, don’t do it all at once. Use either physical activity or nutrition change to fix these problems. 3. If you have high cholesterol or high blood pressure, talk to your health care provider.

**If your Score is 15 or More Points**

This means you are at risk for being overweight or obese. Please make an appointment with your health care provider to discuss changes that you can make in your lifestyle. 1. If overweight, lose weight. 2. Make small move, don’t do it all at once. Use either physical activity or nutrition change to fix these problems. 3. If you have high cholesterol or high blood pressure, talk to your health care provider.

**What’s Next for the Diabesity 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, 11 a.m. to 4 p.m.
- **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](http://www.cdc.gov/diabetes)
- National Diabetes Education Program (NDEP) [http://ndep.nih.gov](http://ndep.nih.gov)
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

The Bay County Health Education Action Team (BayHEAT) was formed to address the need for healthy lifestyle 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 Moody 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.

The Bay County Health Education Action Team (BayHEAT) was formed to address the need for healthy lifestyle 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 Moody 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.

BayHEAT has partnered with the Florida Department of Health in Bay County from the program and the Waterfront Market; both groups offer healthy lifestyle information and activities at community events such as the Healthy Start Coalition's World's Largest Baby Shower and the Early Education and Care Healthy Families First. Services are provided to over 15,000 Bay County residents to include handouts and presentations on nutrition, physical activity, fitness, stress, dental health, cooking, gardening, and agriculture.

ChooseMyPlate.gov

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
- www.aicr.org/new-american-plate
- www.letsmove.gov
- www.cdc.gov/healthyweight/index.html
- www.healthiestweightflorida.com
The Village Health Center

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

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).

PARTICIPATING COMMUNITY PARTNERS

Cooper 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

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 in 24 hours a day, 7 days a week; staff members are well trained on 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), 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
850 687-0622 (Pensacola City)

Irene Maxon, Director
2-1-1 Northwest Florida
A program of United Way
www.211nwfl.org
director@211nwfl.org

Florida’s “BEST KEPT SECRET”

BAY COUNTY健康保健

211 United Way

Get Connected. Get Answers.

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 to learn how you can participate.