

# Bay County Community Health Improvement Plan

**YEAR 2 REVIEW**  
**OCT. 2013 - SEPT. 2014**

**ACTIVATE**  
**EDUCATE**  
**PARTICIPATE**

The 2012 Bay County Community Health Improvement Plan (CHIP) was a collaborative effort of hundreds of Bay County residents, both concerned citizens and representatives from the public, private and nonprofit sectors. Under the auspices of the Community Health Task Force (CHTF), this group assessed and prioritized community health needs, identified the three highest-priority concerns, and developed action plans to address them. Action Teams have been working diligently on the three priority issues:

· **Diabetes (Diabetes + Obesity)** · **Access to Healthcare** · **Healthy Lifestyles Education**

“Great progress has been made toward reaching the CHIP goals and objectives during the first two years due to the hard work of dedicated community partners,” said Douglas M. Kent, Administrator, Florida Department of Health in Bay County. “We are fortunate to have so many people willing to share their time, talents and passion to improve the health of Bay County.”

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 individuals. The CHIP was developed as a game plan for 3-5 years. As you can see, we’ve accomplished a lot, but there is much more to do. We need to evaluate what we’ve done and tweak our action plans for going forward. We need your help! Please contact Healthy Bay Coordinator Lisa Rahn at 850-872-4455 ext. 1344 or [Lisa.Rahn@FLHealth.gov](mailto:Lisa.Rahn@FLHealth.gov) to find out how you can get involved.

## Save the Date! World Diabetes Day

**2nd Annual Walk the Bridge Event**  
**November 14th, 2014**  
**4 – 6PM**



**Read the  
CHIP  
online!**  
[www.communityhealthtaskforce.org](http://www.communityhealthtaskforce.org)

# Diabetes Action Team 2014

## Community Diabetes Risk Screening efforts

- Nearly 3,500 community members have been screened over the past year.
- Screening events included screenings in the main lobby of the Florida Department of Health in Bay County and the Village Heath Center as well as community efforts at health fairs, club and professional group meetings
- The largest community screening effort in Florida history by the Medical Reserve Corps (MRC) of Bay County took place September 29 through October 5, 2013 at the Bay County / Central Panhandle Fair.

## The 1st Bay County Bridge Walk for World Diabetes Day

- Held November 14, 2013 with more than 150 community members participating in the walk across the Hathaway Bridge, illuminating it with blue lights to “highlight” diabetes awareness.

- Community contributors to the success of the walk included the Shriners, Gulf Coast State College BSN Nursing Program students, Sanofi, Novo Nordisk, and Sam’s Club.

## Ongoing Community Education and Awareness

- The Diabetes Action Team members provided information to myriad local organizations of the progress made in Bay County’s battle against diabetes; they included Rotary Club, AARP Grief and Loss Group, Love Center Missionary Baptist Church Fellowship Day, Glenwood Community Center, and Gulf Coast State College Rap Line.

## Diabetes Services and Programs

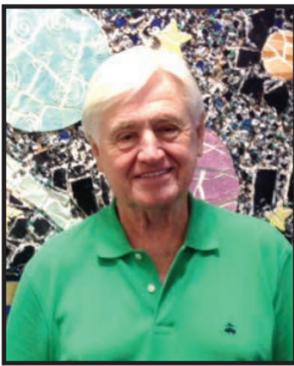
- The Diabetes Action Team has supported diabetes services and programs available in the community including, “Eating Well with Marcia Pell”, diabetes consultant services available from Lynn Hudson RN, CDE, and the expanded Diabetes Services Program at the Florida Department of Health in Bay County.

## Diabetes Services Program at FDOH Bay

### THE SERVICES AVAILABLE AT THE HEALTH DEPARTMENT INCLUDE:

- The National Diabetes Prevention Program
- Survival Skills Training
- Basic Diabetes Self-Management Classes
- Advanced Diabetes Self-Management Classes
- Type 2 Diabetes Support Group
- Free Diabetes Risk Screening

### Testimonials From Recent Participants



I very seldom miss a **Support Group** meeting since it always motivates me and continues my ongoing education. Approximately 15 years ago I was referred to Diabetes Education at Bay Medical for a 2 – day course, under the direction of Ms. Jo Colville. After the first day, I did not want to attend the second class, because I was not ready to face a complete lifestyle change. I did return though, and I never looked back. Over a period of about a year I lost 40lbs which I have kept off to this day.

It is an understatement to say that I believe this education has saved my life. I am now an 80-year-old, very healthy patient who actively exercises regularly, eats properly, and controls my weight. My quarterly A1c results have remained under 7 percent which has allowed me to remain medication free.

– CLARENCE SPRINGER



Anyone that has ever had to lose weight knows that it is not easy. There is no such thing as a quick fix. I joined the **National Diabetes Prevention Program** class in June 2013 looking for a way to lose weight and prevent high cholesterol. My doctor informed me that my cholesterol was getting high and I would need to take medication if I didn’t change my eating habits and exercise.

This 16 week program provided me with the tools necessary to lose weight. The goals are simple; lose 7% of your Body Mass Index and exercise at minimum 150 minutes per week. Each class provided information on everything I needed to know about making wise food choices. It was amazing the difference it made in my life. Not only was the information helpful but the teacher and other participants in the class served as an inspiration to me from week to week. I started to monitor what I was eating by reading labels and logging calories for each meal. I went from being someone who did little exercise to participating in two 5k runs in one year. At the Biggest Loser 5k in December 2013 I even came in 4th in my age group. Throughout the year I did Zumba, Line Dancing, and lots of walking. I even joined a hula hooping class.

Since taking the class I have lost 37 pounds and I have managed to keep it off. My blood pressure and cholesterol are under control and I feel 100 percent better with this weight loss. I tell myself everyday “keep it moving,” and that’s what I try to do. It’s not a race, it’s a lifestyle change. Thanks to the National Diabetes Prevention Program for giving me the inspiration and information needed to make this important change in my life.

– Sandra Pierce, NDPP Program Participant



I have been a Type 2 diabetic for years and had run the gamut of pills, diet, exercise, and reading any bit of info I could get my hands on. The diabetes still controlled me – my glucose readings were erratic, my weight was climbing, and my vision was failing. A social worker at the health clinic advised me about an **Advanced Diabetes Self-Management Education Program** being offered at the Florida Department of Health in Bay County. I readily accepted the opportunity to take part in the class. What followed literally changed my life.

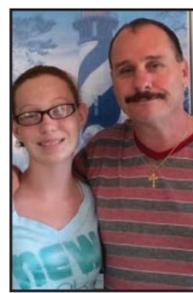
I received a call and letter from Jo Colville, the Diabetes Program Coordinator. A detailed questionnaire asking my health history, medications, and lifestyle as well as a quiz on my general knowledge of diabetes was to be completed and brought to the first class.

Our class was made up of Type 1, Type 2 and newly diagnosed individuals. The scope of the information we were given was amazing ranging from what diabetes is, how it affects the body and the organs, and how food and exercise affect everything. I learned what each medication does and learned more about food than I have ever known. Then the best thing happened, it started to “click”. I discovered how to make this all work for me, instead of against me.

The positive manner which Jo uses is a primary factor, along with the individual attention everyone is given and the overall comfort of the group. Proof of all the benefits of this class and its efficacy was made clear to me in July of this year – three months after I had taken part in the class. My April 2014 A1c of 7 percent dropped to an unbelievable 6.1 percent!

I strongly encourage anyone who has diabetes or has someone in their life living with diabetes to take advantage of this class and gain the ability to change their life as well!

– CHARLYNN HARMON



One must not only attend, but fully participate, in the scientific model presented in order to reduce the risk of contracting diabetes. A commitment on my part to the total message presented in the **National Diabetes Prevention Program** allowed me to lose 40 pounds, get off of all my cholesterol medicine, lower my high blood-pressure, back off from the line of pre-diabetes, feel better about myself and meet some wonderful facilitators and fellow participants! If an individual has come to the point of realization that something must be done, this welcoming support group that quickly becomes a family is an answer. My 14 year old daughter

Zoe, who joined me each week, was not only a personal encourager but also learned some tremendous habits for healthy eating and living that will serve her well into adulthood.

With that said, remember these few things: 1) Doing something to improve your condition is better than doing nothing, 2) We can learn to live happily without certain food and lifestyle habits instead of dying with them, 3) Someone does care enough to walk with you to your success, and lastly, 4) The only cost to you is your commitment. So, with this said, please join the NDPP program at the next meeting;

**YOU CAN DO IT!**

– Chris Honnen

## What’s Next for the Diabetes Action Team

- **Second Annual World Diabetes Day Bridge Walk from 4-6 pm Friday, November 14, 2014**
- **Mini-Grants to community organizations to conduct diabetes risk screenings**
- **Expanded diabetes prevention and self-management education services at the Florida Department of Health in Bay County**

## 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>

# The Bay County Health Education Action Team (BayHEAT)

The Bay County Health Education Action Team (BayHEAT) focused on providing information on gardening and healthy eating during the last year. They partnered with the Waterfront Markets Inc. group to guide the youth at the Boys & Girls Clubs in making recycled newspaper pots and planting peas in them to take home. They also provided information on healthy eating and cucumber salad samples at the Healthy Start Coalition's World's Greatest Baby Shower event in April

## World Breastfeeding Week 2014

In celebration of World Breastfeeding Week 2014, The Florida Department of Health in Bay County hosted a Big Latch On event sponsored by Breastfeed Bay: The Breastfeeding Task Force of Bay County and Surrounding Areas on August 2, 2014. The event was attended by almost 150 guests and vendors. The Big Latch On happened at 10:30 a.m., and 36 local moms joined multiple, worldwide locations in an attempt to set the world record for the most moms and babies breastfeeding simultaneously across the globe. Information, local support resources and door prizes were shared with the participants.

Mothers who are on the Women, Infants and Children (WIC) program needing additional breastfeeding support are also able to attend prenatal breastfeeding classes and reach a breastfeeding peer counselor 24 hours a day. There are also a Milk Matters breastfeeding support group and Mocha Moms breastfeeding support group open to any breastfeeding mom in the community. Call the WIC Office at (850) 747-5775 for more information.

## Jateff's Cheetah Team Fitness

Merriam Cherry Street Elementary worked with the Florida Department of Health to promote good health! Mrs. Valerie Jateff's fourth grade class took a stand for healthy lifestyles with the formation of "Jateff's Cheetah Team Fitness." In coordination with the school nurse Elaine Nations, they put together a program that included daily monitoring of exercise with pedometers, documentation of food intake, and found innovative ways to integrate daily lessons of math and science. With the launch of Cherry Street's outdoor education program, Cherry Street Farms & Gardens, Mrs. Jateff's Team Fitness has also planted a variety of vegetables and herbs that were harvested before the end of the school year. The goals of this ambitious project were to instill and spread a desire to live a healthy lifestyle, incorporate realistic, lasting lessons that will stay with students throughout adolescence, and to give the students an opportunity to experience the joys of planting and harvesting healthy food.



A new focus for BayHEAT this summer was partnering with Kingdom Agenda International Ministries Summer Camp to provide a series of healthy lifestyle classes for youth. Health Educator Natasha Coleman began the program by explaining basic nutrition and the definition of each food group to the group. Later the youth split into small groups and were given lifelike food models. The small groups worked together to place each model in the correct food group. The food models also led into a discussion of portion sizes and how even healthy foods need to be

eaten in moderation. Coleman gave the students information to take home to their parents regarding easy ways to make healthy snacks. Coleman also challenged the kids to eat at home more than fast food restaurants.

The program finished with education about the importance of being active on a regular basis. Coleman encouraged the kids to do easy exercises between commercial breaks while watching TV or on the computer. She also suggested they take at least one day per week to "unplug" from video games, computers and TVs and to go outside and play.



## BayHEAT Garden Day

On Saturday, March 22nd the Florida Department Of Health Bay County, the BayHEAT Committee and the Bay County Extension office partnered in providing education on community gardening, container gardening and cooking with herbs. These classes were hosted at the Florida Department of Health. The sessions provided ideas on getting started with a container garden, creating meals with fresh produce and herbs from the garden, and reducing sodium in food preparation without giving up flavor. Charts on herbs were provided to help guide beginners on using herbs in place of salt, and taste samples were enjoyed by the participants. In addition, there were educational games set up for children to encourage healthy eating. The event was a great success with over 50 people in attendance. A community garden was started at the health department as a result with the bounty sold to support the employee Wellness Improvement Now (WIN) committee.

## Cucumber Radish Salad Recipe

**Ingredients:** 2 cucumbers, washed & sliced very thin  
1 pound of radishes, washed & sliced very thin  
Feta cheese crumbles  
Old Dutch salad dressing (or another sweet & sour dressing)  
Salt and pepper to taste

### Preparation:

Combine all ingredients in large glass or stainless bowl. Toss well to coat and distribute all ingredients evenly.  
Serve immediately or refrigerate overnight.  
Serves 6. Enjoy!



## What's Next for BayHEAT

- Healthy food tastings at the National Diabetes Prevention Program Post Core Sessions
- Food Day 2014 – healthy food demos at Publix on Thomas Drive, Panama City Beach
- Presentation to CHTF about linking a worksite garden to an employee wellness program

## 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 (A2HC)

The Access to Healthcare Action Team (A2HC) achieved its goal of establishing 2-1-1 as a 24 hour a day/7 days a week information and referral service! Promotion of 2-1-1 and updating of community resource listings are an on-going process. Sustainability has been ensured through 2015 due to the generous support of community partners. A2HC continues to work on investigating single-source of eligibility systems and establishing an advocacy campaign for healthcare issues pertinent to the citizens of our community.

In August of 2013, Bay County residents were introduced to 2-1-1 of Northwest Florida. This free, easy to remember phone number links callers to skilled representatives who provide information and referrals to anyone in need, 24 hours a day.

Since September, over 3,500 resources were updated in the 2-1-1 database including health, financial and educational organizations. In Bay County alone, call volume increased by 48 percent over the last year. For additional convenience, 2-1-1 Northwest Florida has added a searchable database online at [www.211nwfl.org](http://www.211nwfl.org).

2-1-1 would not be possible without the support of United Way of Northwest Florida, the Florida Department of Health in Bay County, the Homeless and Hunger Coalition of Northwest Florida, Life Management Center of Northwest Florida, and the Bay County Board of Commissioners.



## Affordable Care Act Symposium

"Surviving and Thriving through Health Care Reform," an educational symposium on the Affordable Care Act took place at the Wyndham Bay Point Resort in Panama City Beach on April 24 and 25, 2014. The symposium, organized by Gulf Coast State College, offered information on healthcare reform for customers, healthcare providers and business, large and small. Over 150 participants attended presentations featuring local, regional and national level experts on topics from "Current Employment Trends in the Healthcare Sector" to "The Young Invincibles" and "Advantage of Self-Funding Under The ACA." The Bays Medical Society also provided a program for their members on "A Physician's Guide to the Affordable Care Act" as part of the symposium.



## Jerry Mathers PanCare Diabetes Seminar



In February 2014, PanCare of Florida partnered with child TV star Jerry Mathers of "Leave it to Beaver" fame to orchestrate a free, one-day conference for people with diabetes at Florida State University's Panama City campus. Mathers had been diagnosed with Type 2 diabetes several years ago, however his blood glucose levels are now back in the pre-diabetes range after adopting a healthier lifestyle. Mathers was the featured keynote speaker at the event, and area experts on diabetes and diabetes supplies led various breakout sessions throughout the day. Students from the Arnold High School Culinary Art Class provided diabetic-friendly meals. The event was hosted and orchestrated by PanCare of Florida and sponsored by PanCare, Bay Health Foundation and Big Bend Health Council. PanCare is a nonprofit organization that operates Federally Qualified Health Centers across the Florida panhandle.



(Note: all photographs by Christopher Mitchell, PanCare of Florida, Inc.)

## What's Next for the A2HC Team

- 2-1-1 Service Promotion
- Further exploration of single source of eligibility systems
- Health education classes at A.D. Harris Learning Village

## The Healthy Weight Community Champion

The City of Panama City was selected as one of 37 communities in the state as a Healthy Weight Community Champion. Between November 2013 and February 2014, local governments were invited to submit best practice policies they have implemented to promote physical activity and improve nutrition in their jurisdictions. These "best practice" policies were exemplified by the Healthy Weight Community Champions.

The City of Panama City was selected as a Community Champion for the introduction of a Wellness Program for city employees. The initiative included two Walking Programs a year and provided Lunch & Learns to educate employees about healthy lifestyles. The program also provided annual Health Screenings. Over 60 percent of employees participated in the March 2014 screening. The Wellness Program proved successful as insurance claims for employees dropped. The City of Panama City was also selected as a Community Champion for its progressive set of downtown area zoning regulations encouraging a mix of uses and walking to destinations.

The Florida Department of Health in Bay County recognized The City of Panama City as a Healthy Weight Community Champion on Tuesday, April 8, 2014 at the Panama City Board of Commissioners meeting. The Community Champions program is part of the Department's Healthiest Weight Florida initiative - a public-private collaboration bringing together state agencies, local governments, not-for-profit organizations, businesses, schools, faith-based organizations and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.



## 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 individuals. The CHIP was developed as a game plan for 3-5 years. As you can see, we've accomplished a lot, but there is much more to do. We need to evaluate what we've done and tweak our action plans for going forward. We need your help! Please contact Healthy Bay Coordinator Lisa Rahn at 850-872-4455 ext. 1344 or [Lisa.Rahn@FLHealth.gov](mailto:Lisa.Rahn@FLHealth.gov) to find out how you can get involved.

## PARTICIPATING COMMUNITY PARTNERS

- |   |  |   |   |
|---|--|---|---|
| 3203 Fitness Center                           | City of Panama City Community Redevelopment Agency | HealthSouth Emerald Coast Rehabilitation Center | Sanofi  |
| 90Works                                       | Community Health Center                            | Healthstat                                      | Second Chance, NWFL                               |
| AARP  | Coopers Drug Store                                 | Healthy Start Coalition                         | Select Specialty Hospital                         |
| Americas SBDC Florida                         | Covenant Hospice                                   | Homeless & Hunger Coalition of NWFL             | Shriners  |
| Area Municipalities                           | Danna Gracey                                       | iHeart Media                                    | St. Andrew Community Health Center                |
| Avicenna Medical Clinic                       | Early Education & Care                             | Impact Fitness                                  | St. Jude Medical                                  |
| BASIC   | Early Learning Coalition of NWFL                   | Landrum Human Resources                         | The Bays Medical Society                          |
| Bay County Chamber of Commerce                | Emerald Coast Hospice                              | Life Management Center of NWFL                  | The Clemons Company                               |
| Bay County Commission                         | Florida Covering Kids & Families                   | MCMS, Inc. Insurance Trust                      | The Covenant Services Group                       |
| Bay County Public Libraries                   | Florida Department of Health in Bay County         | Medical Reserve Corps                           | Tyndall Air Force Base                            |
| Bay District Schools                          | Florida Kid Care                                   | Mullins Pharmacy                                | United Way of NWFL                                |
| Bay Medical Center/Sacred Heart Health System | Florida State University - Panama City             | Nova Nordisk                                    | University of Florida - IFAS Extension Bay County |
| Bayer   | FMA - Florida Medical Association                  | Pan Care of Florida Inc.                        | Walgreen's  |
| Big Bend Health Council                       | Glenwood Working Partnership                       | Panama City Mall                                | Walmart   |
| Bridge Care/Youth in Action                   | Gulf Coast Regional Medical Center                 | Po' Folks                                       | Waterfront Markets, Inc.                          |
| CARE  | Gulf Coast State College                           | Rainbow Food Store                              | And Others  |
| Children's Medical Services                   | Gulf Coast Workforce Center                        | Roche Diagnostics                               |   |