

## Florida Health serves your state, POPULATION OF FLORIDA, OFFICE OF ECONOMIC AND DEMOGRAPHIC RESEARCH, 2014



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### A Message from the State Surgeon General & Secretary of Health **Dr. John Armstrong**

The Department of Health serves nearly 20 million people who live in Florida and 1.9 million visitors on any given day. Our 15,000 public health professionals work daily across all 67 counties to protect, promote and improve the health of Florida's children, adults and families.



John H. Armstrong, MD, FACS

e collaborate with other state agencies, local governments, businesses, schools, hospitals, nonprofits, civic organizations, faith-based groups and communities to reshape the spaces and places in which we live so that healthy choices are easier.

This impact report highlights the numbers and stories of health for the past state fiscal year. In sum, 2014–15 has been a good year for health in Florida, with just a few examples:

We have seen progress with Healthiest Weight Florida, involving more than 600 public and private organizations and promoting healthier eating and more active living at home, school and in the workplace.

We have helped to keep our communities safe from emerging contagious diseases, like Ebola Virus Disease (EVD) and Middle Eastern Respiratory Syndrome (MERS).

**STATE HEALTH OFFICE LEADERSHIP TEAM** Left to right: Marty Stubblefield, Deputy Secretary for Administration; Kim Barnhill, Deputy Secretary for Statewide Services; Dr. John Armstrong, State Surgeon General and Secretary of Health; Dr. Celeste Philip, Deputy Secretary for Health/Deputy State Health Officer for Children's Medical Services; and Jennifer Tschetter, Chief of Staff.

We have honored hundreds of health professional veterans with expedited licenses, Florida's way of smoothing transitions from military service to civilian practice.

We know that public health enriches lives so that babies are born healthier and people live longer. Yet we also realize that health is more than statistics: health is ultimately very personal, helping individuals and families achieve their life goals by staying in school, at work and in communities, and celebrating important events like a 50th wedding anniversary or 80th birthday!

After more than 125 years of Florida public health, I am confident that our teamwork together will continue to help make Florida the healthiest state to live, work, play, practice and retire.





### 2015 Statewide Performance Meeting, Orlando

This meeting of state and local health leadership is held annually and showcases best public health practices in Florida.



Currently, only 36
percent of adult
Floridians are at a
healthy weight. One
quarter are obese and
the rest are overweight.

Over the next 20 years in Florida, obesity is expected to contribute to millions of cases of preventable chronic diseases such as Type 2 diabetes, heart disease and cancer, costing an estimated \$34 billion.





6 out of 10 children today will be overweight or obese by the time they graduate high school.



Florida has moved from being in the top 20 healthiest weight states to now being in the top 15. Our goal is for Florida to be the healthiest weight state in the nation.



We have seen meaningful improvements in 3 high school behaviors for healthy weight:

Soda consumption and TV time have decreased.

Physical activity has gone up.



To date, the Department is working with over 550 state and local organizations to promote healthy weight in Florida.

or more than two years,
Healthiest Weight
Florida has brought
together state agencies,
nonprofit organizations,
businesses and entire
communities to help Florida's
children, adults and families
make consistent, informed
choices about healthy eating
and active living.

The number one public health threat is unhealthy weight. In Florida, only 36 percent of Floridians are at a healthy weight. A number of factors contribute to this widespread health issue, making it difficult to address. Through Healthiest Weight Florida, the Department focuses on five strategy areas to make a difference for Floridians. The initiative works closely with partners to:

- 1. Increase opportunities for physical activity
- 2. Increase access to healthy foods
- 3. Promote health at the workplace
- 4. Strengthen schools as the heart of health
- 5. Increase public awareness of unhealthy weight and its associated health outcomes



# 2015—a Good Year for Healthy Choices!

Since the initiative's launch in 2013. Florida has seen improvement in three key health behaviors of high school students, including decreased sugar-sweetened beverage consumption, decreased time spent watching television and increased percentage of students meeting the recommended levels of physical activity. This year, according to a report from the Centers for Disease Control and Prevention, Florida also celebrated a 7.1 percent decline in obesity rates among preschool children from disadvantaged families; only 17 other states also saw declines.

In the past 12 months, the program has launched 35 new and innovative projects as well as evidence-based interventions that engage a variety of audiences. Some notable examples:

### Florida CHARTS **Healthy Weight Snapshot**

Healthy Weight-related statistics can be found online at Florida CHARTS; Florida has a robust data collection system, and it is one of the only states in the country with a methodology in place to collect and report county level data in this highly accessible format. This information can now be used to support community health assessments, provide data for health and weight related research, and encourage communities to improve nutrition and increase physical activity.

### **Breastfeeding Awareness**

To celebrate Breastfeeding Awareness Month, Healthiest Weight released a suite of tools and promotional items to help create supportive breastfeeding environments. Each week in August, a new component was announced, which introduced new and exciting resources for women and families, employers, child care facilities, hospitals and healthcare professionals. The resources generated over 16.000 downloads from the website, reaching Floridians across the

### Florida Health Cleans Up!

FHCU! is a partnership with the Department of Transportation to increase physical activity and contribute to healthier, litter-free environments. Through regular volunteer clean-ups, employees and other community members have cleaned over **313** miles and collected approximately 10,553 pounds of litter.

### **Fall into Healthy Habits**

Because fall is a great time of year to enjoy the outdoors with friends and family, the Fall into Healthy Habits campaign offered tools for Floridians to engage in their favorite activities in healthier ways. Included in the launch were healthy weight guides to camping, tailgating, gardening, geocaching and even enjoying Halloween festivities.

### Healthy **Promise Florida**

16.000 Healthy Promise Florida, an interactive campaign to promote healthy choices, was launched in January to kick off 2015. Through the campaign website, Floridians can post a healthy promise and personal photo, and view the photos and promises of others who have committed to live healthier and more active lives.

### **Healthy Campfire Cooking Program**

Taught by Florida Park Rangers, the Healthy Campfire Cooking Program is designed to create opportunities for park visitors to try healthier camping foods while learning new recreational skills. In partnership with the Florida Department of Environmental Protection, Healthiest Weight created a series of make-it-yourself healthy campfire recipes, which can be accessed on their website. The recipe cards also include recommended activities to offset the calorie count of the recipes.





## Children's Medical Services For the Health of Florida's Children

### Medicaid Managed Care Plan

On August 1, 2014, the Division of Children's Medical Services (CMS) began operating a statewide Medicaid managed care plan for children up to age 21 with chronic and serious physical, developmental, behavioral or emotional conditions. As of July 1, 2015, the CMS Specialty Plan serves over 60,000 enrollees. Each member has a local nurse care coordinator to assist them and their family to navigate through the health system.

### 20th Annual Children's Week

The 20th Annual Children's Week—April 13–17, 2015—brought thousands of children to Florida's Capitol for an opportunity to meet legislators. CMS and the Division of Community Health Promotion celebrated Children's Day on April 14 by sharing health-focused messages and materials to educate and encourage families to develop healthy food and activity habits. Dr. Armstrong participated in a youth town hall meeting held the same day.

### Electronic Health Record System Prudential Award

CMS moved to an electronic health record system with an initial transferring of over 100,000 medical records, each record averaging 100 pages. Mark LaLuzerne received a 2015 Prudential Productivity Individual Award for the development of a procedure and software application to scan medical records into electronic format taking less time with increased accuracy. The reduction in processing time saved an estimated 75,000 work hours, which would have required additional staff.

### Child Protection Team Statewide Forensic Interview Training

The Special Technologies Unit and Child Protection Unit successfully provided an improved Forensic Interview Training format, which empowers the CMS Child Protection Team with skills necessary to interview neglected and abused children. This mandatory five-day training is crucial in assessing the safety of children and the team was able to provide three sessions. Through web-based technology and the use of a centralized location, costs were reduced for an effective savings of \$124,038.

### Florida Babies Get Their Hearing Checked

Each year, an average of 7,000 newborns do not pass their hearing screening. Florida's Newborn Screening Program conducts followup to ensure that additional testing is completed. In 2014–15, the lost-tofollow-up rate for babies that did not receive the necessary follow-up testing decreased from as much as 30 percent to a record low of under 10 percent. Newborn Screening continues to improve follow-up, which means hearing loss is detected early, maximizing opportunities for optimal communication development.

### **Medical Foster Care Training**

Regional Medical Foster Parent
Trainers provided 10 Medical Foster
Care (MFC) Parent Pre-Service
Trainings during 2014–15, bringing
aboard 60 new MFC parents
statewide. The Tallahassee,
Jacksonville, Gainesville, Orlando, St.
Petersburg, Fort Myers and Viera
CMS offices and two area
community partners hosted these
week-long trainings.

Florida's teen birth rate at a historic low—for ages 15-19, per 1,000 live births.

Florida's overall 2014 infant mortality rate equals the final 2013 U.S. rate of infant deaths per 1,000 live births.

WaterproofFL
promotes
three layers of
protection—
supervision,
barriers and
emergency
preparedness—to keep
children safe near
swimming
pools.



The Public
Health Dental
Program
increased the
number of
school-based
sealant
programs from
28 to 32
programs in
2014-15.



32+21+16
32 churches, 21 Local
Health Offices and 16
public and private organizations
downloaded the Body and Soul
Online Toolkit.

This year, the Cancer Center of Excellence Award Program, Which recognizes organizations for demonstrating commitment to excellence by

providing patient-centered coordinated care for those undergoing cancer treatment and therapy in Florida, awarded the first ever Cancer Center of Excellence Awards. Award recipients include the H. Lee Moffitt Cancer Center and Research Institute, Mayo Clinic Florida, University of Miami Sylvester Comprehensive Cancer Center and University of Florida Health Cancer Center, which includes University of

### Cancer Centers of Excellence

Florida Health Shands Hospital, University of Florida Health Proton Therapy Institute and Orlando Health's Orlando Regional Medical Center.

The teen birth rate in Florida is at a historic low. In 2013, the birth rate for teens ages 15–19 was 23.8 per 1,000 live births. The data for 2014 shows the rate has decreased again to 21.7 per 1,000 live births. This marks a significant decrease from the 62 per 1,000 rate in 1994.

Florida's overall 2014 infant mortality rate equals the final 2013 U.S. rate of 6.0 infant deaths per 1,000 live births.

Race/ethnicity national data were last reported in 2012. Florida's 2014 infant mortality rates for black (11.0) and white (4.4) infants were lower than the 2012 U.S. rates at 11.2 and 5.1 infant deaths per 1,000 live births, respectively. 2012 U.S. infant death rates for Hispanic infants have yet to be reported.

WaterproofFL is a statewide initiative that promotes the three layers of protection—supervision, barriers and emergency preparedness—to keep children safe near swimming pools. The Department provided funding through 12 mini-grants to community-based organizations to provide: water safety public awareness messaging through 150 television ads, 1,661 radio spots, and 8 billboards; education to 2,757 parents and children; swim lessons to 611 children; 896 door alarms; and training to family strengthening agencies and child protection investigators to conduct water safety assessments during home visitations.

The Public Health Dental Program

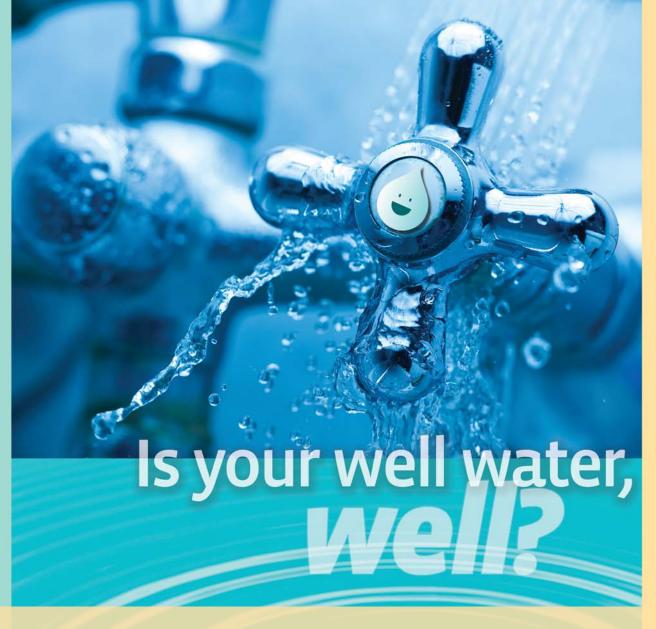
increased the number of school-based sealant programs from 28 programs in 2013–14 to 32 programs in 2014–15. School-based and school-linked dental sealant programs have been shown to reduce tooth decay by up to 60 percent (Children's Dental Health Project, 2013). Dental sealants prevent 86 percent of cavities at one-third the cost of a filling.

The Women, Infants and Children (WIC) Program celebrated its 40th

**year** of providing nutrition counseling, breastfeeding support and healthy foods to Florida's low income pregnant women, new mothers, infants and children under five who are at nutritional risk in 2014. WIC is a short-term intervention program designed to influence lifetime nutrition and health behaviors in this targeted, high-risk population during a time of critical growth and development.

In April 2015 Office of Minority Health launched the Body and Soul Online

**Toolkit** to promote healthy eating and physical activity. Body and Soul is a faith-based initiative designed to encourage African Americans to eat a healthy diet and maintain an active lifestyle. During the initial launch 32 churches, 21 Local Health Offices and 16 public and private organizations downloaded the toolkit.



### Florida Health Promotes Well Water Testing

# The Bureau of Environmental Health launched the Is Your Well Water, Well? campaign to promote private well testing and encourage Florida residents who own and use private wells to make sure their water supply is safe and healthy. Currently, one-fifth of Florida's 19 million residents own and use private wells. The

reaching 8.6 million households.

campaign includes a comprehensive website

and two public service announcements which

aired on Florida Public Broadcast Television

### Payment Process Improvements

The Division of Administration streamlined the payment process for pharmaceutical purchases and maximized the "cost of goods discount" with its prescription medication provider, Cardinal Health. After a full year, the team saved the Department over \$2.5 million and reduced the workload for both the Department and the Department of Financial Services. This cost savings allows the Department to purchase additional vital drugs for Florida residents.

### Florida SHOTS Enhancements

Florida SHOTS implemented system enhancements for the Vaccines for Children Program to capture and monitor vaccine storage unit temperatures for over 1,900 providers administering publically funded vaccines statewide.

The Department maintained the availability of varicella (chickenpox) and measles, mumps, rubella vaccines for all exposed persons at local health offices. These vaccines are available to children and adults regardless of ability to pay.

### School Health Services Increased

The Department increased the number of School Health Services by 13 percent since 2008-09. Increases in the number of students with chronic health conditions requiring school day health services combined with improved coding of school health services in the Health Management System have contributed to the increase in services from 22,745,526 in 2008-09 to **25,657,003** in 2013–14. School Health Services include, but are not limited to, nursing assessments, growth and development screenings, and emergency health services.

25,657,003



## The 125 Years of Florida Public Health Celebration Came to a Close in 2015...



72

### NUTRITION EDUCATION THROUGH THE YEARS





1940







2014

### Over 11,000 visitors saw the Department's 125

Years of Florida Public Health exhibit at the Florida Historic Capitol Museum between September 2014 and May 2015. Curator's Tours were hosted monthly every third Friday at the Museum from October through April and included topics such as: History of Public

Health in Florida, Leprosy, Newborn Screening, Civil Rights, Environmental Health, Tobacco Free Florida and Healthiest Weight Florida. The exhibit featured an opening reception and presentation by State Surgeon General and Secretary of Health

Dr. John Armstrong and several special events including An Evening with Dr. John Agwunobi.



...as Florida Health
Continued to Serve
our Citizens & Visitors.

### **EXHIBIT EVENTS**

### September 30

Opening Reception and Presentation by Dr. John Armstrong, state surgeon general and secretary of health. Watch: https://goo.gl/4GEDFo.

October 23 Lunch and Learn: The History of Being Born (Midwifery) in Florida with Dr. A.D. Brickler, Certified Midwife Cindi Denbow, Licensed Midwife Jennie Joseph and former Florida State Health Officer Dr. Charlton Prather.

March 19 An Evening with Dr. John Agwunobi: Leadership Through Preparation, Prevention and Response. Watch: https://goo.gl/sFzvWT.

April 12 Family Health Day, during National Public Health Week.

May 11 Exhibit Closing.

The Prudential Productivity Awards program recognizes and rewards hardworking state employees who create and implement innovative cost-saving and efficiency improvements. The Department submitted a total of 72 nominations. of which 33 were chosen by the judges' panel to receive either a plaque or cash award. The State **Health Office received** five awards and Local Health Offices across the state received 28 awards. Overall, the Department received the most awards of any state agency.

# HEALTH SIN

The Department meets
Florida's residents and
visitors where they are, on
social media. By providing
engaging content and real
time response, social media
offers the Department an
interactive platform to
promote health in all places
and spaces.

5,866

Twitter: June 2015, 5,866 followers

LinkedIn:
re-launched April 2015,
7,085 followers—
an increase of 423
in 3 months!

7,310



Facebook: June 2015, 7,310 likes

1,055,155

Issuu: overall impressions for all publications: 1,055,155

SoundCloud: 2,400 plays, 34 tracks, 9 reposts, 27 likes,

80 downloads

1,763

Pinterest: 1,331 followers, 1,763 pins, 34 boards

217,831 | Voutube: 525 videos, 217,831 lifetime views

Flickr: 605 photos





### Florida Newborn Screening Results Web App

Children's Medical Services added functionality to the Florida Newborn Screening Results online application—a system that generates results of tests performed on newborn babies—allowing hospital staff to search by "Kit Number," the unique barcode on blood specimen cards. The system enhancement helps staff save time by simply entering the kit number and baby's birth date to search; **approximately 125 birth hospitals in Florida benefit from increased efficiency.** 

### **Trauma Informed Care Website**

The Florida Trauma Informed Care Statewide Workgroup created a new Trauma Informed Care (TIC) website (www.floridatrauma.org), featuring information on trauma and toxic stress, lifetime effects of early adversity, trauma informed systems and various related topics. Statewide and local area TIC workgroups use the new site to help raise trauma awareness and provide education and resources to providers.

### **The CERC Portal**

The Division of Emergency Preparedness and Response developed a state-wide plans repository where **more** than 700 federal, State Health Office and Local Health Office emergency preparedness and response plans are stored in a searchable web-based portal. The portal is available to public health preparedness planners and responders throughout the state.

700

### **Online Summer Camp**

The Department hosted the first Florida Health Online Summer Camp using #FLHealthCamp, on Facebook and Twitter in July and August 2014. This free virtual information campaign highlighted a variety of health topics and aimed to encourage children to choose healthy habits and engage in their communities.

### Local Health Departments Launch New Websites

Because more Floridians than ever rely on the web as their primary means of accessing health resources and information, the Department launched 67 new and improved Local Health Office websites in February 2015. The Local Health Office websites integrate with the state website providing a unified web presence with easy access to important public health information at the local and state level. All sites are accessible through www.FloridaHealth.gov.

### **Awards for Excellence**

The Department received the Gold Medal Award from the National Public Health Information Coalition (NPHIC) for the in-house production of "Welcome to Social Media," a video featuring Dr. Armstrong. The NPHIC Awards for Excellence were presented at the 2014 National Conference for Health Communication, Marketing and Media in Atlanta, Georgia.

28,000

Online
Summer Camp
LEARNED TO:

Select events that encouraged physical activity.

Choose healthy, delicious meals and snacks.

Protect against mosquitoe and other disease carriers.

Plant a garden.

Practice first aid, sun, water and heat safety.

Plan for emergencies.



### The Division of Medical Quality Assurance (MQA)

## Licensure Time Reduced— Boosts Delivery of Care & State Economy

Florida has become the privileged home to an increased health care workforce. The population of licensed health care practitioners in Florida increased by 15.9 percent since 2010, while the resident population increased by only 5.5 percent. MQA received 119,968 license applications and issued 86.408 licenses between July 1, 2014, and June 2, 2015, and the Department has made a concerted effort to reduce regulation and eliminate unnecessary barriers to licensure. Due to newfound efficiencies and processes, several boards were able to expedite their licensure process and help get Floridians to work faster. The Board of Medicine and Board of Nursing reduced licensure time by a combined 25 days, leading to an additional \$60.000.000 in potential salary earned and a boost to the Florida economy.

### 560,000,000

### Unlicensed Activity & Enforcement

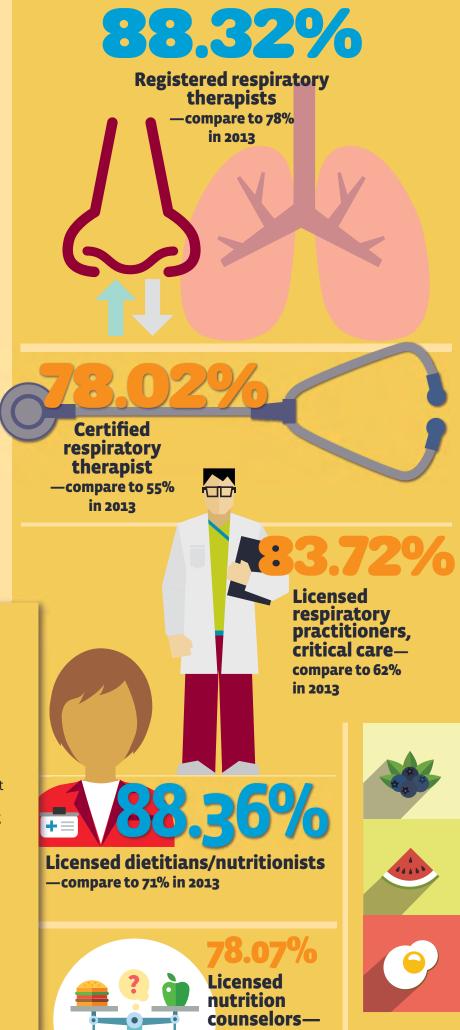
Between July 1, 2014, and June 30, 2015, MQA received 1,094 complaints of unlicensed activity, referring more than 90 percent for investigation. Additionally, 398 cease and desist notices were given to unlicensed practitioners whose unregulated and illegal activity could be disfiguring and even deadly to its victims. This is a 72 percent increase from last fiscal year.

### **VALOR**

MQA works to honor and support veterans, current members of the military and all military families to help make Florida the most veteran-friendly state in the nation. Between July 1, 2014, and June 30, 2015, 113 practitioners obtained their licenses using the VALOR program and 1,043 practitioners were able to use the military fee waiver. MQA is currently working with the Florida Department of Veteran Affairs to further raise awareness about the program while promoting job opportunities within Local Health Offices.

### Are You Renewal Ready?

In January, MQA's **Bureau of Operations** kicked off its Are You Renewal Ready? campaign to remind health care practitioners to report continuing education/continuing medical education (CE/CME) requirements prior to renewing their license. Following the campaign outreach efforts, the first groups of mandatory CE/CME reporting prior to renewal showed their highest percentage of reporting ever.



compare to 56% in



## More **Former** Smokers than Smokers in Florida

ince the launch of Tobacco Free Florida, the Department has made significant progress in preventing youth from smoking and helping adults quit. In 2014, Florida's youth smoking rate reached an all-time low. Only 4.3 percent of Florida youth, ages 11 to 17, were current cigarette smokers. There were 59 percent fewer youth smoking cigarettes than before the Tobacco Free Florida program launched in 2007. The smoking rate among Florida high school students was 7.5 percent in 2014, which was one of the lowest in the country.

Among adults in Florida, the most current cigarette smoking rate was 16.8 percent—a rate lower than the national average of 19 percent. In fact, there are more former smokers than current smokers in the state. More than 126,000 Floridians have successfully quit using one of Tobacco Free Florida's 3 Free & Easy Ways to Quit.

### **Quit & Tell**

In 2015, Tobacco Free Florida launched a new initiative called Quit and Tell, which celebrates Floridians who have quit tobacco and encourages them to share their stories to inspire others to join them. The Quit and Tell launch coincided with the seventh annual Tobacco Free Florida Week from 26.000<del>1</del> April 27 to May 3. Floridians can Quit and Tell at tobaccofreeflorida.com/ quitandtell. They can also join the conversation on social media by sharing their personal quit stories using the



7,5%

# Florida Health Responds

The Department provides 24/7 disease surveillance in Florida. Over the past year, the Department has increased the number of hospitals and urgent care

centers submitting data to 205 emergency departments (ED) and 32 urgent care centers capturing 87 percent of all ED visits in Florida. Through review of ED data, 262 previously unreported reportable disease cases were identified. Over 9.4 million electronic disease results were received and processed representing a 51 percent increase in volume from the previous year.

24/7

n response to the 2014 Ebola outbreak, Personal Protective Equipment packages were developed and delivered to 31 locations across Florida to help local hospitals and first responders manage patients with highly infectious diseases.

Five Ebola Virus Disease (EVD) seminars were provided to more than 280 health care professionals throughout the state on how to manage highly infectious patients.

The Department delivered more than 80 community-based EVD presentations to educate health care providers, emergency managers, schools, law enforcement, elected officials, faith-based organizations and residents on the EVD virus, disease and prevention steps.

The Bureau of Public Health Laboratories conducted 20 infectious substances packaging and shipping training classes for over 500 participants from over 200 facilities. The Bureau also helped develop EVD diagnostic specimen collection, packaging, and shipping guidance for laboratories and county health departments and guidance for point of care testing for patients suspected of EVD or confirmed EVD.

The Department monitored 430 travelers from Ebola-affected countries, ruled out over 150 suspected EVD cases and conducted EVD testing on four individuals (receiving results within eight hours of receipt).

### 4 million

Known, Emerging & Re-Emerging Diseases In 2014–15, the Department conducted investigations into several high priority health threats from known, emerging, and re-emerging diseases, including measles, chikungunya and the Ebola Virus Disease. Twelve locally acquired cases of chikungunya were investigated and 500 travelers associated with the chikungunya cases were also identified and investigated. Florida responded to 10 confirmed measles cases and investigated over 7,000 potential contacts.

**Training** The Department delivered Public Health Response Strike Team Leader orientation training to 179 participants at seven locations around Florida. This training provided an overview of responsibilities and expectations of an Emergency Support Function strike team or task force leader. A self-paced, online training was also made available on TRAIN FL.

Refresher Nursing Skills Training was provided in every Florida region, resulting in 210 trained nurses who can operate and staff Special Needs Shelters (SpNS) during an emergency. While an emergency shelter is the responsibility of local emergency management, staffing an SpNS is provided by Local Health Office nurses and other employees.

**Emergency Management Interpreters** With support from public and private partners, the Department helped create an emergency management training and credentialing process for American Sign Language interpreters who are available for disaster deployments to ensure effective communication.

Recovery Boot Camps The Department hosted three Recovery Boot Camps with the Florida Division of Emergency Management and U.S. Department of Health and Human Services. Participants from health care coalitions and Local Health Offices received an in-depth look at how to meet short and long-term post-disaster needs of communities.

Project Public Health
Ready Florida increased
the number of Local Health
Offices that meet Project Public
Health Ready (PPHR) recognition. Ninetytwo percent of Florida's Local Health
Offices received PPHR recognition, which
is based on nationally recognized
standards for local public health
preparedness.

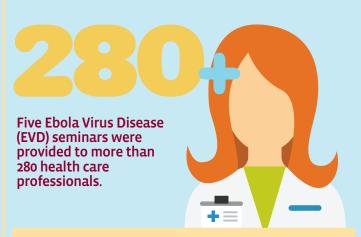


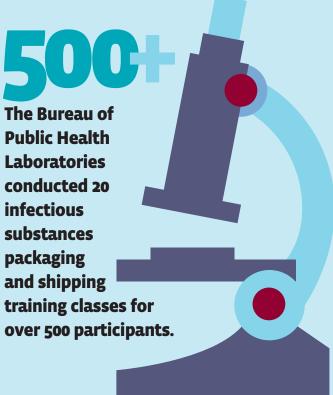




The Department ruled out over 150 suspected EVD cases.







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Goasi



collaboration with the Bay County Diabesity Action Team, promoted healthy weight as a component of avoiding Type 2 diabetes. Screened over 1,000 residents, of which approximately 9% indicated increased risk for Type 2 diabetes. As a result, 161 residents are taking steps toward lowering their risk of

Members of DOH-Escambia promote the 5-2-1-0 behaviors at a local event. From left to right: Julie Terrell, Dixiana Bray, Ainza Perry, Dr. John Lanza, Deborah Tucker, Sherry Sparks and Pam

Hagan.

diabetes by increasing physical activity, losing weight and implementing simple diet changes.

Calhoun Hosted a Women's Health Seminar titled, Your Health. Your Life. Taking Shape for a Healthier You. Motivational speaker Wendie Pett, from the nationally syndicated television program, Visibly Fit, discussed opportunities for women to adopt healthy lifestyles.

149,800+

Escambia Promoted the four 5-2-1-0 behaviors of 5 fruits and vegetables, 2 hours or less screen time, 1 hour of physical activity and o sugary drinks, known to impact weight and health, in multiple settings throughout Escambia County. Implemented 5-2-1-0-based interventions in 12 schools, 6 childcare centers, and numerous community organizations and at over 47 community events, making over 149,800 direct contacts with community members.



garden with the help of the Jackson County Master Gardener's Association to promote healthy food choices. Thanks to the hard work of Department employees, nearly 90 pounds of nutritious winter greens, broccoli and cauliflower were donated to a local food bank.



Holmes As part of the Healthiest Weight Florida initiative, partnered with DOH-Washington, Farm Share of Quincy and local faith-based organizations to distribute free healthy food to 383 families in the community on Food Day 2014. Recipients received fresh vegetables, whole-grain bread, water, juice and educational materials.







Liberty
Launched FLASH (Fit
Lifestyles Active Strong Healthy) initiative
where participants were encouraged to
increase physical activity by attending
weekly fitness classes provided by DOHLiberty. A total of 986 pounds were lost
by participants.

Santa Rosa As part of the Department's Healthiest Weight Florida initiative, hosted the 2015 Walk for Mommy and Me at the Santa Rosa County Auditorium in Milton. The event featured 68 vendors, games, face painting and was attended by over 300 people.

number of students who participated in Students Working Against Tobacco (SWAT) in Okaloosa County relative to the previous year. Due to the increased participation, SWAT students were able to give a series of original, educational presentations to more than 400 elementary school students.

Washington Along with DOH-Holmes, organized PINK Night for the Northwest Florida Championship Rodeo to recognize cancer survivors and commemorate cancer victims. Survivors and those representing victims were recruited to participate in a moment of silence followed by a 1,000-balloon release in their honor. In addition, eight riders carried pink and black breast cancer awareness flags during the Grand Entry and National

Walton
High students, teachers and school
nurses to promote healthy behaviors
through HOPE classes (Health
Opportunities through Physical
Education) at Walton High. Over 350
students participated and at the yearend evaluation, 86% of underweight
students and 45% of overweight
students made progress toward their
goals, gaining 214

goals, gaining 214 pounds and losing 478 pounds, respectively.

Anthem.



School garden maintained by second grade students at Freeport Elementary in Walton County.

# (Capital

Gadsden WIC in Gadsden County hosted a cooking demonstration by the Florida Department of Agriculture and Consumer Services to promote the Farmer's Market Nutrition Program. The demonstration encouraged healthy eating and healthy living in Florida and was enjoyed by clients and staff.

A-Life tours in every middle and high school in both counties in an effort to reduce texting and





**Jefferson** Promoted physical activity, healthy lifestyles, bicycle safety and school readiness at their Back to School Jefferson County event. The event was held at Jefferson Arms Apartments, included 10 vendors and **reached more than 300 children and parents**.

1,674

Leon County Schools, United Way of the Big Bend and Whole Child Leon, served Medicaid-eligible children with the All Aboard the Molar Express for a Smile United campaign. In total, reached 11 schools, 544 students and sealed 1,674 teeth.



Madison County Memorial Hospital and the Junior Auxillary to provide free mammograms and diagnostic breast care services to underserved women in Madison County. Approximately 22 eligible women will receive over \$9,000 in free services.

Students Working Against Tobacco participated in the yearly Wakulla Coastal Cleanup event. 30 youth and 10 adults collected more than five pounds of cigarette butts and several pounds of debris and trash along the coast and coastal highways.

Collaborated with the city of Perry and local businesses to display red bows to **raise awareness for heart health** during February, Heart Health Month. Red bows were hung outside local businesses and throughout the downtown corridor.

### ~14,000

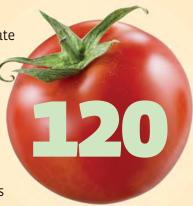
**Alachua** To help control the spread of flu, **immunized almost 14,000** students in public, private and charter schools through its school-based vaccination program making this year's campaign the most successful in the program's history.

Bradford Held a

community-wide event to celebrate
National Food Day with the
University of Florida Institute of
Food and Agricultural Services,
Anytime Fitness, Subway and
other local partners. 120
community members were
educated and trained on the
benefits of home gardening,
exercise and healthy food choices

and were given free BP and BMI

checks.







Columbia Partnered with the Richardson Community Center to provide dental services to summer program participants. During the weeklong event, DOH-Columbia's dental bus cared for 47 children and provided 180 services such as restorations, extractions and sealants.



Physical Activity and Nutrition
Initiatives in Florida grant from the
Florida Comprehensive Cancer Control
Program to educate the county's Black
community. The grant was used to
increase awareness about cancer
treatment and prevention and to highlight
the importance of early detection.



### Dixie

Attained accreditation as **Project Public** Health Ready from the National Association of County and City Health Officers by exhibiting its ability to respond to emergencies, reassuring citizens and county officials of the Department's ability to lead in the event of a disaster.







**Tayette** Planted four garden beds with a group of Mayo citizens to create a community garden, promote physical activity and encourage healthy eating. In addition, collaborated with **DOH-Suwannee** to participate in Healthiest Weight Florida's Florida Health Cleans Up initiative. Enjoyed physical activity and picked up several large bags of litter along the Heritage Trail in Live Oak, an approximately 1.1 mile-long trail.

Suwannee Participated in

Kids Day in Live Oak, an event attended

Promoted healthy eating and physical activity by working with Levy County middle schools students to promote exercise and healthy eating. Contributed to the curriculum of physical education classes for a day to promote healthy concepts, conducted a field day and awarded prizes to students through a partnership with Action for Healthy Kids.

**annually by an estimated 1,000 children.** Set up a booth at Kids Day, encouraged

physical activities such as jumping jacks and passed out goody bags that included

As part of the state's Healthiest Weight Florida initiative, kicked off a 90-day weight loss challenge with a staff breakfast that included presentations on adopting a healthy lifestyle and healthy breakfast food alternatives. In total, 20 staff members participated, and employees lost a combined 124 pounds during the challenge.

Recognized by the National Association of County and City Health Officials (NACCHO) for its partnership with the College of Central Florida, which NACCHO named a model practice. By collaborating with the college, the **dental clinic was able** to expand from two stations at the local facility to eight treatment areas at the

healthy eating activity books, water, bike safety information and a toothbrush.

