

# **PALM BEACH COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN**

**JUNE 2017 – JUNE 2022**



*Revised June 2021*



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# PALM BEACH COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

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## EXECUTIVE SUMMARY

The Florida Department of Health in Palm Beach County conducts the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) process to make meaningful improvements in community health. In 2016, the Health Care District of Palm Beach County (HCD) and the Florida Department of Health in Palm Beach County (DOH-PBC) enlisted the Health Council of Southeast Florida (HCSEF) to facilitate a comprehensive CHA and CHIP.

As part of the process, the Palm Beach County Advisory Council was established in October 2016 with the goal of improving the quality of life and health status of Palm Beach County residents. From October through December 2016, the diverse group of stakeholders met to extensively review and discuss data and information to help guide and inform future planning efforts. The Palm Beach County CHA was developed and detailed this portion of the process.

In February 2017, the Advisory Council reconvened to better understand the current and emerging needs of residents and to outline a plan to address those needs. Through a series of meetings facilitated by HCSEF, the stakeholders developed goals, objectives, and strategies to address each priority area and to ultimately develop the CHIP. The Palm Beach County Advisory Council meets biannually to report on efforts, assess progress, and refine the plan as needed to better improve the health of Palm Beach County residents.

The Palm Beach County CHIP addresses public health priorities and defines how partners will implement health improvement initiatives in Palm Beach County. The following are the Palm Beach County CHIP Strategic Priority Areas:

- Mental and Behavioral Health
- Active Living and Health Lifestyles
- Access to Care and Services

Thanks to the dedication of the Palm Beach County Community Health Advisory Council, the CHIP plan is a thorough and executable plan that all Palm Beach County partners can use to guide community health planning activities in the coming years. This Plan outlines the goals, objectives, and strategies that the Palm Beach County Community Health Advisory Council developed to address the community health priority areas identified in the CHA. We hope that you will review this Plan and consider how you can play a role in achieving a healthier Palm Beach County.

## ACKNOWLEDGEMENTS

The Health Council of Southeast Florida would like to thank the Florida Department of Health in Palm Beach County and the Health Care District in Palm Beach County for the assistance, guidance and funding support for this Community Health Improvement Plan. **We'd like to give a special thank you to the Quantum Foundation**, Inc. for the use of their venue. Furthermore, we would like to extend our sincere appreciation and gratitude to the diverse community members who participated and contributed to this comprehensive body of work, as well as their compassion and dedication to improve the health and wellbeing of Palm Beach County residents.

Community collaboration and partnership are essential to both the Community Health Assessment and the Community Health Improvement Plan. Participation from a broad spectrum of community members is paramount when identifying health priorities and developing a comprehensive, community-wide plan to address them. Proactive and diverse community engagement improves results through the shared commitment to improve the health and quality of life of Palm Beach County residents.

### Participating Organizations: Palm Beach County Advisory Council

211 Palm Beach/Treasure Coast	Jerome Golden Center for Behavioral Health
American Heart Association	Judy Goodman, P.A.
Area Agency on Aging	Jupiter Medical Center
CareerSource Palm Beach County	Lakeside Health Advisory Board Members
Caridad	Palm Beach County
<b>Children's Home Society</b>	Palm Beach County Food Bank
<b>Children's Services Council of Palm Beach County</b>	Palm Beach County League of Cities, Inc.
Community Partners	Palm Beach County Medical Society
Families First	Palm Healthcare Foundation
Farris Foundation	Palm Tran
Florida Community Health Centers, Inc.	School District of Palm Beach County
Florida Department of Health in Palm Beach County	Southeast Florida Behavioral Health Network
FoundCare	<b>St. Mary's Medical Center</b>
Genesis Community Health	Tabernacle Missionary Baptist Church
Glades Initiative	United Way Palm Beach County
Health Care District of Palm Beach County	University of Florida/ IFAS Extension
Homeless Coalition of Palm Beach County	YMCA of South Palm Beach County

## INTRODUCTION

In 2016, the Health Care District of Palm Beach County (HCD) and the Florida Department of Health in Palm Beach County (DOH-PBC) enlisted the Health Council of Southeast Florida to assist in the facilitation of a county-wide collaborative Community Health Assessment (CHA). During this process, data was collected, analyzed and reviewed to aid in the identification of health priorities in the community.

To ensure the integration of the community voice, effective community engagement, and to build public health capacity, DOH-PBC, HCD and HCSEF identified and invited partners from diverse sectors of the public health system to join the Palm Beach County Community Health Advisory Council and participate in strategic planning meetings. These partners include behavioral health professionals, non-profit organizations, health care providers, first responders, community-based organizations, and educational organizations.

During the Community Health Advisory Council meetings, DOH-PBC, HCD, and HCSEF use existing evidence to highlight health benefits and consequences of proposed policies and programs, and to ensure that a health equity lens be applied and that social determinants of health are addressed. This data coupled with the CHA findings were used to develop the Community Health Improvement Plan (CHIP), which focuses on improving the health and quality of life of the residents in Palm Beach County by leveraging existing community resources. The plan specifically addresses mental health, access to care, and access to healthy foods and healthy lifestyles.

In addition, DOH-PBC and HCSEF conducted literature reviews to ensure evidence-based public health practices, the integration of cultural competence, the application of health equity, and the incorporation of system-level changes to address social determinants. Two examples of organizational policies within the Palm Beach County Community Health Improvement Plan are the implementation of cultural bias trainings among service providers and an assessment of transportation routes to identify gaps and barriers to accessing care and services.

The following CHIP report identifies goals, objectives, strategies, and actions for each of the priority areas identified by the CHIP Advisory Council:

- Mental and Behavioral Health
- Active Living and Health Lifestyles
- Access to Care and Services

It is important to note that there were several other areas that emerged, and though they are not addressed in the CHIP, they are nonetheless important and, if possible, should be considered during future health planning activities in the community. The Advisory Council stressed the importance of identifying and reaching underserved populations to address health disparities. Engaging the community on their level, in a meaningful way, was also emphasized.

Evidently, the CHIP is a result of collaborative planning by dedicated stakeholders. It provides a detailed, executable plan to address the health priorities and to monitor and evaluate progress towards goals to improve the health and quality of life of Palm Beach County residents.

# PALM BEACH COUNTY SNAPSHOT

## DEMOGRAPHIC AND SOCIOECONOMIC PROFILE

- In 2014, there were 1,359,074 individuals residing in Palm Beach County, representing 7.0% of Florida's total population.
- In 2014, over a quarter (25.6%) of Palm Beach County residents were 62 years and over.
- In 2014, 20% of the population in the county identified as Hispanic or Latino.
- In 2014, 29.4% of Palm Beach County residents reported speaking a language other than English at home; **43.9% of those individuals were reported to speak English less than "very well."**
- In 2014, 14.6% of individuals residing in Palm Beach County lived below the poverty level.
- During the 2014-2015 academic school year, Palm Beach County School District reported 3,750 students as homeless, an increase of 25.4% from the previous school year.
- During the 2014-2015 academic school year, Palm Beach County had a high school graduation rate of 79.4%, **slightly higher than the state's rate of 77.9%**
- In 2014, Palm Beach County had an unemployment rate of 10.8%.

## HEALTH STATUS PROFILE

- In 2015, Palm Beach County had a rate of 76.3 births to mothers with 1<sup>st</sup> trimester prenatal care, 3.0 lower than Florida.
- Almost a quarter (22.9%) of all births in 2015 received Inadequate or Intermediate Prenatal Care per the Kotelchuck Index.
- In 2015, 44.7% of the births were to overweight or obese mothers at the time pregnancy occurred.
- In 2015, Palm Beach County had a birth rate of 10.8, lower than the rate of Florida.
- The infant death rate and fetal death rate in Palm Beach County shows health inequities and disparities between different races and ethnicities.
- In 2012, in Palm Beach County 38.0% of high school students reported having used alcohol in the past 30 days, 4.1% higher than Florida.
- In 2015, the age-adjusted suicide death rate in Palm Beach County was 15.7, slightly higher than the rate in Florida (14.6).
- During 2014, in Palm Beach County, the rate of hospitalizations from congestive heart failure was 75.5, higher than the rate in Florida by 13.
- The age-adjusted cancer incidence in Palm Beach County in 2013 was considerable higher in individuals identifying as Black and Other than in individuals identifying as White, 623.2 versus 241.3 respectively.
- In 2013, 40.2% of adults in Palm Beach County reported being overweight.
- In 2015, the age-adjusted death rate was 586.7 in Palm Beach County
- During 2015, Palm Beach County had a higher rate of deaths from unintentional injuries than the state with rates of 51.6 and 46.2 respectively.

## HEALTH RESOURCES AVAILABILITY AND ACCESS

- In 2015-2016, the rate of total licensed Florida physicians in Palm Beach County was 303.6 per 100,000, which was higher than the rate for the entire state (249.0 per 100,000).

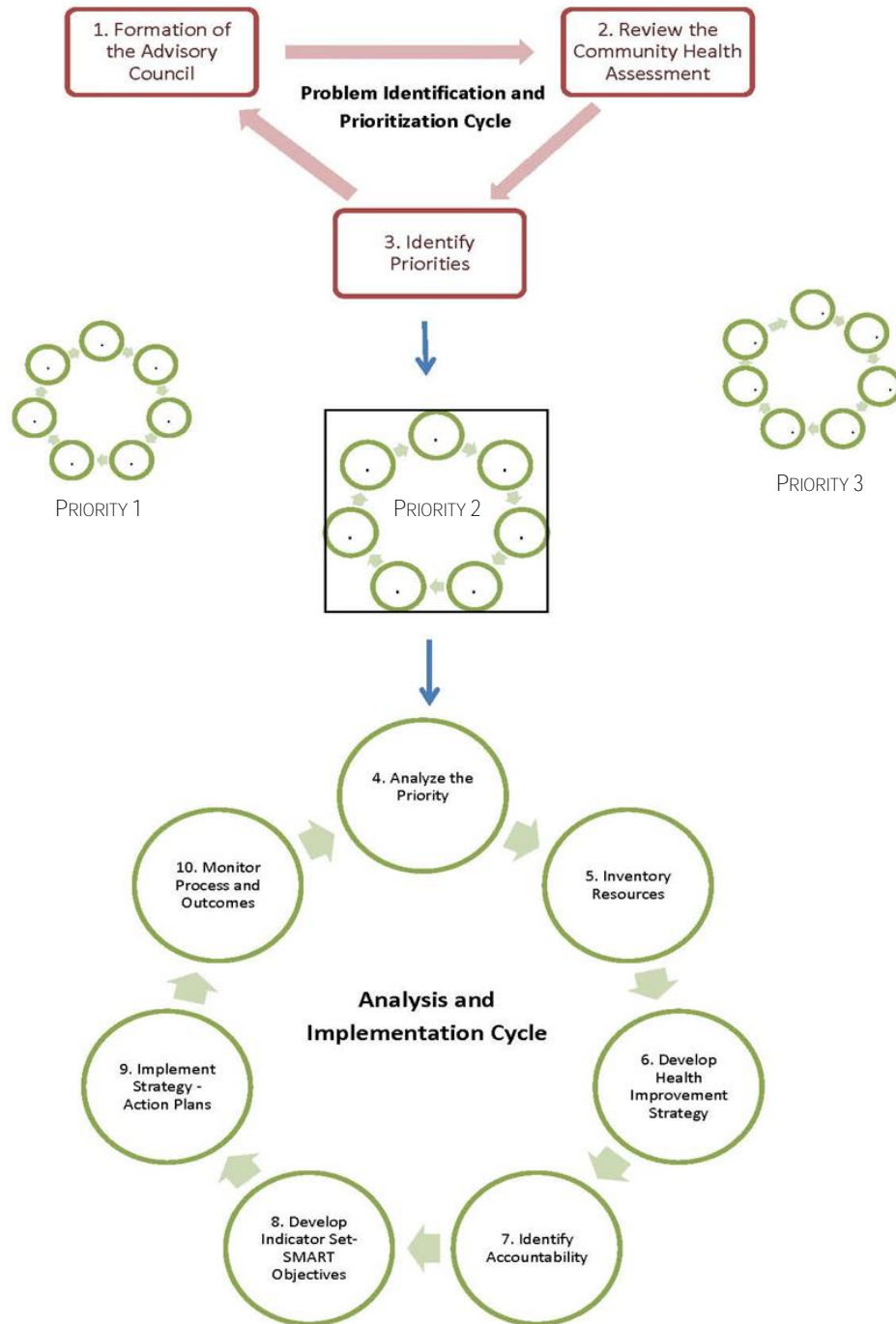


- In Palm Beach County, there are a total of twelve primary care health professional shortage areas, seven dental care health professional shortage areas and four mental health care health professional shortage areas.
- Palm Beach County has eight populations designated as medically underserved populations.
- 19.2% of individuals residing in Palm Beach County were uninsured in 2014.
- Palm Beach County has 14 hospitals and 1 Veterans Administration Medical Center.

## COMMUNITY PERSPECTIVE

- A Local Public Health System Assessment was conducted in 2016 in Palm Beach County.
- 14 focus groups were conducted in various areas throughout the county. The following sub-groups of the population were recruited: individuals residing in the Glades communities, residents over the age of 65 years, youth, the homeless, individuals with disabilities, and residents that speak a language other than English primarily (Haitian-Creole and Spanish.)
- A total of 21 interviews were conducted with key informants.

PALM BEACH COUNTY COMMUNITY HEALTH ASSESSMENT AND COMMUNITY HEALTH IMPROVEMENT FRAMEWORK



*Adapted from Institute of Medicine's Community Health Improvement Process*

## THE FRAMEWORK: A COMMUNITY HEALTH IMPROVEMENT MODEL

Beginning in August 2016, the Florida Department of Health in Palm Beach County and the Health Care District of Palm Beach County engaged the Health Council of Southeast Florida to lead and facilitate the CHA and CHIP processes.

### Problem Identification and Prioritization

*Step 1:* With the help of the Florida Department of Health in Palm Beach County and the Health Care District of Palm Beach County, the Health Council of Southeast Florida identified community members that would be invited to participate on the Palm Beach County Advisory Council. In order to ensure broad representation on the Council, a matrix was used during the identification process.

In August 2016, HCSEF facilitated a series of two meetings utilizing the Local Public Health System Assessment (LPHSA), an instrument developed by the Centers for Disease Control (CDC). The first meeting was the internal LPHSA, which was attended by only Health Department and Health Care District staff members. At the next meeting, various community leaders and stakeholders convened to complete the second and final portion of the assessment tool.

*Step 2:* The Advisory Council met for a total of four meetings during the months of October, November and December 2016. During these meetings, meeting participants extensively reviewed both quantitative data and qualitative data specific to Palm Beach County. The quantitative data, or secondary data, was composed of indicators related to the demographic and socioeconomic characteristics of residents, as well as the health status and health resource availability. The primary data, or qualitative data, was information compiled from the LPHSA, the focus groups and the key informant interviews. In December of 2016, the Community Health Assessment was finalized.

### Analysis and Implementation

*Step 3:* In February 2017, the Advisory Council reconvened for a series of six meetings to develop the CHIP. Members **were asked to discuss what Palm Beach County would look like if it were 'healthy' and to define what 'healthy' meant** to them. After thoroughly reviewing data that had been presented during the CHA process, Council members participated in a series of exercises to identify and select priorities that would become the focus of the CHIP.

The Council identified and discussed a number of possibilities, but elected to move forward with three CHIP priorities: Mental and Behavioral Health, Active Living and Healthy Lifestyles, and Access to Care and Services.

*Steps 4-8:* Once the priorities were defined by the Advisory Council, a Root Cause Analysis exercise was conducted. **Advisory Council members were asked to explore each priority's underlying causes.** The information that was collected from this exercise aided in the development of goals, objectives and strategies. With the help of the Health Department, HCSEF worked to refine the objectives and goals to ensure they were S.M.A.R.T.

*Steps 9-10:* The remaining two steps, the Implementation and Monitoring of the CHIP process and outcomes with be ongoing throughout the term of the CHIP (2017-2021).

## COMMUNITY HEALTH IMPROVEMENT PLAN TIMELINE

August 2016	The internal and external Local Public Health System Assessment was completed
September 2016	Invitations sent to potential Palm Beach County Advisory Council members
September-November 2016	<b>Collection of the community's perspective through facilitation of 14 focus groups</b> and 21 key informant interviews were conducted
October 18, 2016	First meeting of the Palm Beach County Advisory Council and review of Part I of the quantitative data
November 4, 2016	Second meeting of the Palm Beach County Advisory Council and review of Part II of the quantitative data
November 18, 2016	Third meeting of the Palm Beach County Advisory Council and review of Part III of the quantitative data
December 15, 2016	Fourth meeting of the Palm Beach County Advisory Council and review of the qualitative data
December 2016	Development of the Palm Beach County Community Health Needs Assessment report
January 2017	Invitations were sent to re-engage of Advisory Council Members
February 21, 2017	<b>Fifth meeting of the Palm Beach County Advisory Council and 'Trigger Report'</b> review of data from the CHA
March 13, 2017	Sixth meeting of the Palm Beach County Advisory Council and identification of priority areas
March 29, 2017	Seventh meeting of the Palm Beach County Advisory Council and refinement of priority areas
April 11, 2017	Eighth meeting of the Palm Beach County Advisory Council and root cause analysis of priority areas
April 24, 2017	Ninth meeting of the Palm Beach County Advisory Council and begin developing activities developing goals and objectives
May 8, 2017	Tenth meeting of the Palm Beach County Advisory Council and review and refine plan
June 2017	Internal discussion with HCSEF and Health Department to further refine CHIP
June 2017	Development of the Palm Beach County Community Health Improvement Plan Report
November 29, 2017	Eleventh meeting of the Palm Beach County Advisory Council and annual review
May 29, 2018	Twelfth meeting of Palm Beach County Advisory Council and review and plan update

December 4, 2018	Thirteenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates
May 29, 2019	Fourteenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates
December 17, 2019	Fifteenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates
June 1, 2020	Sixteenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates.
December 10, 2020	Seventeenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates.
June 16, 2021	Eighteenth meeting of the Palm Beach County Advisory Council to review the plan and provide updates

## COMMUNITY HEALTH IMPROVEMENT PLAN IMPLEMENTATION

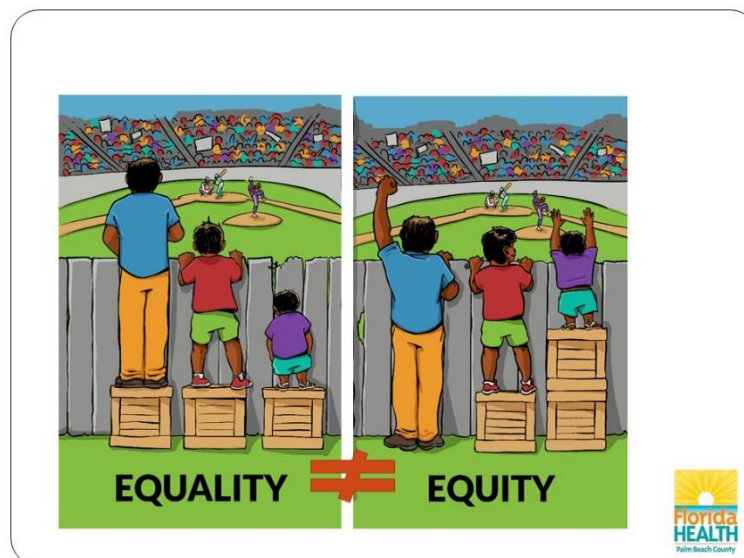
The Palm Beach County Community Health Improvement Plan is a five-year systematic plan to address health priorities that were identified during the Community Health Assessment. The plan focuses on the top three priorities identified by the Advisory Council and defines specific goals, strategies, objectives, activities and measures related to the areas.

The intervention strategies in the CHIP attempt to:

- Address the underlying causes of the identified priorities
- Utilize data to identify priorities and measure the impact and progress of interventions
- Outline approaches that are realistic in the community given the time and resources
- Develop an action plan that can have wide-reaching community-wide impact
- Detail measurable objectives to evaluate progress
- Engage community members
- Support ongoing initiatives and efforts underway in the community
- Implement evidence-supported models for community health improvement
- Focus on improving health factors and outcomes in Palm Beach County
- Address health disparities to create a health system with a focus on health equity

## HEALTH EQUITY

According to the Centers for Disease Control and Prevention (CDC), health equity is achieved when everyone in the community has the opportunity to attain full health potential regardless of social position or other socially-determined circumstances that might otherwise impede optimal health outcomes; such as length and quality of life, rates of disease, disability, death, severity of disease, and access to treatment.<sup>1</sup> The Health Advisory Council aims to utilize a health lens in the activities being carried out to reduce health disparities in the community (i.e. adverse health outcomes), especially among marginalized groups of people.



<sup>1</sup> <https://www.cdc.gov/chronicdisease/healthequity/index.htm>

## STRATEGIC PRIORITIES AND ACTION PLANS

This section of the report presents the culmination of the perspective, input and effort of community members and stakeholders in this improvement planning process.

The sections below detail each of the three priorities addressed in this CHIP and each of their goals, specific objectives, strategies, action steps, and evaluation methods.

The goal is a broad, general statement about a desired outcome. It represents the destination the community hopes to reach with regard to the priority.

The objectives are more specific and detail what the community hopes to achieve and by when. Whenever feasible, this plan's objectives are S.M.A.R.T., meaning they are specific, measurable, achievable, relevant and realistic and time-bound.

The strategies detailed in the Plan represent ways to achieve the objectives and the action steps provide more detail and specific steps to outline how the strategies should be approached.

The information in this Plan aims to lay a solid foundation and provide direction for the community health improvement **planning efforts in the community. This CHIP is a 'living document' and can be adapted throughout the planning cycle** to meet the community's emerging needs.

The goals, objectives, and strategies outlined in this CHIP do not necessitate policy changes to accomplish and reach stated goals.

Although the Palm Beach County Community Health Advisory Council works collaboratively and leverages existing community resources to implement the CHIP, the lead community partners listed in the action plan under each goal have relevant service provision experience and expertise. Serving as lead agencies, these key partners will oversee implementation efforts for each of the strategies within each priority area and report progress during the Palm Beach County Community Health Advisory Council meetings.

## MENTAL AND BEHAVIORAL HEALTH – WHY ADDRESS IT?

**Untreated mental health conditions and substance use disorders can have devastating effects on an individual's physical and social well-being.**<sup>2</sup> Mental health disorders are associated with reductions in life expectancy, quality of life, and financial stability.<sup>3 4</sup> However, less than half of individuals with mental disorders and only one-tenth of those with substance use disorders receive any treatment.<sup>5</sup> As such, the overall well-being of a community is at risk when support services are not in place to adequately address the mental and behavioral health needs of its residents. The impact of mental and substance use disorders negatively affects all aspects of a community, including human suffering, vulnerability to abuse, lower quality of life, comorbidities, decreased life expectancy, increased poverty levels, safety concerns and more.

The Palm Beach County Advisory Council recognizes that mental and behavioral health are important parts of a healthy community. Having a strong mental and behavioral public health system promotes individuals to reach their full potential and be fully contributing members of society. According to the Substance Abuse and Mental Health Services Administration, SAMHSA, **“Studies show that most people with mental health problems get better, and many recover completely.”**<sup>6</sup> With the right support, access to care and rehabilitation, many people who suffer from mental and behavioral issues will progress to a healthy condition.

A strong mental and behavioral public health system provides effective strategies and preventative measures to positively influence members of a community. Specific actions can be taken to increase the number of Palm Beach County residents who are helped. Residents directly benefit from expanding the number of peer support services. Additionally, mental health first aid trainings have been proven to be effective at decreasing stigmatization of mental and behavioral health illnesses, increasing referrals to mental health services, and benefiting both the attendees and the people they help. Educating a community about mental and behavioral health through marketing, social media and public service announcements offers additional approaches to decreasing the stigma associated with mental and behavioral illnesses.

According to the Florida Behavioral Health Association, Palm Beach County had 4,855 overdoses between January and October 2016 with over \$41 million in public payer, opioid related, hospital charges.<sup>7</sup> With such a high number of residents suffering with mental health illnesses, including substance use disorders, action is needed. In a determined effort to improve the health of residents of Palm Beach County, the Advisory Council has established Mental and Behavioral Health as a priority.

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<sup>2</sup> Hendriks, S. M., Spijker, J., Licht, C. M., Hardeveld, F., de Graaf, R., Batelaan, N. M., ... & Beekman, A. T. (2015). Long-term work disability and absenteeism in anxiety and depressive disorders. *Journal of affective disorders*, 178, 121-130.

<sup>3</sup> Walker, E. R., McGee, R. E., & Druss, B. G. (2015). Mortality in mental disorders and global disease burden implications: a systematic review and meta-analysis. *JAMA psychiatry*, 72(4), 334-341

<sup>4</sup> Bayliss, M., Rendas-Baum, R., White, M. K., Maruish, M., Bjorner, J., & Tunis, S. L. (2012). Health-related quality of life (HRQL) for individuals with self-reported chronic physical and/or mental health conditions: panel survey of an adult sample in the United States. *Health and Quality of life outcomes*, 10(1), 1-10.

<sup>5</sup> Substance Abuse and Mental Health Services Administration. 2019 National Survey of Drug Use and Health Releases. [https://www.samhsa.gov/data/sites/default/files/reports/rpt29392/Assistant-Secretary-nsduh2019\\_presentation/Assistant-Secretarynsduh2019\\_presentation.pdf](https://www.samhsa.gov/data/sites/default/files/reports/rpt29392/Assistant-Secretary-nsduh2019_presentation/Assistant-Secretarynsduh2019_presentation.pdf)

<sup>6</sup> [https://www.mentalhealth.gov/talk/community-conversation/Information%20Brief%20remediated%20\(2\)-1.pdf](https://www.mentalhealth.gov/talk/community-conversation/Information%20Brief%20remediated%20(2)-1.pdf)

<sup>7</sup> [http://www.fadaa.org/links/Opioid%20Media%20Kit\\_FINAL.pdf](http://www.fadaa.org/links/Opioid%20Media%20Kit_FINAL.pdf)



TABLE 1: MENTAL AND BEHAVIORAL HEALTH STRATEGY 1.1.1

Goal 1: Improve mental and behavioral health through prevention and by ensuring access to appropriate, quality services.			
Objective 1.1: Decrease the percentage of adults who had poor mental health on 14 or more days in the last 30 days from 11.7% (2016) to 9.9% by June 30, 2022.			
Strategy 1.1.1: Increase community education to promote early identification of mental and behavioral health needs.			
National/State Priorities Alignment: HP2030: MHMD-01, MHMD-02, MHMD-04, MHMD-06, MHMD-07. SHIP: BH1, BH4.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Increase the number of evidence-based mental health centered trainings offered to the community (target specific professions, populations) i.e. Mental Health First Aid, Trauma-Informed Care, etc.	Alpert Jewish Family and Children Services	Number of trainings provided	Alpert Jewish Family and Children Services (JFSC)
Develop a community campaign to reduce the stigma surrounding mental and behavioral health	Palm Health Foundation	Number of participants	Palm Health Foundation
	Mental Health Association of Palm Beach County 211 Palm Beach/Treasure Coast Healthier Together	Number of events	Mental Health Association of Palm Beach County 211 Palm Beach/Treasure Coast Healthier Delray Beach Healthier Neighbors Healthier Lake Worth Healthier Glades
	Healthier Together	Website and social media analytics	Healthier Delray Beach Healthier Neighbors Healthier Lake Worth Healthier Glades
Develop more messaging (slogans, marketing strategy, social media, etc.) in the community	Mental Health Association of Palm Beach County	Number of messaging	Mental Health Association of Palm Beach County
	211 Palm Beach/Treasure Coast		211 Palm Beach/Treasure Coast

pertaining to mental and behavioral health	Healthier Together American Heart Association		Healthier Delray Beach Healthier Neighbors Healthier Lake Worth Healthier Glades 30 Days of Heart BeWell
Increase the number of screenings offered in the community	Mental Health Association of Palm Beach County	Number of screenings	Mental Health Association of Palm Beach County

TABLE 2: STRATEGY 1.1.1: CUMULATIVE ACTIVITY PROGRESS

Strategy 1.1.1: Increase community education to promote early identification of mental and behavioral health needs.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative

							Total
Number of evidence-based mental health centered trainings.	100 trainings (baseline)	75 trainings, 1,585 participants	70 trainings, 1,269 participants	107 trainings, 2,033 participants	108 trainings, 1,620 participants	92 trainings, 1,195 participants	352 trainings, 7,702 participants
Number of mental health anti-stigma campaign participants	N/A	N/A	1,985 event participants	3,128 event participants, 110,096 total social media reach	57,746 total social media reach	Pending	5,113 event participants, 167,842 total social media reach
Number of mental health anti-stigma campaign events	N/A	61 events	53 events	249 events	353 events	81 events	797 events
Mental health-related social media messaging analytics	N/A	6,278 followers	9,439 followers	13,584 followers	9,838 followers	Followers pending	39,139 followers
			461 digital/print copies distributed	610 digital/print copies distributed	1,122 digital/print copies distributed	383 digital/print copies distributed	2,576 digital/print copies distributed
			BeWell Campaign: 225,167 impressions				BeWell: 225,167 impressions
Number of mental health screenings	N/A	1,291 screenings	1,193 screenings	1,258 screenings	Pending	Pending	3,742 screenings

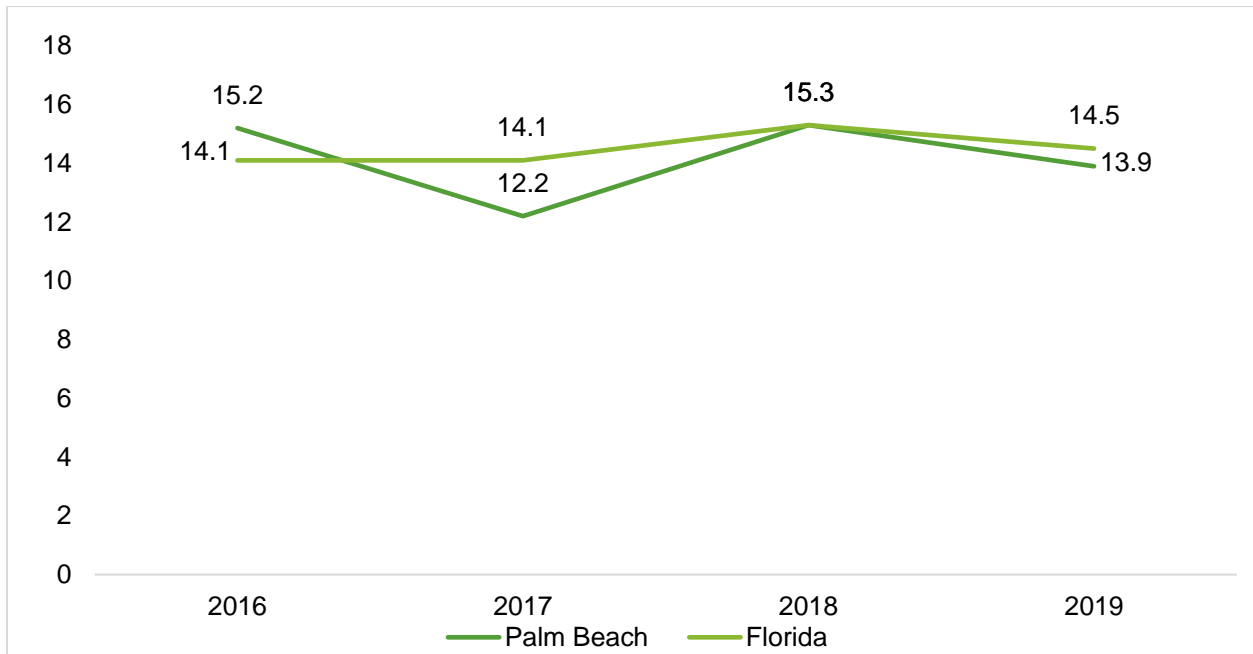
TABLE 3: MENTAL AND BEHAVIORAL HEALTH STRATEGY 1.2.1

Objective 1.2: Decrease the age-adjusted suicide death rate from 15.2 (2016) to 12.9 by June 30, 2022.			
Strategy 1.2.1: Increase support services and interventions for suicide prevention.			
National/State Priorities Alignment: HP2030: MHMD-01, MHMD-02, MHMD-04, MHMD-06, MHMD-07. SHIP: BH1, BH4.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Activities that align with current county-wide initiatives, i.e. Suicide Prevention Plan, Zero Suicide Initiative, Birth to 22 Youth Master Plan, etc.	Palm Beach County Youth Services Department	Number of trainings and participants Number of events	Palm Beach County Youth Services Department
Increase awareness and promotion of 211 Crisis Hotline and other suicide prevention services.	211 Palm Beach/Treasure Coast	Total Contacts (calls, texts, emails) related to Mental Health/Addictions; including suicide related contacts Total Mental/Addictions related referrals	211 Palm Beach/Treasure Coast (Data specifically from Palm Beach County, unless otherwise noted)
Increase awareness of suicide prevention services at schools	School District of Palm Beach County 211 Palm Beach/Treasure Coast	Number of events Number of participants	School District of Palm Beach County 211 Palm Beach/Treasure Coast

TABLE 4: STRATEGY 1.2.1 CUMULATIVE ACTIVITY PROGRESS

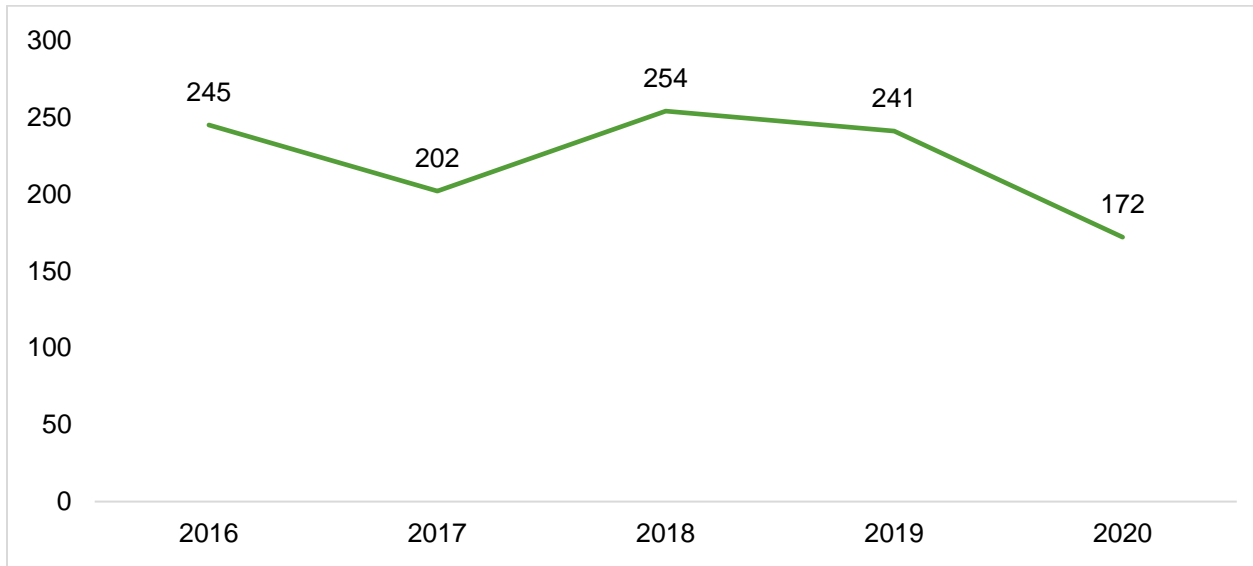
Strategy 1.2.1: Increase support services and interventions for suicide prevention.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Suicide prevention activity trainings, participants, and events	N/A	N/A	117 trainings, 620 participants	72 trainings, 2,098 participants, 13 events	60 trainings, 4,212 participants, 4 events	23 trainings, 1,468 participants, 0 events	272 trainings, 8,398 participants, 17 events
211 Crisis Hotline mental health-related and suicide-related calls and mental health referrals	18,568 total, 799 suicide-related, 12,459 referrals	21,490 total, 1,814 suicide-related, 10,840 referrals	20,623 total, 907 suicide-related	19,303 total, 943 suicide-related	18,208 total, 851 suicide-related	4,957 total, 198 suicide-related	84,581 total, 3,914 suicide-related
School suicide prevention awareness events and participants	27 MHFA trainings, 388 participants	44 MHFA trainings, 830 participants	45 MHFA trainings, 1,179 participants  Youth Mental Health Summit: 216 participants; Adolescent Depression Awareness Program: 1,000 students; Student Metal Health and Wellness Conference: 315 school staff  211 school events: 19; Teen Help Guides: 56,000 students	79 MHFA trainings, 1,660 participants  KOGNITO mental health training: 19,972 modules completed by school district staff  211 school events: 10; Youth Suicide Prevention Presentations: 220 School District Principals, 75 multi-cultural dept. staff, 40 police academy cadets	233 MHFA trainings, 27,309 participants  KOGNITO training: 21,536 modules completed  211 school events: 6; 500 participants	74 MHFA trainings, 1,820 participants  211 school events: 3; 225 participants; 75 outreach events to pediatric providers	475 MHFA trainings, 32,798 participants  KOGNITO trainings: 41,508 modules completed  Summits and conferences: 1,531 participants  38 school events: 57,060 participants  75 outreach events to pediatric providers

FIGURE 1: AGE-ADJUSTED SUICIDE DEATH RATE, PER 100,000 POPULATION, PALM BEACH COUNTY AND FLORIDA, 2016-2019



Source: FL Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2016-2019

FIGURE 2: ANNUAL SUICIDE TOTAL, PALM BEACH COUNTY, 2016-2020.



Source: Palm Beach County Medical Examiner's Office, PBCMEO Annual Report, 2020

TABLE 5: MENTAL AND BEHAVIORAL HEALTH STRATEGY 1.3.1, 1.4.1, 1.3.2 & 1.4.2

Objective 1.3: Decrease the percentage of adults who engage in heavy or binge drinking from 17.8% (2016) to 16.8% by June 30, 2022.			
Objective 1.4: Decrease the percentage of high school students who reported binge drinking from 9.8% (2016) to 8.6% (HP2020 goal) by June 30, 2022.			
Strategy 1.3.1 & 1.4.1: Promote and implement evidence-based community-wide initiative to reduce alcohol abuse and substance use in the county.			
National/State Priorities Alignment: HP2030: SU-13, SU-15, SU-18. SHIP: BH1, BH3.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Increase capacity for case management and aftercare case management utilizing Recovery Oriented System of Care and Wraparound	Southeast Florida Behavioral Health Network	Number of providers trained in Wraparound Number of providers utilizing Wraparound Number of providers trained in Recovery Oriented System of Care Number of providers utilizing Recovery Oriented System of Care	Southeast Florida Behavioral Health Network
Collaborate with the Palm Beach County Substance Abuse Awareness Coalition	Palm Beach County Substance Awareness Coalition	Engage Coalition in the Palm Beach County CHIP Align goals, strategies as appropriate; Community Partners joining coalition, attending events, joining a task force, etc.	Palm Beach County Substance Awareness Coalition
Strategy 1.3.2 & 1.4.2: Increase awareness and utilization of mental and behavioral health services available in Palm Beach County.			
National/State Priorities Alignment: HP2030: SU-D01, SU-D02, SU-D03. SHIP: BH1.2, BH-3.			
Expand opportunities for Peer Mentors and Community Health Workers to be trained and funded	Southeast Florida Behavioral Health Network Mental Health Association of Palm Beach County National Alliance on Mental Illness Palm Beach County	Number of peer support services	Southeast Florida Behavioral Health Network Mental Health Association of Palm Beach County National Alliance on Mental Illness Palm Beach County
Develop a Support Group Directory so that families know where to seek help and support	211 Palm Beach/Treasure Coast	Development of directory	211 Palm Beach/Treasure Coast

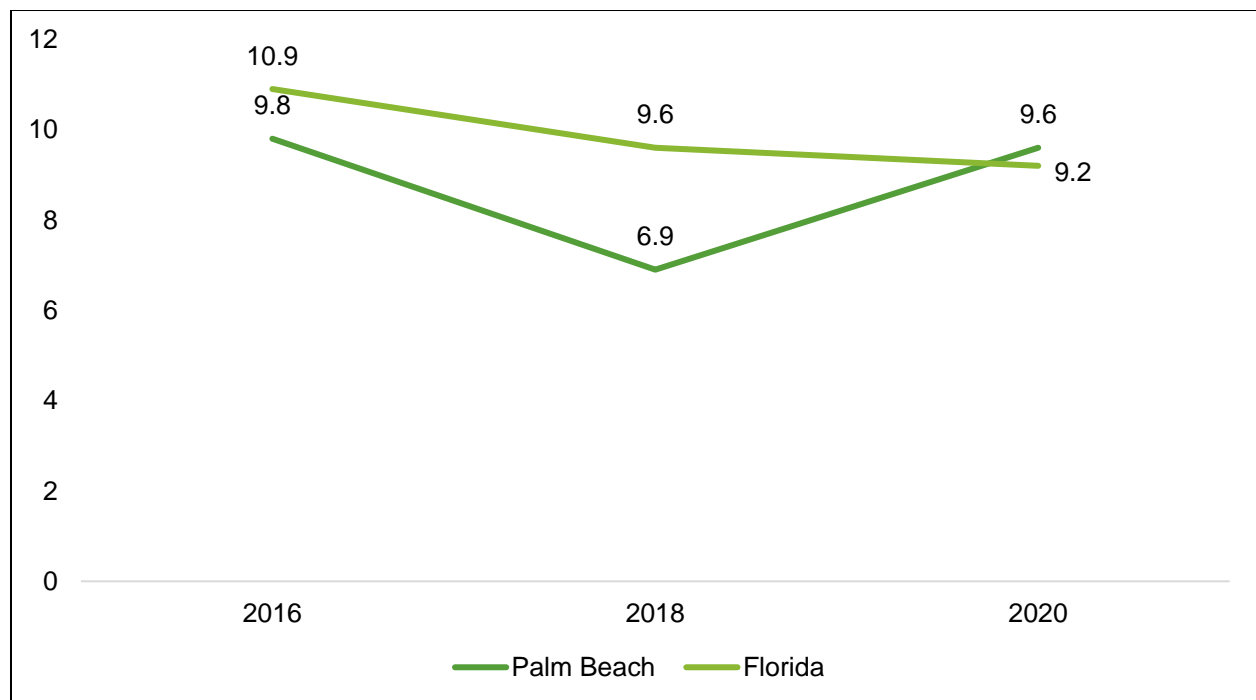
TABLE 6: STRATEGY 1.3.1, 1.4.1, 1.3.2 & 1.4.2 CUMULATIVE ACTIVITY PROGRESS

Strategy 1.3.1 and 1.4.1: Promote and implement evidence-based community-wide initiative to reduce alcohol abuse and substance use in the county.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of providers trained in Wraparound	16 providers	13 providers	14 providers	27 providers	Pending	Pending	54 providers (2017-2019)
Number of providers utilizing Wraparound	2 providers	4 providers	7 providers	7 providers	Pending	Pending	18 providers (2017-2019)
Number of providers trained in Recovery Oriented System of Care	N/A	16 providers	25 providers	All providers	Pending	Pending	41 providers (2017-2018)
Number of providers utilizing Recovery Oriented System of Care	All providers	All providers	All providers	All providers	Pending	Pending	N/A
Engage Coalition in the Palm Beach County CHIP  Number of Community Partners joining coalition, attending events, joining a task force, etc.	N/A	One PBC Substance Awareness Coalition member added	PBC Substance Awareness Coalition presented at the CHIP Health Advisory Council meeting on 12/4/18.	5,287,237 youth and 16,560,931 adults reached through messaging, events, etc.	16,913 youth and 67,866 adults reached through messaging, events, etc.	15,816 youth and 48,345 adults reached through messaging, events, etc.	5,320,523 youth and 16,677,142 adults reached through messaging, events, etc. (total: 21,997,665)



Strategy 1.3.2 & 1.4.2: Increase awareness and utilization of mental and behavioral health services available in Palm Beach County.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of peer support service participants	Number of peer support services	N/A	N/A	4,144 participants	918 participants	Pending	5,062 participants
Development of directory	Not developed	Support Group Directory developed	N/A	N/A	N/A	N/A	Support Group Directory developed

FIGURE 3: PERCENT OF HIGH SCHOOL STUDENTS WHO REPORT ENGAGING IN HEAVY OR BINGE DRINKING IN THE LAST 30 DAYS, PALM BEACH COUNTY AND FLORIDA, 2016-2020

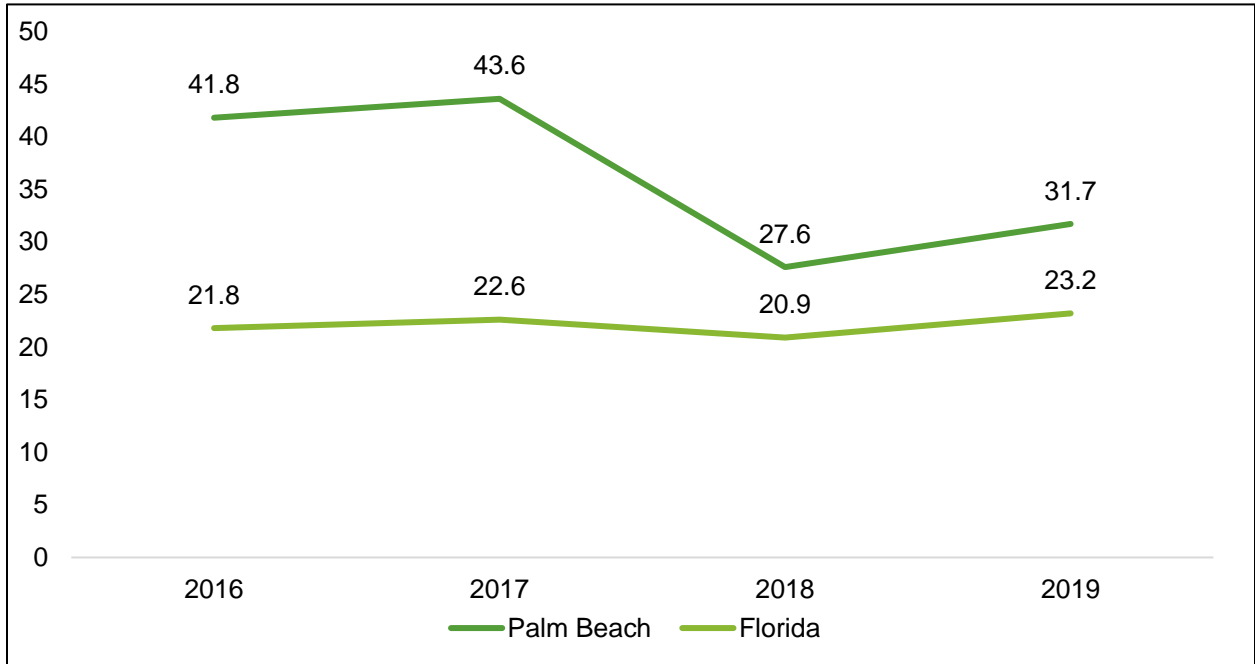


Source: Florida Department of Children and Families, Florida Youth Substance Abuse Survey (FYSAS), 2016 and 2018 and 2020

TABLE 7: MENTAL AND BEHAVIORAL HEALTH STRATEGY 1.5.1

Objective 1.5: Reduce the rate of drug overdose deaths from 60.2 per 100,000 (2017) to 40 by June 30, 2022.			
Strategy 1.5.1: Use a collaborative community approach to effectively address the issue of substance use.			
National/State Priorities Alignment: HP2030: SU-13, SU-15, SU-18. SHIP: BH-1.2, BH-3.1.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Train healthcare providers on key opioid-related issues	Still in the planning phase	Number of trainings Number of providers trained	Still in the planning phase
Provide opioid and related education to school age youth and their parents	Still in the planning phase	Number of educational sessions Number of students in attendance Number of parents in attendance	Still in the planning phase
Provide behavioral health trainings in the community	Mental Health First Aid Coalition	Number of trainings Number of residents trained	Alpert Jewish Family Services
Develop the infrastructure for organizations to provide linkages and warm handoffs to treatment and support services	Still in the planning phase	Still in the planning phase	Still in the planning phase
Strategy 1.5.2: Increase surveillance to activities to monitor and gather data about the scope and nature of the overdose problem.			
National/State Priorities Alignment: HP2030: SU-13, SU-15, SU-18. SHIP: BH-1.2, BH-3.1.			
Collect and disseminate emergency department data on suspected overdoses	Florida Department of Health in Palm Beach County	Still in the planning phase	Florida Department of Health in Palm Beach County
Collect and disseminate descriptions of drug overdose death circumstances		Still in the planning phase	
Implement innovative surveillance activities to support interventions		Still in the planning phase	

FIGURE 4: DRUG OVERDOSE DEATHS PER 100,000 POPULATION, PALM BEACH COUNTY AND FLORIDA, 2016-2019



Source: FL Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2016-2019

## BEST PRACTICES AND EVIDENCE-SUPPORTED INITIATIVES

### Crisis Intervention Training

The Crisis Intervention Team (CIT) Program is a collaboration of professionals committed to assisting persons with **behavioral health disorders (mental illness, developmental disabilities, Alzheimer’s disease and addictive disease)**. This collaboration includes local members of the National Alliance on Mental Illness (NAMI), mental health service providers, family members, and law enforcement officers. The most important aspect of the CIT Program is the training provided to law enforcement officers<sup>8</sup>.

### Mental Health First Aid

Mental Health First Aid is an adult public education program designed to improve participants' knowledge and modify their attitudes and perceptions about mental health and related issues, including how to respond to individuals who are experiencing one or more acute mental health crises (i.e., suicidal thoughts and/or behavior, acute stress reaction, panic attacks, and/or acute psychotic behavior) or are in the early stages of one or more chronic mental health problems (i.e., depressive, anxiety, and/or psychotic disorders, which may occur with substance abuse).<sup>9</sup>

### Trauma-Informed Care

A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues<sup>10</sup>

### Trauma-Informed Schools

In a trauma-informed school, the adults in the school community are prepared to recognize and respond to those who have been impacted by traumatic stress. Those adults include administrators, teachers, staff, parents, and law enforcement. In addition, students are provided with clear expectations and communication strategies to guide them through stressful situations. The goal is to not only provide tools to cope with extreme situations but to create an underlying culture of respect and support<sup>11</sup>.

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<sup>8</sup> <https://namipbc.org/crisis-intervention-training/>

<sup>9</sup> <http://www.mentalhealthfirstaid.org>

<sup>10</sup> <https://www.samhsa.gov/nctic/trauma-interventions>

<sup>11</sup> <https://traumaawareschools.org/traumaInSchools>

## COMMUNITY RESOURCES AND INITIATIVES

### Birth to 22

- Birth to 22 United for Brighter Futures is also concerned with how programs and services supporting Palm Beach County's children and youth support broader community and family outcomes that we are critical to their success. These community context outcomes are (a) Improve healthy, safe, permanent and nurturing environments and (b) ensuring effective parenting.

### Healthier Together Initiative

- Healthier Together is a community-driven, placed-based approach that emphasizes the partnership between the communities and Palm Healthcare Foundation to work hand in hand to building organizational and individual capacities, infrastructure, programming and services in Palm Beach County. Three priority areas guide the initiative's work: diabetes prevention and management, behavioral health and family caregiving<sup>12</sup>.

### Mental Health Association of Palm Beach County

- Works to improve mental wellness and eliminate stigma in our community through education, advocacy, and by improving access to integrated behavioral health services.

### National Alliance on Mental Illness of Palm Beach County

- The National Alliance on Mental Illness of Palm Beach County is an organization dedicated to providing support, education and advocacy with the goal to empower persons with mental illness and their families.

### Southeast Florida Behavioral Health Network

- Network system of care that oversees funding designated by the state of Florida to help individuals in need of behavioral health care

### 211 Palm Beach/Treasure Coast

- 211 is the Crisis Hotline and Community Helpline for residents of Palm Beach and Treasure Coast counties. Calls are answered 24/7 and provided suicide prevention and crisis intervention to those in need and refer individuals to community resources as needed. Other services include: telephone counseling, advocacy programs, community resource database, community outreach, and online/text communication.

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<sup>12</sup> <http://healthiertogetherpbc.org/about/#background>

## ACTIVE LIVING AND HEALTHY LIFESTYLES – WHY ADDRESS IT?

Communities, such as Palm Beach County, are heavily burdened with the effect chronic diseases and conditions have on their population. The cost, both measurable and immeasurable, is tremendous. Unhealthy lifestyle behaviors are the underlying cause of many chronic diseases and conditions, which could be lessened or prevented by increasing healthy behaviors. To influence a change, it is appropriate and important for the public health sector to encourage all members of the population to increase healthy behaviors while decreasing high-risk behaviors. Healthy behaviors, such as being active and exercising, as well as eating a healthy diet, are proven to increase life expectancy, decrease chronic conditions, and prevent disease.

The Palm Beach County Advisory Council has identified various conditions and deficiencies in their population that could be improved through the promotion of active living and healthy lifestyles. The Council recognizes the importance of addressing issues effecting a majority of the population, such as a high body mass index. For example, 60.1% of the adult residents of Palm Beach County are overweight or obese. Obesity is a preventable condition that is linked to health conditions such as heart disease, stroke, diabetes, gallbladder disease, osteoarthritis, gout and some cancers. Encouraging the community to adopt more healthy behaviors and a healthy lifestyle can go a long way in preventing many of these diseases and conditions.

Helping all members of a community is challenging and requires attention to cultural differences and overcoming language barriers. In addition, efforts to address the needs of different subpopulations need specific targeted engagement and support. Subpopulations such as pregnant women and infants could benefit from campaigns to promote health and decrease infant mortality. Other hazards could be addressed by promoting measures and activities that decrease exposure and infection rates. Concentrating efforts on educating and supporting these subpopulations is an important component of the overall goal to increase the health of the entire community.

The benefits to an active and healthy lifestyle are well documented. Healthy lifestyle choices combat disease, prevent unhealthy weight gain, improve mood and boost energy. Palm Beach County has an opportunity to improve the health of their community by supporting campaigns to educate, promote and encourage healthy lifestyle behaviors. The advantages are clear and the Palm Beach County Advisory Council has identified active living and healthy lifestyles as a priority for their community.

TABLE 8: ACTIVE LIVING AND HEALTHY LIFESTYLES STRATEGY 2.1.1, 2.1.2, 2.2.1, & 2.2.2

Goal 2: Promote health and reduce disease risk through healthy lifestyles.			
Objective 2.1: Decrease the percentage of adult residents in Palm Beach County who are overweight or obese from 52.9% to 50.0% by June 30, 2022.			
Objective 2.2: Decrease the percentage of middle and high school students who are overweight or obese from 26.6% (2016) to 22.6% by June 30, 2022.			
Strategy 2.1.1 & 2.1.2: Develop and promote consistent information and campaigns/initiatives to residents on healthy choices through education and outreach.			
National/State Priorities Alignment: HP2030: HC/HIT-01, NWS-03, NWS-04, NWS-05. SHIP: HW1, HW2.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Expand the number of municipalities recognized as Healthy Weight Communities	DOH-Palm Beach County	Number of FDOH Healthy Weight Community Challenge awardees (increase from 3 to 10 by December 2021)	DOH-Palm Beach County
Expand existing community campaigns promoting activity and exercise using programs such as Let's Move, Healthy Eating Physical Activity (HEPA) and P.E.T.	DOH-Palm Beach County	Number of hits on 5210 website (5210letsgo.com)	DOH-Palm Beach County
	Palm Health Foundation - Let's Move!	Total teams and minutes logged for Let's Move annually	Palm Health Foundation
	Diabetes Coalition of Palm Beach County Caridad Center UF/IFAS Family Nutrition Program	Number of participants	Diabetes Coalition of Palm Beach County Caridad Center UF/IFAS Family Nutrition Program
Strategy 2.2.1. & 2.2.2: Implement programs that provide residents with opportunities to live a healthy lifestyle.			
National/State Priorities Alignment: HP2030: NWS-03, NWS-04, NWS-05. SHIP: HW1, HW2.			
Increase access to affordable, healthy fruits and vegetables by decreasing food deserts	United Way of Palm Beach County, Hunger Relief Plan American Heart Association, School Gardens, Operation No Food Gap	Promote garden to encourage use, healthy lifestyle, and education.	United Way of Palm Beach County American Heart Association
Increase access to physical activities	Healthier Together (Healthier Jupiter)	Total number of residents engaged in monthly Walk and Talks and Zumba in the Park Steps/miles walked by participants	Healthier Jupiter

	YMCA of South Palm Beach County	Total number of children participating in afterschool programs annually	YMCA of South Palm Beach County
	American Heart Association, Heart Walk	Total number of participants	American Heart Association

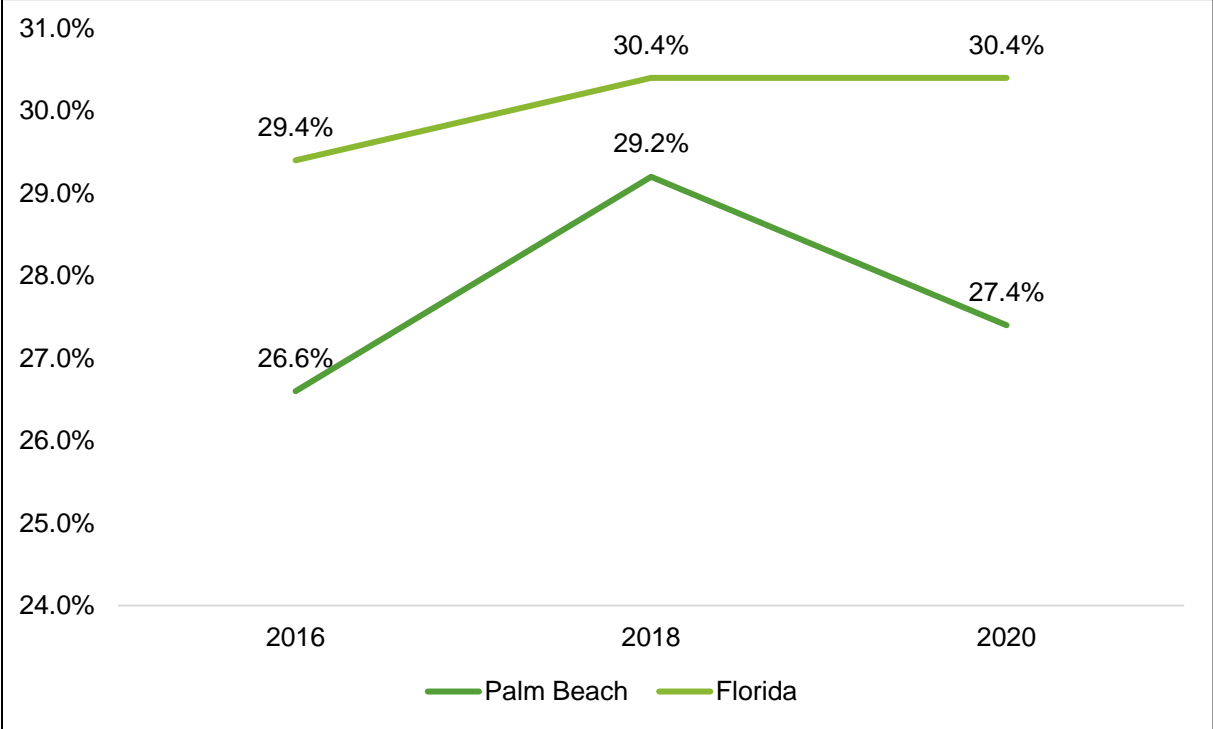
TABLE 9: STRATEGY 2.1.1, 2.1.2, 2.2.1 & 2.2.2 CUMULATIVE ACTIVITY PROGRESS

Strategy 2.1.1 and 2.1.2: Develop and promote consistent information and campaigns/initiatives to residents on healthy choices through education and outreach.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of FDOH Healthy Weight Community Challenge awardees	1 municipality awarded in 2016: Delray Beach	3 municipalities awarded	No municipalities awarded in 2018	No municipalities awarded in 2019	No municipalities awarded in 2020	Pending	3 municipalities (2017)
Number of hits on 5210 website (5210letsgo.com)	66,337 Page Views	7,770 unique page views	174 unique page views	1,155 unique page views	117 unique page views	131 unique page views	9,347 unique page views
Total teams and minutes logged for Let's Move annually	48 teams	100 teams	200 teams 32,000,000 minutes logged	409 teams 31,013,094 minutes logged	381 teams 3,532,373 minutes logged	378 teams 59,464,236 minutes logged	1,468 teams 66,545,467 minutes logged
Number of participants  (Diabetes Coalition of Palm Beach County, Caridad Center, and UF/IFAS Family Nutrition Program)	2,971 participants	14,287 participants	9,756 participants	20,037 participants	11,009 participants	3,836 participants	58,925 participants



Strategy 2.2.1 & 2.2.2: Implement programs that provide residents with opportunities to live a healthy lifestyle.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Promote garden to encourage use, healthy lifestyle, and education.	N/A	N/A	10 gardens	11 gardens	12 gardens	9 gardens; 11 cooking demo events	42 gardens; 11 cooking demo events
Total number of residents engaged in monthly Walk and Talks and Zumba in the Park	N/A	254 participants	273 participants	199 participants	126 participants	Pending	852 participants (2017-2020)
Total number of schools and students participating in Kids Heart Challenge	152 schools; 120,762 students	166 schools; 135,677 students	174 schools; 152,530 students	171 schools; 148,583 students	170 schools; 146,792 students	141 schools; 117,920 students	822 schools; 701,502 students
Total number of children participating in afterschool programs annually	N/A	N/A	285 children (Boca and Boynton)	250 children (Boca and Boynton) 6,872 youth (Prime Time aftercare program)	267 children (Boca and Boynton) 1,914 youth (Prime Time aftercare program)	Pending	802 (Boca and Boynton) (2018-2020) 8,786 (PrimeTime aftercare program)
Total number of walkers at Heart Walk	2,971 walkers registered; in-person roughly 6,000	1,957 walkers registered; in-person roughly 6,000	2,468 walkers registered; in-person roughly 6,000	1,561 walkers registered; in-person roughly 6,000	825 walkers registered; in-person unsure due to COVID-19	Pending	6,811 walkers registered; in-person roughly at least 18,000

FIGURE 5: PERCENT OF MIDDLE AND HIGH SCHOOL STUDENTS WHO ARE OVERWEIGHT OR OBESE, PALM BEACH COUNTY AND FLORIDA, 2016-2020



Source: Florida Department of Health, Division of Community Health Promotion, Florida Youth Tobacco Survey (FYTS), 2016, 2018 and 2020

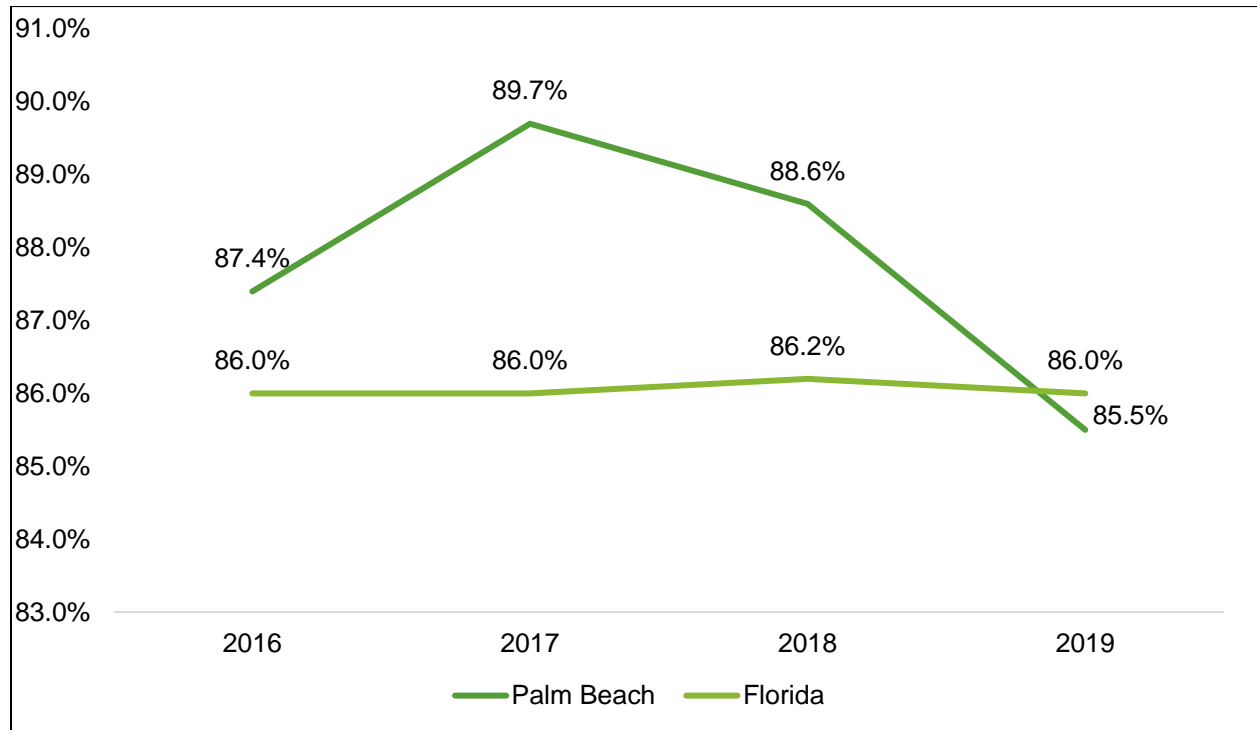
TABLE 10: ACTIVE LIVING AND HEALTHY LIFESTYLES STRATEGY 2.3.1

Objective 2.3: Increase the percentage of mothers who initiate breastfeeding from 87.4% (2016) to the Healthy People 2020 goal of 81.9% and maintain this percentage through June 30, 2022.			
Strategy 2.3.1: Implement a program that will increase education of mothers on the importance of breastfeeding.			
National/State Priorities Alignment: HP2030: MICH-15, MICH-16. SHIP: HW1.2.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Develop and distribute materials to educate mothers on the importance of breastfeeding	DOH- Palm Beach County WIC <b>Children's Services Council</b>	Number of educational materials distributed	DOH- Palm Beach County WIC <b>Children's Services Council</b>
Establish partnerships with community hospitals and health care providers	DOH – Palm Beach County WIC	Number of partnerships Database of community partners	DOH-Palm Beach WIC <b>Children's Services Council</b>
Provide cultural adolescent and adult competency training for health care professionals (esp. prenatal care and pregnancy prevention)	<b>Children's Services Council</b>	Number of trainings held Number of participants	<b>Children's Services Council</b>

TABLE 11: STRATEGY 2.3.1 CUMULATIVE ACTIVITY PROGRESS

Strategy 2.3.1: Implement a program that will increase education of mothers on the importance of breastfeeding.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of educational materials distributed	N/A	13,500 educational materials	49,221 educational materials	53,346 educational materials	7,500 educational materials	8,000 educational materials	131,567 educational materials
Number of partnerships	N/A	46 Community Partners	No update	50 Community Partners	51 Community Partners	Pending	51 partners (2020)
Database of community partners	N/A	3 trainings; 76 participants	5 trainings; 131 participants	6 trainings; 127 participants	7 trainings; 98 participants	2 trainings; 42 participants	23 trainings; 474 participants
Number of cultural competency/ cultural bias trainings and participants	N/A						

FIGURE 6: PERCENT OF MOTHERS WHO INITIATE BREASTFEEDING, PALM BEACH COUNTY AND FLORIDA, 2016-2019

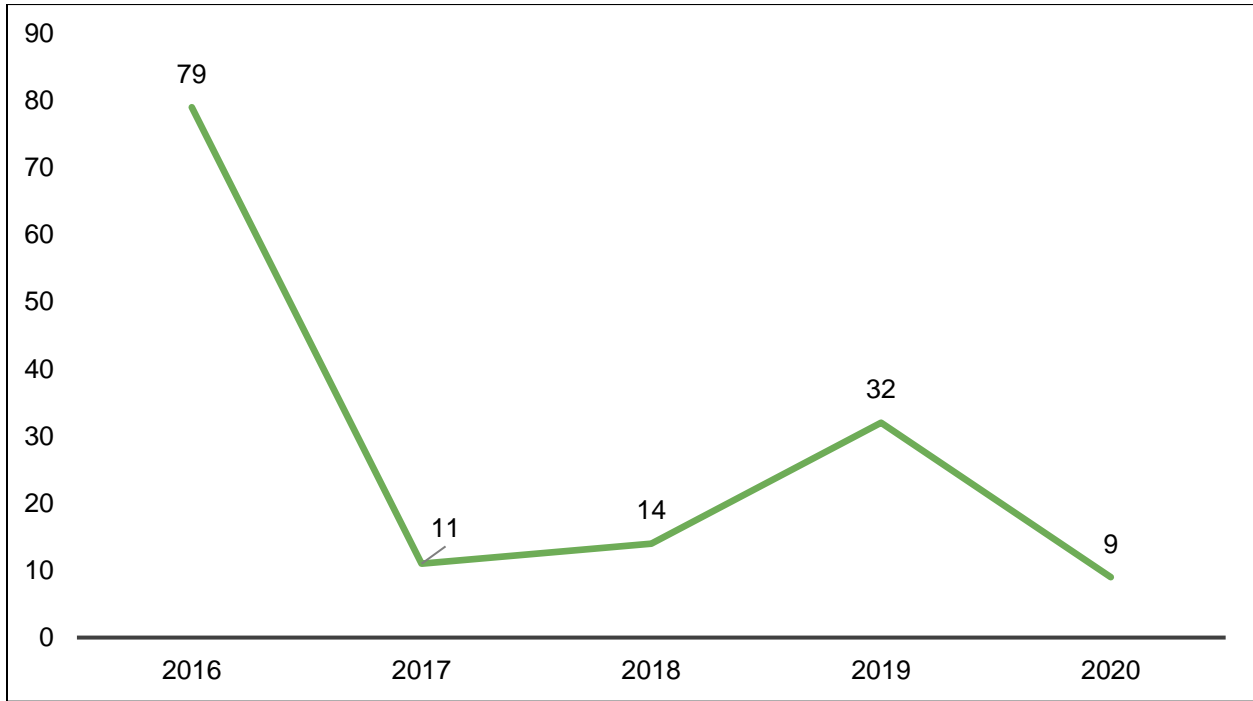


Source: Florida Department of Health, Bureau of Vital Statistics

TABLE 12: ACTIVE LIVING AND HEALTHY LIFESTYLES STRATEGY 2.4.1

Objective 2.4: Decrease the number of mosquito-borne illnesses from 79 (2016) to below 20 and maintain this number below 20 through June 30, 2022.			
Strategy 2.4.1: Promote initiatives and campaigns to control and prevent Zika virus through education and communication.			
National/State Priorities Alignment: HP2030: MICH-08. SHIP: MCH-1.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Expand distribution of materials to educate the public about Zika virus prevention methods	DOH-Palm Beach County	Number of distributed educational materials	DOH – Palm Beach County
Develop a Zika virus prevention model that could be implemented in Palm Beach County municipalities	Zika Task Force – Palm Beach Civic Association	Identification of target population Identification of educational opportunity Partner with League of Cities	Zika Task Force – Palm Beach Civic Association

FIGURE 7: TOTAL NUMBER OF CHIKUNGUNYA, DENGUE AND ZIKA FEVER CASES, PALM BEACH COUNTY, 2016-2020 (AS OF MAY)



Source: Florida Department of Health, Division of Epidemiology and Communicable Diseases

TABLE 13: STRATEGY 2.4.1 CUMULATIVE ACTIVITY PROGRESS

Strategy 2.4.1: Promote initiatives and campaigns to control and prevent Zika virus through education and communication.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of distributed educational materials	700,000 cards distributed to Water Utility Customers  6,348 posters, door hangers, flyers, mailers distributed.	N/A	N/A	N/A	N/A	N/A	N/A

TABLE 14: ACTIVE LIVING AND HEALTHY LIFESTYLES STRATEGY 2.5.1

Objective 2.5: By June 30, 2022, reduce the rate of Black infant mortality from 6.0 per 1,000 live births (2017) to 5.0 per 1,000 live births.			
Strategy 2.5.1: Promote initiatives and campaigns to decrease the rate of infant mortality through education and outreach in the community.			
National/State Priorities Alignment: HP2030: MICH-07, MICH-08. SHIP: MCH1.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Identify specific subpopulations for campaigns*	DOH-Palm Beach County	Analysis of sub-county data  Identify sub-population and/or geographic focus area	FL Department of Health, Bureau of Vital Statistics
Promote and facilitate the Protective Factors Process with women of childbearing age living in the census tract with the highest infant mortality rate*	DOH-Palm Beach County	Demonstrate an increase in the Protective Factor score after participation in the program	DOH – Palm Beach WIC
Develop and promote a Safe Sleep Awareness and Education campaign to reduce infant deaths related to asphyxia, positional asphyxia, co-sleeping, and sudden unexpected infant death (SUID).	DOH-Palm Beach County	Develop an education awareness campaign  Implement campaign using identified strategies  Implement Cribs for Kids Safe Sleep Ambassador Outreach Program in specific zip codes	DOH-Palm Beach County
Promote and implement the Safe Sleep Hospital Certification Program	DOH-Palm Beach County	To be determined	DOH-Palm Beach County
Identify pregnant women who are eligible to receive prenatal services	<b>Children's Services Council (CSC)</b> of Palm Beach County	Screenings provided  Women/infants identified as eligible to receive prenatal services	<b>Children's Services Council</b>

*\*Both of these activities were completed by DOH-Palm Beach County. More specifically, the Protective Factors Process was implemented for the Florida Healthy Babies Initiative Phase II from January 1, 2017 through September 30, 2017.*

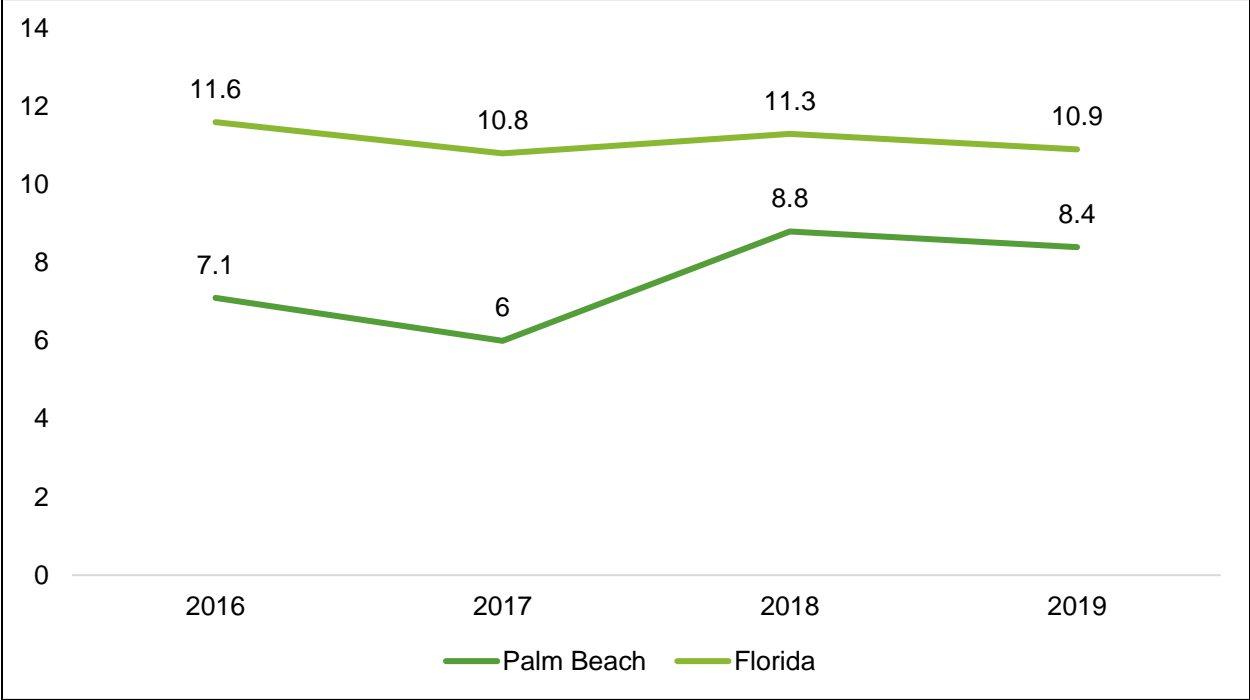
TABLE 15: STRATEGY 2.5.1 CUMULATIVE ACTIVITY PROGRESS

Strategy 2.5.1: Promote initiatives and campaigns to decrease the rate of infant mortality through education and outreach in the community.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Analysis of sub-county data  Identify sub-population and/or geographic focus area	As of June 2016, Sub-population/ geographic area not identified	Census Tract 13.01 identified has having the highest Black infant mortality rate.  Women of childbearing age in ZIP code 33404 identified as sub-population of focus.	Census Tract 13.01 and women of childbearing age in ZIP code 33404.	Census Tract 13.01 and women of childbearing age in ZIP code 33404.	Census Tract 13.01 and women of childbearing age in ZIP code 33404.	Census Tract 13.01 and women of childbearing age in ZIP code 33404.	Non-numerical measure.
Demonstrate an increase in the Protective Factor score after participation in the program	As of June 2016, Protective Factors Process (PFP) not implemented.	May 2017 - September 2017 the DOH and Housing Partnership/ Bridges at Riviera Beach implemented the PFP.	N/A	N/A	N/A	N/A	Non-numerical measure.

<p>Develop an education and awareness campaign</p> <p>Implement campaign using identified strategies</p> <p>Implement Cribs for Kids Safe Sleep Ambassador Outreach Program in specific ZIP codes</p>	N/A	N/A	<p>20 Palm Tran Buses ran Safe Sleep advertisements in May 2018</p> <p>Jan-Nov 2018: 2 events held with 250 participants receiving information on safe sleep practices</p>	N/A	<p>Of the 10 Maternity Hospitals in County, West Boca Hospital received Bronze in 2019 and Wellington Regional Hospital was still in the process of completing application. Contact was made with Cribs for Kids to connect with hospitals regarding Safe Sleep Ambassadors . Hospital Certification relaunched in February 2020.</p> <p>Meetings were on hold due to COVID-19.</p>	<p>Dept of Health in PBC to have a meeting on May 21, 2021 to discuss Safe Sleep Hospital Certification in implementin g the Cribs for Kids Safe Sleep Hospital Certification project in our community with Crib for Kids Rep. Devon George.</p>	Non-numerical measure.
<p>Screenings provided</p> <p>Women identified as eligible to receive prenatal services</p>	N/A	<p>12,244 prenatal risk screens</p> <p>4,821 women with identified risk referred</p>	<p>10,783 prenatal risk screens</p> <p>4,948 referred based on other factors</p>	<p>12,229 prenatal risk screens</p> <p>6,453 referred based on other factors</p>	<p>11,009 prenatal risk screens</p> <p>7,033 referred based on other factors</p>	<p>2,525 prenatal risk screens</p> <p>1,623 referred based on other factors</p>	<p>48,790 prenatal screens</p> <p>24,914 women referred</p>



FIGURE 8: BLACK INFANT MORTALITY RATE PER 1,000 LIVE BIRTHS, PALM BEACH COUNTY AND FLORIDA, 2016-2019



Source: FL Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2016-2019

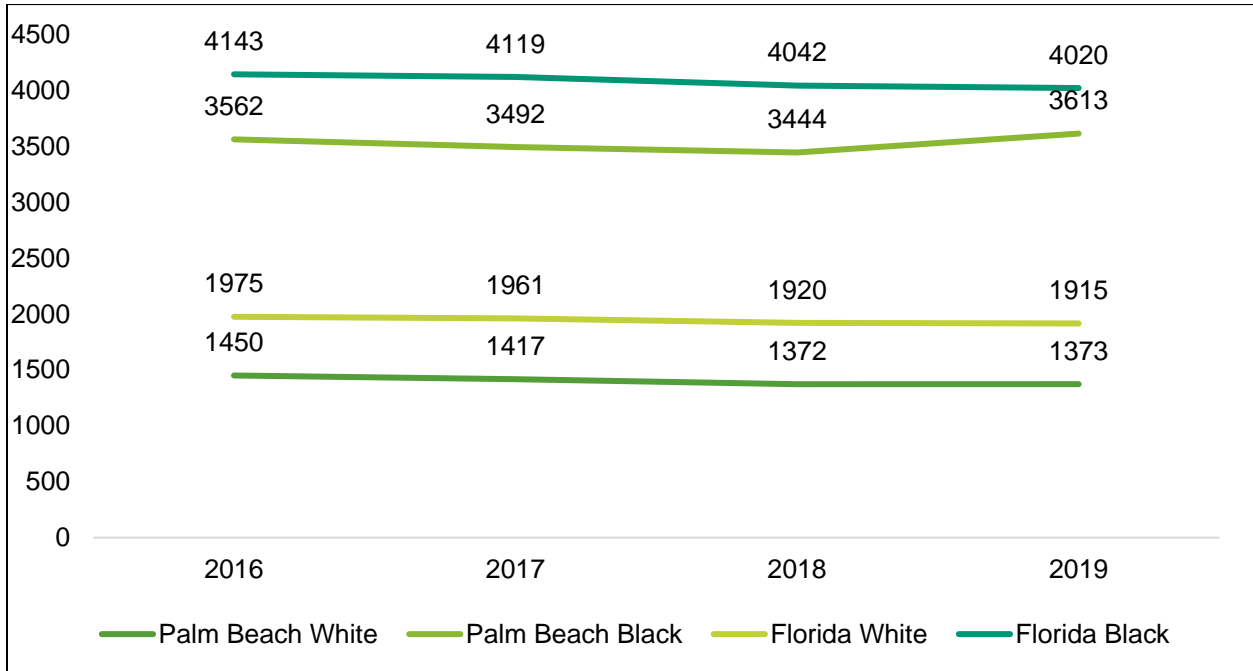
TABLE 16: ACTIVE LIVING AND HEALTHY LIFESTYLES STRATEGY 2.6.1

Objective 2.6: Reduce the disparity of hospitalizations from or with diabetes between Blacks-Whites (3902.4 per 100,000 and 1450.4 per 100,000) (2016) by less than two times higher by June 30, 2022.			
Strategy 2.6.1: Promote prevention and self-maintenance of diabetes through education and outreach in the community.			
National/State Priorities Alignment: HP2030: D-01, D-06. SHIP: CD-1, CD-2.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Increase identification of residents who are at-risk for developing diabetes	Diabetes Coalition of Palm Beach County	Number of diabetes screenings completed  Number of adults who are identified as at-risk for developing diabetes	Diabetes Coalition of Palm Beach County
Refer screening patients who are identified as at-risk to diabetes programs for education	Diabetes Coalition of Palm Beach County	Number of referrals made	Diabetes Coalition of Palm Beach County
Increase participants who complete formal diabetes education	Caridad Center  Diabetes Coalition of Palm Beach County  Lake Okeechobee Rural Health Network	Number of participants who complete diabetes education courses	Caridad Center  Diabetes Coalition of Palm Beach County  Lake Okeechobee Rural Health Network

TABLE 17: STRATEGY 2.6.1 CUMULATIVE ACTIVITY PROGRESS

Strategy 2.6.1: Promote prevention and self-maintenance of diabetes through education and outreach in the community.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of diabetes screenings completed	N/A	1,542 diabetes risk assessments	1,366 screened  863 identified as high risk	1,293 screened  667 identified as high risk	479 screened  256 identified as high risk	234 screened  176 identified as high risk	4,914 screened  1,962 identified as high risk
Number of adults who are identified as at risk for developing diabetes	N/A	217 referrals	863 referrals	667 referrals	256 referrals	176 referrals	2,179 referrals
Number of participants who complete diabetes education courses	5 participants	84 participants	270 participants	920 participants	39 participants	60 participants	1,373 participants

FIGURE 9: AGE-ADJUSTED HOSPITALIZATION RATE WITH OR FROM DIABETES BY RACE, PALM BEACH COUNTY AND FLORIDA, 2016-2019



Source: FL Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2016-2019

## BEST PRACTICES AND EVIDENCE-SUPPORTED INITIATIVES

### 5-2-1-0, **Let's Go!**

*Let's Go!* Is a nationally recognized childhood obesity prevention program. Our goal is to increase physical activity and healthy eating for children from birth to 18 through policy and environmental change. *Let's Go!* Works in six settings to reach families where they live, learn, work and play to reinforce the importance of healthy eating and physical activity. The 5-2-1-0 message is used consistently across all settings. This consistent message is an important part of our strategy in helping people make healthy eating and physical activity choices<sup>13</sup>.

### Healthy Eating and Physical Activity

Healthy Eating and Physical Activity (HEPA) teaches children how to make healthy food choices and to enjoy physical activity, contributing to their social and physical development. The HEPA standards are based, in part, on years of research done in collaboration with the Harvard School of Public Health, the University of Massachusetts at Boston, the Healthy Out-of-School Time Coalition (HOST) and the National Institute on Out-of-School Time (NIOST). Built on a foundation of these external resources and the experience of YMCAs across the nation, the standards represent the most effective way to create healthy environments in out-of-school-time settings<sup>14</sup>.

### Diabetes Prevention Program

The Diabetes Prevention Program is a year-long, group based program set in a small classroom and teaches participants how healthy eating, physical activity and behavior changes, reducing stress, problem solving, can benefit your health. This program is based on the **Centers for Disease Control and Prevention's** National Diabetes Prevention Program curriculum.

## COMMUNITY RESOURCES AND INITIATIVES

### Birth to 22

- Birth to 22 United for Brighter Futures is concerned with how programs and services supporting Palm Beach **County's children and youth support broader community and family outcomes that are critical to their success.** These community context outcomes are (a) Improve healthy, safe, permanent and nurturing environments and (b) ensuring effective parenting.

### Breastfeeding Coalition of Palm Beach County

- The Coalition includes individuals representing maternal/child health agencies, hospitals, childbirth educators, lactation consultants, non-profit organizations, businesses, health care professionals, and breastfeeding mothers. The Coalition has successfully completed many projects in our continuing effort to raise public awareness of the many benefits of breastfeeding.

### Diabetes Coalition Palm Beach County

- The Diabetes Coalition of Palm Beach County is a voluntary nonprofit alliance of healthcare organizations and community partners working together to prevent diabetes and improve the lives of people living with the

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<sup>13</sup> <http://www.floridahealth.gov/%5C/programs-and-services/prevention/healthy-weight/index.html>

<sup>14</sup> <http://www.ymca.net/hepa/>

disease and those who are touched by it through: education, awareness, quality services management, and advocacy.

#### Healthiest Weight Florida Initiative

- In 2013 the Department of Health launched the Healthiest Weight Florida initiative in early 2013. Healthiest Weight Florida brings together state agencies, not for profit organizations, businesses, and entire communities **to help Florida's children and adults make consistent, informed choices about healthy eating and active living**<sup>15</sup>.

#### Hunger Relief Plan

- A partnership between the United Way of Palm Beach County and the administrative leadership at Palm Beach County to address food insecurity in the county. Development of the plan was a collaborative effort involving over 60 agencies in the community<sup>16</sup>.

#### Prevention, Education, and Treatment Program

- **The Caridad Center's P.E.T. Program takes a comprehensive approach to the** prevention, education, and treatment of chronic diseases. It delivers family-centered, culturally competent care, and provides early detection, treatment, and health education to low-income residents who have, or are at-risk for chronic diseases, such as: diabetes, high cholesterol, high blood pressure, and obesity.

#### Silver Sneakers

- Silver Sneakers is a free fitness program for seniors that includes unlimited access to every participating gym and fitness center in the network.

#### Wellness Promotion Task Force of The School District of Palm Beach County, Florida

- The mission of the Wellness Task Force is to create an educational forum that allows the Palm Beach County School District and community partners to successfully collaborate in the promotion of healthier lives. **With the District's ultimate goal of improving student performance, the direction of the Wellness Promotion Task Force is to encourage a proactive approach to holistically address the health, wellness, and safety of all school children, staff, parents, and the community.**

#### Women, Infants, and Children

- The Women, Infants, and Children (WIC) program provides comprehensive nutrition services, individual nutritional assessment and counseling, group nutrition classes, in-service trainings and other services to eligible participants.

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<sup>15</sup> <http://www.letsgo.org/>

<sup>16</sup> <http://www.unitedwaypbc.org/hunger>

## ACCESS TO CARE AND SERVICES – WHY ADDRESS IT?

Palm Beach County residents have wide-ranging and comprehensive health services available. Unfortunately, a large number of residents are unaware of what services are accessible, if they are eligible to use them, and how to take advantage of these much-needed services. There are thousands of residents, who if only given the proper information and guidance, could avail themselves of the opportunity to access and properly utilize this broad range of community services. Many barriers prevent access to services, but the most problematic could be the lack of awareness of the general population to even consider community services as an option. Some residents believe that services are only available for a select subpopulation, or for a very restricted set of problems. A suicidal teenager, a grieving widower, an unemployed parent, a caregiver of a sick relative, a victim of abuse, a recently diagnosed patient or a visually impaired person might not realize there are services available to help them, and so they do not reach out. When residents are aware of the services available in their community and educated on how to access the services, their health and quality of life will benefit.

Healthy People 2020 identified access to services as an important component to promoting and maintaining health, preventing and managing disease, reducing unnecessary disability and premature death, and achieving health equity.<sup>17</sup> The Palm Beach County Advisory Council appreciates this difficult situation and determined that improving access to comprehensive, quality care and services is a high priority. In order to reach a large-scale audience, outreach efforts must be wide-spread, varied and customized to the various subpopulations. Materials in multiple formats, settings and languages must be developed. In addition, the ethnic, socioeconomic, cultural, and social make-up of the community must be taken into consideration when addressing gaps and knocking down barriers.

Finding the right information at the right time is challenging and residents benefit when appropriate and accurate information is made easily available. Currently, some community services are underutilized, and an opportunity exists for community based organizations to develop partnerships and promote awareness amongst themselves to guide the populations they serve. Improving access to information by developing a community resource inventory, will allow providers, employees, patients and clients from one location to be better informed about services available through another organization. Information-based community referral resources, like 211, need to be supported in their efforts to promote their resources and to reach a larger audience. When partnerships form, referrals increase, outreach efforts expand, and more residents are helped. A community that is well-informed about the resources available will benefit greatly and become a healthier community overall.

Given the considerable older population in Palm Beach County, the Advisory Council saw it important to include objectives and strategies to specifically target this population. It is important for elders to have access to free, unbiased, and comprehensive health insurance counseling to provide them the opportunity to easily choose options for existing mental and physical health and long-term care needs. It is important to offer evidence-based practices at the community level to empower seniors and caregivers to live active, healthy lives to improve their mental and physical health. Finally, **Alzheimer's is the most common cause of dementia among those 65 years and over. Collaborating with the Dementia Care and Cure Initiative** task force will ensure efforts in the community are strategic and action-oriented. This priority area along with its strategies are in line with the State Health Improvement Plan.

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<sup>17</sup> <https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services>

TABLE 18: ACCESS TO CARE AND SERVICES STRATEGY 3.1.1 & 3.1.2

Goal 3: Improve access to comprehensive, quality care and services.			
Objective 3.1: Decrease rate of preventable hospitalizations under 65 from all conditions in Palm Beach County from 1139.7 per 100,000 to 1128.3 per 100,000 by June 30, 2022.			
Strategy 3.1.1: Promote appropriate utilization of existing services.			
National/State Priorities Alignment: HP2030: PHI-01, PHI-02, AHS-08, AHS-09. SHIP: HE-1, HE-2.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Promote 211 in the community	211 Palm Beach/Treasure Coast	211 Calls 211 Website Utilization 211 Outreach Events	211 Palm Beach/Treasure Coast
Promote community resource inventories	211 Palm Beach/Treasure Coast <b>Children's Services Council</b>	211 Referrals EveryParent app downloads	211 Palm Beach/Treasure Coast
Promote the awareness of primary care services, including oral health services, in the community that provide safety-net services.	Quantum Foundation	Disseminate a Community Health Center Guide	Quantum Foundation
Strategy 3.1.2: Implement strategies that reduce barriers to care			
National/State Priorities Alignment: HP2030: AHS-08, AHS-09. SHIP: HE1, HE2.			
Assess transportation routes to identify gaps and barriers.	Palm Beach Transportation Planning Agency	Transportation assessment	Palm Beach Transportation Planning Agency
Implement health literacy workshops throughout Palm Beach County, with a specific focus in the Glades region	Lake Okeechobee Rural Health Network (LORHN) Health Council of Southeast Florida (HCSEF)	Number of workshops held Number of participants that completed the workshop series	Lake Okeechobee Rural Health Network (LORHN) Health Council of Southeast Florida (HCSEF)

TABLE 19: STRATEGY 3.1.1 & 3.1.2 CUMULATIVE ACTIVITY PROGRESS

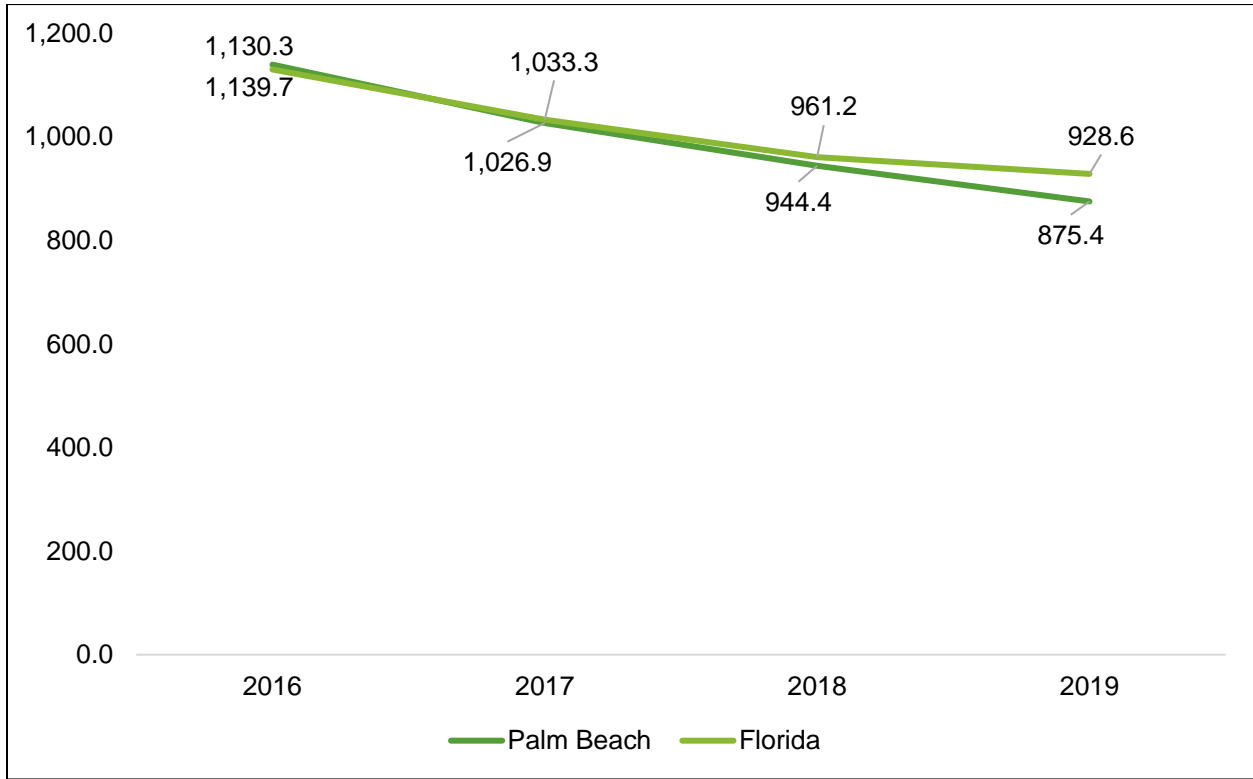
Strategy 3.1.1: Promote appropriate utilization of existing services.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
211 Calls 211 Website Utilization 211 outreach events	Call volume: 55,103 Chats, Texts & Emails: 13,219 Database Visits: 3,949 Mobile App Visitors: 299	Call volume: 60,137  Texts & emails: 461  Chats: 12,215  Database/mobile app visits: 6,000  35 outreach events	Call volume: 48,940  Texts & emails: 447  Chats: 12,243  Database/mobile app visits: 7,252  35 outreach events	Call volume: 47,863  Texts & emails: 491  Chats: 15,087  Database/mobile app visits: 10,143  171 outreach events	Call volume: 50,513  Texts & emails: 835  Chats: 26,862  Database/mobile app visits: 94,640  314 outreach events	Call volume: 14,323  Texts & emails: 142  Chats: 5,306  Database/mobile app visits: 4,649  81 outreach events	Call volume: 221,776  Texts & Emails: 2,376  Chats: 71,713  Database/mobile app visits: 122,684  636 outreach events
Referrals (211) EveryParent app downloads	N/A	89,108 referrals	72,274 referrals  8,294 EveryParent accounts as of Aug. 2017	78,817 referrals  11,265 EveryParent accounts as of Nov. 2019	94,640 referrals  12,679 EveryParent accounts as of Sept. 2020	22,526 referrals  EveryParent accounts pending	357,365 referrals  32,238 EveryParent accounts (2017-2020)
Develop and disseminate a Community Health Center Guide	N/A	N/A	500 guides distributed	100 guides distributed	All handouts distributed in early 2020	N/A	600 guides distributed (2017-2018)



Strategy 3.1.2: Implement strategies that reduce barriers to care.

Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Transportation assessment	N/A	N/A	GIS for countywide sidewalk and bicycle facilities; GIS for all transit stops in the county; Identifying transit access safety improvements for 6 high ridership Palm Tran Stops; Long Range Transportation Plan; Vision Zero Action Plan; Adopted a US-1 Multimodal Corridor Study; and worked with Palm Tran and the communities along the corridor to advance the improvements proposed in the study.	Transit Access Study; Transit Shelter Design Guidelines; Complete Streets Policy Local; Complete Streets Design Guidelines; Lane Repurposing Candidates Map & FHWA Workshop; US-1 Multimodal Corridor Study & Health Impact Assessment; Complete Streets local corridor studies; Vision Zero Target & Action Plan; Annual TA & LI local funding programs; Long Range Transportation Plan 2045 update - active transportation goals, objectives and targets  The TPA is undergoing a major update to its Long Range Transportation Plan (LRTP) for 2045.	The TPA is undergoing a major update to its Long Range Transportation Plan (LRTP) for 2045.	Pending	Non-numerical measure.
Number of workshops and participants	N/A	1 workshop, 9 graduates	11 workshops, 145 graduates	33 workshops, 44 graduates	4 workshops, 42 graduates	3 workshops	51 workshops, 240 graduates

FIGURE 10: PREVENTABLE HOSPITALIZATIONS UNDER 65 FROM ALL CONDITIONS, PER 100,000 POPULATION, PALM BEACH COUNTY AND FLORIDA, 2016-2019



Source: FL Health CHARTS, Florida Department of Health, Bureau of Vital Statistics, 2016-2019

TABLE 20: ACCESS TO CARE AND SERVICES STRATEGY 3.2.1, 3.2.2 & 3.2.3

Objective 3.2: To increase the number of seniors who are able to remain in a non-institutionalized setting by receiving in-home community-based services from 5,049 (2018) to 5,807 by June 30, 2022.			
Strategy 3.2.1: Promote awareness of services for seniors.			
National/State Priorities Alignment: HP2030: AHS-04, AHS-06, AHS-08. SHIP: HE1, HE2, HE3.			
Activities	Lead Community Partner(s)	Process Measures	Data Sources
Promote SHINE services	Area Agency on Aging	Number of SHINE volunteers	Area Agency on Aging
Strategy 3.2.2: Increase <b>seniors and caregivers' knowledge of health issues that affect the population.</b>			
National/State Priorities Alignment: HP2030: DIA-01, HC/HIT-04. SHIP: AD2.			
Provide health and wellness workshops	Area Agency on Aging	Number of workshops and participants	Area Agency on Aging
Engage community agencies to offer workshops for seniors and caregivers		Number of agencies offering workshops	
Strategy 3.2.3: Align county efforts <b>with the State Health Improvement Plan's Alzheimer's Disease and Related Dementias Priority Area.</b>			
National/State Priorities Alignment: HP2030: DIA-01, DIA-03, SHIP: AD1, AD2.			
Area Agency on Aging will participate in Dementia Care and Cure Initiative task force	Area Agency on Aging	Level of engagement with the DCCI task force	Area Agency on Aging

TABLE 21: STRATEGY 3.2.1, 3.2.2 & 3.2.3 CUMULATIVE ACTIVITY PROGRESS

Strategy 3.2.1: Promote awareness of services for seniors.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of SHINE volunteers	N/A	N/A	N/A	N/A	56 volunteers	36 volunteers	92 volunteers
Strategy 3.2.2: Increase <b>seniors and caregivers' knowledge of health issues that affect the</b> population.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Number of workshops and participants	N/A	N/A	N/A	N/A	14 workshops; 98 participants	7 workshops; 66 participants	21 workshops, 164 participants
Number of agencies offering workshops	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Strategy 3.2.3: Align county efforts with the State Health Improvement Plan's Alzheimer's Disease and Related Dementias Priority Area.							
Measure	Baseline	2017	2018	2019	2020	Q1+2 2021	Cumulative Total
Level of engagement with the DCCI task force	N/A	N/A	N/A	N/A	N/A	N/A	N/A

## BEST PRACTICES AND EVIDENCE-SUPPORTED INITIATIVES

### Health Communication Campaigns

Health communication campaigns apply integrated strategies to deliver messages designed, directly or indirectly, to influence health behaviors of target audiences. Messages are communicated through various channels that can be categorized as:

Mass media (e.g., television, radio, billboards)

Small media (e.g., brochures, posters)

Social media (e.g., Facebook<sup>®</sup>, Twitter<sup>®</sup>, web logs)

Interpersonal communication (e.g., one-on-one or group education).

A review of 22 published scientific studies found that "a health communication campaign that uses messages to increase awareness of, demand for, and appropriate use of the product. The messages must be delivered through multiple channels, one of which must be mass media, to provide multiple opportunities for exposure."<sup>18</sup>

### **'No Wrong Door'**

People in need of health services through city, county, or local agencies may also be in need of additional social and health services. Health and human services providers want to ensure that intake and referral for health services is streamlined across multiple agencies and departments. The idea being that no matter where people enter the system, **they can easily gain access to health and human services they need. This is part of the intention behind the "No Wrong Door" policy that's included in the Patient Protection and Affordable Care Act (ACA).**<sup>19</sup>

## COMMUNITY RESOURCES AND INITIATIVES

### 211 Palm Beach/Treasure Coast

- 211 is a community helpline and crisis hotline that provides suicide prevention, crisis intervention, information, assessment, and referral to community services for people of all ages. Staff provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info on developmental concerns (Help Me Grow) & special needs, senior services that include free "Sunshine" daily calls, services for teens and more.

### Community Health NETwork

- The intent of the Community Health NETwork is to achieve an integrated, highly effective primary care system that will improve the health and well-being of the Palm Beach County population through providing a forum for exchange of ideas, collaborations, programs development and assessment. This partnership between organizations and community leaders began as a countywide safety-net medical provider network with the goal of maximizing and leveraging health care safety-net resources in order to increase access to health care.

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<sup>18</sup> [www.thecommunityguide.org/healthcommunication/campaigns.html](http://www.thecommunityguide.org/healthcommunication/campaigns.html).

<sup>19</sup> [www.socialinterest.org/pdfs/ACAs\\_No\\_Wrong\\_Door\\_Policy\\_Horizontal\\_Integration.pdf](http://www.socialinterest.org/pdfs/ACAs_No_Wrong_Door_Policy_Horizontal_Integration.pdf)

#### Special Needs Advisory Coalition (SNAC) of Palm Beach County

- Over 140 participants representing more than 60 private, public, and civic organizations, as well as parents, have come together to discuss their experiences, concerns, ideas and solutions related to special needs and disability.

#### Glades Initiative

- A local source selected to identify and coordinate the health and human service needs of the community, as well as develop and encourage collaborative relationships to collectively address the community's needs.

#### Federally Qualified Healthcare Centers, Inc.

- For nearly 50 years, Florida's community health centers have been shaping the future of healthcare by providing community-focused, team-based, comprehensive primary care to those who need it most. Florida's Community Health Centers provide primary care, preventative care, and wrap-around services.

#### Palm Tran

- Palm Tran is the public transit bus system run by the Palm Beach County Government. Route guides and updates are available to view on the website

#### Oral Health Florida Coalition

- The Oral Health Florida coalition is comprised of a broad-based group of agencies, institutions, organizations, communities, stakeholders, policymakers, leaders, and other individuals whose mission is to promote and advocate for optimal oral health and well-being of all persons in Florida. This mission is accomplished through the implementation of the State Oral Health Improvement Plan.

#### Citizens for Improved Transit

- Nonprofit organization that seeks to improve the quality of life through advancements in transportation options. The mission is to encourage the development of communities that support pedestrian, bike, and quality public transportation systems.

#### Palm Beach Pediatric Society

- Non-profit organization of pediatricians, pediatric nurse practitioners, pediatric dentists and pediatric sub-specialists in Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties in South Florida. Our **society's mission is to provide a forum for these professions to be able to come together in three meetings** annually to share experiences, network and learn about the best medical practices in pediatric care with the primary interest being the health and advocacy of children.

### **Palm Beach Medical Society's Project Access**

- Project Access is a coordinated system of volunteer physician care, hospital care, diagnostic services, and medication assistance for the low-income uninsured residents of Palm Beach County. The program also provides free preventive, personalized care and focuses on wellness through prevention and early detection of Diabetes, Hypertension and Heart diseases. In addition, the program recently provides Mental Health screening and services for the uninsured residents of Palm Beach County.

### **Department of Children and Families' Community ACCESS Network**

- Florida Department of Children and Families Automated Community Connection to Economic Self Sufficiency (ACCESS). The ACCESS Florida system allows customers to connect with their public assistance information 24/7, through the online application and MyACCESS Account. The Economic Self-Sufficiency Program helps to promote strong and economically self-sufficient communities by determining eligibility for food, cash and medical assistance for individuals and families on the road to economic recovery.

### **Palm Beach County Community Service Department**

- The Department of Community Services is comprised of three divisions and several independent programs. It provides staff and administrative support for various health and human service boards and community initiatives. The Board of County Commissioners awards some local match and operating funds to support local non-profit agencies providing health and human services. The Department monitors the use of these funds and provides technical assistance to the agencies. Program areas assisted by the Department include: community action, farmworker, human and veteran services, Ryan White, and senior services.

### **Lake Okeechobee Rural Health Network (LORHN)**

- Lake Okeechobee Rural Health Network (LORHN) is one of nine Rural Health Networks in Florida, with the common goal of ensuring that all rural residents have access to a continuum of affordable health care, and to champion the efficient and effective delivery of health care services in rural areas, via the integration of public and private resources, and the coordination of health care providers.

## APPENDICES

### Appendix A: Palm Beach County Advisory Council

First Name	Last Name	Organization
Dr. Alina	Alonso	Florida Department of Health Palm Beach County
Belma	Andric, MD	Health Care District of PBC
Evelyn	Baily	Sandy Hook Promise
Nancy	Banner	Health Care District Board Member
Laura	Barry	Community Partners
Ale	Barthe	Caridad Center
Helen	Dickey	Jerome Golden Center for Behavioral Health
Ann	Berner	Southeast Florida Behavioral Health Network
Dr. Seth	Bernstein	United Way of Palm Beach County
Thomas	Boiton	Citizens for Improved Transit
Yolette	Bonnet	FoundCare
Tiffany	Jones	Jupiter Medical Center
Liz	Cabral	United Way of Palm Beach County
Sally	Chester	Homeless Coalition
Don	Chester	St Mary's Medical Center
Jennice	Chewlin	Chewlin & Associates
Roxanna	Childs	Families First
Tom	Cleare	Health Care District of PBC
John D.	Couris	Jupiter Medical Center
Steve	Craig	CareerSource Palm Beach County
Norman	Cushon	CareerSource Palm Beach County
Julia	Dattolo	CareerSource Palm Beach County
Darcy	Davis	Health Care District of PBC
Florenzia	Davis	Tabernacle Missionary Baptist Church
Dr. Linda	DePiano	Jerome Golden Center for Behavioral Health
Karis	Engle	Glades Initiative
Jamie	Estremera-Fitzgerald	Area Agency on Aging
Jerry	Fedele	Boca Raton Regional Hospital
Molly	Ferguson	Florida Community Health Centers
Louis	Ferri	Palm Tran
Tammy K.	Fields	Palm Beach County Youth Services Department
Clinton B.	Forbes	Palm Tran
Graciela	Giraldo	WellCare Health Plans, Inc.
Judy	Goodman, Esq	Health Advocate
Abigail	Goodwin	Palm Health Foundation
Sue	Goulding	Jupiter Medical Center



Angeleta	Gray	Health Care District Board Member
Julia	Hale	Lakeside Health Advisory Board
Danielle	Hanson	United Way of Palm Beach County
Karen	Harris	Health Care District of PBC
Shannon	Hawkins	Quantum Foundation
Liliana	Herrera	Area Agency on Aging
Sonja	Holbrook	Palm Beach County
Chris	Irizarry	Health Care District of PBC
Barbara	Jacobowitz	Keiser University
Kevin	Jones	Tabernacle Missionary Baptist Church
Jeff	Kadel	Palm Beach County Substance Awareness Coalition
Laura	Kallus	Caridad Center
Jason	Hagensick	YMCA of South Palm Beach County
David	Kendle	C.L. Brumback Primary Care Clinics Board Member
Christine	Koehn	The Farris Foundation
Julie	Kreafle	United Way of Palm Beach County, Hunger Relief Plan
Jerry	Leakey	Legal Aid Society
Wilhelmina	Lewis	Florida Community Health Centers
Sharon	L'Herrou	211 Palm Beach Treasure Coast
Brian	Lohmann	Health Care District Board Member
Taruna	Malhotra	Palm Beach County Board of County Commissioners
Maria	Marmora	Delray Medical Center
Dr. Oneka B.	Marriott	FoundCare
David	Martin Rafaidus	PBC Department of Community Services
Patrick	McNamara	Palm Health Foundation
Valerie	Miyares	The School District of Palm Beach County
Jeremy	Morse	Mental Health Association
Katherine	Murphy	National Association of Mental Illness
Valerie	Neilson	Transportation Planning Agency
Robin	Nierman	YMCA of South Palm Beach County
Randy	Palo	Children's Services Council of PBC
Amy	Pepper	MyClinic
Richard	Radcliffe	The Palm Beach County League of Cities, Inc.
Robert	Rease	Lakeside Health Advisory Board
Adam	Reback	Florida Department of Health Palm Beach County
Heidi	Reever	University of Florida/IFAS Extension Family Nutrition Program (FNP) in Palm Beach County
Carol	Roberts	Health Care District Board Member
Donia	Roberts	Lakeside Health Advisory Board Member
Rick	Roche	Health Care District of PBC
Cady	Sandler	Children's Services Council of PBC
Jennifer	Schneider	Children's Home Society

Patrice	Schroeder	211 Palm Beach Treasure Coast
Lindsay	Slattery-Cerny	The FL LINC Project/ Florida Council for Community Mental Health/ SEFBHN
Andrea	Stephenson-Royster	Health Council of Southeast Florida
Lauren	Stoops	Palm Beach County Medical Society
Marjorie	Sullivan	Palm Health Foundation
Olivia	Tartakow	Alpert Jewish Family & Children's Service
Sheri	Testani	Delray Medical Center
Tanya	Tibby	Palm Beach County Youth Services Department
Paula	Triana	The School District of Palm Beach County
Lisa	Vreeland	Florida Department of Health Palm Beach County
Jon	Van Arnam	Palm Beach County
Geraldine	Diaz-Granados	Assistant to Philip Ward
Debby	Walters	Diabetes Coalition of Palm Beach County
DeAnna	Warren	Genesis Community Health
Nikasha	Wells	Palm Tran
Gus	Wessel	PBC Community Services - Youth Services
Cindy	Wides	Alpert Jewish Family & Children's Service
Tenna	Wiles	Palm Beach County Medical Society
Lisa	Williams-Taylor	Children's Services Council of PBC
Usleur	Cook	Florida Department of Health Palm Beach County

## SUMMARY OF CHANGES

June 2018

- The eleventh and twelfth Health Advisory Council meetings were added to the timeline.
- The Health Equity definition and illustration was added to the document.
- **Objective 1.1 was modified from “Decrease the age-adjusted suicide rate in Palm Beach County from 15.7 to 14.6 by December 31, 2021, to “Increase the number of Palm Beach county residents who have completed mental health training and understand the impact of mental and behavioral health by increasing the number of mental health trainings from 108 (2016) to 130 (20%) by December 31, 2021.”**
- **Strategy 1.1.2 was added to include “Increase support services and interventions for suicide prevention.”**
- **Objective 1.2 was modified from “Decrease the number of emergency department visits with a principal diagnosis grouping of Mental, Behavioral and Neurodevelopmental Disorders from 19,031 to 16,500 by December 31, 2021,” to “Decrease the percentage of adults who engage in heavy or binge drinking from 17.8% (2016) to 16.8% and the percentage of high school students who reported binge drinking from 9.8% (2016) to 8.6% (HealthyPeople 2020 goal) by December 31, 2021.”**
- **Strategy 1.2.2 was added to include “Increase awareness and utilization of mental and behavioral health services available in Palm Beach County”.**
- Updated “Wellness Task Force” to the correct name, “Wellness Promotion Task Force of The School District of Palm Beach County.”
- **Objective 2.1 was modified from “Decrease the percentage of adult residents in Palm Beach County who are overweight or obese from 60.1% to 58.6% by December 31, 2021”, to “Decrease the percentage of adult residents in Palm Beach County who are overweight or obese from 52.9% to 50.0% by December 31, 2021.”**
- **Objective 2.2 was modified from “Maintain the rate of mothers who initiate breastfeeding at Healthy People 2020 Goal of 81.9% through December 31, 2021,” to “Maintain the percentage of mothers who initiate breastfeeding at Healthy People 2020 goal of 81.9% through December 31, 2021.”**
- **Objective 2.4 was modified from “By December 31, 2019, reduce the three-year rolling rate of black infant mortality from 8.2 (2012-2014) to 8.0 per 1,000 live births” to “By December 31, 2021, reduce the rate of Black infant mortality from 6.0 per 1,000 live births (2017) to 5.0 per 1,000 live births.”**
- Under Objective 2.4. Strategy 2.4.1, the first two (2) activities have been italicized to demonstrated completion by DOH-Palm Beach.
- **Objective 2.5 was added to include “Reduce the disparity of hospitalizations from or with diabetes between Blacks-Whites (3902.4 per 100,000 and 1450.4 per 100.000) (2016) by less than three times higher by December 31, 2021.” In addition, Strategy 2.5.1 was added to indicate “Promote prevention and self-maintenance of diabetes through education and outreach in the community.”**
- Added Lake Okeechobee Rural Health Network (LORHN) to the Community Resources and Initiatives under the Access to Care priority area.
- **Objective 3.1 was modified from “Decrease the rate of preventable hospitalizations under 65 from all conditions from 1,124.4 to 1,108.4 per 100,000 by December 31, 2021,” to “Decrease rate of preventable hospitalizations under 65 from all conditions in Palm Beach County from 1,139.7 per 100,000 to 1,128.3 per 100,000 by December 2021.” In addition, Strategy 3.1.1 was modified from “Promote a community-wide initiative to educate residents about the existing services and how to access/utilize them” to “Promote appropriate utilization of existing services.”**

June 2019:

- The 13<sup>th</sup> and 14<sup>th</sup> Health Advisory Council meetings were added to the timeline.
- Objective 1.1 was **modified from “Increase the number of Palm Beach county residents who have completed mental health training and understand the impact of mental and behavioral health by increasing the number of mental health trainings from 108 (2016) to 130 (20%) by December 31, 2021” to “Decrease the percentage of adults who had poor mental health from 11.7% (2016) to 9.9% by December 31, 2021.”**
- **Add Objective 1.2 “Decrease the age-adjusted suicide death rate from 15.2 (2016) to 12.9 by December 31, 2021.**
- Objective 1.2 was **modified from “Decrease the percentage of adults who engage in heavy or binge drinking from 17.8% (2016) to 16.8% and the percentage of high school students who reported binge drinking from 9.8% (2016) to 8.6% by December 31, 2021” to “Decrease the percentage of adults who engage in heavy or binge drinking from 17.8% (2016) to 16.8% by December 31, 2021” and has become Objective 1.3.**
- Add Objective 1.4: **“Decrease the percentage of high school students who reported binge drinking from 9.8% (2016) to 8.6% by December 31, 2021”**
- Add Objective 1.5 **“Reduce the number of drug overdose deaths from 768 (2017) to 625 by December 31, 2021.”**
- **Add Objective 2.2 “Decrease the percentage of middle and high school students who are overweight or obese from 26.6% to 22.6% by December 31, 2021.”**
- **Objective 2.2 “Maintain the percentage of mothers who initiate breastfeeding at the Healthy People 2020 goal of 81.9% through December 31, 2021” has become Objective 2.3.**
- Objective 2.3 has been modified from **“Increase the education and awareness of Zika virus control and prevention in the community” to “Maintain the number of mosquito-borne illnesses below 20 per year through December 31, 2021” and has become Objective 2.4.**
- **Objective 2.4 “By December 31, 2021, reduce the rate of black infant mortality from 7.1 per 1,000 live births (2016) to 5 per 1,000 live births by December 31, 2021” has become Objective 2.5.**
- **Objective 2.5 “Reduce the disparity of hospitalizations from or with diabetes rates between blacks-whites (3902.4 per 100,000 and 1450.4 per 100,000) (2016) by less than three times higher by December 31, 2021” has become Objective 2.6.**
- **Add Objective 2.7 “To increase the number of seniors who are able to remain in a non-institutionalized setting by receiving in-home community-based services.”**
- Added the list of Palm Beach County Advisory Council Members

May 2020:

- The 16<sup>th</sup> Health Advisory Council meeting was added to the timeline.
- Added Objective 1.5 and Strategies 1.5.1 and 1.5.2.
- Added Objective 3.2 and Strategies 3.2.1, 3.2.2 and 3.2.3.

June 2021:

- The 17<sup>th</sup> and 18<sup>th</sup> Advisory Council meeting were added to the timeline.
- The CHIP was extended to June 2022, based on a Palm Beach County Community Health Advisory Council vote.
- Added a Strategic Priorities and Action Plans introduction summary (p. 15).
- Added documentation of county alignment with national (HP2020, HP2030) and state health improvement priorities (SHIP) to Action Plan tables.
- Added trend data to show both efforts (strategy cumulative activity progress) and the impact of these efforts (data on objectives) over time, as available.
- The American Heart Association was added as an additional lead agency for the Mental and Behavioral Health Priority Area for Objective 1.1.
- Medical Examiner's Office data was incorporated to track current suicide trends for Objective 1.2.
- The American Heart Association was added as an additional lead agency for the Active Living and Healthy Lifestyles Priority Area for Objectives 2.1 and 2.2.

## USING THE PLAN

Health improvement does not occur solely at the governmental or agency level, but must be expanded and practiced in our homes, our workplaces, our schools and our faith-based organizations. Below are some suggestions of ways to contribute to a healthier Palm Beach County.

- Spread the work about the Palm Beach County Community Health Improvement Plan and the health priorities
- Support local programs and initiatives aimed to address the health priorities
- Be an advocate in the community for health behaviors and for health improvement
- Lead by example and practice healthy behaviors in your community
- Share your resources whether it be expertise and information, time, support, and funding to further the health improvement efforts

## GET INVOLVED

The Community Health Needs Assessment and Community Health Improvement Plan are community-driven processes. **To that, all residents are encouraged to participate in improving Palm Beach County's Health.**

**For more information or to get involved in the County's health improvement activities,** please contact:

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