

HEALTHY SEMINOLE COUNTY

Why a Community Health Improvement Plan?

This is an ongoing community-driven initiative to identify and address health needs in Seminole County.

The intent of this plan is to build successful partnerships in our community to prevent disease, prolong life, and encourage healthy lifestyles and behaviors for all citizens of Seminole County.

Seminole County representatives from a broad spectrum participated in various assessments through interviews and meetings, reviewing data and identifying opportunities in the healthcare system.

Heart disease, diabetes, cancer and obesity were identified among health conditions in Seminole County which can be related to poor nutrition, inactivity and behavioral health. After reviewing the data, the collaboration identified one goal to work on to improve health conditions and promote a healthier Seminole County for 2012-2014:

Reduce & Prevent Obesity



“65% of adults in Florida are at an unhealthy weight”—The Florida Department of Health

We encourage your participation in addressing the health issues in Seminole County when looking at ways to improve the health of all.

Over the next year as a community, we want to work collaboratively with our friends and neighbors to:



Educate on Healthy Food Choices

OUR STRATEGIES

- Partner with organizations to promote educational outreach on nutrition.
- Support financial management education to increase the likelihood of purchasing healthy foods on a limited budget.
- Work with primary care providers to include/increase health education in the healthcare setting.
- Partner with food bank providers to expand consumer healthy eating education.
- Support a health literacy campaign to address the importance of good nutrition.
- Engage school staff, PTA staff, and school transportation staff to support healthy eating for children.

MEASURES OF SUCCESS BY 2014

- Develop a healthy eating literacy project and implement it in three community centers.
- Develop a plan for implementing a school-based nutrition education campaign for students and families.
- Provide a nutrition education toolbox with resources on the **HEALTHY SEMINOLE** website and promote its use by at least five primary care providers.
- Develop a plan for implementing nutrition education sessions at two local food banks.
- Provide one nutrition education training opportunity for public and private school staff.

FACT ON CANCER IN SEMINOLE COUNTY:
There was an average of 57 deaths per year in 2007-2009 from breast cancer.

Increase Access to and Awareness of Physical Activities and Resources

OUR STRATEGIES

- Conduct a safety assessment to determine the barriers for participating in physical activities within the community.
 - Build partnerships with local government, planning departments, and law enforcement to improve community safety and increase access for physical activity.
 - Collaborate with partners to develop a centralized source for physical activity resources within the community.
- MEASURES OF SUCCESS BY 2014**
- Conduct a safety assessment in one community to determine barriers for participating in physical activities.
 - Provide a physical education toolbox with resources on the Healthy Seminole website.
 - Promote the use of a physical education toolbox on the **HEALTHY SEMINOLE** website by at least three businesses or community centers.

Educate and Increase Access to Resources for Mental/Behavioral Health and Stress

OUR STRATEGIES

- Support smoking cessation efforts in addressing the reduction of stress and overweight status.
- Support the promotion of physical activity to reduce stress and improve mental/behavioral health.

MEASURE OF SUCCESS BY 2014

- Implement three wellness programs in community centers or businesses that address nutrition, weight management, and smoking cessation.



Promoting the Benefits of Physical Activity

OUR STRATEGIES

- Partner with organizations to promote educational outreach that increases participation in physical activity.
- Work with community organizations to develop sustainable physical activity challenges.
- Encourage local businesses to promote workplace wellness initiatives that focus on increasing employee participation in physical activities.
- Work with county schools to develop after-school recreational programs that support physical activity.
- Continuously work on building collaboration among partners to address the physical activity needs within the community.

FACT ON DIABETES IN SEMINOLE COUNTY:

In 2010, 13.5% of adults reported that they have diabetes, up from 7.5% in 2007.

MEASURES OF SUCCESS BY 2014

- Implement physical activity campaigns in three community centers.
- Develop sustainable physical activity challenges and implement in three community centers.
- Implement wellness programs in three businesses that address nutrition, weight management, and smoking cessation.
- Develop a plan for implementing a school-based physical education campaign for students and families.
- Develop an action plan that addresses two physical activity needs in the community.

Increase Access to Healthy Food

OUR STRATEGIES

- Work with community organizations to expand community and school gardening.
- Build partnerships with transportation providers to increase access to grocery stores, farmer's markets, and community gardens.



This Plan in Action

The **HEALTHY SEMINOLE COLLABORATION** meets monthly and continues to evaluate and work on the community goals and strategies outlined in this document. The meetings are chaired by Dr. Swannie Jett, DrPH., MSc., Health Officer of the Florida Department of Health in Seminole County.

For the three year time period, **HEALTHY SEMINOLE COLLABORATION** will evaluate the strategies to document lessons learned. The evaluation will show the amount of community engagement and the results achieved from the activities.



For the entire Community Health Improvement Plan, go to the **HEALTHY SEMINOLE** link at the Florida Department of Health in Seminole County website at www.seminolecohealth.com

Do you want to be involved?

Give us your feedback by visiting:
<https://www.surveymonkey.com/s/DOH-SeminoleCHIPFeedback>

HEALTHY SEMINOLE COLLABORATION

MEMBERS

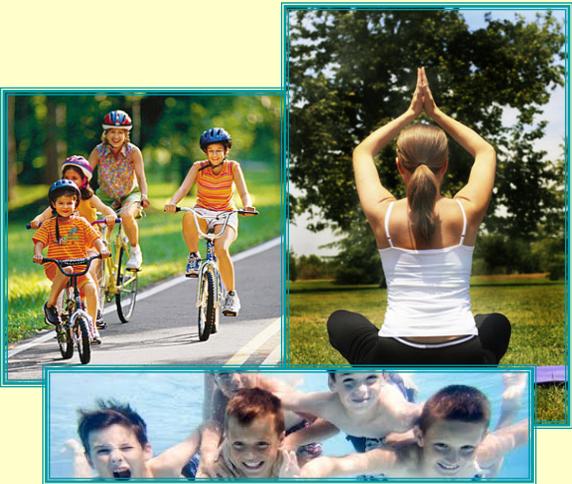
- Central Florida Family Health Center
- Central Florida Regional Hospital
- Florida Department of Health in Seminole County
- Florida Hospital
- Harvest Time International, Inc.
- Health Council of East Central Florida
- Hispanic Health Initiatives, Inc.
- Hope Helps, Inc.
- Kids House of Seminole, Inc.
- Leadership Seminole
- Orlando Health
- Safe House of Seminole
- Second Harvest Food Bank of Central Florida
- Seminole County Government
- Seminole Behavioral Healthcare
- Seminole County Public Schools
- Seminole County Sheriff's Office
- Seminole Prevention Coalition
- Shepherd's Hope, Inc.
- The Sharing Center
- University of Central Florida
- Walgreens
- YMCA of Central Florida

SEMINOLE COUNTY

2012-2014

COMMUNITY HEALTH

IMPROVEMENT PLAN



HEALTHY Seminole County

Eat Well • Live Well • Play Well

FACT ON HEART DISEASE IN SEMINOLE COUNTY:

The percentage of adults who have been diagnosed with high blood cholesterol increased from 30.6% in 2007 to 41.3% in 2010.

What You Can Do

- Focus on fruits.
- Vary your veggies.
- Make at least half your grains whole.
- Go lean with protein.
- Get your calcium-rich foods.

United State Department of Agriculture, ChooseMyPlate.gov