

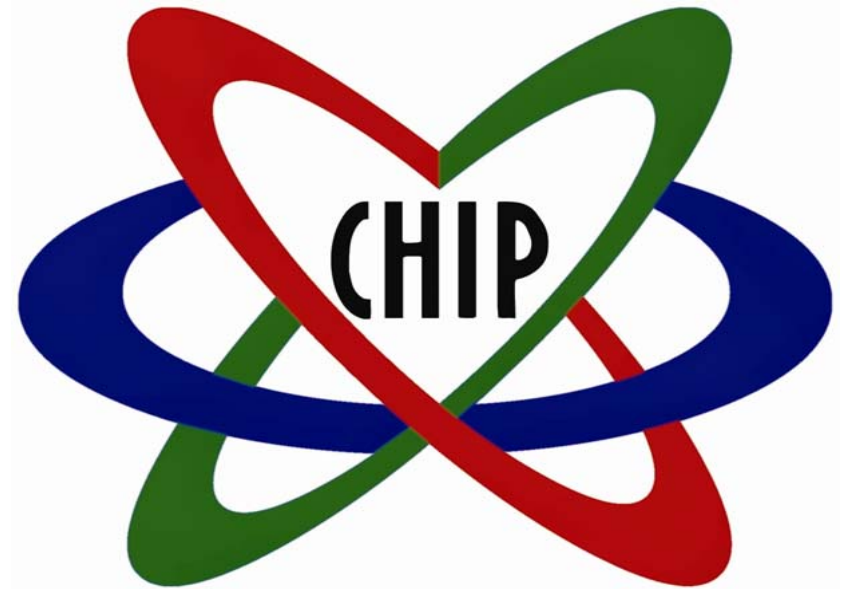


## What is CHIP?

- CHIP is a committee of volunteers comprised of a broad range of community representatives
- CHIP is a planning body that identifies health issues that are important to the community and provides technical assistance in planning to address these issues
- CHIP utilizes a nationally recognized community health improvement model called MAPP (Mobilizing for Action through Planning and Partnerships)
- CHIP is open to any member of the community
- CHIP meets at the Highlands County Health Department the third Thursday of the month. For more information call (863) 386-6040

## CHIP Initiatives and Collaborations

- Teen Pregnancy Prevention Alliance (TPPA)
- Highlands County Behavioral Health Task Force
- Healthy Start Coalition Fetal and Infant Mortality Review and Community Action Group
- Diabetes and Obesity Community Work Plan
- Integrated Services Delivery Model Committee



**COMMUNITY HEALTH IMPROVEMENT PLANNING  
OF HIGHLANDS COUNTY**

## Highlands County Health Care Report Card 2011

*The Health of Our Community*

*“Engaging our community today for a healthier tomorrow”*

[www.healthyhighlands.com](http://www.healthyhighlands.com)



## Community Report Card 2011

Florida and the nation continue to face economic challenges, and the health of our residents remains a great concern. As funding for and access to health care become more complicated, we need to utilize our limited resources wisely to meet the needs of our community. This report card was developed for the following reasons:

- To celebrate the community's successes.
- To identify critical health-related issues and compare Highlands County to state statistics and national goals.
- To use the information presented to focus on areas that need improvement now and in the future.
- To promote the public's understanding of health care needs so that they can become active partners in health improvement.
- To highlight some of the health related initiatives that have been championed by CHIP Council of Highlands County.
- To encourage all health care providers, social service organizations, faith-based communities and private citizens to join together to make Highlands County a healthier and happier place to live and work.

| Areas for Improvement                                         |        |       |                          |
|---------------------------------------------------------------|--------|-------|--------------------------|
| Indicator (date of data)                                      | County | State | Healthy People 2020 Goal |
| Adults diagnosed with high blood cholesterol (2007)           | 45.5%  | 37.1% | 15.0%                    |
| Adults diagnosed with diabetes (2007)                         | 12.0%  | 8.7%  |                          |
| Adults who are sedentary (2002)                               | 33.6%  | 26.4% | 32.6%                    |
| Middle school children reporting binge drinking (2008)        | 9.9%   | 6.2%  | 8.5%                     |
| Fetal death rate per 1,000 live births (2007-09)              | 7.2    | 7.4   | 5.9                      |
| Infant death rate per 1,000 live births (2007-09)             | 6.9    | 7.1   | 6.0                      |
| Births to mothers 15-19 per 1,000 live births (2007-09)       | 57.0   | 40.4  |                          |
| Births to mothers 10-14 per 1,000 live births (2007-09)       | 1.1    | 0.6   |                          |
| Suicide age-adjusted death rate per 100,000 (2007-09)         | 12.8   | 13.7  | 10.2                     |
| Cervical cancer age-adjusted death rate per 100,000 (2007-09) | 4.2    | 2.5   | 2.2                      |

Source: Florida Department of Health, Florida CHARTS, *County and State Profiles*, 2010



## Strengths and Areas for Improvement

| Strengths                                                           |        |       |                          |
|---------------------------------------------------------------------|--------|-------|--------------------------|
| Indicator (date of data)                                            | County | State | Healthy People 2020 Goal |
| Adults who consume 5 servings of fruits and vegetables daily (2007) | 33.5%  | 26.2% |                          |
| Adults who are current smokers (2007)                               | 15.1%  | 19.3% | 12.0%                    |
| Adults who received a flu shot (2007)                               | 42.8%  | 32.7% |                          |
| Low birth weight births (2007-09)                                   | 7.6%   | 8.7%  |                          |
| Adults who engage in heavy or binge drinking (2007)                 | 14.1%  | 16.2% |                          |
| Total hospital beds per 100,000 (2007-09)                           | 334.8  | 316.7 |                          |
| Colorectal cancer age-adjusted death rate per 100,000 (2007-09)     | 11.0   | 14.7  | 14.5                     |

Source: Florida Department of Health, Florida CHARTS, *County and State Profiles*, 2010

## Highlands County Overview

Land Area: 1,028.3 square miles  
 Density (2010): 99.8 persons/square mile  
 Total Population (2010): 102,588  
 Population Percent Change 2000 to 2010: +17.4%  
 Median Household Income (2010): \$37,134  
 (FL \$49,910 )  
 Non-English Speaking Households: 3.4% (FL 5.9%)

### Age Distribution (2010)

0-19 years 19.2% (FL 23.8%)  
 20-64 years 48.7% (FL 58.0%)  
 65+ year 32.1% (FL 18.3%)

### Ethnicity (2010)

White 80.8% (FL 74.6%)  
 African American 9.3% (FL 15.3%)  
 Hispanic (any race) 17.9% (FL 22.1%)  
 Other 8.6% (FL 7.8%)

### Leading Causes of Death \*(2007-2009)

Heart Disease 151.1 (FL 155.0)  
 Cancer 150.6 (FL 160.7)  
 All Unintentional Injuries 46.5 (FL 44.0)  
 Chronic Lower Respiratory Disease 45.1 (FL 37.1)  
 Stroke 27.5 (FL 31.6)  
 Motor Vehicle Crashes 24.3 (FL 15.7)  
 Diabetes 20.7 (FL 20.0)

\*3-year Age-Adjusted Death Rate per 100,000 population

Sources: Florida Department of Health, Florida CHARTS, *County and State Profiles*, 2010

ESRI Business Solutions, 2011

U.S. Census Bureau, American Community Survey 2005-02



## What makes a healthy community?

There are many definitions of a healthy community. Leading health indicators were used nationally over the past decade as part of the *Healthy People 2010* initiative. As a group, the leading health indicators reflected the major public health concerns in the United States at the beginning of the 21st century. The grades on the following page reflect the changes in Highlands County since the last report card in 2009.

*Healthy People 2020* has modified the measures for the next 10 years which are known as “determinates of health”. These are a range of personal, environmental, social, and economic and factors that influence health including:

- Access to care
- Healthy behaviors
- Chronic Disease
- Environmental determinates
- Social determinates
- Injury
- Mental Health
- Maternal and Child Health
- Responsible sexual behavior
- Substance Abuse
- Tobacco
- Quality of Care

CHIP will continue to monitor the health of the county based on the new determinates of health, as data becomes available.

## Highlands County Grades-Leading Health Indicators\*\*

| Health Indicator                                                                                                                                                                                 | 2009        | 2011        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|
| Physical Activity <ul style="list-style-type: none"> <li>• Adults who engage in no leisure-time physical activity</li> </ul>                                                                     | F           | F           |
| Overweight and Obesity <ul style="list-style-type: none"> <li>• Adults who consume at least 5 servings of fruits and vegetables daily</li> <li>• Adults who are overweight</li> </ul>            | A<br>C      | A<br>C      |
| Tobacco Use <ul style="list-style-type: none"> <li>• Adults who are current smokers</li> </ul>                                                                                                   | A           | A           |
| Substance Abuse <ul style="list-style-type: none"> <li>• Adults who engage in heavy or binge drinking</li> <li>• Alcohol-related motor vehicle traffic crash deaths</li> </ul>                   | A<br>F      | A<br>F      |
| Responsible Sexual Behavior <ul style="list-style-type: none"> <li>• HIV/AIDS age-adjusted death rate</li> <li>• Births to mothers ages 10-14</li> <li>• Births to mothers ages 15-19</li> </ul> | C<br>F<br>C | F<br>F<br>C |
| Mental Health <ul style="list-style-type: none"> <li>• Suicide age-adjusted death rate</li> <li>• Adults who usually receive the social and emotional support they need</li> </ul>               | F<br>F      | B<br>F      |
| Injury and Violence <ul style="list-style-type: none"> <li>• Criminal homicide</li> <li>• Domestic violence offenses</li> </ul>                                                                  | C<br>B      | C<br>B      |
| Environmental Quality <ul style="list-style-type: none"> <li>• Asthma age-adjusted hospitalization rate</li> </ul>                                                                               | F           | F           |
| Immunization <ul style="list-style-type: none"> <li>• Adults who received a flu shot in the past year</li> <li>• Vaccine preventable disease</li> </ul>                                          | A<br>B      | A<br>C      |
| Access to health care <ul style="list-style-type: none"> <li>• Total licensed family physicians</li> <li>• Adults who have a personal doctor</li> </ul>                                          | C<br>C      | F<br>C      |

\*\* Grades were assigned based on quartile which allows for data from one county to be compared to data from all other counties in the state. Indicators are ordered from lowest to highest then divided into four equal sized groups. (1-A, 2-B, 3-C, 4-E)

Source: Florida Department of Health, Florida CHARTS, 2010