

# CITRUS PARTNERSHIP IN HEALTH MINUTES

Lecanto Government Building, Room 166

January 24, 2008

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## **WELCOME / INTRODUCTIONS**

*(Teresa Goodman, Interim Administrator, Citrus CHD)*

Teresa Goodman welcomed everyone to the meeting; everyone in the room introduced themselves.

## **RED DRESS EVENT**

*(Dianne McDonald-Graber, Citrus Memorial)*

Dianne is the Cardiovascular Nurse Practitioner with Citrus Memorial's Women's Heart Program. She provided details on the prevalence of heart disease and spoke about the Red Dress events coming to Citrus County in February. All proceeds go to teach children about heart health at school programs. Call the office at 344-6952 for more information.

Heart disease is the #1 killer of women (1 in 4 women will die of heart disease). We need to be aware of our risk factors. Some – like heredity – cannot be modified. Changes to lifestyle – smoking, diet, and exercise – can make a difference in risk factors. In addition, everyone should know their lipid numbers and waist measurement.

The Heart Trust Red Dress Collection originated in New York. It is a fashion platform featuring red dresses from the industry's elite designers worn by top fashion models and celebrities. The dresses will be on display on mannequins with information about who modeled and wore the red dresses. The three-day series of events involves:

- Thursday, February 14 Valentine's Day kicks off with the Red Dress Women's Heart Luncheon at the Citrus Hills Golf & Country Club.
- Friday, February 15: The Heart Truth Red Dress Collection will arrive from New York and will be on display at the Old courthouse in Downtown Inverness from 9 a.m. to 9 p.m.
- Friday evening, February 15: Music on the Square with free, live entertainment from 5 – 10 p.m.
- Saturday, February 16: We will team with the Citrus County Health Department and have a Citrus County Step Up for Heart Health Walk for the entire family on the Withlacoochee Trail. Registration begins in Liberty Park at 7:30 a.m.

**Deceptively Delicious Cookbook.** Dianne also told attendees about a new cookbook, which is chock-full of recipes where they hide vegetables so that kids and finicky eaters will get the proper nutrition. Contact Dianne to learn more.

## **HEALTHY FAMILIES FLORIDA PROGRAM** *(Deborah Oakes, Childhood Development Services)*

Deborah is the Healthy Families Program Manager for CDS. Healthy Families is a free, voluntary program for parents, focusing on promoting child health and development as well as establishing a stable and nurturing home environment. Goals include preventing child abuse and neglect, and ensuring that families' social and medical needs are met.

Research shows that children who are abused are more likely to need special education classes, become pregnant as teenagers, become involved in the juvenile detention system, or end up addicted to drugs. By intervening early to help families overcome challenges, Healthy Families helps prevent serious individual and family dysfunction later in life. Prevention is imperative!

The program is offered to families living in Citrus County, who are expecting a new baby, or have a newborn under the age of eight weeks. Trained Family Support Workers offer home visits, help parents manage the stressors of being a new parent, and provide support and encouragement in achieving personal and family goals. The home visits can continue for up to five years. Families are also connected to other community services they may need.

A long list of factors place children at risk of maltreatment. These include single parenting, inadequate income/housing, less than high school diploma, late prenatal care, parent less than 18 years old, substance abuse, and instability or abuse in childhood/adolescence. In Citrus County, 80 percent of the participants are single parents. Statistics show that children whose families received no HFF service were nearly four times more likely to have been victims of maltreatment during the first two years of their lives than those whose families completed HFF.

**Family Day at the Park** will be held at Whispering Pines Park on Saturday, April 12, from 10-2. The event will include children's activity booths by day care providers, free pedometers to hit the walking trails, parenting information packets, information booths for children's services in Citrus County, safety services provided by the Citrus County Sheriff's Department, and the Citrus County Fire Department.

## **STATUS OF AFFORDABLE HOUSING IN CITRUS COUNTY AND**

### **ITS IMPACT ON HOMELESSNESS**

*(Joe Monroe, CC Housing Services Division)*

The majority of our homeless are not on the street, but it is increasingly difficult for them to afford housing. Housing is considered affordable if the rent or mortgage payments are 30% or less of your income. The Department of Development Services is working with the Board of County Commissioners to locate property that would qualify for low income/affordable housing, but it has been difficult to find land that meets the criteria. Joe shared *Citrus County Division of Housing Services Program Guide*, which includes the following highlights:

- **Home Repairs for Very Low Income Families** remove conditions that are an imminent threat to the health and safety of the residents. Eligible repairs include re-roofs, electrical, plumbing, and heating/cooling repairs. This program repairs existing hazardous living conditions – it cannot *remodel* units.
- **Housing Replacement Program** constructs new site-built homes to replace unsafe structures where rehabilitation is not financially feasible, and removes unsafe structure.
- **First Time Homebuyers Program (SHIP)** provides a deferred payment, no interest loan to eligible homebuyers – including owners of pre-1976 mobile homes and persons who have not owned a home in the past three (3) years.
- **Section 8 Rental Assistance Housing Choice Voucher Program** Low-income renters select their own unit from the Citrus County rental market. The renter initially pays between 30% and 40% of the adjusted monthly income for rent. Citrus County pays the balance of the rent to the landlord.
- **Utility Connection Assistance** pays for permit, impact, and other fees necessary to connect to regional central water and/or sewer service.
- **Low Income Home Energy Assistance Program (LIHEAP)** provides a once-per-program-year payment for eligible families. Payments are made directly to utility companies. Assistance amount is based on income. A limited amount of crisis money is also available.

## **PREVENTING FALLS IN THE ELDERLY**

*(Sue Littnan, Citrus CHD)*

Sue presented facts from the Office of Injury Prevention. Risk factors leading to falls include balance, medications, poor vision, poor nutrition, lack of exercise, weakness, and environmental hazards. Four things

you can do to prevent falls are: (1) Start a regular exercise program to increase strength, balance and coordination; (2) Have your healthcare provider review your medications, including over-the-counter interactions; (3) Have your eyesight checked regularly; (4) Make your home safer, including lighting, stairs, steps, kitchen, bathroom, and bedrooms.

**CITRUS CHD VISION AND MISSION**

*(Teresa Goodman, Citrus CHD)*

Teresa reviewed the new Citrus County Health Department model:

The graphic is a vertical banner with a yellow background and a blue border. It is divided into three main sections: VISION, MISSION, and VALUES. The VISION section includes the text 'Citrus County Health Department: Working towards a healthier future for the people of Florida' and a small map of Florida with a red arrow pointing to Citrus County. The MISSION section states 'Promote, protect & improve the health of all the people of Florida'. The VALUES section lists 'Excellence, Commitment to Service, Accountability, Empowerment, Integrity, Respect, Teamwork'. At the bottom, the website 'www.citruscountyhealth.org' is listed. To the right of the banner is a separate box with a blue and yellow striped header and a white background, titled 'STRATEGIC PRIORITIES'. It lists four main areas: 'PROMOTE WELLNESS AND HEALTHY LIFESTYLES', 'HEALTH WORKFORCE DEVELOPMENT', 'PREVENT AND CONTROL INFECTIOUS DISEASES', and 'PROTECT THE PUBLIC'. Each area has a list of specific goals and actions. A small logo for the Florida Department of Health is in the bottom right corner of this box.

**VISION**  
**Citrus County Health Department:**  
Working towards a healthier future for the people of Florida

**MISSION**  
Promote, protect & improve the health of all the people of Florida

**VALUES**  
Excellence  
Commitment to Service  
Accountability  
Empowerment  
Integrity  
Respect  
Teamwork

www.citruscountyhealth.org

**STRATEGIC PRIORITIES**

**PROMOTE WELLNESS AND HEALTHY LIFESTYLES**

- Advocate improved individual health behaviors & health literacy by:
  - ⇒ Improving Maternal and Infant Health
  - ⇒ Improving the Health of Adults through Lifestyle Changes
  - ⇒ Reducing Births to Teens
  - ⇒ Improving the Health of Adults by addressing Family & Women's Health Issues
  - ⇒ Reducing Intentional & Unintentional Injuries
  - ⇒ Improving the Health of Children
  - ⇒ Enhanced Pharmacy Services

**HEALTH WORKFORCE DEVELOPMENT**

- Identify critical health care staffing needs and serve as a catalyst for action and
- Respond to workforce needs for the department to support its mission by:
  - ⇒ Ensuring a Competent Workforce
  - ⇒ Operating Efficiently and Effectively

**PREVENT AND CONTROL INFECTIOUS DISEASES**

- Identify and react to emerging threats from infectious diseases by:
  - ⇒ Surveillance and Control of Infectious Diseases
- Promote immunizations

**PROTECT THE PUBLIC**

- Identify environmental health threats by:
  - ⇒ Identifying and Controlling Environmental Health Threats
  - ⇒ Ensuring Adequate Preparedness & Response
- Promote healthy and livable communities
- Ensure effective healthcare licensure & enforcement

**CLOSING**

We appreciate the help each of you do in the community. Together, we can make a huge impact on the health of Citrus County. Please encourage your friends, neighbors, and coworkers to join our *Partnership*. They are all a vital link in ensuring that Citrus County is a healthy place to be!

**MEETINGS**

Our next meeting is in the Lecanto Government Building, Room 166 on:

**Thursday April 24, 2008**  
*8:30 – 11:00 a.m.*