

CHIP Clips

Your source of updates, news, and interesting facts relating to the [Palm Beach County Community Health Improvement Plan \(CHIP\)](#)
Issue Three: January 2015



Top 3 Health Priorities for the Palm Beach County CHIP

- Obesity
- Shortage of Primary and Oral Healthcare Providers for the Uninsured and Underinsured
- Mental and Behavioral Health

Did you know?

- We need potassium to help strengthen our muscles and control our blood pressure. Bananas are high in it, but they aren't the best source. Potatoes have more potassium.
- Kiwis pack the biggest nutritional punch of any fruit in your produce aisle. They have twice the vitamin C of an orange, and they're another high-potassium, low-salt alternative to bananas.

SOURCE: webmd.com

Palm Beach County Food Bank launches mobile nutrition program

The Palm Beach County Food Bank's Nutrition Driven program and Palm Beach County Cooperative Extension UF/IFAS - University of Florida's Institute of Food and Agricultural Science are collaborating to achieve a common mission to improve the overall health status of limited-resource families. Together, the two organizations will provide locally grown food resources and basic nutrition education to encourage Palm Beach County families to make healthier lifestyle choices.

GOALS FOR NUTRITION DRIVEN

- Increase access to healthy & fresh food by distributing directly into neighborhoods
- Educate recipients about healthy eating habits, food preparation and safety, and shopping on a budget through an evidence-based nutrition education curriculum
- Support broader efforts in the community related to increasing healthier eating, diabetes prevention, reducing childhood obesity and promotion of local agriculture



The PBC Food Bank distributes the equivalent of 4.2 million meals/year to 105 organizations that serve the community from Tequesta to Boca Raton and west to Belle Glade and Pahokee; provides backpacks of healthy food to more than 1,700 children at 19 camp sites every week during the summer; helps 740 families/year apply for and receive a total of \$1 million in federal food assistance benefits; and operates a mobile food pantry with nutrition education.

See pbcfoodbank.org or call 561-670-2518.

Partner Spotlight: 211 Palm Beach/Treasure Coast

Sometimes life can be overwhelming! 211 is the community helpline and crisis hotline for Palm Beach County residents. 211's trained staff provide empathetic guidance and support to individuals and families in distress or in need of information about health and human service programs. This telephone based service is available 24 hours a day, 365 days a year. In addition to the helpline, 211 has specialized advocacy and support services via the Special Needs HelpLine, Elder Crisis Outreach, Help Me Grow Initiative and Healthcare Advocacy, all of which help individuals to navigate the system of care and link to the crucial services that are needed.

Furthermore, 211 provides the Sunshine Telephone Reassurance Program whereby homebound/isolated elders receive lifesaving "Sunshine" daily calls which positively impacts the lives of hundreds of our local seniors. Calls to 211 are free, confidential and available to people of all ages.

211 HelpLine provides hope when people need it the most!

Look out for a presentation on 211 at our next CHIP meeting!

Did you know?

- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, medical care providers, faith-based institutions, government agencies, the media, and the food, beverage, and entertainment industries.

SOURCE: CDC

Newest BRFSS Data Released November 2014

The Florida Department of Health released the 2013 Florida Behavioral Risk Factor Surveillance System (BRFSS) state and county data in late November 2014. This statewide telephone survey is the only source of state-specific, population-based estimates of the prevalence of various health conditions and related risk behaviors among Florida residents aged 18 and older. The 2013 BRFSS was the fourth county-level survey conducted. It was previously conducted in 2002, 2007, and 2010.

The purpose of this survey is to gather information regarding personal health and risk behaviors, selected medical conditions, and preventive health care practices among Florida adults. The 2013 BRFSS provides counties and the state with a rich data source to estimate the prevalence of personal health behaviors that contribute to morbidity and mortality among adults in Florida. The data tables in the BRFSS report present the survey data on a variety of issues related to health status, health care access, lifestyle, chronic illnesses, and disease prevention practice.

The BRFSS is a data source for many CHIP objectives and measures, and data from the 2013 BRFSS has been updated into our Palm Beach County CHIP Progress Report.

For more information, please [click here](#) to view the 2013 Palm Beach County BRFSS Report.



One of our main CHIP objectives is to increase access to primary care services, and Enroll Palm Beach is contributing to this important objective. Enroll Palm Beach is a collaborative effort among community partners, including Quantum Foundation and the Health Council of Southeast Florida, to provide access to the Affordable Care Act Health Insurance Marketplace for the uninsured population in our County. Navigators are assisting throughout the County to sign up or re-enroll residents into the Health Insurance Marketplace in anticipation of the February 15, 2015 deadline for Open Enrollment.

For more information, [click here](#).



CHIP UPDATE

The next CHIP Council Meeting is set for Monday, June 1st, 2015, from 2:00-4:30 PM at Children's Services Council of Palm Beach County, located at 2300 High Ridge Road, Boynton Beach. Please mark your calendars and be on the lookout for read-ahead materials!

Thanks for your participation in the CHIP Annual Review at our November meeting! We are currently working on revising the CHIP based on your recommendations. Look for a revised CHIP in Spring 2015.

Issues of CHIP Clips are posted at the [Health Department](#) and the [Diabetes Coalition of PBC](#) websites.

Your data is vital to CHIP implementation. Please send Adam your most current data. For quarterly data, this would be quarter ending December 31. You can call him at 5 6 1 - 6 7 1 - 4 0 5 7 or Adam.Reback@flhealth.gov.

Also, please send Adam your ideas and comments for the newsletter; he's waiting to hear from you!