

CHIP Clips

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

- Seven Floridians die of prescription drug abuse every day.
- One in six teens has taken a prescription drug without a prescription.
- Nearly one in five high school students reported having blacked out after drinking.

SOURCE: Palm Beach County Substance Awareness Coalition and the Florida Youth Substance Abuse Survey

Obese Americans now outnumber those who are merely overweight, study says

Americans have reached a new milestone: Adults who are obese now outnumber those who are merely overweight, according to a new report in the journal JAMA Internal Medicine. Researchers from Washington University School of Medicine in St. Louis estimate that 67.6 million Americans over the age of 25 were obese as of 2012, and an additional 65.2 million were overweight. Their estimates are based on data collected between 2007 and 2012 as part of the [National Health and Nutrition Examination Survey](#), an ongoing study conducted by the Centers for Disease Control and Prevention. Women were much more likely to be obese than overweight, with 37% of women in the obese range and 30% in the overweight range. Altogether, two out every three women in the U.S. were above a normal weight. The proportion of men who were obese was almost as high as women – 35%. That compares to 40% of men who were in



the overweight zone.

With the two groups combined, three out of four men in the U.S. exceeded a normal weight. African Americans had the highest rates of obesity among both men (39%) and women (57%). The researchers also found that 17% of black women and 7% of black men were extremely obese, meaning their body mass index was over 40.

Partner Spotlight: Palm Beach County Substance Awareness Coalition

Palm Beach County CHIP objective 3.2 says “Contribute to a decrease in the percentage of the population who abuse drugs or use alcohol excessively.” The Palm Beach County Substance Awareness Coalition has many programs and activities that support this objective. By bringing together teens, parents, educators, business owners and many other partners, they coordinate activities, provide information, and organize public awareness campaigns to steer youths and adults away from harmful substances. Their programs include the Underage Drinking Task Force, 80 by 18 campaign, alcohol retailer compliance checks, Prescription Drug Task Force, the telephone line (877) Means 21, and a wide array of trainings and information sessions throughout Palm Beach County. Also, please be on the lookout for their Don’t Be a Guinea Pig campaign!

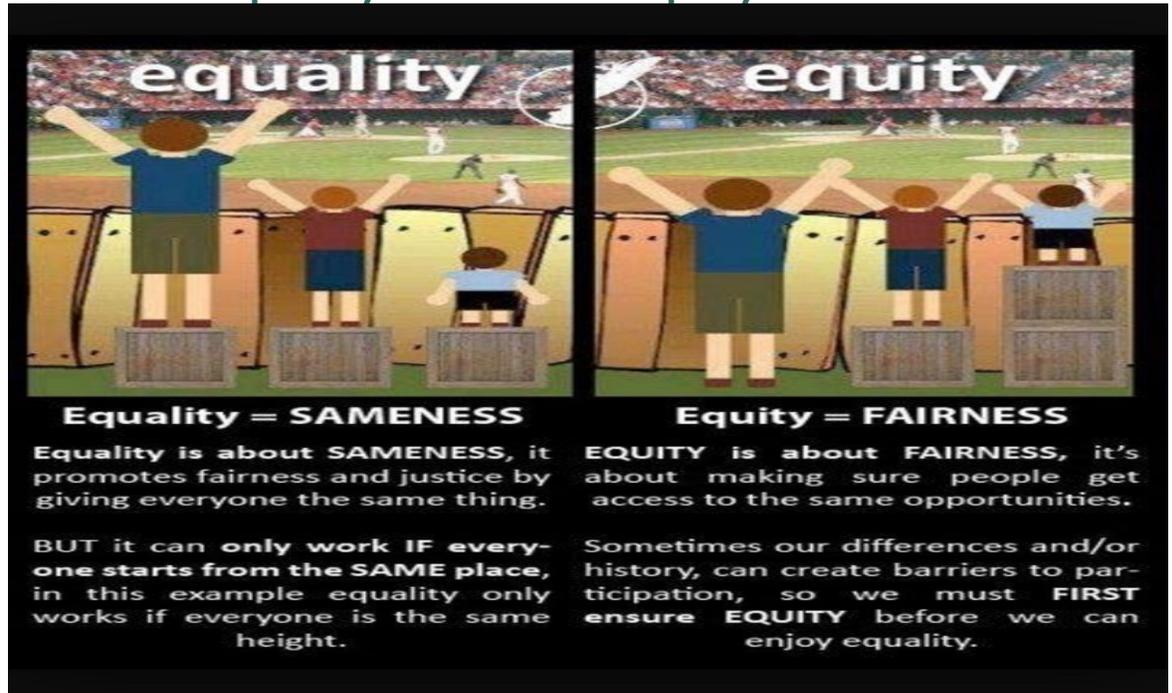
For more information, click [here](#)

Did you know?

- Healthy People 2020 defines health equity as the "attainment of the highest level of health for all people."
- Healthy People 2020 defines a *health disparity* as "a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage."

SOURCE: [Healthy People 2020](#)

Health Equality vs. Health Equity



CHIP objective 1.3 is to support policies and programs that support breastfeeding. The [Healthiest Weight Florida](#) initiative shares much in common with the CHIP, including promoting breastfeeding. At our last CHIP meeting, Sharon Greene of DOH Palm Beach gave a presentation on the Baby-Friendly Hospital Initiative. A June 3rd [press release](#) from the Florida Department of Health provided more detailed information on the project. The Baby-Friendly Hospital Initiative is a global program launched by the World Health Organization and the United Nations Children's Fund to encourage and recognize hospitals and birthing facilities that offer the finest care for infant feeding and mother/baby bonding. Look out for much more on this exciting initiative in the near future.



CHIP UPDATE

The next CHIP Council Meeting will be in November 2015. Please indicate your availability via the Doodle link sent to your email.

The November meeting will include a CHIP Annual Review, several presentations, and more. Please be on the lookout for an agenda and other materials before the meeting.

Issues of CHIP Clips are posted at the [Health Department](#) website

Your data is vital to CHIP implementation. Please send Adam your most current updates. You can reach him at 561-671-4057 or Adam.Reback@flhealth.gov.

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

