

CHIP Clips

Your source of updates, news, and interesting facts relating to the [Palm Beach County Community Health Improvement Plan \(CHIP\)](#)
Issue One: July 2014



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?

- It is estimated that 26.2% of Americans 18 and over suffer from a diagnosable mental disorder in a given year.
- 6% suffer from a serious mental illness.
- Mental illness is more common than heart disease, diabetes, or cancer.

SOURCE: National Institute of Mental Health

CDC Youth Risk Behavior Surveillance System (YRBSS) Survey Results Released June 2014

The Youth Risk Behavior Surveillance System (YRBSS) monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including—

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

YRBSS also measures the prevalence of obesity and asthma among youth and young adults.

YRBSS includes a national school-based survey conducted by CDC and state, territorial, tribal, and local surveys conducted by state, territorial, and local education and health agencies and tribal governments.



To view Palm Beach County results, go to www.cdc.gov/HealthyYouth/yrbs/index.htm, then click on **Compare State/District and National Results**, then select **Palm Beach County**.

Partner Spotlight: Jerome Golden Center for Behavioral Health

The Jerome Golden Center for Behavioral Health is an integral community organization for the CHIP priority of Mental and Behavioral Health. The mission of the Jerome Golden Center is to help clients build resiliency, facilitate recovery, and achieve reintegration into the community by designing and delivering behavioral healthcare services that meet their needs and expectations. The Center provides acute and continuing care services to the severely and persistently mentally ill, those with acute psychiatric disorders, those with co-occurring disorders (primary diagnosis of mental illness and substance use disorder), and those in need of crisis support. For more information, please visit their website at <http://goldenctr.org/>.

Did you know?

- 65% of adults in Florida are at an unhealthy weight.
- 1 out of 3 kids are now considered overweight or obese.
- The costs of care for obesity alone are estimated to be \$34B over the next 17 years.

SOURCE: Florida Department of Health

Healthiest Weight Florida

One of our top CHIP priorities is obesity, and this issue is prominent throughout the state and country. Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not for profit organizations, businesses, and entire communities to help Florida's children and adults make choices about healthy eating and active living. The overall goal is to bend the weight curve by 5% by 2017. Many of the Healthiest Weight Florida Strategies and Activities relate directly to our Palm Beach County CHIP. Here are the five strategies for Healthiest Weight Florida:

- **Strategy One:** Increase opportunities for physical activity
- **Strategy Two:** Make healthy food available everywhere
- **Strategy Three:** Promote health in the worksite
- **Strategy Four:** Strengthen schools as the heart of health
- **Strategy Five:** Market what matters for a healthy life

To read more on Healthiest Weight Florida, please check out their website at www.healthiestweightflorida.com



The Palm Beach County Community Call to Action on Obesity is promoting 5-2-1-0, a healthy lifestyle campaign to help county residents attain optimal health. The goal is to change unhealthy behaviors by creating supportive environments where the people live, learn, work and play. The 5-2-1-0 message promotes these four key behaviors: 5 or more servings of fruits and vegetables a day, 2 hours or less of screen time per day, 1 hour or more of physical activity per day, and 0 sweetened beverages a day. For more information, check out <http://www.5210letsgo.com/>

CHIP UPDATE

The next CHIP Council Meeting is set for Thursday, November 6, 2014, from 9:00-11:30 AM at the Clayton Hutcheson Agricultural Center, located at 559 N. Military Trail in West Palm Beach. Please mark your calendars!

CHIP Coordinator Adam Reback has been meeting with CHIP team members to update the CHIP implementation workplan. He has met with partners from Caridad Center, Mental Health Association of Palm Beach County, Jerome Golden Center, School District of Palm Beach County, and much more. Thanks for your participation!

Your data is vital to CHIP implementation. Please send Adam your most current data.

For quarterly data, this would be quarter ending June 30. 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!

