

# Health Strategy

## Definitions:

**Result**-(or outcome or goal) is a population condition of well-being for children, adults, families and communities, stated in plain language

**Indicator**-(or benchmark) is a measure that helps quantify the achievement of a result

**Strategy**-is a coherent collection of actions that has a reasonable chance of improving results

**Performance Measure**-is a universal measure of how well a program, agency or service system is working. The most important performance measures tell us whether program customers are better off. There are three types of performance measures:

1. Quadrant 1 (Q1) - performance measure that answers the question “How much did we do?”
2. Quadrant 2 (Q2) - performance measure that answers the question “How well did we do it?”
3. Quadrant 3 & 4 (Q3 & Q4) – performance measure that answers the question “Is anyone better off?”

To determine if clients are better off, programs measure changes in four categories: Skills/Knowledge, Attitude/Opinion, Behavior, and Circumstance.

## HEALTH

**RESULT: All children and adults are healthy; and safe in their homes, communities and schools; and have increased access to dental and medical care**

**Headline Indicator: Percent of adults in north central Florida who state their health to be good to excellent**

**Result 1:** Youth and adults live a healthy lifestyle<sup>1</sup>

**Indicator 1:** Obesity rate/BMI (Dept. of Health)

**Indicator 2:** Mothers under age 20 with repeat pregnancies (teenage pregnancy) (Dept. of Health)

**Indicator 3:** Number/percent of low birth weight births (Dept. of Health)

**Indicator 4:** Number/percent of seniors with diabetes (Dept. of Health)

[Indicators 2 and 3 are also addressed under Education and could be addressed here, as well.]

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<sup>1</sup> Healthy lifestyle enables healthy living by promoting health awareness, balanced nutrition, physical activity, good choices, community volunteering etc.

## **Strategy 1.1:** Education and wellness programs that promote healthy life skills<sup>2</sup>

### *Program Performance Measures:*

1. *Number of children and adults participating in the program (Q1)*
2. *Number of youth who participate in physical health and fitness programs (Q1)*
3. *Number/percent of children and adults who are overweight as measured by the BMI (Q1)*
4. *Number/percent of children and adults who are obese as measured by the BMI (Q1)*
5. *Number/percent of children and adults who improve their BMI after intervention (Q3/Q4)*
6. *Number have improved skills to manage or resolve disease (Q3/Q4)*

## **Strategy 1.2:** Increase access to nutritious foods for individuals/families<sup>3</sup>

### *Program Performance Measures:*

1. *Number of balanced, nutritious meals served to clients (Q1)*
2. *Number/percent of clients who report their health was maintained or improved because of receipt of nutritious meal (Q3/Q4)*

## **Strategy 1.3:** Prevent risky behavior and care for healthy physical/mental needs

### *Program Performance Measures:*

1. *Number of children and adults participating in health programs (Q1)*
2. *Number of children and adults who access care to manage a chronic disease (Q1)*
3. *Number of individuals screened for dental decay (Q1)*
4. *Number/percent of individuals screened for dental decay who receive additional dental services (Q3/Q4)*
5. *Number of participants who improve decision making skills (Q3/Q4)*
6. *Number of individuals who meet their care goal plans (Q3/Q4)*

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<sup>2</sup> Regular physical activity (healthy life skills) is one of the most important things you can do for your health. It can help control your weight, reduce your risk of cardiovascular disease, reduce your risk for type 2 diabetes and metabolic syndrome, reduce your risk of some cancers, strengthen your bones and muscles, improve your mental health and mood, improve your ability to do daily activities and prevent falls, if you're an older adult and increase your chances of living longer. (Centers for Disease Control and Prevention, accessed Aug 2011).

<sup>3</sup> The United States Department of Agriculture state that 14.7% or 17.4 million households were food insecure (lack of access to nutritious foods) at some point during 2009. Over 50 million individuals were affected, including 17.2 million children. (United States Dept. of Agriculture, accessed Aug 2011). In 2011, Feeding America indicated 18.7% of Alachua County was food insecure. According to the American Diabetic Association (Volume 110, Issue 9, Pages 1368-1377 September 2010) health status, chronic disease incidence/risk, diabetes, overweight & obesity, school performance, and mental health are all related to food insecurity. Children and adolescents are more likely to experience nutritional deficiencies and poor health, and are more likely to exhibit behavioral and psychological problems.

## Strategy 1.4: Access to preventive health services<sup>4</sup>

### Program Performance Measures:

1. *Number of individuals who access publicly funded health care coverage programs and community based alternatives, including community health centers (Q1)*
2. *Number/percent of eligible individuals who become enrolled in public health care coverage (Q3/Q4)*
3. *Number/percent of individuals who access publicly funded health care coverage programs reporting that participation in the program/service helps them manage their condition (Q3/Q4)*
4. *Number/percent of children fully immunized (Q3/Q4)*
5. *Number of individuals screened for dental decay (Q1)*
6. *Number/percent of individuals screened for dental decay who receive additional dental services (Q3/Q4)*
7. *Number of children 0-5 with caries (cavities) (Q1)*
8. *Number of school aged children with caries (cavities) (Q1)*
9. *Number of children screened for vision (Q1)*
10. *Number/percent of children screened for vision who received an intervention (Q3/Q4)*

## Result 2: Children and adults live in and maintain a safe/healthy environment<sup>5</sup>

**Indicator 1:** Rates of child abuse, neglect and exploitation (Dept. Children & Families)

**Indicator 2:** Domestic violence incidence and arrest rates (Fla. Dept. Law Enforcement)

**Indicator 3:** Crime against people and property rates (Fla. Dept. Law Enforcement)

**Indicator 4:** Rates of abuse, neglect and exploitation of vulnerable adults (Dept. Children & Families)

## Strategy 2.1: Support children and adults in safe environments

### Program Performance Measures:

1. *Number of clients/families served in domestic and family violence response and prevention programs (Q1)*
2. *Number of clients/families served in violent crime prevention and/or response programs (Q1)*
3. *Number/percent of adults served by transition shelters (Q3/Q4)*
4. *Number/percent of youth who return to or are placed in a permanent safe environment with supports (Q3/Q4)*
5. *Number/percent of adults who transition from transition shelters to permanent housing setting (rental/homeowner) (Q3/Q4)*
6. *Number/percent of clients/families who feel they made an informed choice regarding their safety (Q3/Q4)*
7. *Number/percent of clients who report a greater sense of safety in the home due to services received (Q3/Q4)*

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<sup>4</sup> Chronic absence in kindergarten is associated with lower academic performance in first grade and in subsequent grades. Missing 20% of school can predict dropping out better than eighth grade test scores. (Leila Fiester et al 2010, p 18; Belfanz, R 2009, p4; Chang H et al 2008). By providing preventive, referral, and supportive services to parents of children with issues such as physical/dental health conditions can help to reduce attendance issues.

<sup>5</sup> Healthy environment includes the immediate physical, social and cultural surroundings ensuring quality of life free from disease, stress, and abuse.

# Health Strategy

**Result 3:** Children and adults have affordable and equitable health care

**Indicator 1:** Percent of children who have health insurance (data source)

**Indicator 2:** Percent of adults who have health insurance (data source)

**Indicator 3:** Percent of low income children who access dental care

**Indicator 4:** Percent of low income adults who access dental care

**Strategy 3.1:** Assist eligible clients with access to health insurance enrollment and provide health services<sup>6</sup> **[New]**

## *Program Performance Measures:*

- 1. Number of individuals who access publicly funded health care coverage programs and community based alternatives, including community health centers (Q1)*
- 2. Number/percent of eligible individuals who become enrolled in public health care coverage (Q3/Q4)*
- 3. Number/percent of individuals who access publicly funded health care coverage programs report that participation in the program/service help them manage their condition (Q3/Q4)*
- 4. Number/percent of children fully immunized (Q3/Q4)*
- 5. Number of children completing dental treatment (Q3/Q4)*
- 6. Number of adults completing dental treatment by the end of fiscal year (Q3/Q4)*
- 7. Number of individuals who achieve their care plan goals (Q3/Q4)*

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<sup>6</sup> The treatment group (people with health insurance) had substantively and statistically significantly higher health care utilization (including primary and preventive care as well as hospitalizations), lower out-of-pocket medical expenditures and medical debt (including fewer bills sent to collection), and better self-reported physical and mental health than the control group. (The Oregon Health Insurance Experiment: Evidence from the First Year, The National Bureau of Economic Research, Working Paper No 17190, Issued in July 2011, p1).