

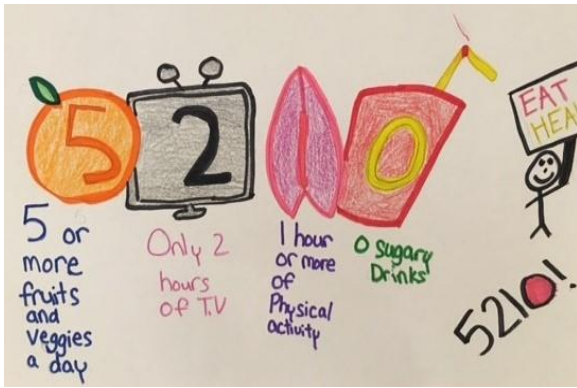
**Indian River County  
Community Health Improvement Plan  
Jan 2022 – Dec 2026  
Version 1.2**

Released January 1, 2022



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# Indian River County Community Health Improvement Plan Jan 2022 – Dec 2026 Version 1.2



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## Executive Summary

The Indian River County Community Health Improvement Plan (CHIP) is the product of continuous improvement through diverse partner engagement. The broad spectrum of stakeholders dedicated time, energy and resources to creating an actionable five-year plan for Indian River County with the hope of improving the quality of life of residents in Indian River County.

The CHIP was developed in context of the vision, mission and values set forth by the Florida Department of Health in Indian River (DOH-Indian River). This community-driven plan is the result of ongoing input and participation of countless individuals, agencies and organizations.

An advisory committee composed of individuals representing county government, non-profit organizations and DOH-Indian River began meeting in March 2019 to develop a Community Health Needs Assessment (CHNA), sometimes referred to elsewhere in the community as the Community Needs Assessment (CNA). The focus of the meetings was to analyze data and identify the health need priorities of the residents of Indian River County and make recommendations for future policy and systemic change.

Using the health need priorities identified by the advisory committee as a basis, work began on the Community Health Improvement Plan (CHIP), a framework and a plan of action to improve health outcomes of the residents of Indian River County over the next five years. Three working groups were formed to focus on each identified health priority. The working groups also integrated Health Equity as a component of each of the three health priorities.

The CHIP development process was facilitated by DOH-Indian River. The process included assessing the health needs of the community, prioritizing health needs, and devising an improvement plan through strategic planning. The identified health priorities outlined in this plan are based on the review of quantitative data and qualitative data from various key stakeholders and community members. The top health priorities identified during this process are:

- Health
- Housing
- Economic Opportunity & Employment

To appropriately align goals, objectives and strategies with the health priorities of the county, the advisory committee determined to identify the root causes of each priority. Factors contributing to the health priorities are reflected in the Indian River County CHIP. Successively, members of the advisory committee formulated goals and objectives, as well as outlined action steps for each health priority.

## Acknowledgments

The 2022-2026 Indian River Community Health Improvement Plan is a product of partnership and participation among a broad spectrum in the public health system that came together to improve the quality of lives of individuals residing in Indian River County. Stakeholders, along with community members, came together to improve services in Indian River County. The participation and dedication of these individuals, as advocates for their agencies and the populations they serve, brought tremendous value to the community health improvement planning process.

Florida Department of Health in Indian River wishes to extend our appreciation to all the organizations who committed to improving access to health care on behalf of the residents of Indian River County. Their insights were essential to identifying health need priorities and developing an improvement plan focused on creating a healthier Indian River County. Special recognition is due to the following entities and individuals that served on the advisory committee panels and/or played a valuable role in the community health improvement planning process:

- 211 Palm Beach / Treasure Coast
- CareerSource Research Coast
- City of Fellsmere
- Cleveland Clinic
- Coalition for Attainable Homes
- Economic Opportunities Council of Indian River County, Inc.
- Fellsmere Action Community Team (FACT)
- Fellsmere Community Prayer and Worship Center
- Grandparents Raising Grandchildren
- Head Start of Indian River County
- Homeless Children's Foundation of Indian River County
- Hope for Families Center
- Indian River County Board of County Commissioners
- Indian River County Chamber of Commerce
- Indian River County Community Development Department
- Indian River County Habitat for Humanity
- Indian River County Healthy Start Coalition, Inc.
- Indian River County Human Services
- Indian River County Metropolitan Planning Organization
- Indian River County National Association for the Advancement of Colored People (NAACP)
- Indian River County Parks and Recreation Department
- Indian River County Sheriff's Office
- Indian River Community Foundation
- Indian River Hospital District
- John's Island Community Service League
- Marsh Landing
- Mending Pieces
- Mental Health Association in Indian River County, Inc.
- Mental Health Collaborative of Indian River County
- Nurse Family Partnership of the Treasure Coast
- Robert Solari, Indian River County Board of County Commissioners, retired
- Senior Collaborative of Indian River County
- Senior Resource Association
- Substance Awareness Center of Indian River County
- Technology Partners
- The Arc of Indian River County
- The Mental Health Collaborative of Indian River County
- Treasure Coast Community Health
- Treasure Coast Homeless Services Council, Inc.
- Treasure Coast Technical College
- United Against Poverty
- United Way of Indian River County
- Visiting Nurse Association of the Treasure Coast

## Introduction

In 2019, major funding organizations, donor groups, county government and community leaders came together to conduct a comprehensive Community Health Needs Assessment (CHNA). Over a span of one year, the group worked together with an independent consultant to gather, review and analyze information. Over 50 nonprofit agencies participated through their leadership, their staff and their clients. Recent studies were included, and a wide range of subject matter experts were consulted. Surveys published in Creole, English and Spanish were distributed to residents from across the County, including those that are most economically challenged, giving them the ability to express their needs in writing, or verbally during focus groups.

This CHNA forms the foundation of the Community Health Improvement Plan (CHIP) in Indian River County. The CHIP assessed the health needs of Indian River County through the collection, compilation and review of quantitative and qualitative data. The results of this assessment were used to aid in the identification of health needs priorities in Indian River County by a diverse group of stakeholders forming three working groups.

The CHIP is a strategic and actionable plan for improving health outcomes in Indian River County from 2022 to 2026. The CHIP is a set of goals, objectives and activities set forth by the working groups to help guide planning efforts for health policymakers, stakeholders and health care providers in Indian River County.



## Timeline

April 2019	A group of individuals representing county government, non-profit organizations and Florida Department of Health in Indian River (DOH-Indian River) engaged the Q-Q Research to facilitate the Collaborative Community Health Needs Assessment (CHNA) process.
January 2020	A Community Assessment Survey (CAS) was developed and distributed to Indian River County communities including: Fellsmere, Wabasso, Roseland, Orchid, Windsor, Oslo Park / Vero Highlands, City of Vero Beach, West Vero Beach, Gifford, West Wabasso, Winter Beach, Summer Place, Florida Ridge, Dixie Heights and Sebastian.
May 2020	Results of the CAS were collected, and recommendations were made based on the results of the survey and data compiled between 2014 and 2018.
November 2020	A Community Health Needs Assessment and Planning Stakeholders meeting was held to review the community health needs assessment and CAS results. Consensus on the top three priorities issues based on current data and changing needs were health, housing and economic opportunity and employment.
Early 2021	Three working groups were assembled as the foundation of the Community Health Improvement Plan (CHIP) from local organizations, government agencies and community members actively involved in the health, housing and economic improvement fields.
May 2021	The first meetings for each of the panels reviewed qualitative and quantitative data relating to health, housing and economic opportunity and employment in Indian River County.
June 2021	The second meeting of the panels identified and selected goals and objectives.
July 2021	The third meeting of the panels identified and selected objectives and actions.
October 2021	The fourth meeting of the panels reviewed and refined a draft of the CHIP.
November 2021	Florida Department of Health in Indian River (DOH-Indian River), Performance Management Council reviewed the draft CHIP and approved it for finalization and submission.
December 2021	Finalized CHIP.
2022 - 2026	CHIP implementation.

# Indian River County Snapshot

## Demographic and Socioeconomic Profile

- The 2020 population census in Indian River County was 159,788, comprising 0.74% of Florida's population, and has been steadily increasing since 2009.
- Nearly one third (32.4%) of residents in the county are 65 years or older, more than the rate of Florida, which is 20.4%.
- Just under one fifth (18.3%) of individuals in Indian River County are under 19 years of age.
- In 2019, 74.5% of the population identified as White and 9.3% identified as Black or African American. Additionally, 12.9% of residents in Indian River County identified as Hispanic.
- In 2019, 12.1% of Indian River County residents lived below the poverty level, which is under \$26,500 for a family of four.
- In 2019, 27.1% of residents who identified as Black or African American lived below the poverty line, higher than any other racial or ethnic group by at least 10%, which represents a racial disparity.
- Geographically, Fellsmere (32948) and Vero Beach (32960 and 32967) had over 25% of residents living below the federal poverty line in 2019.
- In Indian River County, 7.3% of the labor force was unemployed, higher than the state at 6.4%; however, percent unemployment has been decreasing steadily since 2014.
- In 2020 (pre-COVID), the protective factor prevalence rates (family opportunities and rewards for prosocial involvement, school opportunities and rewards for prosocial involvement, and religiosity) for middle and high school students was 51%.
- In the 2019-20 school year, the high school graduation rate in Indian River County was 93.4%, higher than that of Florida at 90.0%.
- In 2019, 10.6% of the population 25 years and older did not have a high school diploma or GED.
- In 2019, 33% of adults in the county were "housing cost-burdened" (paying more than 30% of their monthly income on rent or mortgage).

## Health Status Profile

- In 2019, nearly 3 out of 5 adults (59.7%) in Indian River County were overweight or obese. Of these, 58.0% were male and 51.9% were female.
- The rate of obesity among adults in Indian River County in 2019 was 25.6%, lower than the state's rate of 27.0%.
- In 2020, 68.1% of middle and high school students in Indian River County were at a healthy weight, compared to 65.3% statewide.
- From 2010 to 2020, the rate of students at or above the 95<sup>th</sup> percentile in BMI in the county increased from 9.5% to 10.5% for middle school and decreased from 14.3% to 12.9% for high school.
- In 2019, 26.7% of Indian River County adults were sedentary. However, of non-Hispanic Black adults, 40.9% were sedentary; and individuals earning less than \$50,000 annually were also twice as sedentary as those earning more.
- In 2019, 20.5% of Indian River County adults engaged in heavy or binge drinking, the 8<sup>th</sup> highest county rate in Florida and higher than the state rate of 18.0%.



- In 2020 (pre-COVID), 20.9% of Indian River County high school students had been exposed to at least four ACEs (Adverse Childhood Experiences); exposure to four or more ACEs is considered a high level of trauma.
- In 2020 (pre-COVID), the ACE most frequently experienced by high school students was parents separated or divorced (40% of students). The next two most frequently experienced ACEs were mental illness in the household (32% of students) and substance abuse in the household (30% of students).
- Indian River County high school students with four or more ACEs report substance use rates that are substantially higher than students with fewer than four ACEs.
- In 2020 (pre-COVID), the percent of Indian River County middle and high school students, who, in the past year, felt sad or hopeless for two or more weeks in a row and stopped doing usual activities, was 30.3%. This is an increase from 23.0% in 2016 and 20.1% in 2012. This upward trend mirrors that statewide.
- In 2019, there were 1,137 hospitalizations for mood and depressive disorders.
- In 2019 there were 29 deaths by suicide by county residents, an age-adjusted rate of 16.5 per 100,000 residents, which was slightly higher than the state's rate of 14.5 per 100,000.
- The rate of hospitalizations from diabetes has been increasing since 2009 from 141.0 per 100,000 to 162.9 per 100,000 in 2019.
- In 2019, there were 1,260 live births in Indian River County, a rate of 8.1 per 1,000, which is lower than that of the state at 10.3.
- In 2019, the infant death rate was 5.6 per 1,000 live births for the county, significantly higher than the previous year and similar in comparison to the state at 6.0 per 1,000 live births. The 'Black and Other' infant mortality 3-year rate from 2017-2019 is much higher at 8.6 per 1,000 live births when compared to the 'White' infant mortality rate (3.6 per 1,000).
- The fetal death rate was 4.2 per 1,000, lower than Florida's (6.8 per 1,000), and decreasing since 2016.

## Health Resources Availability and Access Profile

- There are 3 licensed hospitals in the county, two in Vero Beach and one in Sebastian, with a total of 590 licensed beds (2020).
- There are 7 nursing homes in Indian River County with a total of 674 licensed nursing home beds (2019).
- In Indian River County, there are 21 assisted living facilities with a total of 965 beds, 19 home health agencies and 1 adult day care centers.
- There are two health department sites in the county, one in Vero Beach and one in Wabasso.
- There are 8 Federally Qualified Health Centers and one administrative site in Indian River County, all part of Treasure Coast Community Health, Inc.
- Indian River County has one Medically Underserved Population – Low-Income.
- In 2019, there were 17,811 uninsured individuals in the county, accounting for 27.8% of the workforce population, which was higher than the state (24.8%).

## Community Perspective

Community perspective was gathered during the Community Health Needs Assessment process, providing in-depth understanding of the issues residents and stakeholders felt were important, including how quality of life and health issues are perceived in the community.

### **Key Health Issues:**

- Mental health
- Substance abuse
- Overweight and obesity
- Poor nutrition / diet
- Lack of physical activity
- Aging population
- Social isolation, especially in seniors
- Affordable housing
- Lack of “living wage” employment
- Accessibility and affordability of health care coverage
- Availability, accessibility and affordability of health care services

### **Opportunities to Note:**

- Provide accessible and affordable health care and health care coverage
- Provide health education
- Increase awareness of access to resources in the community
- Provide additional funding and resources
- Use collaborative and strategic thinking to fill gaps
- Partner with local community-based organizations and agencies

### **Barriers to Care:**

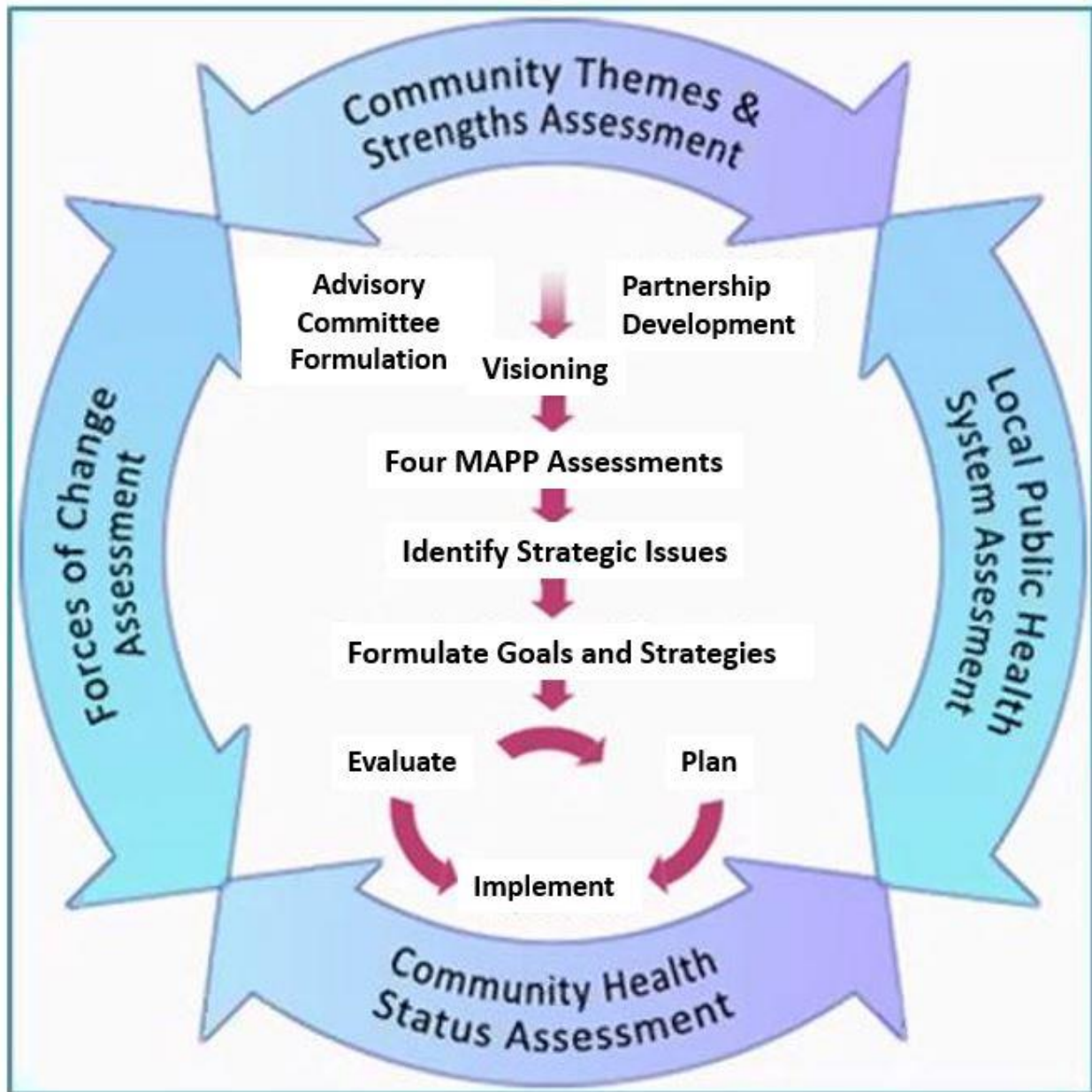
- Limited number of services, especially for mental health and substance use recovery
- High cost of health care coverage and health services, including medications
- Long waiting periods for services
- Transportation
- Lack of awareness of and access to resources in the community to maintain a healthy lifestyle
- Lack of knowledge and health education, especially prevention
- Disparities based on social and economic factors

### **Community Strengths / Assets:**

- Hospitals, health department, community clinics
- Parks, walking trails, playgrounds, beaches
- Transportation
- Food pantries / soup kitchens
- Local churches
- Social service programs
- Community-based organizations

## The Process

### Indian River County Community Health Needs Assessment and Community Health Improvement Plan Framework



Adapted from Mobilizing for Action through Planning and Partnerships (MAPP) from the National Association of County and City Health Officials (NACCHO)

## Community Health Needs Assessment

In 2019, DOH-Indian River, community leaders, county government, major funding organizations, and donor groups came together to conduct an Indian River County Community Health Needs Assessment (CHNA), which identifies the most important health issues affecting county residents. This assessment, published in 2020, ensures that the priorities selected for the Indian River County Health Improvement Plan (CHIP) are shaped by data about the health status of all county populations, the effectiveness of the county's public health system in providing essential services, residents' perceived quality of life, and how factors outside of health impact health now and in the future.

Data was collected, compiled and analyzed for the Community Health Needs Assessment (CHNA) to enable and guide health care providers, local health department officials, health service and program planners and community leaders to identify the strategic health issues within Indian River County, gaps in services and opportunities for improvement. The information was used to develop and implement the Community Health Improvement Plan (CHIP), which focuses on developing partnerships to strengthen Indian River County's infrastructure and public health system.

DOH-Indian River also conducted a local assessment utilizing the National Public Health Performance Standards (NPHPS). This tool provided a framework to assess our activities, competencies, capacities and performance, identify areas for system improvement, and assess how well are providing the 10 Essential Public Health Services. By using the tool, DOH-Indian River was able to identify community assets and stakeholders, increase communication and collaboration between community members and partners, identify weaknesses or gaps in services, and find opportunities for improvements.

The implementation of the CHIP aims to improve health outcomes by identifying and utilizing community resources efficiently and forming collaborative partnerships for strategic action, while accounting for the community's needs and resources. This CHIP identifies the goals, objectives, actions, and performance measures for each of the selected priorities:

- Health
- Housing
- Economic Opportunity and Employment

The CHIP implements evidence-based strategies that align with the community's strategic health issues identified in the CHNA and issues identified through the NPHPS assessment. Social determinants of health as well as health inequities specific to the county were considered during the CHIP formulation, implementation, and prioritization process. Data regarding such inequities was analyzed and incorporated into the CHIP priorities. The purpose of the CHIP is not only to focus attention and resources on the three health priority areas selected, but to monitor and evaluate progress towards these priorities in a continuous improvement plan. It is a detailed, executable plan that is the product of collective brainstorming, discussion and review by dedicated community partners.

## Continued Improvement through Partnership

Participation from a broad spectrum of community stakeholders is essential in identifying effective strategies to address complex and multi-faceted community health issues and developing a comprehensive, community-driven improvement plan. Continuous and diverse community engagement improves results by garnering a shared commitment to improve health outcomes, developing a continuous stream of open communication, and creating a shared measurement and evaluation process to ensure efficient implementation and progress.

Community health improvement efforts are grounded in collaboration, partnership and cooperation to help achieve common priorities and goals through aligned objectives and strategies. Multi-sector community ownership is an essential component of both assessing a community's needs and developing a community health improvement plan.

The following sectors were represented during this health improvement planning process: health care, education, public health, senior services, mental health and substance abuse, law enforcement, county government, emergency services, parks and recreation, environmental health, business and industry, volunteer and non-profit organizations, community-based organizations, and organizations known for serving underserved and vulnerable populations. Their continued involvement in the community is an invaluable component of the community health improvement plan.

Community partner agencies and individuals participating in the implementation of strategies to obtain the outlined objectives in this 2022-2026 Community Health Improvement Plan are held accountable through quarterly work group meetings, specific to each identified priority area. These quarterly work group meetings are scheduled and facilitated by DOH-Indian River staff and community partners are asked to report on the progress made on their affiliated objectives during that meeting. Additionally, regular contact by DOH-Indian River staff with community partner agencies and individuals takes place between quarterly work group meetings to identify and address issues, challenges and opportunities related to each objective. Quarterly meetings for each priority area work group continue through the lifetime of the plan until all identified objectives are met or are otherwise removed from the plan.

## Methodology

From early 2019 to the Fall of 2020, the Indian River County Community Health Needs Assessment and Planning Stakeholders composed of a broad spectrum of community members, convened to form an advisory committee to discuss and prioritize the strategic health issues in Indian River County. They reviewed the Community Health Needs Assessment to identify the top health needs priorities in Indian River County. In a meeting held in November of 2020 the community health needs assessment and planning stakeholders identified the top three health needs priorities that will be addressed in the 2022-2026 Community Health Improvement Plan (CHIP).

The CHIP set forth in this document aligns not only with the mission and vision of the Florida Department of Health in Indian River, but also with the Florida State Health Improvement Plan (SHIP). Furthermore, the process took into consideration the opinions and insights of community members. The plan focuses on the top three health priorities that were selected by the community health needs assessment and planning stakeholders during a community-driven process. These three priorities are: Health; Housing; and Economic Opportunity and Employment. There were

other strategic health issues that emerged as well, and though they are not addressed herein, they are nonetheless important and are being integrated into future health planning activities in the community. The COVID-19 pandemic has affected the economy, healthcare system, employment, cost of living, and more, making it a factor in all our health needs priorities.

Health Equity was also chosen as an essential tenet of health needs in the community; and community health needs assessment and planning stakeholders agreed that Health Equity should be interwoven into each priority during CHIP development and implementation. The stakeholders conducted a root cause analysis to identify the “root causes” and contributing factors of each priority, which aided in the development of goals, objectives, and strategies that align with each priority. These priority recommendations were passed to the Community Health Improvement Plan (CHIP) working groups.

Members of the CHIP working groups, content experts from the economic, environmental health and mental health sectors, contributed additional information and insights on the economic, environmental health and mental health issues specific to Indian River County and identified gaps in services as well as barriers to addressing the issues.

Additionally, CHIP working group members discussed current activities and resources in the community related to the selected health needs priorities. Using strategic planning methods, members of these priority-specific work groups formulated goals and objectives. In subsequent meetings, the members discussed strategies and approaches, and ultimately established performance measures that could be employed to achieve the goals and objectives set forth within each priority area.

The strategies and activities outlined in this CHIP attempt to:

- Address the underlying causes of the identified health priorities
- Utilize data to identify priorities and to measure the impact of interventions
- Detail measurable objectives to evaluate progress
- Implement evidence-supported models for community health improvement
- Outline approaches that are relevant and realistic in the community, given the available time and resources
- Devise an action plan with a broad-reaching, community-wide impact
- Engage a broad range of community stakeholders
- Support ongoing efforts in the community
- Focus on improving health factors and health outcomes in the community

Descriptions of evidence-based programs and best practices related to the selected priorities are provided. An important element to any process is continued evaluation, which allows for monitoring of progression toward outcome goals and allows for adjustments to be made, if necessary. Evaluation of the CHIP throughout implementation will guide future planning activities in the community.



# Community Health Improvement Plan

## Overview

### **Health**

Goal 1: Improve the mental health of individuals in Indian River County.

- Objective: Decrease the number of hospitalizations in Indian River County for mood and depressive disorders by 10% by December 31, 2026 from a baseline of 1,137 in 2019.
- Objective: Decrease the number of suicide deaths in Indian River County by 10% by December 31, 2026 from a baseline of 29 in 2019.
- Objective: Decrease the percentage of Indian River County students who, in the past year, reported feeling sad or hopeless for two or more weeks in a row and stopped doing usual activities to 25% by December 31, 2026 from a baseline of 30.3% in 2020.

Goal 2: Ensure individuals in Indian River County attain and maintain a healthy weight.

- Objective: Maintain the percentage of adults in Indian River County who have a healthy weight at the 2019 baseline level of 38% by December 31, 2026.
- Objective: Decrease the percentage of adults in Indian River County who reported that poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days (among adults who have had at least one day of poor mental or physical health) to 17% by December 31, 2026 from a baseline of 18.5% in 2019.
- Objective: Decrease the number of adults in Indian River County who are sedentary by 5% by December 31, 2026 from a baseline of 26.7% in 2019.
- Objective: Maintain the percentage of middle and high school students in Indian River County who have a healthy weight at the 2020 baseline level of 68.1% by December 31, 2026.

### **Housing**

Goal 1: Increase the number of affordable housing units by 1,500 in Indian River County.

- Objective: Increase the number of land parcels added to the Indian River County Urban Service Area to increase available land for affordable / workforce housing units from a baseline of 0 additional parcels in 2021 to greater than 0 additional parcels by December 31, 2026.
- Objective: Create 40 new affordable housing units, including rentals, in Indian River County by December 31, 2026 from a baseline of 0 new units in 2021.
- Objective: Conduct one assessment on Community Land Trust feasibility and provider interest in Indian River County by December 31, 2026 from a baseline of 0 assessments conducted in 2020.

Goal 2: Establish a comprehensive integration of support services around housing attainment and retention in Indian River County.

- Objective: Provide 10 home ownership education and/or credit repair events in Indian River County by December 31, 2026 from a baseline of 0 in 2021.
- Objective: Research evidence-based, integrative support service models to implement in Indian River County by December 31, 2026 from a baseline of 0 in 2021.

## **Economic Opportunity and Employment**

Goal 1: Reduce barriers by creating economic opportunity and increased employment in Indian River County.

- Objective: Decrease the percentage of individuals in Indian River County 25 years and over with no high school diploma or GED by 1.5% year-over-year through December 31, 2026 from a baseline of 10.6% in 2019.
- Objective: Increase the average annual wage by 5% by December 31, 2026 from a baseline of \$47,113 in 2020.

Goal 2: Decrease the individual poverty rate in Indian River County 10% by providing steps and a network of providers to advance out of the poverty cycle.

- Objective: Conduct an inventory of economic opportunity resources in Indian River County to include a county gap analysis by December 31, 2026 from a baseline of 0 in 2019.
- Objective: Establish one community resource center in Indian River County in a low-income community where no community resource center exists from 0 in 2021 to 1 by December 31, 2026.
- Objective: Decrease by 5% adults who are housing cost burdened in Indian River County (paying more than 30% of their monthly income for rent or mortgage) from 33% in 2019 by December 31, 2026.

# Priority 1: Health

## *Why is it a Priority?*

The upheaval of the last two years; the pandemic, school closures, isolation, separation from family and friends, racial trauma, and economic upheaval have accelerated alarming increases in mental health and healthy weight issues. The prolonged stress experienced by adults and children directly linked to the pandemic, is seriously affecting mental and physical health, including changes to weight, sleep and alcohol use.

According to the most recent Behavioral Risk Factor Surveillance System (BRFSS) data, adult obesity (body mass index of 30+) rates now exceed 35% in 16 states. Florida's rate of obesity in 2020 was 28.4%, part of a rising trend since 1990. From 2018 to 2020, the rate of students at or above the 95<sup>th</sup> percentile in body mass index (BMI) in the county increased from 8.3% to 10.5% for middle school students and decreased from 14.3% to 12.9% for high school students. Furthermore, 59.7% of adults reported being either overweight or obese in Indian River County. These alarming rates are of significant concern in the Indian River community, particularly due to the projections that the trend of overweight and obesity will continue to increase because of the COVID-19 pandemic

Being overweight and obese has serious health consequences, including coronary heart disease, Type 2 diabetes, certain cancers, hypertension, stroke, liver and gallbladder disease, and sleep apnea. There are also economic consequences associated with being overweight and obese. In addition to the costs related to the prevention, diagnosis and treatment of many of the associated comorbidities and conditions, there are indirect costs from decreased productivity and missed work and school, as well as costs associated with loss of future income due to premature death. There are several factors involved in being overweight and obese, which makes it a difficult issue to address. Health behaviors, such as exercise and diet, genes, the environment, certain medical conditions and medications can all play a part in causing individuals to become overweight and/or obese.


Obesity has been identified as a health issue across the nation and in the state of Florida. The State Health Improvement Plan (SHIP) highlights obesity in its list of chronic diseases and conditions. The SHIP includes strategies to increase the availability, accessibility and affordability of healthy foods, which are complemented by the strategies that will be used in Indian River County to reduce the number of overweight and obese children and adults. Initiatives and evidence-based programs such as Protocol for Assessing Excellence in Environmental Health (PACE-EH) and school-targeted interventions are strategies outlined in this CHIP under guidance of the SHIP.


Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to the community. Mental health disorders are among the most common causes of disabilities in the nation. Poor mental health or the presence of mental illness often result in detrimental physical health and financial outcomes. Failure to access care is a significant issue among those suffering from mental health conditions. Stigma, lack of education and awareness, and missed opportunities for screenings and interventions are among the barriers for receiving appropriate care.

In Indian River County from 2017-2019, there was an increasing trend in inpatient discharges related to episodic mood disorders with a significant amount of inpatient discharges in the 10-14

and 15-19 age groups. Additionally, in 2019, there were 29 deaths by suicide in Indian River County, an age-adjusted rate of 16.5 per 100,000 residents, which was slightly higher than the state's rate and higher than the Healthy People 2030 target of 12.8 per 100,000. The highest rates are among the 45-64 age group and have been increasing since 2009. Due to the significant and impactful consequences, and the challenges and barriers experienced accessing care, the advisory committee deemed mental health a priority. Furthermore, mental well-being and substance abuse prevention have been outlined as a priority in Florida's State Health Improvement Plan (SHIP), with adverse childhood experiences (ACEs), alcohol and substance abuse, and suicide highlighted as priority health issues and topic areas. The CHIP uses strategies to strengthen the integration of mental health services with primary care services, as well as to reduce barriers to accessing behavioral and mental health services. The strategies and objectives outlined in the Indian River County CHIP align with the SHIP with the hope towards the common goal of improving the behavioral and mental health of residents of the county and the state.


# Health Action Plan


 **KEY ACTIVITIES:** MENTAL HEALTH FIRST AID, FL BLUE FOUNDATION FOOD SECURITY GRANT, FL BLUE FOUNDATION SENIOR WELLNESS, 5210 LET’S GO, HEALTH EDUCATION AND AWARENESS

 **COMMUNITY RESOURCES:** LOCAL PHYSICIANS, SCHOOL DISTRICT, HOSPITALS, HEALTH CENTERS, NONPROFITS AND PRIVATE BUSINESSES

## GOAL 1.A: IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY.

**OBJECTIVE 1.A.1:** Decrease the number of hospitalizations in Indian River County for mood and depressive disorders by 10% by December 31, 2026 from a baseline of 1,137 in 2019.


 **Measure:** Data from Florida Agency for Health Care Administration (AHCA).

 *10% decrease in hospitalizations for mood & depressive disorders.*

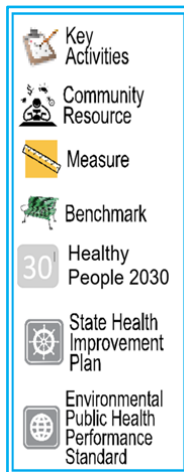
- **Key Action Steps/Strategies:**
  - Determine feasibility of a mental health full continuum of care in Indian River County.
  - Expand mental health continuum of care in Indian River County by 2 services.
  - Increase the number of individuals in Indian River County certified in Mental Health First Aid to 1,200.
- **Partners:** Mental Health Collaborative of IRC; Mental Health Association of IRC; Senior Collaborative; Substance Awareness Center of IRC; IRC Healthy Start Coalition; School District of IRC; VNA of the Treasure Coast.

**OBJECTIVE 1.A.2:** Decrease the number of suicide deaths in Indian River County by 10% by December 31, 2026 from a baseline of 29 deaths in 2019.

 **Measure:** Data from FL DOH Vital Statistics.

 *10% decrease in deaths by suicide.*


- **Key Action Steps/Strategies:**
  - Conduct analysis of suicide death and suicide attempt data in Indian River County to identify underlying factors.
  - Increase awareness and education about mental health services in Indian River County.
  - Estimate the percentage of adults in Indian River County who suffer from loneliness.
- **Partners:** Mental Health Collaborative of IRC; Indian River Hospital District; Cleveland Clinic; Senior Collaborative; Substance Awareness



Center; Treasure Coast Community Health; City and County Police and Emergency Services.

OBJECTIVE 1.A.3: Decrease the percentage of Indian River County students who, in the past year, reported feeling sad or hopeless for two or more weeks in a row and stopped doing usual activities to 25% by December 31, 2026 from a baseline of 30.3% in 2020.

 *Measure: Data from Florida Youth Tobacco Survey / FYTS*

 *25% decrease in sadness / hopeless weeks for students.*

- Key Action Steps/Strategies:
  - Implement Adverse Childhood Experiences (ACEs) awareness campaign in Indian River County including training to nonprofit and other organizations.
  - Increase the number of Indian River County providers who have received trauma informed care training.
  - Increase the protective factor prevalence rates for middle and high school students in Indian River County.
  - Increase screening, referral and engagement of perinatal mental health services for new parents.
- Partners: Mental Health Collaborative of IRC; IRC Healthy Start Coalition; Mental Health Association of IRC; Substance Awareness Center of IRC; School District of IRC.

## GOAL 1.B: ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT.

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OBJECTIVE 1.B.1: Maintain the percentage of adults in Indian River County who have a healthy weight at the 2019 baseline level of 38% by December 31, 2026.

*Measure: Data from Behavioral Risk Factor Surveillance System (BFRSS); FLCharts.*

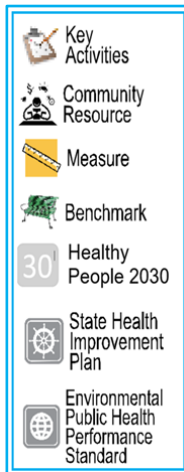
 *Maintain 38% of adults with body mass index (BMI) of 18.5-24.9.*


- Key Action Steps/Strategies:
  - Implement Florida Blue Foundation Food Security grant education activities for adults in Indian River County.
  - Increase coordination between agencies to increase availability of healthy and affordable food to Indian River County residents.
- Partners: United Against Poverty; IRC Parks and Recreation; Grandparents Raising Grandchildren; Treasure Coast Community Health; Economic Opportunity Council of IRC; Substance Awareness of IRC; DOH-Indian River.




- Policy Change Needed: Food policies instituted to support local production, distribution, and purchasing of nutritious food.

OBJECTIVE 1.B.2: Decrease the percentage of adults in Indian River County who reported that poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days (among adults who have had at least one day of poor mental or physical health) to 17% by December 31, 2026 from a baseline of 18.5% in 2019.



-  **Measure:** Data from Behavioral risk Factor Surveillance System (BFRSS).

 *1.5% decrease in percentage of adults whose poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days.*


- Key Action Steps/Strategies:

- Implement FL Blue Foundation park senior wellness programs and capital equipment installations in Indian River County.
- Implement mental health walking clubs in at least four locations throughout Indian River County.
- Decrease percentage of adults in Indian River County who engage in heavy or binge drinking through alcohol consumption health education campaign.

- Partners: United Against Poverty; IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation; Senior Resource Association; DOH-Indian River.

OBJECTIVE 1.B.3: Decrease the number of adults in Indian River County who are sedentary by 5% by December 31, 2026 from a baseline of 26.7% in 2019.

-  **Measure:** Data from FDOH Public Health Statistics and Performance Management.

 *5% decrease in sedentary adults in Indian River County.*


- Key Action Steps/Strategies:

- Improve infrastructure, lighting and sidewalks within low-income and under-resourced communities in Indian River County.
- Include all free public park areas in Indian River County in online databases and promote to residents and health practitioners county-wide.
- Implement Faithful Families Thriving Communities (Eating Smart and Moving More) program Indian River County-wide.

- Partners: IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation, NAACP; Senior Resource Association; DOH-Indian River.

OBJECTIVE 1.B.4: Maintain the percentage of middle and high school students in Indian River County who have a healthy weight at the 2020 baseline level of 68.1% by December 31, 2026.

 *Measure: Data from Florida Youth Tobacco Survey (FYTS.)*

 *Maintain 68.1% of middle and high school students with a BMI of 18.5-24.9.*

- Key Action Steps/Strategies:
  - Implement 5210 in Indian River County schools.
  - Implement 5210 in out-of-school programs in Indian River County.
  - Increase community capacity to provide support for people living with disordered eating.
  
- Partners: School District of IRC; Grandparents Raising Grandchildren; IRC Parks and Recreation; NAACP; Treasure Coast Community Health; Mental Health Collaborative of IRC; Mental Health Association of IRC; DOH-Indian River.
  
- Policy Change Needed: Food policies instituted to support local production, distribution, and purchasing of nutritious food.

### ***Evidence-Supported Initiatives***

#### **Mental Health First Aid**

The Mental Health Collaborative in partnership with the John's Island Community Service League, initiated a program to certify volunteers as Mental Health First Aid (MHFA) Instructors. The MHFA certification is the CPR of mental health. It teaches everyday people to identify signs and symptoms of mental health / substance use disorder issues and provides resource information to refer a person to appropriate professional help, just like CPR. This mental health literacy, evidence-based curriculum has been peer-reviewed in over 80 professional journals. Those who have been trained in MHFA have demonstrated:

- Increased knowledge of signs, symptoms and risk factors of mental illnesses and substance use disorders.
- Ability to identify multiple types of professional and self-help resources for individuals with a mental health or substance use challenge.
- Increased confidence in assisting and likelihood to assist a person in distress.
- Improved self-mental wellness.

#### **Faithful Families Thriving Communities**

Faithful Families Thriving Communities promotes healthy eating and physical activity. Resources for the program include a 9-session healthy eating and physical activity curriculum, four chronic disease prevention and management lessons, and a planning guide. Faithful Families' program approach includes small group sessions and policy and environmental changes at the faith community level to promote health for individuals, families, and the local community.

#### **FL Blue Grant: Senior Wellness**

The FL Blue Foundation’s mission promotes health equity. All families and communities have a right to access resources and opportunities that will allow them to be at their best health. To ensure all communities have health equity, the foundation focuses on access to health and health care for underserved populations; provider awareness and education around the health inequity of patients; and access to health education. Funds provided by the Foundation support Senior Wellness activities and programming to reduce isolation and loneliness and installation of senior exercise equipment in parks located in underserved areas.

### **GO NAPSACC**

GO NAPSACC is an evidence-based program that works with early childcare providers (ECE’s) to improve the health of young children by enhancing childcare programs’ practices, policies, and environments to instill habits supporting lifelong health and well-being. GO NAPSACC accomplishes this through seven modules using tailored tools and best practices to guide childcare providers towards healthy changes. The modules are: Child Nutrition, Breastfeeding and Infant Feeding, Farm to ECE, Oral Health, Infant and Child Physical Activity, Outdoor Play and Learning, and Screen Time.

## **Community Resources**

### ***Mental Health Association of Indian River County***

The Mental Health Association seeks to strengthen and enrich the community by providing educational and crisis intervention programs and services that cultivate good mental health. The Association strives to provide good, strong programs and service to benefit the county. The Mental Health Association has become a keystone in the quality of life and well-being of our residents by proudly sponsoring:

- Mental health walk-in center.
- Informational and referral – Our resource specialist.
- Diagnostic assessments.
- Counseling and therapy.
- Behavior modification classes and programs.
- Self–help programs.
- Advocacy<sup>1</sup>.

### ***The Mental Health Collaborative of Indian River County***

The Mental Health Collaborative of Indian River County is a group of dedicated individuals who have an interest in “cooperating to find mental health care solutions for [the] community.” The mission of the collaborative is “to establish a continuum of care for mental health made up of private and public funders, mental health providers and individuals who work in collaboration to increase access, decrease duplication, and facilitate community wide support of mental health issues.”<sup>2</sup> The Mental Health Collaborative is a forum for key stakeholders to:

- Identify gaps in the mental health care continuum and search for innovative ways to fill those gaps.
- Facilitate interagency relationships and cooperation, thereby decreasing turf issues, service duplication, and misallocation of funding.

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<sup>1</sup> <http://www.mhairc.org/pageflip/index.html>

<sup>2</sup> [www.mentalhealthcollaborativeofirc.org](http://www.mentalhealthcollaborativeofirc.org)

- Project a united front with local and State government.
- Encourage early identification of emerging mental health concerns in our community.
- Educate funders of opportunities to improve the lives of the mentally ill in our community.

## Priority 2: Housing

### *Why is it a Priority?*

Establishing and maintaining a healthy environment is central to increasing quality of life and years of healthy life. Environmental factors are diverse and far reaching. Without proper assessment, correction and prevention, environmental factors may adversely affect the health of present and future generations.

Having a secure, affordable home that is free of structural and environmental health issues such as mold or vermin is a necessity for a healthy life. Stable housing gives community members a chance to succeed as well as time and energy to focus on personal health and other community needs. The geographic location can have a considerable impact on access to jobs, education, recreation, transportation and jobs.

Lack of affordable housing in Indian River County and the percentage of individuals who are housing cost burdened continues to increase as the county grows. According to the Shimberg Center for Housing Studies, data based on the U.S. Department of Housing Development, Comprehensive Housing Affordability Strategy (CHAS), 33% of adults in Indian River were paying more than 30% of their monthly income on rent/mortgage payments in 2019. Having to choose between paying rent or a mortgage and basic needs such as food, health care, clothing or transportation is not uncommon in communities throughout Indian River County. Of the 57,636 households in Indian River County, 44% struggle to pay for basic needs.

Community planning that provides stable / affordable housing near reliable transportation, schools, medical services, health food sources and safe gathering places are key to allowing individuals to lead healthy lives with a high quality of life for all.

Availability and affordability of housing are issues that impact community health and are essential parts of the Indian River County's CHIP, as well as the SHIP. The SHIP's overarching framework highlights Social and Economic Conditions Impacting Health. Priority health issues include economic stability, neighborhood and the built environment, and quality of and access to education. These priority issues in SHIP, such as access to education and improving neighborhoods and the built environment, are also incorporated into Indian River County's CHIP.

# Housing Action Plan



**KEY ACTIVITIES:** INCREASE NUMBER AND AVAILABILITY OF AFFORDABLE HOUSING UNITS AND INCREASE RESOURCES, EDUCATION, ACCESS AND INTEGRATION OF SERVICES FOR HOME OWNERSHIP ATTAINMENT



**COMMUNITY RESOURCES:** FELLSMERE, SEBASTIAN AND VERO BEACH CITY GOVERNMENTS, COUNTY GOVERNMENT, COMMUNITY CENTERS, SCHOOLS, CULTURAL AND FAITH-BASED GROUPS, HOME BUILDERS AND NON-PROFIT ORGANIZATIONS

## GOAL 2.A: INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY.

**OBJECTIVE 2.A.1:** Increase the number of land parcels added to the Indian River County Urban Service Area to increase available land for affordable / workforce housing units from a baseline of 0 additional parcels in 2021 to greater than 0 additional parcels by December 31, 2026.

- Key Activities
- Community Resource
- Measure
- Benchmark
- Healthy People 2030
- State Health Improvement Plan
- Environmental Public Health Performance Standard



*Measure: Number of additional land parcels available for affordable housing units as depicted in a revised, expanded Urban Service Area map.*



*Revised Urban Service Area map.*

▪ **Key Action Steps/Strategies:**

- Conduct an urban service area education campaign.
- Collaborate with Indian River County Metropolitan Planning Office in their visioning process to evaluate and promote appropriate urban service area expansion for affordable housing.

- **Partners:** Indian River County Metropolitan Planning Organization IRC MPO; Indian River County Affordable Housing Advisory Committee (AHAC); Robert Solari; Susan Adams, IRC Board of County Commissioners; non-profit organizations.

- **Policy Change Needed:** Urban service area expansion; county zoning laws changed to allow for affordable / workforce housing development.

**OBJECTIVE 2.A.2:** Create 40 new affordable housing units, including rentals, in Indian River County by December 31, 2026 from a baseline of 0 new units in 2021.



*Measure: Certificates of Occupancy (CO) from Indian River County Building Department.*



*40 COs for constructed housing units.*

▪ **Key Action Steps/Strategies:**

- Work with cities within Indian River County to construct 6 affordable / workforce housing units in their available land areas.



- Work with Indian River County non-profits and developers to acquire funds and construct housing.
  - Work with Indian River County Affordable Housing Advisory Committee (AHAC) to conduct an assessment of the percentage of rental housing.
- Partners: Indian River County Affordable Housing Advisory Committee (AHAC); John’s Island Community Service League; DOH-Indian River.
  - Policy Change Needed: Urban service area expansion; county zoning laws changed to allow for affordable / workforce housing development.

OBJECTIVE 2.A.3: Conduct one assessment on Community Land Trust feasibility and provider interest in Indian River County by December 31, 2026 from a baseline of 0 assessments conducted in 2020.

 *Measure: Community Land Trust Feasibility Assessment Report.*

 *One completed assessment.*

- Key Action Steps/Strategies:
  - Create a focus group containing non-profit and county members by December 31, 2026.
- Partners: Indian River County Affordable Housing Advisory Committee (AHAC); John’s Island Community Service League; Laura Moss, IRC Commissioner.

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**GOAL 2.B.: ESTABLISH A COMPREHENSIVE INTEGRATION OF SUPPORT SERVICES AROUND HOUSING ATTAINMENT AND RETAINMENT IN INDIAN RIVER COUNTY.**

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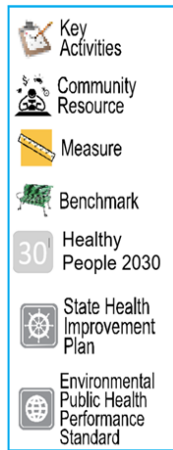
OBJECTIVE 2.B.1: Provide 10 home ownership education and/or credit repair events in Indian River County by December 31, 2026 from a baseline of 0 new events in 2021.

 *Measure: Number of educational events conducted.*

 *10 educational events.*

- Key Action Steps/Strategies:
  - Provide 10 home ownership education and/or credit repair events in Indian River County by December 31, 2026.
  - Hold 3 workshops in Indian River County to examine and promote diversification of industry by December 31, 2026.
- Partners: Treasure Coast Homeless Services; Livable Indian River / Senior Collaborative of Indian River; United Way; DOH-Indian River.

OBJECTIVE 2.B.2: Research evidence-based, integrative support service models to implement in Indian River County by December 31, 2026 from a baseline of 0 models researched in 2021.



 *Measure: Number of support service models researched.*

 *A minimum of one support service model researched.*

- **Key Action Steps/Strategies:**
  - Identify effective housing support services in Indian River County for senior populations.
  - Create paths to home ownership in Indian River County.
  - Conduct a gap analysis of services in Indian River County.
- **Partners:** Treasure Coast Homeless Services; Livable Indian River / Senior Collaborative of Indian River; United Way; DOH-Indian River.

## **Evidence-Supported Initiatives**

### **Community Land Trusts**

Community land trusts are nonprofit, community-based organizations designed to ensure community stewardship of land. Community land trusts can be used for many types of development (including commercial and retail) but are primarily used to ensure long-term housing affordability. To do so, the trust acquires land and maintains ownership of it permanently. With prospective homeowners, it enters into a long-term, renewable lease instead of a traditional sale. When the homeowner sells, the family earns only a portion of the increased property value. The remainder is kept by the trust, preserving the affordability for future low- to moderate-income families.

Ultimately, by separating the ownership of land and housing, this innovative approach prevents market factors from causing prices to rise significantly, and hence guarantees that housing will remain affordable for future generations. Today, there are approximately 277 community land trusts across the United States.

### **Collaboration with Non-Profit Organization for Attainable Housing**

Evidence of the effectiveness of collaboration between non-profit organizations and developers to construct affordable housing can be seen in low-income areas across the country. For-profit entities operate to produce returns for their owners or shareholders, and to create affordable housing that maximizes profit.

Non-profits, however, aim to serve the most vulnerable populations. Educating, organizing and advocating to ensure decent and affordable housing for everyone is a top priority.

### **Gap Analysis of Indian River County Economic Opportunity Resources**

A gap analysis process allows organizations to determine how best to achieve their stated goals. It compares the current state with any ideal state or goals, which highlights shortcomings and opportunities for improvement. The process includes a detailed examination of current conditions

and future objectives to ensure that any actions taken are the result of fact finding and not assumptions. The parts of the process include:

- Analyze the current state.
- Define the objective / ideal state.
- Find the gap and evaluate solutions.
- Create and implement a plan to bridge the gap.

## Community Resources

### **Indian River County Affordable Housing Advisory Committee (AHAC)**

The Affordable Housing Advisory Committee (AHAC) assists the Board of County Commissioners to perform and complete the duties and functions set forth in Section 420.9076 of the Florida Statutes and Section 308.07 of the Indian River County Code, and review policies, procedures, ordinances, land development regulations, and other local housing matters. The committee comprises:

- One (1) citizen who is actively engaged as an advocate for low-income persons in connection with affordable housing.
- One (1) citizen who is actively engaged as a for-profit provider of affordable housing.
- One (1) citizen who is actively engaged as a not-for-profit provider of affordable housing.
- One (1) citizen who is a real estate professional in connection with affordable housing.
- One (1) citizen who actively serves on the county's local planning agency (Planning and Zoning Commission).
- One (1) citizen who resides within the county.

### **Indian River County Metropolitan Planning Organization (MPO)**

The Indian River County Metropolitan Planning Organization (MPO), formed in April 1993, is a legislative agency responsible for transportation planning in the urbanized area of Indian River County. It has the power to develop and adopt plans and to set priorities for the programming of improvements to the County's transportation system. MPO planning includes:

- Unified planning work program.
- Long range transportation.
- Bicycle and pedestrian.
- Transit development.
- Congestion management.
- Disadvantaged business enterprise goal.
- Transportation disadvantaged service.
- Title VI program.

## Priority 3: Economic Opportunity and Employment

### *Why is it a Priority?*

For the first time in our history, the United States is raising a generation of children who may live sicker and shorter lives than their parents. In 2020, we witnessed the steepest plunge in life expectancy since World War II, largely fueled by the coronavirus pandemic. Reversing this trend will of course depend on healthy choices by each of us. But not everyone in America has the same opportunities to be healthy. We know that the drivers of inequitable social, economic, built, and physical conditions within and across place and race can dramatically reduce opportunities for better health and well-being.<sup>3</sup>

A 2015 Massachusetts General Hospital study published by the American Journal of Public Health found evidence that economic opportunity - the prospect that individuals may be able to improve their economic status - may have important effects on the health of a community. The researchers found that mortality rates were higher and that risk factors like obesity and smoking and the prevalence of hypertension and diabetes were greater in areas with the lowest levels of economic opportunity, based on a nationwide database.<sup>4</sup>

Equal access to employment and economic opportunity relies on removing barriers by increasing education, skills / technical training and apprenticeships, providing place-based resources in low-income areas, and recruiting companies with livable wage jobs.

The built environment and environmental health have been a priority for the Florida Department of Health in Indian River and part of the Indian River County CHIP since 2012 and it continues to be an essential part of the county's improvement plan. The SHIP also highlights Social and Economic Conditions Impacting Health and names economic stability, education access and quality, neighborhood and the built environment, and social and community context as priority health issues. Social determinants of health / health equity affect community and individual activities. Our focus on these determinants of health continue to expand as studies reveal the important role they play in the successful outcomes for residents of Indian River County.

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<sup>3</sup> Robert Wood Johnson Foundation "Life Expectancy: Could where you live influence how long you live"  
<https://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html>

<sup>4</sup> <https://www.sciencedaily.com/releases/2015/12/151221193410.htm>

# Economic Opportunity and Employment Action Plan



**KEY ACTIVITIES:** REDUCE UNEMPLOYMENT, INCREASE GED ACHIEVEMENT, ESTABLISH COMMUNITY RESOURCE CENTERS



**COMMUNITY RESOURCES:** STAKEHOLDERS, NON-PROFIT ORGANIZATIONS, GOVERNMENT AGENCIES, PACE-EH, EDUCATORS

## GOAL 3.A: REDUCE BARRIERS BY CREATING ECONOMIC OPPORTUNITY AND INCREASED EMPLOYMENT IN INDIAN RIVER COUNTY.

**OBJECTIVE 3.A.1:** Decrease the percentage of individuals in Indian River County 25 years and over with no high school diploma or GED by 1.5% year-over-year through December 31, 2026 from a baseline of 10.6% in 2019.



*Measure: FLCharts; US Census Bureau, American Community Survey.*



*Decreased percentage of adults without GEDs by 1.5% year over year.*

- Key Action Steps/Strategies:
  - Offer GED instruction on varied schedules, in convenient locations throughout Indian River County.
- Partners: United Against Poverty; Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County.

**OBJECTIVE 3.A.2:** Increase the average annual wage by 5% by December 31, 2026 from a baseline of \$47,113 in 2020.



*Measure: US Census Bureau, American Community Survey.*




*Increased average annual wage by 5%.*


- Key Action Steps/Strategies:
  - Expand the scope, marketing, impact and candidate retention of paid apprenticeship programs in Indian River County.
  - Host quarterly community resource fairs, rotated geographically across Indian River County, each year.
- Partners: United Against Poverty; Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County.
- Policy Change Needed: State-mandated minimum wage increase (underway).

	Key Activities
	Community Resource
	Measure
	Benchmark
	Healthy People 2030
	State Health Improvement Plan
	Environmental Public Health Performance Standard

**GOAL 3.B.: DECREASE THE INDIVIDUAL POVERTY RATE IN INDIAN RIVER COUNTY 10% BY PROVIDING STEPS AND A NETWORK OF PROVIDERS TO ADVANCE OUT OF THE POVERTY CYCLE.**

**OBJECTIVE 3.B.1:** Conduct an inventory of economic opportunity resources in Indian River County to include a county gap analysis by December 31, 2026 from a baseline of 0 inventories and gap analyses conducted in 2019.

 *Measure: US Census Bureau, 2019 Small Area Income and Poverty Estimates (SAIPE).*

 *Inventory of resources and gap analysis conducted.*

- Key Action Steps/Strategies:
  - Establish an economic opportunity collaborative to assess needs and provide quantitative data.
- Partners: United Against Poverty; Indian River County Government; CareerSource Research Coast; United Way of IRC; DOH-Indian River.


**OBJECTIVE 3.B.2:** Establish one community resource center in a low-income community in Indian River County where no community resource center exists from a baseline of 0 centers in 2020 to 1 established by December 31, 2026.

 *Measure: Establishment of a community center.*

 *One new community center in a low-income community.*

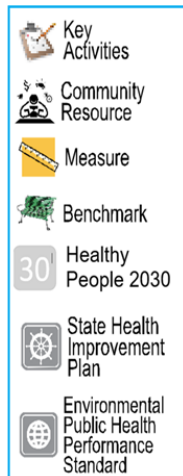
- Key Action Steps/Strategies:
  - Assess the needs of underserved communities in Indian River County using Protocol for Assessing Community Excellence in Environmental Health (PACE-EH).
  - Hold focus groups to determine feasibility and sustainability of community resource centers in Indian River County.
- Partners: FACT, City of Fellsmere; Marsh Landing Restaurant; NAACP; DOH-Indian River.

**OBJECTIVE 3.B.3:** Decrease the percentage of adults who are housing cost-burdened (paying more than 30% of their monthly income for rent or mortgage) by 5% by December 31, 2026 from a baseline of 33% in 2019.

 *Measure: Shimberg Center for Housing Studies US Dept of Housing Development Comprehensive Housing Affordability Strategy (CHAS) data set.*

 *5% decrease in housing cost burdened adults.*

- Key Action Steps:
  - Conduct financial literacy workshops throughout Indian River County.



- Partner with the Indian River County Affordable Housing Advisory Committee (AHAC) to implement affordable housing strategies.
- Partners: United Against Poverty; NAACP; CareerSource Research Coast; Treasure Coast Technical College; Indian River County Affordable Housing Advisory Committee (AHAC); DOH-Indian River.
- Policy Change Needed: State-mandated minimum wage increase (underway).

### ***Evidence-Supported Initiatives***

#### **Protocol for Accessing Community Excellence in Environmental Health (PACE-EH)**

PACE-EH is a result of a collaboration between the Center for Disease Control and Prevention (CDC) and the National Association of County and City Health Officials (NACCHO). PACE-EH is a community involvement tool that guides communities and local health officials in conducting community-based environmental health assessments (CEHA) to identify local environmental health issues, set priorities for action, target populations most at risk, and address the issues identified in the assessment.

#### **Apprenticeship Programs**

Apprenticeship programs that are a result of a collaboration between industry and academic institutions are a proven way to increase the likelihood of gainful employment for program participants. The technical, hands on training acquired as part of an apprenticeship program, when combined with instruction in related coursework, advances not only the individual's knowledge, skills and abilities, it also increases their earning potential, marketability and prospects for long-term employment.

#### **Community Resource Centers**

Community resource centers are place-based initiatives that address the needs that are specific to the communities of which they are a part. They are physical locations, staffed with people from the community, that remove the barriers preventing individuals and their communities from accessing services that allow them to reach their full potential.

This process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people produces positive results.

#### **Gap Analysis of Indian River County Economic Opportunity Resources**

A gap analysis process allows organizations to determine how best to achieve their stated goals. It compares the current state with any ideal state or goals, which highlights shortcomings and opportunities for improvement. The process includes a detailed examination of current conditions and future objectives to ensure that any actions taken are the result of fact finding and not assumptions. The parts of the process include:

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## Community Resources

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- One (1) citizen who is actively engaged as a for-profit provider of affordable housing.
- One (1) citizen who is actively engaged as a not-for-profit provider of affordable housing.
- One (1) citizen who is a real estate professional in connection with affordable housing.
- One (1) citizen who actively serves on the county's local planning agency (Planning and Zoning Commission).
- One (1) citizen who resides within the county.

### **Indian River County Metropolitan Planning Organization (MPO)**

The Indian River County Metropolitan Planning Organization (MPO), formed in April 1993, is a legislative agency responsible for transportation planning in the urbanized area of Indian River County. It has the power to develop and adopt plans and to set priorities for the programming of improvements to the County's transportation system. MPO planning includes:

- Unified planning work program.
- Long range transportation.
- Bicycle and pedestrian.
- Transit development.
- Congestion management.
- Disadvantaged business enterprise goal.
- Transportation disadvantaged service.
- Title VI program.

## Health Equity

The World Health Organization defines health as a state of complete well-being and not merely the absence of disease or infirmity. Health Equity is the attainment of the highest level of health for all people. Persisting legacies of social problems such as structural racism are hampering the attainment of health equity, causing economic loss, and most overwhelmingly, the loss of human lives and potential. Harmful inequities and other failures of the nation's health system have been underscored by the COVID-19 pandemic, which has also highlighted "the urgency for strategic, equitable investments in our public health infrastructure" and the need for a "bold reimagining" of the medical tradition's policies and practices.<sup>5</sup>

This CHIP was developed with a health equity component in each of the priorities and aligns with the goals of the American Medical Association to push health equity forward by advancing policies on racism as a public health threat, and including health equity in medical education, health care delivery and research and practice.<sup>6</sup> The Indian River County Community Health Improvement Plan hopes to improve the accessibility, quality, and safety of health care; reduce costs while using resources efficiently; and improve the health and quality of life of the residents of Indian River County.

## Using the Plan

The implementation of the Indian River County Community Health Improvement Plan (CHIP) will strengthen the public health system, guide planning of future efforts, build partnerships and ultimately promote the well-being and quality of life for Indian River County residents. The Indian River County CHIP, developed by community stakeholders and members, builds upon the foundation of local initiatives and seeks to improve the well-being of the residents of Indian River County. Below are some suggestions and strategies for your participation in achieving a healthier community.

- Raise awareness of the health priorities in the community and the CHIP.
- Support programs, policies, initiatives, resources, and campaigns aimed to address the health priorities in the community.
- Be an advocate and champion in the community for healthy behaviors and for health improvement.
- Share resources and promote collaboration to strengthen the health improvement efforts in the county.

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<sup>5</sup> "Race, Racism and the Policy of 21<sup>st</sup> Century Medicine", Mia Keeys, Joaquin Baca and Aletha Maybank, Yale Journal of Miology and Medicine, (2021)

<sup>6</sup> American Medical Association, House of Delegates November 2020 AMA Special Meeting

## Get Involved

Community health improvement is a community-driven process. All stakeholders and residents are invited to improve the health and well-being of the county. For additional information or to get involved in the health improvement activities, please contact:

**Miranda Swanson, MPH**

Administrator  
Florida Department of Health  
in Indian River County  
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**Julianne Price, RS**

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**Mary Catherine “Molly” Steinwald, MS**

Community Health Improvement Manager  
Florida Department of Health  
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# Appendix A – Priority 1: Health Action Plan

Background: Due to the significant and impactful consequences and the challenges and barriers experienced accessing care, the advisory committee formed to direct the Indian River County Community Health Improvement Plan (CHIP) deemed health a priority, specifically mental health and healthy weight. Furthermore, obesity, chronic disease risk and prevention, mental health, Adverse Childhood Experiences (ACEs), alcohol abuse and suicide have been outlined as a priority in Florida’s State Health Improvement Plan (SHIP). The CHIP uses strategies to strengthen the integration of mental health services and healthy weight education with primary care services, as well as reduce barriers to accessing behavioral and mental health services. The strategies and objectives outlined in the Indian River County CHIP align with the SHIP with the hope towards the common goal of improving the physical, behavioral and mental health of residents of the county and the state.

In Indian River County from 2017-2019, there has been an increasing trend in inpatient discharges related to episodic mood disorders with a significant amount of inpatient discharges in the 10-14 and 15-19 age groups. Additionally, in 2019, there were 29 deaths by suicide in Indian River County, an age-adjusted rate of 16.5 per 100,000 residents, which was slightly higher than the state’s figures and higher than the Healthy People 2030 target of 12.8 per 100,000. The highest rates are among the 45-64 age group and have been increasing since 2009. Failure to access care is a significant issue among those suffering from mental health conditions. Stigma, lack of education and awareness, and missed opportunities for screenings and interventions are among the barriers for receiving appropriate care.

Background: According to the most recent Behavioral Risk Factor Surveillance System (BRFSS) data, adult obesity (body mass index of 30+) rates now exceed 35% in 16 states. Florida’s rate of obesity in 2020 was 28.4%, part of a rising trend since 1990. From 2018 to 2020, the rate of student obesity (at or above the 95<sup>th</sup> percentile in body mass index (BMI)), in the county increased from 8.3% to 10.5% for middle school students and decreased from 14.3% to 12.9% for high school students. Furthermore, 59.7% of adults reported being either overweight or obese in Indian River County. These alarming rates are of significant concern in the Indian River community, particularly due to the projections that the trend of overweight and obesity will continue to increase because of the COVID-19 pandemic.

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.A.1. Decrease the number of hospitalizations in Indian River County for mood and depressive disorders by 10% by December 31, 2026 from a baseline of 1,137 in 2019.</p> <p>_____</p> <p><i>Measure: % of decrease in data.</i></p>	<ul style="list-style-type: none"> <li>• Determine feasibility of a mental health full continuum of care in Indian River County.</li> <li>• Expand the mental health continuum of care by 2 services.</li> <li>• Increase the number of individuals in Indian River County certified in Mental Health First Aid to 1,200.</li> </ul>	<p>Mental Health Collaborative of Indian River</p>	<p>Mental Health Association of IRC; Senior Collaborative; Substance Awareness Center of IRC; IRC Healthy Start Coalition; School District of IRC; VNA of the Treasure Coast</p>	<p>Administration (Mary “Molly” Steinwald)</p>

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.A.2. Decrease the number of suicide deaths in Indian River County by 10% by December 31, 2026 from a baseline of 29 deaths in 2019.</p> <p>_____</p> <p><i>Measure: # of suicide deaths.</i></p>	<ul style="list-style-type: none"> <li>• Conduct analysis of suicide death and suicide attempt data in Indian River County to identify underlying factors.</li> <li>• Increase awareness and education about mental health services in Indian River County.</li> <li>• Estimate the percentage of adults in Indian River County who suffer from loneliness.</li> </ul>	Mental Health Collaborative of Indian River	Indian River Hospital District; Cleveland Clinic; Senior Collaborative; Substance Awareness Center; Treasure Coast Community Health; City and County Police and Emergency Services	Administration (Mary "Molly" Steinwald)

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.A.3. Decrease the percentage of Indian River County students who, in the past year, reported feeling sad or hopeless for two or more weeks in a row and stopped doing usual activities to 25% by December 31, 2026 from a baseline of 30.3% in 2020.</p> <p>_____</p> <p><i>Measure: % of reports of sadness or hopelessness.</i></p>	<ul style="list-style-type: none"> <li>• Implement an Adverse Childhood Experiences (ACE) awareness campaign, including training to nonprofit and other organizations.</li> <li>• Increase the number of providers who have received trauma informed care training.</li> <li>• Increase the protective factor prevalence rates for middle and high school students to 60%.</li> <li>• Increase screening, referral and engagement of perinatal mental health services for new parents.</li> </ul>	Mental Health Collaborative of Indian River	IRC Healthy Start Coalition; Mental Health Association of IRC; Substance Awareness Center of IRC; School District of IRC	Administration (Mary "Molly" Steinwald)

<b>GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT.</b>				
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.B.1. Maintain the percentage of adults in Indian River County who have a healthy weight at the 2019 baseline level of 38% by December 31, 2026.</p> <p>_____</p> <p><i>Measure: % of individuals with a BMI of 18.5-24.9.</i></p>	<ul style="list-style-type: none"> <li>• Implement Florida Blue Foundation Food Security grant education activities for adults in Indian River County.</li> <li>• Increase coordination between agencies to increase availability of healthy and affordable food to Indian River County residents.</li> </ul>	DOH-Indian River	United Against Poverty; IRC Parks and Recreation; Grandparents Raising Grandchildren; Treasure Coast Community Health; Economic Opportunity Council of IRC; Substance Awareness of IRC	Administration (Mary "Molly" Steinwald)

<b>GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.</b>				
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.B.2. Decrease the percentage of adults in Indian River County who reported that poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days (among adults who have had at least one day of poor mental or physical health) to 17% by December 31, 2026 from a baseline of 18.5% in 2019. _____</p> <p><i>Measure: 1.5% decrease in percentage of adults whose poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days.</i></p>	<ul style="list-style-type: none"> <li>• Implement FL Blue Foundation park senior wellness programs and capital equipment installations.</li> <li>• Implement mental health walking clubs in at least 4 locations.</li> <li>• Decrease the % of adults who engage in heavy or binge drinking through alcohol consumption health education campaign.</li> </ul>	DOH-Indian River	United Against Poverty; IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation; Senior Resource Association	Administration (Mary "Molly" Steinwald)

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.B.3. Decrease the number of adults in Indian River County who are sedentary by 5% by December 31, 2026 from a baseline of 26.7% in 2019.</p> <hr/> <p><i>Measure: % of sedentary adults.</i></p>	<ul style="list-style-type: none"> <li>• Improve infrastructure, lighting and sidewalks within low-income and under-resourced communities.</li> <li>• Include all free public park areas in Indian River County in online database and promote to residents and health practitioners county-wide.</li> <li>• Implement Faithful Families Thriving Communities (Eating Smart and Moving More) program county-wide.</li> </ul>	DOH-Indian River	IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation, NAACP; Senior Resource Association	Administration (Mary "Molly" Steinwald)

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>1.B.4. Maintain the percentage of middle and high school students in Indian River County who have a healthy weight at the 2020 baseline level of 68.1% by December 31, 2026.</p> <hr/> <p><i>Measure: % of individuals with a BMI of 18.5-24.9.</i></p>	<ul style="list-style-type: none"> <li>• Implement 5210 in Indian River County schools.</li> <li>• Implement 5210 in out-of-school programs in Indian River County.</li> <li>• Increase community capacity to provide support for people living with disordered eating.</li> </ul>	DOH-Indian River	School District of IRC; Grandparents Raising Grandchildren; IRC Parks and Recreation; NAACP; Treasure Coast Community Health; Mental Health Collaborative of IRC; Mental Health Association of IRC	Administration (Mary "Molly" Steinwald)



# Appendix B – Priority 2: Housing Action Plan

Background: Indian River County is experiencing a high rate of growth and a dramatic increase in real estate prices. The combination of high demand and high prices creates a shortage of affordable housing. This shortage limits families’ and individuals’ choices about where they live, often relegating lower-income families to substandard housing in unsafe, overcrowded neighborhoods with higher rates of poverty and fewer resources for health promotion. The lack of affordable housing affects families’ ability to meet other essential expenses, placing many under tremendous financial strain. High housing-related costs place a particular economic burden on low-income families, forcing trade-offs between food, heating, medical care and other basic needs.

Considering evidence about the many ways housing can affect health, strategies must be multifaceted – focusing on availability of building sites, physical quality of housing, health-promoting conditions in neighborhoods, and access to affordable housing for everyone.

**GOAL 2.A. INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>2.A.1. Increase the number of land parcels added to the Indian River County Urban Service Area to increase available land for affordable / workforce housing units from a baseline of 0 additional parcels in 2021 to greater than 0 additional parcels by December 31, 2026.</p> <hr/> <p><i>Measure: Number of additional land parcels available for affordable housing units as depicted in a revised, expanded Urban Service Area map.</i></p>	<ul style="list-style-type: none"> <li>• Conduct an urban service area education campaign.</li> <li>• Collaborate with Indian River County Metropolitan Planning Organization (IRC MPO) in their visioning process to evaluate and promote appropriate urban service area expansion for affordable housing.</li> </ul>	Indian River County Metropolitan Planning Organization IRC MPO	Indian River County Affordable Housing Advisory Committee (AHAC); Robert Solari; Susan Adams, IRC Board of County Commissioners; non-profit organizations	Administration (Mary “Molly” Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>2.A.2. Create 40 new affordable housing units, including rentals, in Indian River County by December 31, 2026 from a baseline of 0 new units in 2021.</p> <hr/> <p><i>Measure: Certificates of Occupancy issued by IRC Building Department.</i></p>	<ul style="list-style-type: none"> <li>• Work with cities within Indian River County to construct 6 affordable / workforce housing units in their available land areas.</li> <li>• Work with nonprofits and developers to acquire funds and construct housing.</li> <li>• Work with Indian River County Affordable Housing Advisory Committee (AHAC) to conduct an assessment of the percentage of rental housing in the county.</li> </ul>	DOH-Indian River	Indian River County Affordable Housing Advisory Committee (AHAC); John’s Island Community Service League	Administration (Mary “Molly” Steinwald)

**GOAL 2.A. INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>2.A.3. Conduct one assessment on Community Land Trust feasibility and provider interest in Indian River County by December 31, 2026 from a baseline of 0 assessments conducted in 2020.</p> <p>_____</p> <p><i>Measure: Completed Community Land Trust Feasibility Assessment Report.</i></p>	<ul style="list-style-type: none"> <li>• Create a focus group containing non-profit and county members.</li> </ul>	DOH-Indian River	Indian River County Affordable Housing Advisory Committee (AHAC); John's Island Community Service League; Laura Moss, IRC Commissioner	Administration (Mary "Molly" Steinwald)

**GOAL 2.B. ESTABLISH A COMPREHENSIVE INTEGRATION OF SUPPORT SERVICES AROUND HOUSING ATTAINMENT AND RETAINMENT IN INDIAN RIVER COUNTY.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>2.B.1. Provide 10 home ownership education and/or credit repair events in Indian River County by December 31, 2026 from a baseline of 0 new events in 2021.</p> <p>_____</p> <p><i>Measure: Number of educational events conducted.</i></p>	<ul style="list-style-type: none"> <li>• Provide 10 home ownership education and/or repair events.</li> <li>• Hold 3 workshops to examine and promote diversification of industry.</li> </ul>	United Against Poverty	United Against Poverty; Habitat for Humanity; Economic Opportunities Council (EOC); NAACP	Administration (Mary "Molly" Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>2.B.2. Research evidence-based, integrative support service models to implement in Indian River County by December 31, 2026 from a baseline of 0 models researched in 2021.)</p> <p>_____</p> <p><i>Measure: Number of models researched.</i></p>	<ul style="list-style-type: none"> <li>• Research housing support services for the senior population.</li> <li>• Create paths to home ownership.</li> <li>• Conduct a gap analysis of services.</li> </ul>	DOH-Indian River	Treasure Coast Homeless Services; Livable Indian River / Senior Collaborative of Indian River; United Way	Administration (Mary "Molly" Steinwald)

## Appendix C – Priority 3: Economic Opportunity and Employment

**Background:** The prospect that individuals may be able to improve their economic status has important effects on the health of a community. Researchers at Massachusetts General Hospital found that mortality rates were higher and that risk factors like obesity and smoking and the prevalence of hypertension and diabetes were greater in areas with the lowest levels of economic opportunity, based on a nationwide database. The study results -- based on data from almost 2,700 counties covering 97 percent of the U.S. population -- found strong associations between areas of low economic opportunity and higher mortality rates. Prevalence of smoking, obesity, hypertension and diabetes were all higher in lower-opportunity counties. All the associations were stronger in working age adults, particularly those ages 25 to 44, and among African Americans.<sup>7</sup>

In Indian River County the gap between the very rich and the very poor is very wide. Although Indian River is one of the top-10 richest counties in Florida, more than half of residents are severely financially stressed – either living in poverty, or one or two paychecks away from poverty. In 2019 21.1% of black and 30.9% of Hispanic residents 25 years or older did not hold a high school diploma (whites 9.5%) and 31% of black and 14% of Hispanic individuals live below the poverty level, compared with 14.8% of white individuals. Unemployment is higher among black residents (9.4%) and Hispanics (7.6%) than whites (6.2%). Indian River County Community Health Improvement Plan (CHIP) sets goals and objectives to address these disparities.

### GOAL 3.A. REDUCE BARRIERS BY CREATING ECONOMIC OPPORTUNITY AND INCREASED EMPLOYMENT IN INDIAN RIVER COUNTY.

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>3.A.1. Decrease the percentage of individuals in Indian River County 25 years and over with no high school diploma or GED by 1.5% year-over-year through December 31, 2026 from a baseline of 10.6% in 2019.</p> <hr/> <p><i>Measure: % of individuals with GED or high school diplomas.</i></p>	<ul style="list-style-type: none"> <li>Increase opportunities to achieve GED by offering classes with varied schedules, convenient locations and volunteer tutors.</li> </ul>	United Against Poverty	Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County	Administration (Mary “Molly” Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>3.A.2. Increase the average annual wage by 5% by December 31, 2026 from a baseline of \$47,113 in 2020.</p> <hr/> <p><i>Measure: Average annual wage.</i></p>	<ul style="list-style-type: none"> <li>Expand the scope, marketing, impact and candidate retention of paid apprenticeship programs.</li> <li>Host quarterly community resource fairs, rotated geographically across county, each year.</li> </ul>	United Against Poverty	Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County	Administration (Mary “Molly” Steinwald)

<sup>7</sup> Massachusetts General Hospital 2015 study published in American Journal of Public Health

**GOAL 3.B. DECREASE THE INDIVIDUAL POVERTY RATE 10% BY PROVIDING STEPS AND A NETWORK OF PROVIDERS TO ADVANCE OUT OF THE POVERTY CYCLE.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>3.B.1. Conduct an inventory of economic opportunity resources in Indian River County to include a county gap analysis by December 31, 2026 from a baseline of 0 inventories and gap analyses conducted in 2019.</p> <hr/> <p><i>Measure: Gap analysis documentation and inventory records.</i></p>	<ul style="list-style-type: none"> <li>Establish an economic opportunity collaborative to assess needs and provide qualitative data.</li> </ul>	DOH-Indian River	United Against Poverty; Indian River County Government; CareerSource Research Coast; United Way of IRC	Administration (Mary "Molly" Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>3.B.2. Establish one community resource center in a low-income community in Indian River County where no community resource center exists from a baseline of 0 centers in 2020 to 1 established by December 31, 2026.</p> <hr/> <p><i>Measure: # of community centers.</i></p>	<ul style="list-style-type: none"> <li>Analyze needs of each low-income communities using the Protocol for Assessing Community Excellence in Environmental Health (PACE-EH).</li> <li>Hold focus groups to determine the feasibility and sustainability of community resource centers.</li> </ul>	DOH-Indian River	FACT; City of Fellsmere; Marsh Landing Restaurant; NAACP	Administration (Mary "Molly" Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>3.B.3. Decrease the percentage of adults who are housing cost-burdened (paying more than 30% of their monthly income for rent or mortgage) by 5% by December 31, 2026 from a baseline of 33% in 2019.</p> <hr/> <p><i>Measure: % of individuals paying more than 30% of their monthly income on rent or mortgage.</i></p>	<ul style="list-style-type: none"> <li>Conduct financial literacy workshops.</li> <li>Partner with Affordable Housing Advisory Committee (AHAC) to implement affordable housing strategies.</li> </ul>	DOH-Indian River	United Against Poverty; NAACP; CareerSource Research Coast; Treasure Coast Technical College; AHAC	Administration (Mary "Molly" Steinwald)

# Appendix E - Revisions to the CHIP (Version 1.2)

The CHIP is reviewed quarterly by the Performance Management Council at committee meetings, workgroups, and it is reviewed by administration as needed. The CHIP is reviewed annually with external stakeholders at meetings such as the annual accreditation and LPHSA meeting. Revisions to the CHIP have been made after careful review of the goals, objectives, strategies and measures of the 2022-2026 CHIP. Any CHIP workgroup meeting minutes will be added to the annual CHIP report. Recommended changes are made based on the following parameters:

- Availability of data to monitor progress - performance measures that had county-level data available were preferred, etc.
- Availability of resources
- Community readiness
- Evident progress
- Alignment of goals
- Input received at community and stakeholder meetings
- DOH Indian River Performance Management Council’s periodic review of data

Changes to the CHIP will be listed as follows:

Page	Section	Change	Date Changed
Throughout	Throughout	Grammatical, spelling, format, pagination, and contact information corrections. Slight text modification of several sentences and Objectives to clarify meaning. Modified text so document consistently referred to as “Community Health Needs Assessment”. Added text to Executive Summary noting that document “sometimes referred to elsewhere in the community as the Community Needs Assessment (CNA).”	03/08/2022
10	The Process	Added text in “Continued Improvement through Partnership” section to describe the process of community partners being held accountable for implemented strategies outlined in the plan.	03/08/2022
16-19; 23-25; 28-30; 40-41	Health, Housing and Economic Opportunity and Employment Action Plans	For each Objective, added the following: 1) “Partners” section, listing individuals and organizations responsible for implementing strategies; 2) “Policy Changes Needed” section, listing policy changes needed to accomplish objective, where applicable); 3) Month and day to target date years; and renamed “Key Action Steps” section headers to “Key Action Steps/Strategies”.	03/08/2022
14 and 34; 16 and 34, 17 and 35	Health Priority, Action Plan, and Appendix	Corrected 2018 middle school student obesity rate by replacing 8.6% with 8.3% and 2018 high school student obesity rate by replacing 10.6% with 14.3%. In Objective 1.A.1: Corrected “1,500” to “1,200” in Key	03/08/2022

		Action Step/Strategy". In Objective 1.A.3: Corrected Objective statement by replacing "by" with "to".	
25 and 39	Housing Action Plan and Appendix B	In Objective 2.B.2: Corrected measure and benchmark by replacing "Gap analysis conducted" with "Number of support service models researched" and "A minimum of one support service model researched," respectively.	03/08/2022
34	Appendix A	For Objective 1.B.2, replaced measure of "From % of sedentary adults" to correct measure of "1.5% decrease in percentage of adults whose poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days."	03/08/2022
44	Appendix F	Wrote out entire Goal statement for each Goal. Removed "Mental Health First Aid" from table.	03/08/2022
6	Indian River County Snapshot	Replaced "Gifford" with "Wabasso" in sentence referencing location of health department sites in the county.	03/31/2023
33	Get Involved	Administrator's last name and email updated.	03/31/2023
16-17 and 44	Health Action Plan and Appendix A	"SNAP-Ed" and "Supplemental Nutrition Assistance Program" replaced with "Florida Blue Foundation Food Security grant" due to change in funding source.	03/31/2023
19	Health Action Plan	Under Key Action Steps/Strategies, "SNAP-Ed, including 5210" replaced with "5210". Under Evidence-Supported Initiatives, removed "SNAP-Ed" paragraph.	03/31/2023

# Appendix F: CHIP (Version 1.1) Alignment with Local, State, and National Improvement Plans

CHIP Priority & Goal	QI Project	Plan Alignment	Aligned Priority Area
<b>Priority 1: Health -</b> Improve the mental health of individuals in Indian River County. (Goal #1)	N/A	<input checked="" type="checkbox"/> CHD PMQI Plan <input type="checkbox"/> Agency PMQI Plan <input checked="" type="checkbox"/> State Health Improvement Plan <input checked="" type="checkbox"/> CHD Strategic Plan <input type="checkbox"/> Agency Strategic Plan <input type="checkbox"/> CHD Workforce Development Plan <input type="checkbox"/> Agency Workforce Development Plan <input checked="" type="checkbox"/> Healthy People 2030 <input checked="" type="checkbox"/> National Strategy for Suicide Prevention	<u>DOH-Indian River Strategic Plan</u> <ul style="list-style-type: none"> <li>• Priority: Healthy Thriving Lives</li> <li>• Goal: Increase the number of direct service programs to address suicides by individuals over the age of 65</li> </ul> <u>SHIP</u> <ul style="list-style-type: none"> <li>• Priority: Mental Wellbeing and Substance Abuse Prevention</li> </ul> <u>Healthy People 2030</u> <ul style="list-style-type: none"> <li>• Goal: Increase the proportion of people with substance abuse and mental health disorders who get treatment for both</li> <li>• Goal: Increase the proportion of primary care visits where adolescents and adults are screened for depression</li> <li>• Increase the proportion of adolescents who have an adult they can talk to about serious problems</li> </ul> <u>National Strategy for Suicide Prevention</u> <ul style="list-style-type: none"> <li>• Strategy: Promote the availability of timely treatment and support services</li> <li>• Strategy: Create supportive environments that promote healthy and empowered individuals, families, and communities</li> </ul>
<b>Priority 1: Health -</b> Ensure individuals in Indian River County attain and maintain a healthy weight. (Goal #2)	<b>Programmatic - Population Based:</b> Florida Blue Foundation Food Security grant	<input type="checkbox"/> CHD PMQI Plan <input type="checkbox"/> Agency PMQI Plan <input type="checkbox"/> State Health Improvement Plan <input type="checkbox"/> CHD Strategic Plan <input type="checkbox"/> Agency Strategic Plan <input type="checkbox"/> CHD Workforce Development Plan <input type="checkbox"/> Agency Workforce Development Plan <input type="checkbox"/> Healthy People 2030	<u>DOH-Indian River Strategic Plan</u> <ul style="list-style-type: none"> <li>• Goal Enhance Health Promotion Activities</li> <li>• Goal: Increase the implementation of 5-2-1-0 programming in 3 sectors</li> </ul> <u>FDOH Agency Strategic Plan</u> <ul style="list-style-type: none"> <li>• Priority: Healthy, Thriving Lives</li> <li>• Goal: Enhance health promotion activities</li> </ul> <u>SHIP</u> <ul style="list-style-type: none"> <li>• Priority: Chronic Diseases and Conditions- obesity, chronic disease risk and prevention factors</li> </ul>



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			<u>Healthy People 2030</u> <ul style="list-style-type: none"> <li>• Goal: Reduce the proportion of children and adolescents with obesity</li> <li>• Goal: Increase the proportion of adults who do enough aerobic physical activity for substantial health benefits</li> </ul>
<b>Priority 2: Housing –</b> Increase the number of affordable housing units by 1,500 in Indian River County. (Goal #1)	N/A	<input type="checkbox"/> CHD PMQI Plan <input type="checkbox"/> Agency PMQI Plan <input checked="" type="checkbox"/> State Health Improvement Plan <input checked="" type="checkbox"/> CHD Strategic Plan <input type="checkbox"/> Agency Strategic Plan <input type="checkbox"/> CHD Workforce Development Plan <input type="checkbox"/> Agency Workforce Development Plan <input checked="" type="checkbox"/> Healthy People 2030	<u>SHIP</u> <ul style="list-style-type: none"> <li>• Priority: Social &amp; Economic Conditions Impacting Health, neighborhood and built environment</li> </ul> <u>DOH-Indian River Strategic Plan</u> <ul style="list-style-type: none"> <li>• Goal: Implement strategies to minimize disparities in social determinants of health</li> <li>• Goal: increase percentage of clients screened for social determinants of health</li> </ul> <u>Healthy People 2030</u> <ul style="list-style-type: none"> <li>• Goal: Reduce the proportion of families that spend more than 30% of income on housing</li> </ul>
<b>Priority 2: Housing –</b> Establish a comprehensive integration of support services around housing attainment and retainment in Indian River County. (Goal #2)	N/A	CHD PMQI Plan Agency PMQI Plan State Health Improvement Plan CHD Strategic Plan Agency Strategic Plan CHD Workforce Development Plan Agency Workforce Development Plan	<u>SHIP</u> <ul style="list-style-type: none"> <li>• Priority: Social &amp; Economic Conditions Impacting Health, social and community context</li> </ul> <u>DOH-Indian River Strategic Plan</u> <ul style="list-style-type: none"> <li>• Priority: Improve public health in rural, minority and underserved communities</li> <li>• Goal: increase percentage of clients screened for social determinants of health</li> </ul> <u>FDOH Agency Strategic Plan</u> <ul style="list-style-type: none"> <li>• Priority: Access to Equitable Care</li> <li>• Goal: Identify &amp; Implement strategies to minimize disparities in social determinants of health</li> </ul>
<b>Priority 3: Economic Opportunity and Employment</b> Reduce barriers by creating economic opportunity and increased employment in	N/A	<input type="checkbox"/> CHD PMQI Plan <input type="checkbox"/> Agency PMQI Plan <input checked="" type="checkbox"/> State Health Improvement Plan <input checked="" type="checkbox"/> CHD Strategic Plan <input checked="" type="checkbox"/> Agency Strategic Plan <input type="checkbox"/> CHD Workforce Development Plan	<u>SHIP</u> <ul style="list-style-type: none"> <li>• Priority: Social &amp; Economic Conditions Impacting Health, education access and quality</li> </ul> <u>DOH-Indian River Strategic Plan</u> <ul style="list-style-type: none"> <li>• Priority: Communication and Partnership Capacity Building</li> </ul>

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<p>Indian River County. (Goal #1)</p>		<p><input type="checkbox"/> Agency Workforce Development Plan</p>	<ul style="list-style-type: none"> <li>• Goal: Increase the number of community partnerships engaged with Health Equity Coalition</li> </ul> <p><u>FDOH Agency Strategic Plan</u></p> <ul style="list-style-type: none"> <li>• Priority: Access to Equitable Care</li> <li>• Goal: Identify &amp; Implement strategies to minimize disparities in social determinants of health</li> </ul> <p><u>Healthy People 2030</u></p> <ul style="list-style-type: none"> <li>• Goal: Increase employment in working-age people</li> <li>• Goal: Increase the proportion of high school graduates in college the Oct. after graduating</li> </ul>
<p><b>Priority 3: Economic Opportunity and Employment</b> Decrease the individual poverty rate in Indian River County by 10% by providing steps and a network or providers to advance out of the poverty cycle. (Goal #2)</p>	<p>N/A</p>	<p>CHD PMQI Plan Agency PMQI Plan State Health Improvement Plan CHD Strategic Plan Agency Strategic Plan CHD Workforce Development Plan Agency Workforce Development Plan Healthy People 2030</p>	<p>SHIP</p> <ul style="list-style-type: none"> <li>• Priority: Social &amp; Economic Conditions Impacting Health, social and community context</li> </ul> <p>DOH-Indian River Strategic Plan</p> <ul style="list-style-type: none"> <li>• Goal: Improve public health in rural, minority and underserved communities</li> <li>• Goal: Increase the number of community partners who receive targeted health equity communications</li> </ul> <p>FDOH Agency Strategic Plan</p> <ul style="list-style-type: none"> <li>• Priority: Communications &amp; Partnership Capacity Building</li> <li>• Goal: Enhance interagency and community collaboration</li> </ul> <p>Healthy People 2030</p> <ul style="list-style-type: none"> <li>• Goal: Reduce the proportion of people living in poverty</li> <li>• Goal: Increase employment in working-age people</li> </ul>