

Measurable Outcomes

By engaging community leaders and aligning the Healthy Lee work around a shared vision and common goals, we have begun to change the health of our population. Our metrics are tracked on a high level Scorecard that shows changes. The primary source of measurement is our Community Health Needs Assessment, supplemented by other published data, which may lag several years. (www.leecounty.healthforecast.net)

Our overall indicator of community health has been determined by Healthy Lee leadership to be obesity. Reducing obesity and establishing healthy habits has an immediate positive effect on most other disease states (mental health, diabetes, asthma, cardiac, stroke, etc.), thus reducing obesity is now our top focus for community engagement.

Obesity

- The percentage of Lee County residents who are obese improved by 15% with a drop from 29.3% to 24.8%, which is a statistically significant drop.
- We are now better than the State of Florida average, better than the U.S. average, and better than the national Healthy People 2020 goal.
- Childhood obesity percentages improved by 34.5%, dropping from 31.6% to 20.7%, which is also a statistically significant drop.
- The percentage of the Lee County population who meet physical activity recommendations has increased by 22.5%, from 40.9% to 50.1% of the population, a significant improvement.
- Well-child visits to a physician for routine checkups have increased 7.8%, from 86.7% to 93.5%, which is also a statistically significant improvement and better than the U.S. average.

Physical Activity

- The percentage of our population with no leisure time physical activity has improved by 25%, dropping 26.7% to 20% of residents with no physical activity during leisure time, a statistically significant drop.
- This is now similar to the U.S. rate and better than the Healthy People 2020 target.
- Chronic Disease Prevention
 - Heart disease-related deaths in Lee County have dropped by 29% to 146.4 per 100,000, which is better than both the U.S. average and Healthy People 2020 goal.
 - Stroke-related deaths in Lee County have also dropped by 29%, from 36.8 to 26.3 per 100,000, better than Florida or U.S. averages, and Healthy People 2020 goals.

Moving the Needle - How Lee County Ranks Today

We are convinced that the key to these results is the impact of community leaders with a shared vision of collaborating for community health who align projects around common goals and are committed to engage the entire community. We believe these improvements can be sustained and improved even further in future years as we approach our ten year vision for 2017.

Lee County's Wellness Score Card - Key Health Indicators improvements in Lee County:

15% Less Lee County Residents are Obese <small>*Exceeds Healthy People 2020 Goal</small>	34.5% Less Children in Lee County are Obese	25% Less Lee County Residents Have No Leisure Time Physical Activity <small>*Exceeds Healthy People 2020 Goal</small>	22.5% More Lee County Residents Meet the Physical Activity Recommendations <small>*Exceeds National Average</small>	29% Less Heart Disease - Related Deaths in Lee County <small>*Exceeds Healthy People 2020 Goal</small>	29% Less Stroke-Related Deaths in Lee County <small>*Exceeds Healthy People 2020 Goal</small>
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HealthyLee Initiative

Challenge & Opportunity

More than half of all health care occurs outside of the formal health care environment of hospitals, doctor's offices and outpatient clinics. It occurs in the community, in churches, in the workplace and in homes. In order to improve community health, these community partners must be engaged in active participation with best practice programs and services to improve community health including prevention, outreach, education, screenings, and creative partnerships for intervention and care. Creating a culture of healthy lifestyles in Lee County, Florida, can become possible through engaged and committed leadership representing the entire community and aligned behind common goals and a shared vision.

Community Health Visioning 2017 & Healthy Lee

In 2007 Lee Memorial Health System recruited and convened 38 community leaders to help improve the health of our residents and improve the health care delivery system in the community. Executives representing business, education, social services, government agencies, congregations, community and health care organizations started meeting as the Community Health Visioning 2017 Steering Committee. Chaired by a local business CEO, and supported by Lee Memorial Health System, they engaged 4,000 people in surveys, focus groups, and town hall meetings to establish a base line of community health and agree on priorities

for improving community health. Now, nearly 9 years later, 60 members continue to meet and have established an Executive Committee to provide ongoing support to the projects developed in furtherance of 7 goals: Healthy Lifestyles, Primary Care Alternatives to the ED, Chronic Disease Prevention and Management, Behavioral Health, Public Engagement, Healthcare Workforce Shortage, and Electronic Medical Records. The sustained engagement of community leaders over time has resulted in dozens of successful projects that have begun to transform the health of the community.

The group is now called **HealthyLee** and our tagline is **Choose. Commit. Change.** Healthy Lee includes a community collaboration of grassroots organizations for healthy lifestyles that meets quarterly, has a strategic plan, a distribution list of nearly 300 active participants/organizations, and a community website www.HealthyLee.com to support ongoing engagement around the goals. Best practice programs are widely implemented throughout the county including:

- **5210** promotes healthy habits for kids through schools, preschools and pediatric offices as part of "prescriptions" for eating 5 fruits and veggies daily, no more than 2 hours of screen time, at least 1 hour of physical activity and zero sugary beverages to help fight childhood obesity.
- **"It's All About You"**, the best practice learning tool developed by Stanford University, is being taught to dozens of volunteer peer leaders through social service agencies to teach classes of clients with chronic disease about healthy habits that will prevent or reverse their obesity, diabetes, asthma, etc. This 6 week standard curriculum builds personal knowledge and capacity to manage one's own health and avoid unnecessary doctor or ED visits.
- Our **United Way** has built health care into its innovative United Way social service offices throughout the region. 16 United Way Houses now have some type of health-related services available on site, including four medical clinics, 3 of which are newly established Patient Centered Medical Homes for the uninsured. United Way also initiated the We Care volunteer specialty physician program administered through the Salvation Army for the low income uninsured, which now includes more than 437 local specialists who provide more than \$6.7 million annually in donated care including diagnoses, treatments, surgeries, and other procedures.



- Our **Harry Chapin Food Bank** has gone from having 50,000 pounds of fresh fruits and vegetables annually when we started, to last year distributing more than 7 million pounds of fresh produce. Their mobile feeding program now offers nutrition education and screenings for hypertension, diabetes, obesity and related referrals.
- We successfully competed for a \$10 million **USDOT "TIGER" Grant** for building bike paths and sidewalks and connecting our Lee County recreation areas. Our local governments have adopted Complete Streets resolutions and now our state DOT has as well so that funding will be aligned in pursuit of safe access for cyclists, transit riders and pedestrians.
- **The Horizon Council**, our public private partnership for economic development, has established a Health Care Task Force for the last 3 years working to first engage company leaders in Wellness through corporate challenges, and now sharing best practices in workplace wellness as an important quality of life effort as part of economic development. More than 150 businesses participated in last year's local conference learning from local businesses of all sizes of their successes. All conference materials are shared on www.HealthyLee.com for continued access by the business community. The next annual conference is in planning. Chambers of Commerce have initiated and continue annual wellness challenges not only to their members, but to the full local community. These all include biometric and lab measurements

so health outcomes can be better measured for all participants. Through community leadership support and a major focus on the serious lack of behavioral health support in our community we now have:

- A new 103-bed **Park Royal Psychiatric Hospital** with outpatient programs that brought new out-of-state investment into our community.
- **The Hope Clubhouse**, which was organized by community leaders and successfully accredited to support people with mental illness, focuses on helping challenged individuals become ready to re-enter the workplace and live healthy lives. In addition to vocational support they receive experience cooking healthy foods and participating in fun physical activities to support healthy independent lives.
- A 60-bed **Bob Janes Behavioral Triage Center** has been created through multidisciplinary collaboration for this difficult population of those who are predominantly homeless with substance abuse and/or mental illness, and who would otherwise be in our emergency departments or in jail. They receive screenings, referrals, healthy food, education support and more than half complete the full program. A 46% decrease in jailed offenders for these low level offenses has been documented by law enforcement since this Triage Center began as one of our very first collaboration projects 8 years ago!



HealthyLee.com