

Florida Department of Health

Community Health: Building Resilient Partnerships

**Florida
HEALTH**

Thursday, April 10, 2025

Welcome



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Florida Department of Health in Miami-Dade County

Objectives

- Participants will learn about approaches to community health public health response.
- Participants will understand the value of partnering with community partners for public health response.
- Participants will understand the keys to success in maintaining partnerships.
- Participants will learn how to engage potential partners in the local public health system.



Guiding Principles



Vision: To be the healthiest state in the nation.



Mission: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.



Purpose: Prevent disease and improve the health of the Miami-Dade county community.

Core Values



Innovation



Collaboration



Accountability

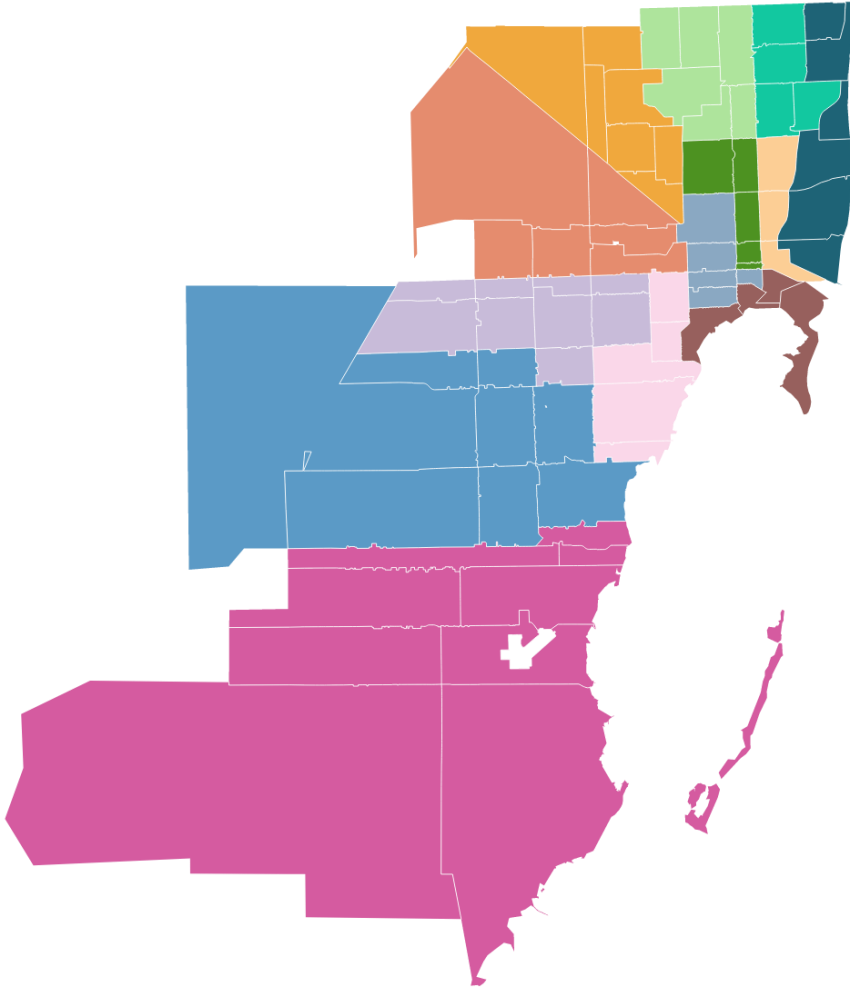


Responsiveness



Excellence

Who We Serve



Miami-Dade County

- Population of 2.8 million
- 78 ZIP codes, grouped into 13 neighborhood clusters
- ~75% White, ~17% Black, ~8% other races
- ~72% Hispanic, ~28% Non-Hispanic

Office of Community Health and Planning Initiatives



**Community Health
Action Team (CHAT)**

**Community
Planning**

**Consortium for a
Healthier Miami-Dade**

Community Health Action Team (CHAT)

- The Community Health Action Team (CHAT) is a mobile Public Health Response Outreach team.
- Community public health and outreach services include:
 - Health Fairs
 - Biometric screenings and Carbon monoxide breath analysis
 - Chronic disease prevention education and presentations
 - Educational Classes
 - Journey to Wellness Rx



Passport to Health



Passport to Health Employee Health Screenings

Goals:

- **To raise awareness:**
 - Health numbers
 - Risks for chronic disease
 - Benefits of a healthy lifestyle

Overall goal: To reduce the incidence of overweight/obesity and chronic disease



Journey to Wellness Rx



Journey to Wellness Rx Non-pharmaceutical Prescription

JOURNEY TO WELLNESS Rx

Name: _____ Date: _____

WELLNESS ACTIVITY RECOMMENDATIONS	
Aerobic Activities "Cardio" activities get you breathing harder and your heart beating faster.	Strength Activities Strengthen your muscles (legs, hips, back, chest, abdomen, shoulders and arms).
<input type="checkbox"/> Go Walking <input type="checkbox"/> Go Cycling <input type="checkbox"/> Go Dancing <input type="checkbox"/> Go Swimming	<input type="checkbox"/> Yoga <input type="checkbox"/> Pilates <input type="checkbox"/> Exercises that use your body weight for resistance (like push-ups, sit-ups, lunges and squats)
<input type="checkbox"/> Go to a local park-visit MiamiDade.gov/parks to find locations and activities near you.	
<input type="checkbox"/> Take a healthy lifestyle class _____	
<input type="checkbox"/> Other: _____	

*Note: Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week, and muscle-strengthening activities on two or more days a week. Children need one hour or more of physical activity every day.

Go to a local park. Take a healthy lifestyle class!

Provided by: _____ Signature: _____

*Please consult your health care provider before beginning any exercise program. This is especially important for people over the age of 35 and for those with any pre-existing health conditions. Discontinue any exercise that causes pain, severe discomfort, nausea, dizziness or shortness of breath, and consult a medical expert immediately.

Florida Department of Health in Miami-Dade County Introduces the Journey to Wellness Rx.

This non-pharmaceutical prescription is provided to recommend physical activity and encourage healthy eating to help with weight or chronic disease management.

Journey to Wellness Rx gives you access to all of Miami-Dade's community resources which promote and assist individuals with creating a healthy lifestyle. Visit HealthyMiamiDade.org to find the interactive resource map.

For additional information on increasing physical activity, maintaining a healthy weight and eating healthy, visit ChooseMyPlate.gov and CDC.gov.

Make Healthy Happen!

Maintain an optimum state of health. Wellness and prevention are the keys to living a healthier, longer life. Here are some tips to create healthy habits:

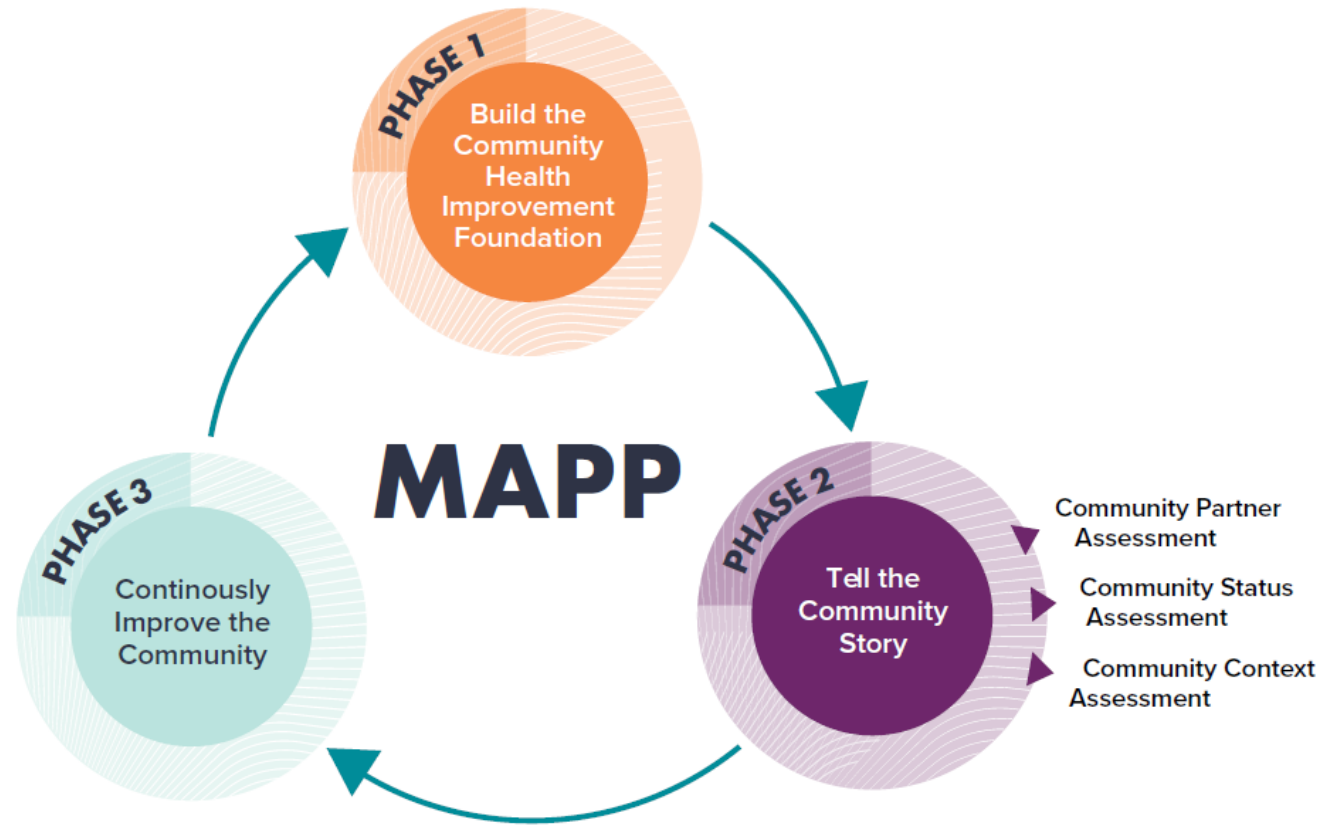
- ✓ Increase your physical activity.
- ✓ Maintain a healthy weight.
- ✓ Eat more fruits and vegetables.
- ✓ Eat 2 servings or more fish weekly.
- ✓ Eat 3.5 ounces or more of whole grains daily.
- ✓ Limit your intake of beverages with added sugar to less than 36 ounces (450 calories) weekly.
- ✓ Limit your intake of sodium to 1,500 mg or less daily.
- ✓ Don't smoke or use tobacco products.

Florida Department of Health in Miami-Dade County
Office of Community Health and Planning
West Perrine Health Center, 18255 Homestead Avenue Miami, FL 33157
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Florida Department of Health in Miami-Dade County
Health & Wellness Center
Frederica Wilson and Juanita Mann Health Center
2520 NW 75th Street, Miami, Florida 33147

Mobilizing for Action through Planning and Partnerships (MAPP)

- **Community-driven strategic planning process** to improve community health
- **Method to help communities prioritize** public health issues, identify resources for addressing them, and taking action



MAPP Vision and Mission



Vision

Achieve optimal health for Miami-Dade County by sharing resources and access for all residents.

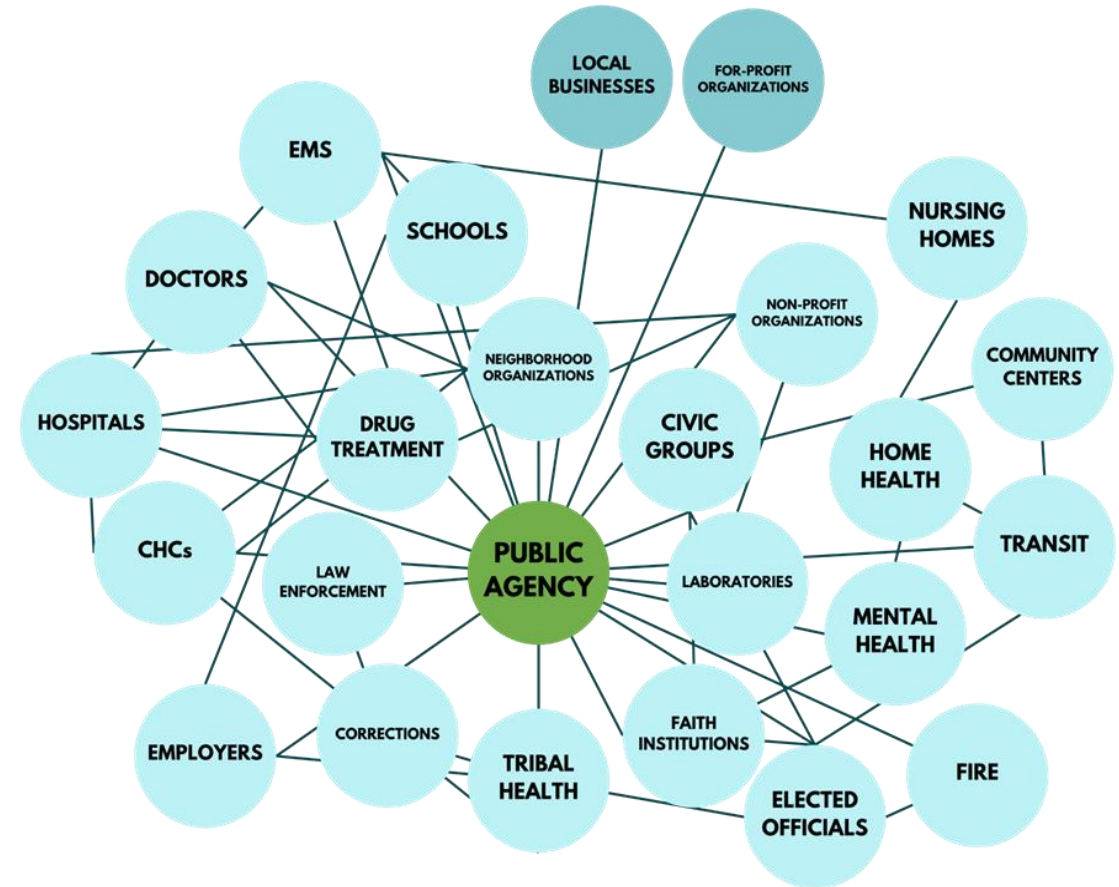


Mission

To engage with organizations directly connected to underserved communities, fostering collaboration in efforts to achieve optimal health.

The Local Public Health System

The MAPP process brings together traditional and non-traditional partners that make-up the local public health system in Miami-Dade County.



Community Health Improvement Plan (CHIP)

CHIP is aligned with national and state public health practices, using Healthy People 2030 and the State Health Improvement Plan (SHIP) as a model.



2019-2025 CHIP Priority Areas



Optimal Health



Access to Care



Chronic Disease Prevention



Maternal Child Health



Injury/Safety/Violence



**Communicable Diseases/
Emergent Threats**

Timeline – Milestones in Progress



The timeline consists of five vertical panels, each with a background image and text. Panel 1: 'NOV TO JAN 2025' with an image of three women in a meeting. Panel 2: 'JAN TO FEB 2025' with an image of a diverse group of people smiling. Panel 3: 'MAR 2025' with an image of a hand holding a document with charts. Panel 4: 'JAN 2025' with an image of a laptop displaying a video conference. Panel 5: 'MAY 2025' with an image of a large audience in a meeting room.

Period	Milestone	Description
NOV TO JAN 2025	Focus Groups	Improve understanding of the community by prioritizing the voices of community members and leaders who face challenges.
JAN TO FEB 2025	Wellbeing Survey Launch	Gather insights from communities to understand residents' views on quality of life, environment, health risks, and access to healthcare services.
MAR 2025	Wellbeing Survey Completed	Obtain detailed findings that help improve the goal of achieving optimal health for all.
JAN 2025	Annual Review Meeting	2019-2024 CHIP Close Out Meeting.
MAY 2025	CHIP Meeting	Present the findings from the closeout of the CHIP 2019-2024 and conduct a vote on the priorities for the CHIP to initiate the 2025-2030 CHIP Plan.

2025-2030 CHA
Community Health Assessment Due June 2025

2025-2030 CHIP
Community Health Improvement Plan Due July 2025

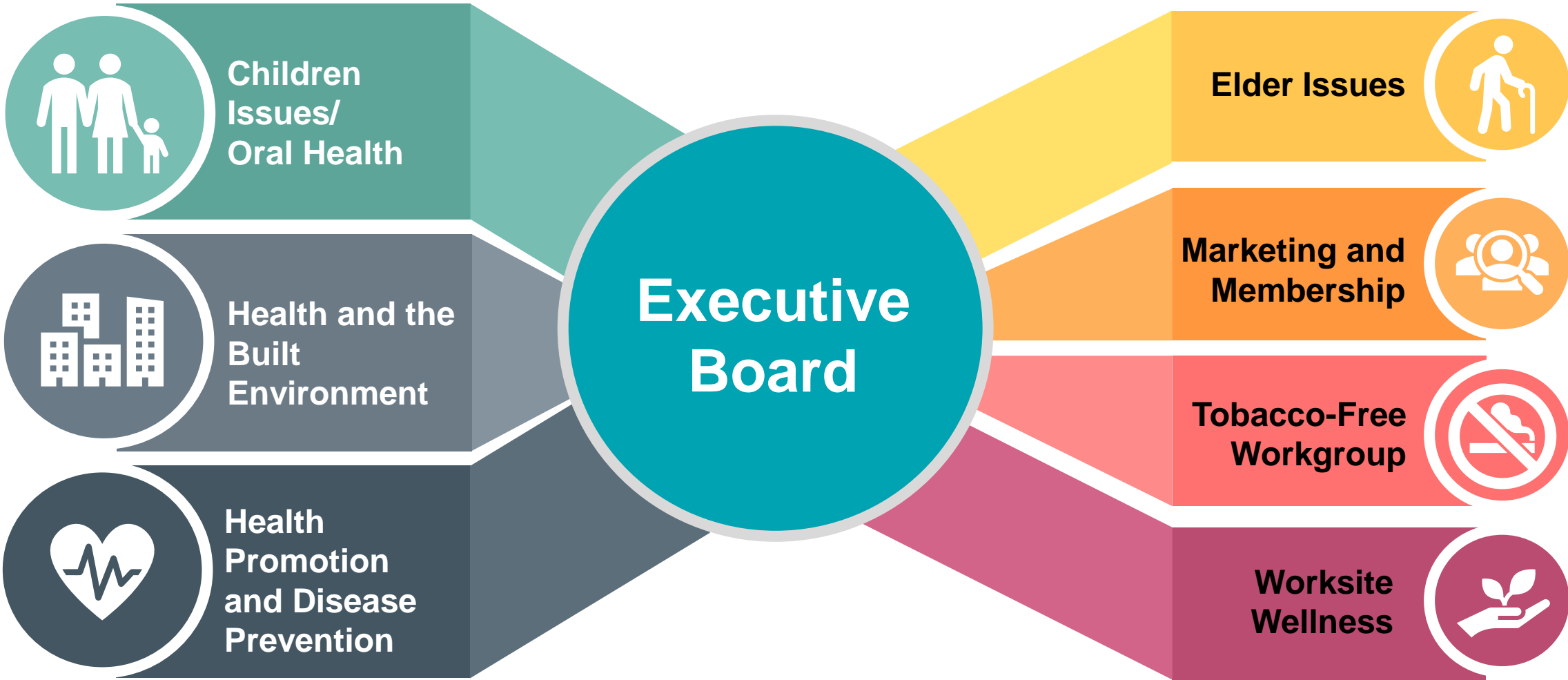
Consortium for a Healthier Miami-Dade



Sponsored by the Florida Department of Health in Miami-Dade County

Network of private and public organizations and businesses in our community with the common goal of reducing the incidence of chronic diseases and promoting healthier lifestyles.

Consortium Structure



2019-2025 Consortium Work Plan Priority Areas



Optimal Health



Access to Care



Chronic Disease Prevention



Maternal Child Health



Injury/Safety/Violence



**Communicable Diseases/
Emergent Threats**

Alignment of Goals

CHIP Goal

Minimize loss of life, illness, and injury from natural or man-made disasters.

Consortium Goal

Minimize loss of life, illness, and injury from natural or man-made disasters through collaboration, education, and training.

Children Issues Committee Activities



Consortium Objective

By June 30, 2025, increase the number of community sectors, in which partners participate in significant public health, medical, and mental or behavioral health-related emergency preparedness efforts or activities.



Consortium Strategies

Minimize loss of life, illness, and injury from natural or man-made disasters through collaboration, education, and training.



Children Issues Committee Activities

By June 30, 2025, the Children Issues Committee will promote preparedness trainings.

By June 30, 2025, increase partnerships with agencies whose focus is related to disaster preparedness.

Health and Built Environment Committee Activities



Consortium Objective

By June 30, 2025, increase the number of community sectors, in which partners participate in significant public health, medical, and mental or behavioral health-related emergency preparedness efforts or activities.



Consortium Strategies

Minimize loss of life, illness, and injury from natural or man-made disasters through collaboration, education, and training.



Health and Built Environment Committee Activities

By June 30, 2025, the committee will identify a minimum of three opportunities to review hurricanes, storms, and rising sea levels.

By June 30, 2025, there will be a presentation from community partners on preparedness.

Elder Issues Committee Activities



Consortium Objective

By June 30, 2025, increase the number of community sectors, in which partners participate in significant public health, medical, and mental or behavioral health-related emergency preparedness efforts or activities.



Consortium Strategies

Minimize loss of life, illness, and injury from natural or man-made disasters through collaboration, education, and training.



Elder Issues Committee Activities

By June 30, 2025, create an educational campaign on significant public health, medical, and mental or behavioral health-related emergency preparedness efforts or activities.

By June 30, 2025, the Elder Issues Committee will increase their participation with AHCA.

Let's Stay Connected



The Consortium for a Healthier Miami-Dade



YouTube/MakeHealthyHappen



Facebook/MakeHealthyHppn



@MakeHealthyHppn



@MakeHealthyHppn

Visit **HealthyMiamiDade.org**

Q&A

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