

OUR COMMUNITY PARTNERS

- RYAN WHITE CARE PROGRAM
- HEALTHY START OF NORTH CENTRAL FLORIDA
- CENTRAL HEALTHY START
- RURAL HEALTH PARTNERSHIP OF NORTH CENTRAL FLORIDA



A Message

Steven Oliva, CEO

People with disabilities, like all of us, need to be prepared for disasters and emergencies. Like all of us, people with disabilities need access to quality healthcare to maintain wellness. The needs are shared, but there are considerations for people with disabilities. These considerations are being addressed by a number of Florida organizations through research, education and awareness.

WellFlorida Council is partnering with Treasure Coast Health Council to learn about the needs of people with disabilities during times of hurricanes and other disasters. This statewide study is sponsored by the Florida Department of Health Taskforce for Persons with Disabilities and Preparedness.

WellFlorida has also been working with the Florida Office on Disability and Health (FODH) in the evaluation of a federal grant to establish a permanent office on disability and health. This newsletter's feature article focuses on the services and activities of FODH.

It is believed that everyone will experience some kind of disability as they age. The most prevalent age group with disabilities in Florida is 65 and older. Given the increasing number of aging baby boomers, understanding the needs and concerns of people with disabilities is a public health priority.

The Florida Office on Disability and Health A Collaborative Public Health Project



The Florida Office on Disability and Health (FODH), housed in the College of Public Health and Health Professions at the University of Florida, is a collaborative public health project funded by the Centers for Disease Control and Prevention (CDC) to maximize the health, well-being, participation and quality of life, throughout the lifespan, of all Floridians and their families living with disability.

The FODH works with numerous partners throughout the state, including individuals living with

disabilities and their family members, researchers, healthcare providers, and representatives from agencies such as the Florida Department of Health, Agency for Persons with Disabilities and Department of Elder Affairs. With these partners, the FODH has created a strategic plan for disability and health in the state. The FODH engages in a variety of activities, namely surveillance, breast health awareness and provider education.

Surveillance

Surveillance is the ongoing collection of data about a particular topic in

Persons with Disabilities: Florida Age Demographics

19.2% Adults who are limited in any activities because of physical, mental or emotional problems

Percentage of adults, by age group, who are limited in activities, Florida, 2008

Age	%
18-24	6.1
25-34	12.6
35-44	11.5
45-54	22.9
55-64	27.5
65+	27.6

7.8% Adults with health problem(s) that require the use of special equipment

Percentage of adults, by age group, who require special equipment, Florida, 2008

Age	%
18-24	1.1
25-34	2.5
35-44	2.5
45-54	9.5
55-64	10.0
65+	16.4

Florida Age Demographics 2008

Age	%
18-24	9.0
25-34	18.3
35-44	17.7
45-54	18.0
55-64	14.8
65+	21.9

All data collected from the CDC Web site and can be found at: <http://apps.nccd.cdc.gov/BRFSS/>

Visit our website:
www.wellflorida.org

Awareness and Education for Providing Healthcare to People with Disabilities, cont.



disseminated throughout Florida by FODH staff. The campaign was developed by the CDC to fill the need for breast health education materials targeting women with disabilities. The four women featured in the campaign materials describe their personal experiences with breast cancer and encourage other women with disabilities to get regular screenings. The campaign includes a range of printed and digital materials that are free and available in English and Spanish. Also available is specific information to help Florida women with disabilities navigate through obstacles and get their breast health screenings.

order to understand an issue and track changes over time. The FODH uses data from sources including the Census, the CDC's telephone survey and the Behavioral Risk Factor Surveillance System (BRFSS) to understand how many Floridians are living with disability and what their lives and health are like.

For example, using Census 2000 data, the FODH created the Florida Chartbook on Disability and Health. The Chartbook details the county-level prevalence of disability, the number of Floridians with specific types of disability, and educational attainment and employment of Floridians with and without a disability. The FODH submits questions for the Florida BRFSS surveys, which provide valuable information on specific disability issues in Florida, such as access to healthcare for persons with disabilities, type and duration of disabilities, and caregiving. Questions about caregiving, for example, are helpful in understanding the amount of care provided, the needs of caregivers, and the health impacts of caregiving for the disabled.

Breast health awareness

The Right to Know is a breast health awareness campaign that will be

Provider education

Researchers at the University of South Florida (USF) are working with the FODH to improve the training of medical students in working with patients with disability. USF enhanced their clinical curriculum to provide disability training to students enrolled in the third year of medical school and to measure the growth in knowledge, comfort and attitude in providing treatment to individuals with disabilities. In addition, the FODH will disseminate the disability curriculum and implementation guide to other interested programs for integration into their clinical training. FODH collaborators at USF have created a web-based continuing education program to educate practicing healthcare providers about working with individuals with disabilities. The overall goal of these provider education activities is to increase the capacity of healthcare providers in Florida to provide quality healthcare to persons with disabilities.

For more information about the FODH, please visit their website at <http://fodh.php.ufl.edu>, email fodh@php.ufl.edu, or call (352) 273-5286. All publications and reports mentioned in this article are available on the FODH website.

“Stages of Change” Tobacco Cessation Program

Smoking is a health hazard for everyone, but especially for persons living with a chronic disease. Smokers with HIV/AIDS, for example, have increased mortality rates and increased chances of developing cancer, asthma, respiratory symptoms and bacterial pneumonia. Behavioral interventions to quit smoking can decrease the incidence of these conditions and improve overall health.

WellFlorida Council was recently awarded a grant from the Florida Department of Health Bureau of Tobacco Prevention Program. The grant provides training to help properly refer clients to established tobacco cessation programs throughout North Central Florida. The referrals will be based upon the Transtheoretical Model of Behavior Change called “Stages of Change.” This behavior change model shows the different states of mind a person goes through as they quit smoking, as well as the roles of the patient and provider. It is well documented as successfully helping individuals to stop smoking.

The intervention will focus on educating the case managers, clinical providers, and other interested staff on how to assess the client’s willingness to quit smoking or using tobacco products, where the client is on the Stages of Change model, and what resources are currently available for the

client to refer to for assistance. More than 30 participants were trained at WellFlorida Council in the month of April and gave very positive feedback about the usefulness of this intervention program for tobacco cessation.

WellFlorida Council is committed to improving the lives and health status of those persons living with a chronic disease in North Central Florida. Helping individuals to quit smoking is an important part of that commitment.



Stages of Change

This behavior change model shows the different states of mind a person goes through as they quit smoking. The following are three of the six stages of change.

Contemplation:

- I am thinking about quitting smoking
- I know that smoking is bad for my health
- I want to learn what ways there are to quit smoking

Preparation:

- I am ready to quit smoking
- I have planned a quit date
- I have the support of my family and friends
- I have begun to reduce my cigarette use

Maintenance:

- I am becoming more comfortable as a nonsmoker
- My cravings for cigarettes are not as strong as they used to be
- I feel healthier
- I will continue to live as a nonsmoker

For a complete chart of the Stages of Change with patient’s and provider’s roles based on the patient’s state of mind visit WellFlorida’s website. Go to the Resources page at www.wellflorida.org/wf_8.php

Working Together to Build Healthy Communities

Want to learn more about WellFlorida and/or our Community Partners?

Would your organization like to submit an article for publication in the WellFlorida newsletter?

Interested in becoming a board member at WellFlorida or with one of our Community Partners?

If you answered yes to any of those questions, please contact us. Fill out the form below and mail it to us OR email Katelyn Allen at kallen@wellflorida.org OR call 352-313-6500 ext. 100.

Area(s) of interest: _____

Please send me additional information on:

- North Central Florida Ryan White CARE Program
- Healthy Start of North Central Florida
- Central Healthy Start
- Rural Health Partnership of North Central Florida
- WellFlorida Council

Name _____

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Press Conferences at the Capitol Draw Statewide Interest



Top:
State Surgeon General Ana M. Viamonte Ros and Director of the DOH Office of Trauma Susan McDevitt.

Bottom:
Governor Crist poses with TBI survivor.



WellFlorida Council recently partnered with two agencies at the Capitol to raise awareness statewide. The Florida Department of Health’s Office of Trauma and the Brain Injury Association of Florida contracted WellFlorida to plan the events, develop slogans, posters, buttons, media kits, fact sheets and more for their educational press conferences. Turnout and media coverage was strong for each event.

The press conference, *Living with Traumatic Brain Injury*, was a culmination of a three-year, federally funded partnership between the Brain and Spinal Cord Injury Program of the Florida Department of Health, the Brain Injury Association of Florida and WellFlorida, called Project ACTION. For this event in February, survivors, family members, professionals and legislators came together to raise awareness about traumatic brain injury and its impact on communities.

Florida’s Trauma System: Together We Save Lives...Unified. Accountable. Prepared., hosted by the Office of Trauma in April, raised awareness of Florida’s nationally-recognized trauma system and its significance as a public health priority.



United Way of Suwannee Valley