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A Healthy Walton Begins Today! Join the Movement!
Overview of Process

In 2015, the Florida Department of Health in Walton County (DOH-Walton) and Sacred Heart Health System (SHHS) worked together, in collaboration with other community organizations and agencies, to conduct a community health needs assessment (CHNA) for the approximately 68,000 residents of Walton County, Florida. The CHNA process was led by SHHS and DOH-Walton, with active participation by community organizations and private and public agencies which collectively comprise the Walton Community Health Improvement Partnership (WCHIP). The terms “CHNA” and the “Community Health Assessment” (CHA) are used interchangeably.

The CHNA process included WCHIP meetings, a survey of health and human service organizations, and a community survey distributed both on-line and in paper format. More than 50 people representing more than 30 different community agencies and organizations and the general public participated in various meetings throughout the process. In addition, 253 Walton County residents completed the community survey. Particular focus was placed on obtaining input from vulnerable population groups.

The CHNA was developed using the Mobilization for Action through Planning and Partnership (MAPP) process, which was developed by the National Association of City and County Health Officials (NACCHO). The MAPP process has four elements:

- Forces of Change Assessment
- Local Public Health System Assessment
- Community Health Status Assessment
- Community Themes and Strengths Assessment

In 2016, WCHIP identified three top priority issues through the Community Health Improvement Plan 2016-2019. Through annual updates, the priorities have shifted slightly based on new data and community synergy. In November 2018, WCHIP met to update the last edition of the Community Health Improvement Plan 2016-2019. The final WCHIP priorities include:

- Substance Use and Mental Health
- Healthy Behaviors
- Health Equity

This 2018 Data Update to the Community Health Assessment ensures that the most current data is used by WCHIP when addressing the identified priorities.

This 2018 Data Update will be shared with all community partners via email and also uploaded to the DOH-Walton website, walton.floridahealth.gov. A new comprehensive CHNA will be released Fall 2019.

For more information regarding the process, please review the Walton County Community Needs Assessment 2015.
By 2040, Walton County is projected to have a population of over 100,000.

Population, by Number

- 2000: 40,601
- 2010: 55,043
- 2017: 68,376

68% INCREASE

Population, by Ethnicity

- Non-Hispanic or Latino: 94%
- Hispanic or Latino: 6%

From 2000 to 2017, Walton County’s Hispanic population tripled.

Population, by Race

- White: 90%
- Black: 5%
- Other: 5%

American Indian/Alaska Native (0.8%)
Asian (1.4%)
Native Hawaiian & Other Pacific Islander (0.2%)
Two or More Races (2.7%)

5,905 veterans live in Walton County.

Population, by Age

- Under 18: 20%
- 18-59: 53%
- Over 60: 27%

Median Age: 43.2 (Florida State: 41.8)

1. Data Source
2. Projections
3. Median Age
Median Household Income

- $50,619
- $50,883
- $57,652

Median Household Income, by Race

- White: $52,260
- Black: $27,352
- Other: $27,446

Median Household Income, by Ethnicity

- Hispanic: $38,077
- Non-Hispanic: $52,397

Median Housing Value

- $203,100

Median Gross Rent

- $936

Disability Status

- 16.6%
- 13.6%
- 12.6%

Children in Poverty (Age 0-18)

- 30.9%
- 20.3%
- 18.4%

Nearly 1 in 3 kids in Walton County are considered to be living in poverty.
Education Attainment

- No High School Diploma: 14.1%
- High School Diploma or Equivalent: 26.5%
- Some College or Associate’s Degree: 32.6%
- Bachelor’s Degree: 17.7%
- Graduate or Professional Degree: 9.1%

Community Health Resources

- There are 1,940 Walton County residents to every primary care physician or family doctor. Florida 1,050:1
- There are 2,530 Walton County residents to every dentist. Florida 1,700:1

Uninsured Population

- Walton County: 16.3%
- Florida: 12.9%
- United States: 8.7%
Leading Causes of Death

Tobacco use is a major contributor to deaths from heart disease, cancer, chronic lower respiratory disease (CLRD), and stroke.\(^6\)

By rate per 100,000, Walton County has significantly more deaths due to CLRD compared to Florida.\(^4\)

From 2015-2017, two-thirds of all cancer deaths were male.\(^4\)

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**1881 Deaths 2015-2017**

- Heart Disease 24%
- Cancer 22%
- All Other Causes 23%
- Stroke 5%
- Unintentional Injury 5%
- Alzheimer's Disease 3%
- Diabetes 3%
- Chronic Liver Disease and Cirrhosis 2%
- Nephritis, Nephrotic Syndrome, Nephrosis 3%
- Suicide 2%

**Leading Types of Cancer Deaths**

1. Lung Cancer 31%
2. Colorectal Cancer 11%
3. Pancreatic Cancer 7%
4. Breast Cancer 5%
5. Oral Cancer 4%
6. Bladder Cancer 3%
7. Liver Cancer 3%
8. Prostate Cancer 3%
9. Skin Cancer 2%
All Other Cancers 31%

By rate, Walton County has significantly more deaths due to CLRD compared to Florida.\(^4\)
From 2015-2017, two-thirds of all drug overdose deaths were due to opioids.\(^4\)

From 2015-2017, law enforcement arrested 1253 adults for the possession or sale of illegal drugs.\(^4\)

From 2015-2017, law enforcement arrested 158 juveniles for the possession or sale of illegal drugs.\(^4\)

A higher percentage of local high school students have used marijuana in past 30 days compared to Florida.\(^7\)

By rate per 100,000, Walton County has significantly more injuries from alcohol-suspected motor vehicle traffic crashes compared to Florida.\(^4\)

A higher percentage of local high school students have used alcohol in the past 30 days compared to Florida.\(^7\)

Number of Unique Patients with Opioid Prescriptions\(^4\)

<table>
<thead>
<tr>
<th>Year</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients</td>
<td>32,438</td>
<td>31,637</td>
<td>31,404</td>
</tr>
</tbody>
</table>

Number of Opioid Prescriptions Dispensed\(^4\)

<table>
<thead>
<tr>
<th>Year</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prescriptions</td>
<td>79,845</td>
<td>76,438</td>
<td>75,305</td>
</tr>
</tbody>
</table>
The estimated number of seriously mentally ill adults has increased from 1,643 (2012) to 1,944 (2018).\(^4\)

Out of the 38 suicides from 2015-2017, 87\% were male.\(^4\)

Of those who died by suicide, 100\% were White.\(^4\)

FACT:
In Florida, mental illness is the number one disabling condition that leads to homelessness.\(^9\)

There are 1,520 Walton County residents to every mental health provider.\(^5\)

There are 62 behavioral or mental health professionals in Walton County.\(^4\)

The estimated number of emotionally disturbed youth (age 9-17) has increased from 500 (2011) to 588 (2018).\(^4\)

A higher percentage of adults in Walton County have been told they had a depressive disorder compared to Florida.\(^10\)

88.7\% of adults indicate they have “good” mental health.\(^10\)

HEALTH DISPARITY

HEALTH DISPARITY

19.6\% 14.2\%

Individuals that do not have a high school diploma or equivalent are twice as likely to have been told they had a depressive disorder compared to those individuals with more than a high school diploma.\(^10\)
Healthy Behaviors

A lower percentage of adults are overweight or obese compared to Florida.\textsuperscript{10}

\begin{itemize}
\item 61.6% vs. 63.2%
\end{itemize}

1 out of 3 kids are now considered overweight or obese.\textsuperscript{7}

HEALTH DISPARITY

A higher percentage of adult females have been told that they had diabetes compared to Florida.\textsuperscript{4}

\begin{itemize}
\item 16.4% vs. 11%
\end{itemize}

More adult men are current smokers compared to adult women.

\begin{itemize}
\item 19.9% vs. 12%
\end{itemize}

From 2015-2017, significantly more live births occurred to mothers that smoked during pregnancy than Florida.\textsuperscript{4}

\begin{itemize}
\item 16% vs. 5.2%
\end{itemize}

56% of adults are inactive or insufficiently active.\textsuperscript{10}

28.2 minutes is the average commute time to work.\textsuperscript{4}
Healthy Behaviors

Dog bites resulting in an emergency department visit.\(^{12}\)

Median Household Income, by Census Tract\(^{11}\)

Residents living in Mossy Head, Paxton, New Harmony, Ponce de Leon, Red Bay, Argyle, Eucheeanna, and parts of DeFuniak Springs are considered “food deserts” due to their limited access to healthy foods.\(^{11}\)

of residents live within a 1/2 mile of a healthy food source, compared to Florida with 30.9%.\(^4\)

of residents live within a 1/2 mile of a fast food restaurant, compared to Florida with 43.2%.\(^4\)

of residents live within a 1/2 mile of a park, compared to Florida with 43.2%.\(^4\)

5.3% of residents live within a 1/2 mile of a healthy food source, compared to Florida with 30.9%.\(^4\)

6.8% of residents live within a 1/2 mile of a fast food restaurant, compared to Florida with 43.2%.\(^4\)

16.6% of residents live within a 1/2 mile of a park, compared to Florida with 43.2%.\(^4\)

192 dog bites resulting in an emergency department visit.\(^{12}\)

5 wild animals tested positive for rabies from 2016-2018.\(^{13}\)
Approximately 40% of new HIV infections are transmitted by people who are living with undiagnosed HIV.\(^4\)

A lower percentage of adults have ever been tested for HIV compared to Florida.\(^10\)

A lower percentage of adults under the age of 65 have received a HIV test in the past 12 months compared to Florida.\(^10\)

FACT: For people at very high risk for HIV, taking daily HIV medicine called pre-exposure prophylaxis or PrEP can prevent HIV infection by more than 90%.\(^14\)

FACT: It is recommended that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.\(^14\)
**Healthy Aging**

Population Over Age 65
- 6,431 in 2000
- 11,984 in 2017 (86% INCREASE)

Population Over Age 60, by Race
- White: 94.7%
- Black: 3.6%
- Other: 1.7%

Population Over Age 60, by Ethnicity
- Non-Hispanic: 97.9%
- Hispanic: 2.1%

Population Over Age 60, by Sex
- Male: 48.6%
- Female: 51.4%

**HEALTH DISPARITY**

From 2015-2017, 16 individuals over age 55 died from a fall-related injury, making falls the #1 fatal injury for this age group.¹⁵

Falls are also the #1 non-fatal injury resulting in hospitalization for individuals over age 55.¹⁵

A higher percentage of individuals above age 65 live alone compared to Florida.⁴

<table>
<thead>
<tr>
<th>Marital Status of Individuals</th>
<th>Walton</th>
<th>Florida</th>
</tr>
</thead>
<tbody>
<tr>
<td>Now Married</td>
<td>59.1</td>
<td>55.8</td>
</tr>
<tr>
<td>Widowed</td>
<td>22.2</td>
<td>24.2</td>
</tr>
<tr>
<td>Divorced</td>
<td>13.6</td>
<td>14.2</td>
</tr>
<tr>
<td>Separated</td>
<td>1.3</td>
<td>1.4</td>
</tr>
</tbody>
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3,331 veterans age 65+¹⁶
Community Partners

Steering Committee

**Kathryn Barley**, Nursing Director  
Florida Department of Health in Walton County

**Holly Holt**, Health Officer & Administrator  
Florida Department of Health in Walton County

**Kay Brady**, Director  
Walton Okaloosa Council on Aging

**Monty Lollie**, Deputy  
Walton County Sheriff’s Office

**Jill Breslawski**, Extension Agent  
UF/IFAS Extension Office - Walton County

**Ryan Mims**, Government Operations Consultant II  
Florida Department of Health in Walton County

**Bryan Callahan**, Director of Prevention Services  
Chautauqua Healthcare Services  
Walton County Prevention Coalition

**Tina Odom**, Director of Quality Improvement  
Chautauqua Healthcare Services

**Brandi Gill**, Community Planner  
Florida Department of Health in Walton County

**Cheryl Stacy**, Pediatric Navigator  
Sacred Heart Hospital on the Emerald Coast

WCHIP Partners

**BeGenerous**
**Big Bend Community Based Care**
**Boys & Girls Clubs of the Emerald Coast**
**Caring and Sharing of South Walton**
**Catholic Charities of Northwest Florida**
**Chautauqua Healthcare Services, Inc.**
**Chautauqua Rehabilitation and Nursing Center**
**City of DeFuniak Springs**
**Early Learning Coalition of the Emerald Coast**
**Emerald Coast Children’s Advocacy Center**
**Florida Department of Children and Families**
**Florida Department of Health in Okaloosa County**
**Florida Department of Health in Walton County**
**Healthy Start of Okaloosa and Walton Counties**
**Homelessness and Housing Alliance**
**Hope Medical Clinic**
**Lighthouse Health Plan**
**Northwest Florida Area Agency on Aging**
**OASIS Florida**
**Pancare of Florida**

**Sacred Heart on the Emerald Coast**
**Shelter House of Northwest Florida**
**SoWal Community Chaplain**
**UF/IFAS Extension Office - Walton County**
**United Way of Okaloosa and Walton Counties**
**Walton County Board of County Commissioners**
**Walton Community Health Center**
**Walton County Habitat for Humanity**
**Walton County Prevention Coalition**
**Walton County School District**
**Walton County Sheriff’s Office**
**Walton County Tax Collector**
**Walton Okaloosa Council on Aging**
**West Florida Area Health Education Center**
13. Florida Department of Health in Walton County. (2019). Retrieved from Rabies Laboratory Monitoring and Results Summary