



2019 COMMUNITY HEALTH ASSESSMENT

WALTON COUNTY, FLORIDA

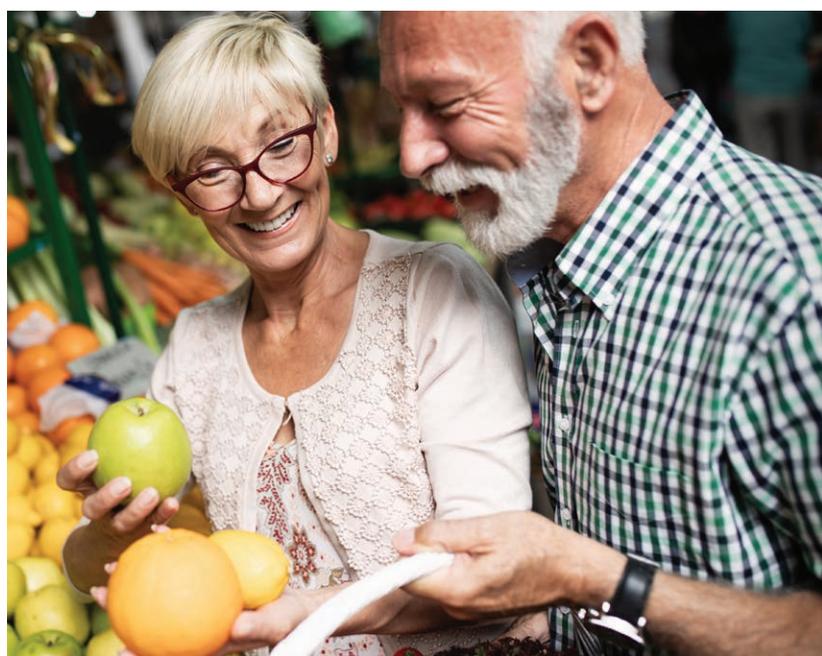


Table of Contents

Letter to the Community	2
Acknowledgments	3
Chapter 1: Introduction	4
Summary	7
Health Equity	9
Chapter 2: Community Profile	11
Demographics	13
Education	15
Income & Poverty	16
Chapter 3: Healthy Places	17
Housing & Homelessness	19
Employment	21
Transportation	22
Food Access	23
Parks & Water	24
Violence & Crime	25
Injuries	26
Chapter 4: Healthy People	27
Leading Causes of Death	29
Community Health Resources	30
Substance & Alcohol Use	31
Mental Health	32
Tobacco Use	32
Healthy Weight	33
Infectious Diseases	35
Infant & Child Health	37
Older Adult Health	37
Chapter 5: Assessment Major Findings	39
Forces of Change	41
Community Themes & Strengths	42
Local Public Health Systems	43
Community Health Status	44
Data Sources	45

Letter to the Community

To effectively improve the health of our community, we must first understand the challenges we face and the assets that exist. This report prioritizes those health issues by collecting and evaluating relevant data over the past year. This extensive process is based on a national model and involved dozens of community partners and hundreds of residents.

The Florida Department of Health in Walton County is uniquely positioned to lead this assessment because of our expertise in community health improvement. We devote time and resources for a variety of reasons. This assessment is not only an important part to our own strategic approach to improve health, but it also informs and empowers our partners, medical providers, non-profits, local governments, and many more to take action. In addition, we produce this assessment to support the Walton Community Health Improvement Partnership's health improvement plan, which organizes our partners' actions and creates synergy in improving our community's health.

The Community Health Assessment draws on data and information gathered from four assessments recommended under the national Mobilizing for Action through Planning and Partnerships (MAPP) framework. All of the information gathered from the assessments was then synthesized by our staff to determine the eight top health issues for Walton County.

Having worked in the field of public health for many years, I know what an important role the Community Health Assessment plays in identifying the health challenges facing our residents and in creating a better environment for our visitors. Besides showcasing the pressing issues, the assessment also affords us the opportunity to draw upon the strengths of our many partners and stakeholders, allowing us to collaboratively address these issues and improve health outcomes.



In healthy regard,

Holly B. Holt

Holly B. Holt, RN, BSN, MSM
Health Officer & Administrator
Florida Department of Health in Walton County

2019 Community Health Assessment

Acknowledgments

The Florida Department of Health in Walton County thanks the following individuals and organizations for their invaluable contributions to this report.

Walton Community Health Improvement Partnership (WCHIP) Steering Committee & CHA Leadership Team

Kathryn Barley, Florida Department of Health in Walton County
Kay Brady, Walton Okaloosa Council on Aging
Jill Breslawski, UF/IFAS Extension Office - Walton County
Bryan Callahan, Walton County Prevention Coalition
Brandi Gill, Florida Department of Health in Walton County
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Tina Odom, Lakeview Center - Chautauqua Healthcare Services
Cheryl Stacy, Sacred Heart Hospital on the Emerald Coast | Ascension

Walton Community Health Improvement Partnership (WCHIP) Partners 2018-2019

90 Works	Kindred at Home
Alzheimer's Association	Lakeview Center - Chautauqua Healthcare Services
AARP Florida	Lighthouse Health Plan
BeGenerous, Inc.	Main Street DeFuniak Springs
Big Bend Community Based Care	Northwest Florida Area Agency on Aging
Boys & Girls Clubs of the Emerald Coast	OASIS Florida
Caring and Sharing of South Walton	Pancare of Florida
Catholic Charities of Northwest Florida	Point Washington Medical Clinic
Chautauqua Rehabilitation and Nursing Center	Sacred Heart on the Emerald Coast
CIL Disability Resource Center	Shelter House of Northwest Florida
City of DeFuniak Springs	SoWal Community Chaplain
City of Freeport	Tri-County Community Council
Early Learning Coalition of the Emerald Coast	UF/IFAS Extension Office - Walton County
Emerald Coast Children's Advocacy Center	United Way Emerald Coast
Emerald Coast Hospice	Walton County Board of County Commissioners
Emerald Coast Technical College	Walton Community Health Center
Florida Department of Children and Families	Walton County Habitat for Humanity
Florida Department of Health in Okaloosa County	Walton County Housing Agency
Florida Department of Health in Walton County	Walton County Prevention Coalition
First Baptist Church - Freeport	Walton County School District
Habitat for Humanity - Walton County	Walton County Sheriff's Office
Healthy Start of Okaloosa and Walton Counties	Walton County Tax Collector
Homelessness and Housing Alliance	Walton Okaloosa Council on Aging
Hope Medical Clinic	West Florida Area Health Education Center
Humana	

Key Informants

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Amy Leath, Boys & Girls Clubs of the Emerald Coast
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Candi Nowling, Matrix Community Outreach Center
Marti Sherrouse, Walton County Sheriff's Office
Judy Williams, City of Paxton

Data Collection Team

Key staff from the Florida Department of Health in Walton County

Photos throughout this document were provided by :

Sandy Hunt Photography

Louis Svehla, Public Information Manager,
Walton County Board of County Commissioners

Walton County Tourist Development Council



**A Healthy Walton
Begins Today!
Join the Movement!**

CHAPTER 1

INTRODUCTION





✓FACT

The highest point in Florida is Britton Hill located near the City of Paxton. The elevation is 345 feet, which is the lowest high point in the United States.

Summary

The 2019 Community Health Assessment (CHA) was conducted by the Florida Department of Health in Walton County (DOH-Walton) in support of the Walton Community Health Improvement Partnership (WCHIP). Created in part to guide a community health improvement planning process, WCHIP is an independent collaborative made up of various community members and organizations that serve Walton County.

This assessment details the top health issues for Walton County after consideration of all the data collected. WCHIP will select three top issues from this assessment to integrate into a Community Health Improvement Plan.

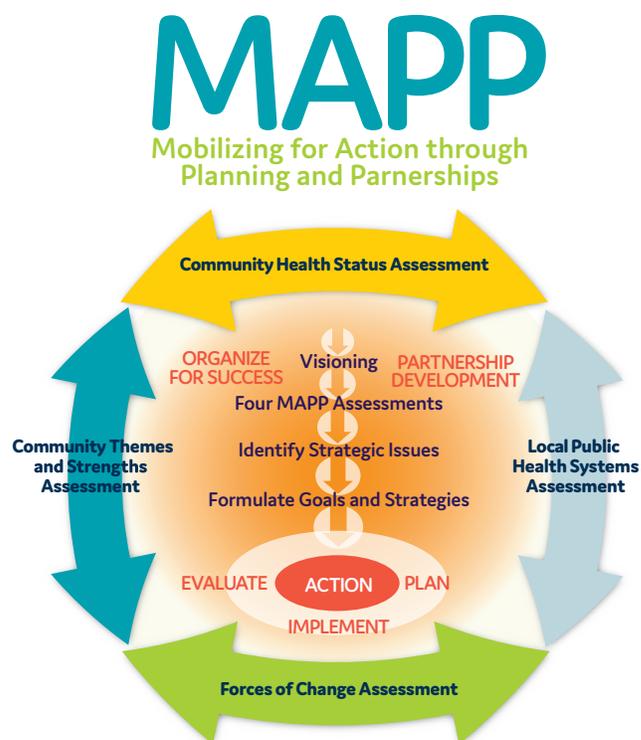
To develop the CHA, we used the Mobilizing for Action through Planning and Partnerships (MAPP) model. The MAPP model is made up of four assessments that help identify public health issues in our community. The individual findings for the four assessments can be found on pages 41-44 of this document.

Methodology

In 2018-2019, DOH-Walton held meetings every other month with partner agencies to organize and coordinate the assessment data collection process (14 key informant interviews, a focus group, and a community survey with more than 250 responses, etc.). Once the qualitative assessments were underway, the meetings were used to review the previous community health assessment to determine any new data needs.

Additionally, the DOH-Walton staff reviewed local and state health assessments for methodology and data collection comparisons. Various data profiles from FLHealthCHARTS, Florida Department of Health's Community Health Assessment Resource Tool Set, were used to find relevant data regarding diseases, health behaviors, and social determinants of health. A benchmark, the data were compared to the applicable targets outlined in Healthy People 2020, a national set of standards created to improve health.

The health department's staff also noted areas of limitation in which County-level data were not available. All data sources were evaluated to reveal the health issues for Walton County. These health issues were then narrowed down to eight areas that represent the top health issues for Walton County. Public input on a summary of this assessment was sought in person during August and September 2019.



Top 8 Health Issues



Prioritization Process

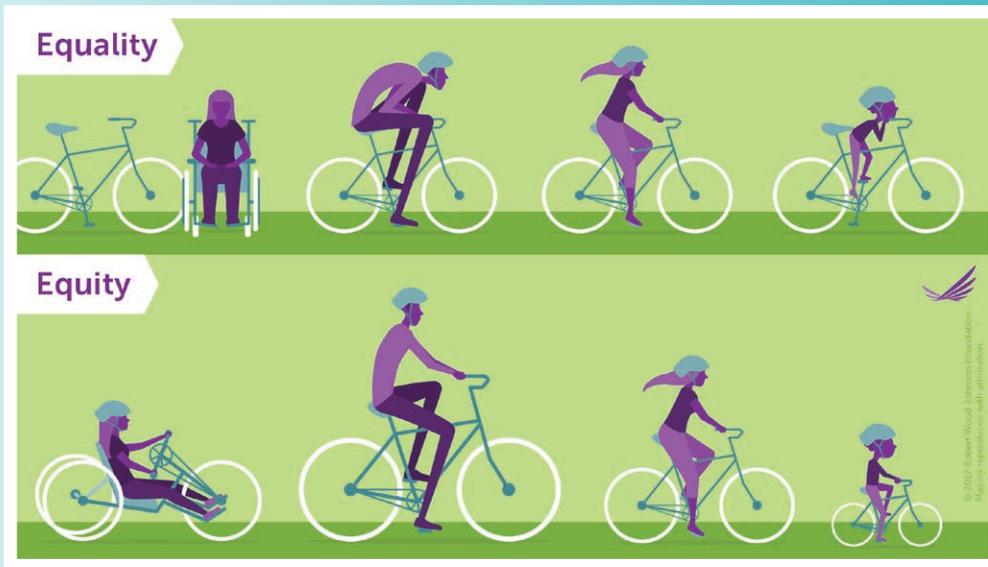
It would be impossible to tackle all health issues at the same time and attain measurable improvement. Addressing a small number of health issues in a coordinated, rigorous manner is more effective than uncoordinated efforts aimed at multiple problems. Identifying a few priorities will allow our community to concentrate limited resources to achieve the greatest impact on what is most important. A Relative Worth Methodology was used to select the top eight health issues for Walton County. The steps in the Relative Worth Method are as follows:

- Prior to voting, the WCHIP Steering Committee/CHA Leadership Team received a detailed presentation on the results from the community survey, key informant surveys, and data analysis and discussed the findings
- Criteria for consideration included magnitude of the problem and existence of health disparities
- Each participant voted on the top health issue based on the data presented
- The health concerns with the greatest number of votes were selected as a top health issue for the community
- This was followed by discussion and consensus building around the identified health issues

After the WCHIP Steering Committee/CHA Leadership Team identified the top eight health issues for Walton County, the top issues were presented to all WCHIP partners at the September 2019 community meeting. Each meeting participant was given two votes for the top health issues they believe are a priority that needs to be addressed. During that meeting, the WCHIP partners identified four priority areas based on the top eight health issues that will be featured in the 2020-2022 Community Health Improvement Plan. These priority areas are **Healthy Homes, Healthy Places, Healthy People, and Healthy Behaviors.**

Health Equity

Health begins where you live, learn, work and play. All Walton County residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities. It is important to work toward raising the bar for all so that everyone can have the opportunity to make healthy choices.



Health equity is attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities. This is different than **equality** that applies a “one-size-fits-all” approach to bettering health.⁶

A disparity is when different groups of people have very different levels of health for no obvious reason. For example, it is important to know if people in one part of our county are sicker than people in the rest of the county. We would want to figure out why and identify opportunities for better health.



Why include information on education and income?

Higher education and incomes impact health in many ways. People with higher incomes have the opportunity to make healthy choices because they are more likely to live in safe homes and neighborhoods, have access to healthy foods and safe places to exercise, have health insurance and resources to deal with stressful life events. Those who are working and still struggling to pay the rent can't always make healthy choices because they don't have as many resources. Families who are struggling to get by are also more likely to face more overall stress and have less resources to deal with stressful events.

Chronic stress creates higher levels of harmful hormones, which can increase the risk of many diseases such as cancer, diabetes, heart disease and stroke.³⁵

What Makes Us Healthy?^{6,24}

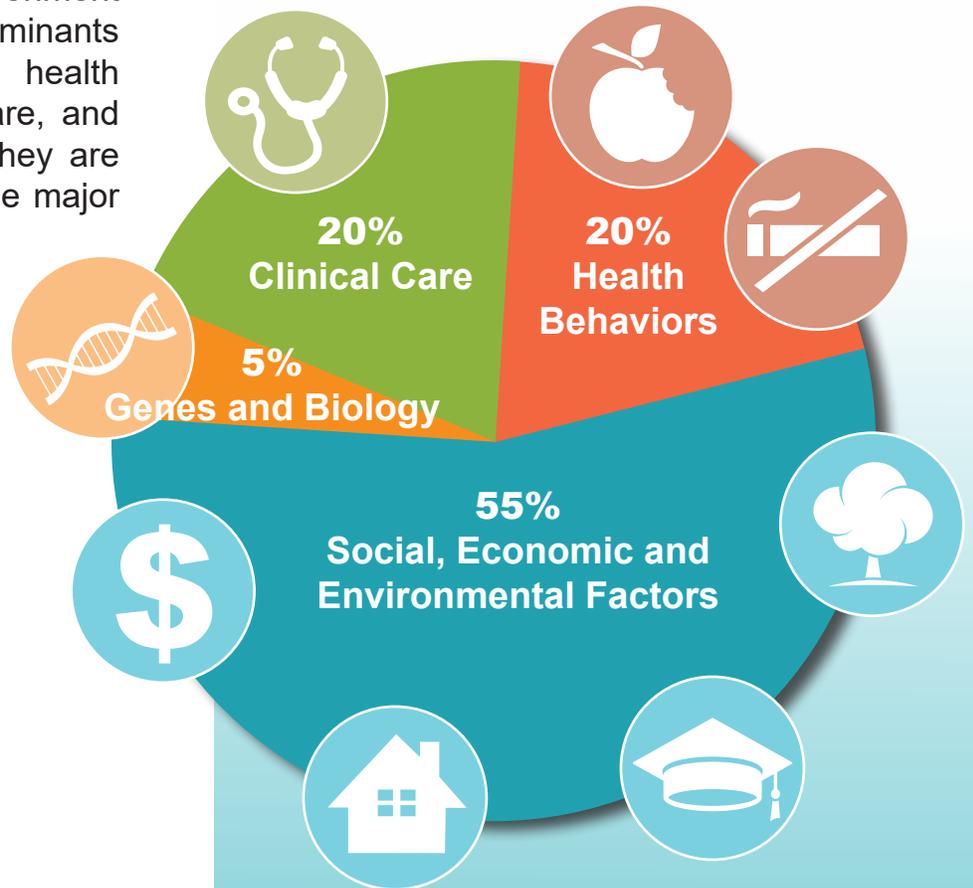
The majority of our health is determined by social, economic and environment factors. These “social determinants of health” strongly influence health behaviors, access to clinical care, and even our genes and biology. They are the root cause to the most of the major health issues.

Our income, education, housing and transportation create opportunities or barriers to health.

An example of this is the influence of access to healthy foods on chronic diseases such as diabetes and heart disease. Some define geographic areas in Walton County have limited access to healthy foods. Those same areas have lower life expectancy. Due to their environment and neighborhood, they have less opportunity to make healthy eating choices (See Page 23 and 38).

Healthy choices should be convenient choices for everyone in Walton County.

Policy is a critical tool for changing environments. Policy is any action or inaction the government takes or chooses not to take that seeks to address problems or issues. The goal is to create a systematic approach through informed policy changes by local government, thereby addressing a root cause of health inequities.

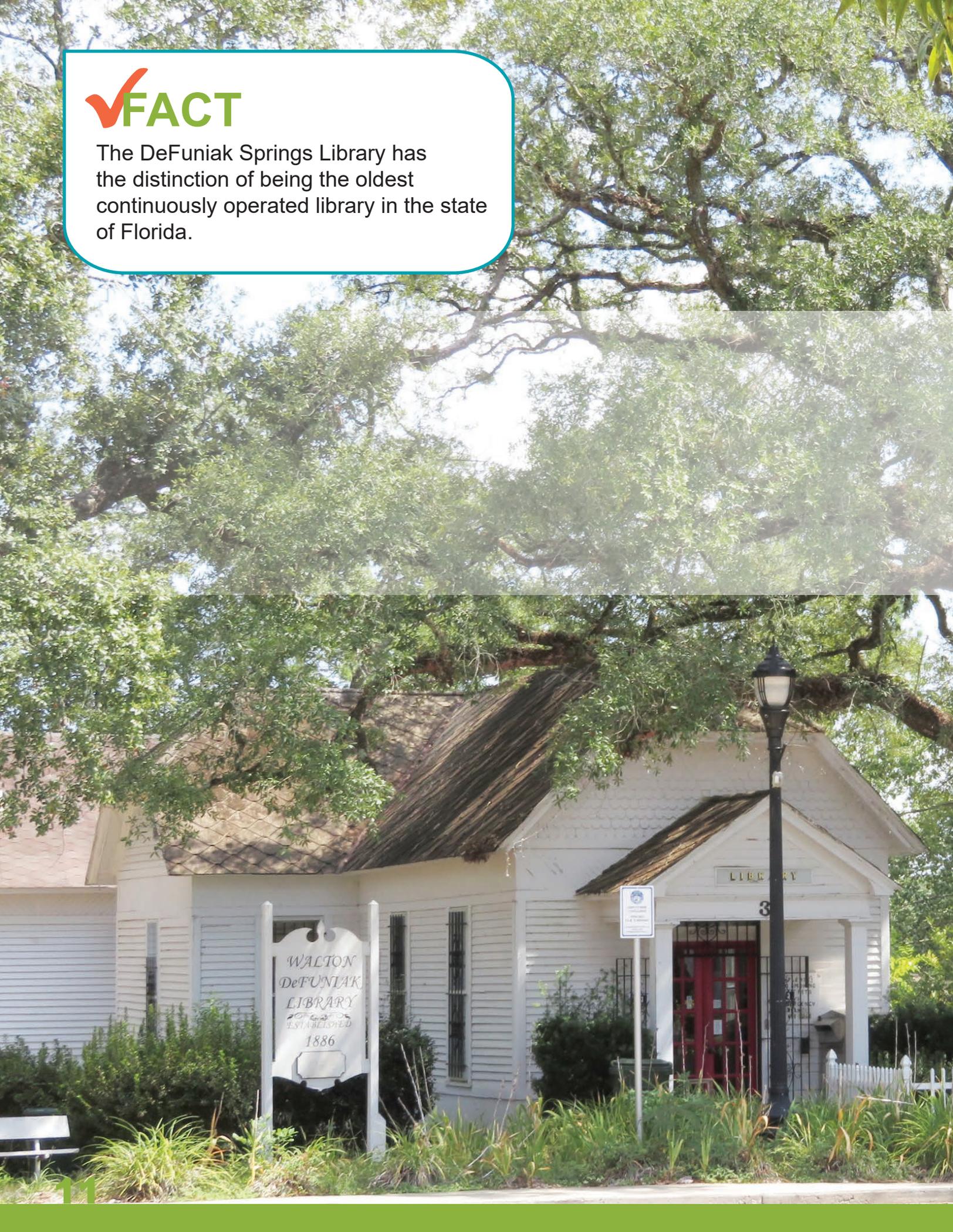


“I believe a healthy community is one in which all residents have access to a quality education, safe and healthy homes, adequate employment, transportation, access to physical activity, and nutrition, in addition to quality health care.”

- Key Informant

✓FACT

The DeFuniak Springs Library has the distinction of being the oldest continuously operated library in the state of Florida.



CHAPTER 2 COMMUNITY PROFILE

Demographics & Socioeconomic Factors

Legend: These symbols appear throughout this document to highlight important information and take-aways from each section.



Health Disparity



Fact Blurb



Quote from Key Informant Interview



Positives and Negatives



Highlight from Community Survey Responses

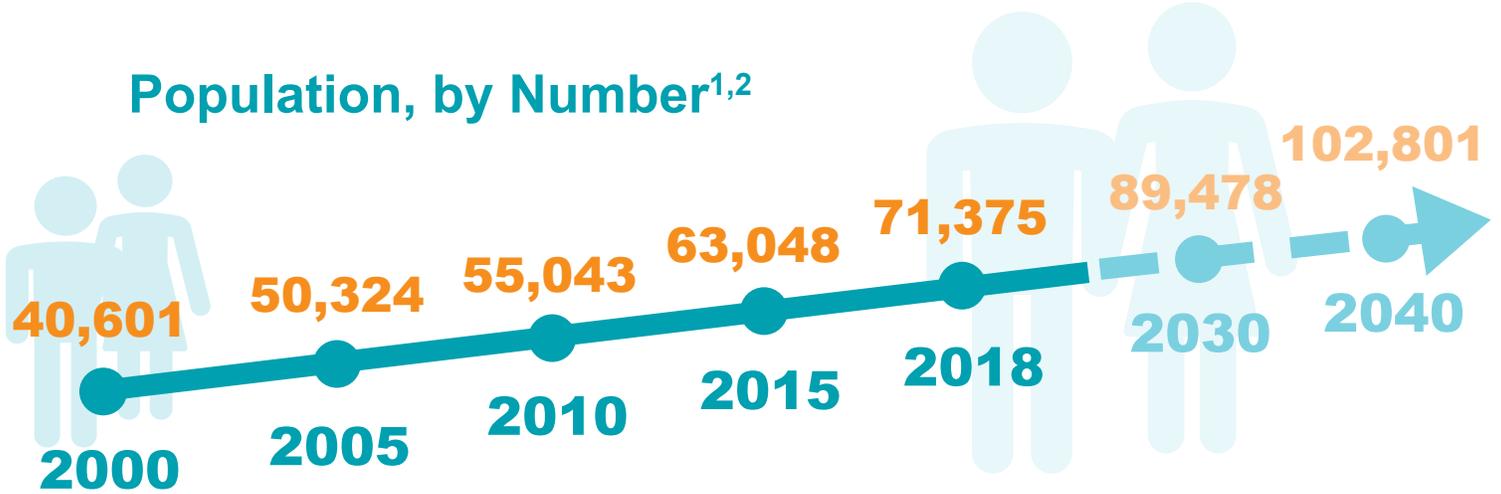
Topic is a Contributing Factor to the Identified Top 8 Health Issue



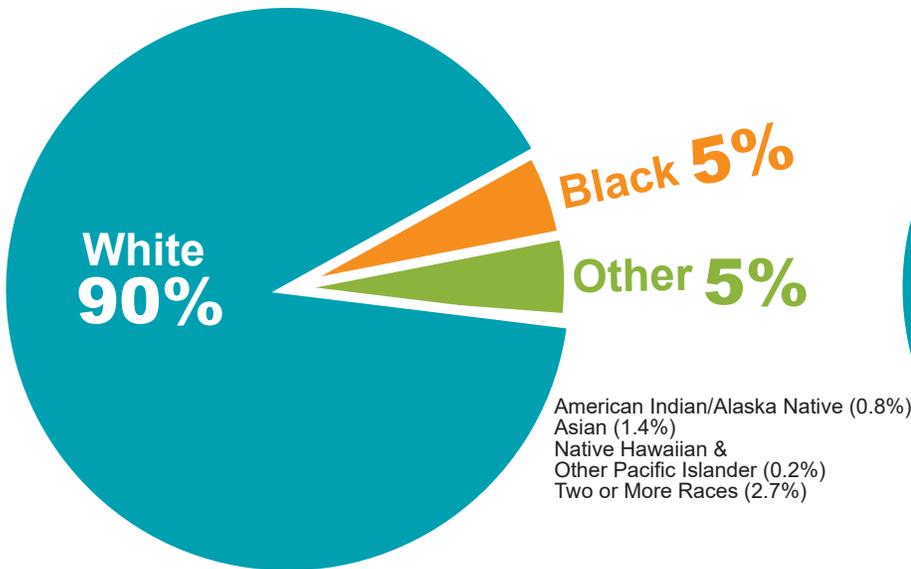
DEMOGRAPHICS



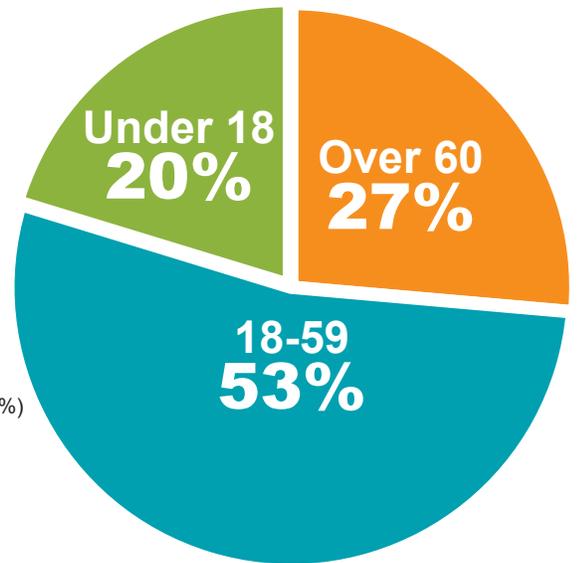
Population, by Number^{1,2}



Population, by Race¹



Population, by Age¹



Population, by Ethnicity¹



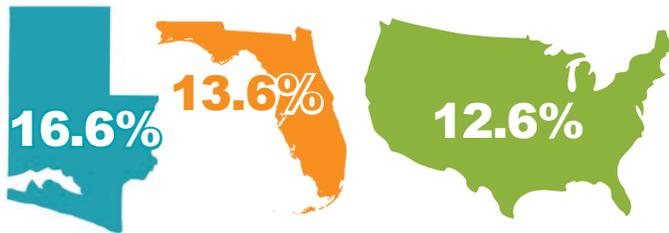
✓FACT

By 2030, Hispanics are anticipated to represent almost 12% of Walton County's population.²

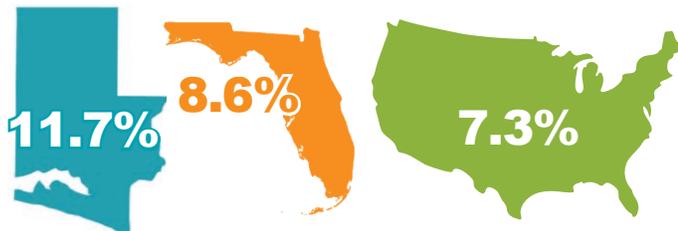
Median Age³



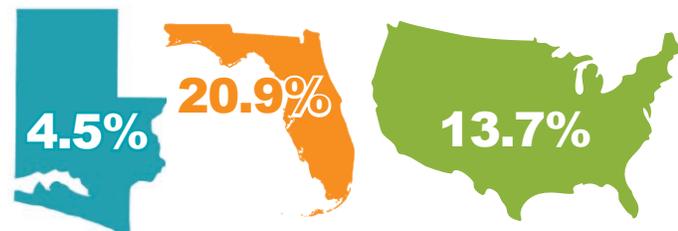
Disability Status³



Veteran Population³



Foreign-Born Population³



✓FACT

In 2018, there were an estimated 4,174,900 visitors to South Walton, generating \$25,728,284.37 in revenue from the Tourist Development Tax.⁴

✓FACT

According to U.S. News, Walton County is the **fifth fastest-growing county in the United States.**⁵



8.6% of Walton County residents are speakers of a **non-English language**, which is lower than the national average of 21.5%.³

Most Common Languages for Non-English Speakers³

1. Spanish or Spanish Creole
2. French (Incl. Patois, Cajun)
3. Vietnamese

✓FACT

Walton County is **ranked 17 out of Florida's 67 counties** with the best health outcomes. This includes length of life and quality of life indicators.⁶

EDUCATION

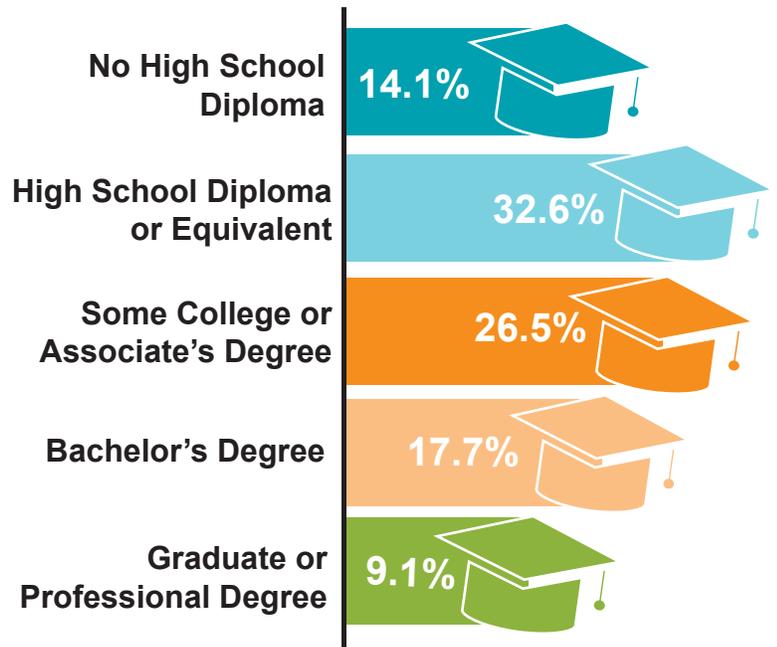


Education & Health

Everyone knows that without a good education, prospects for a good job with good earnings are slim. Few people think of education as a crucial path to health, however. People with more education are likely to live longer, to experience better health outcomes, and to practice health-promoting behaviors such as exercising regularly, not smoking, and getting routine health care checkups and screenings.

Poor health puts educational attainment at risk. Poor health can also cause educational setbacks starting at a young age. For example, children with chronic illnesses like asthma, may experience recurrent absences and difficulty concentrating in class.

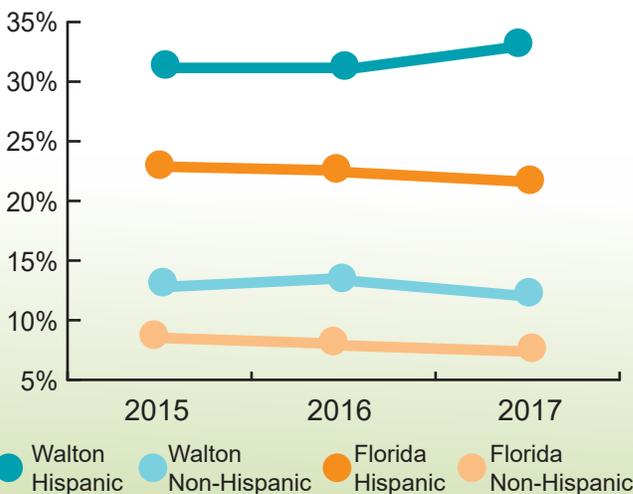
Education Attainment³



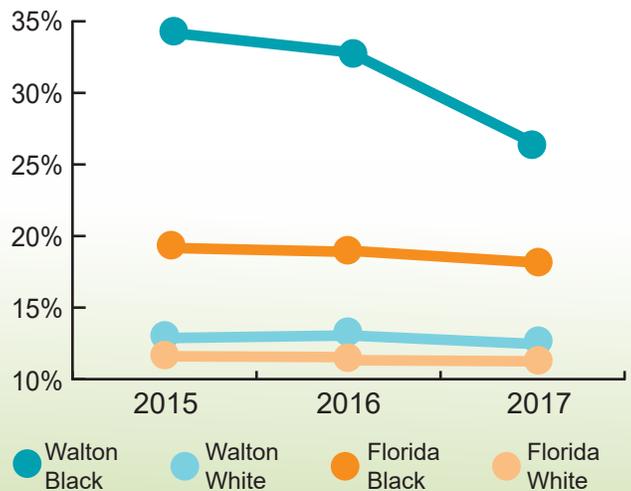
Walton County has an **A+ school district**, ranking 8th out of Florida's 67 counties with best Florida Standards Assessment scores.⁷



Individuals 25 Years and Over With No High School Diploma, By Ethnicity³



Individuals 25 Years and Over With No High School Diploma, By Race³



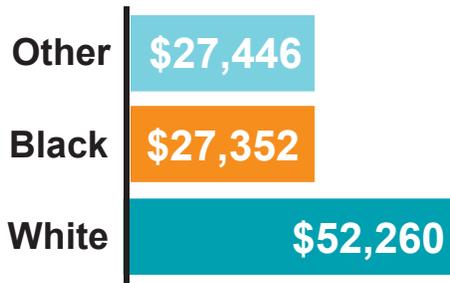


INCOME & POVERTY

Median Household Income³



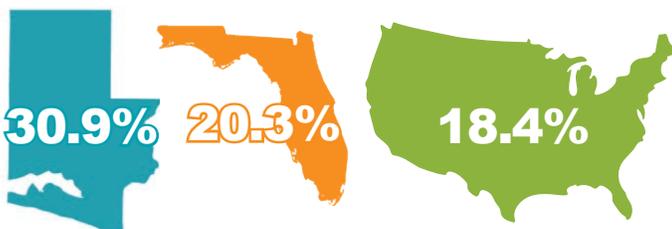
Median Household Income, by Race³



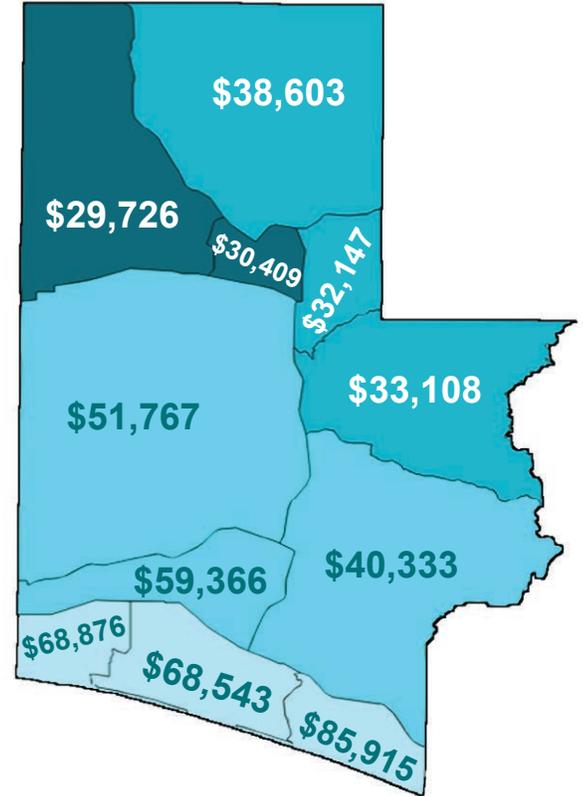
Median Household Income, by Ethnicity³



Children in Poverty (Age 0-18)⁸



Median Household Income, by Census Tract³



Females ages 25 to 34 are the largest demographic living in poverty.³

Poverty & Health

Research has shown a link between poverty and poor health. For one, lack of care. We know that about 18% of Walton County residents do not have health insurance, with low income families especially at risk of being uninsured. Another reason poverty affects health is that it often exposes people to unfavorable living and workplace conditions, stress, and pollution that affect health across the life course, starting before birth. Brain science and psychology studies suggest that the negative effects of early childhood poverty might be especially harmful and long lasting. This is likely because the brain grows and changes rapidly during the first few years of life.

CHAPTER 3

HEALTHY PLACES

Neighborhood & Built Environment Social & Community Context



✓FACT

The beaches in South Walton are made of clear quartz sand eroded and washed down rivers from the Appalachian Mountains.

Legend:

These symbols appear throughout this document to highlight important information and take-aways from each section.



Health Disparity



Fact Blurb



Quote from Key Informant Interview



Positives and Negatives



Highlight from Community Survey Responses

Topic is a Contributing Factor to the Identified Top 8 Health Issue



HOUSING & HOMELESSNESS

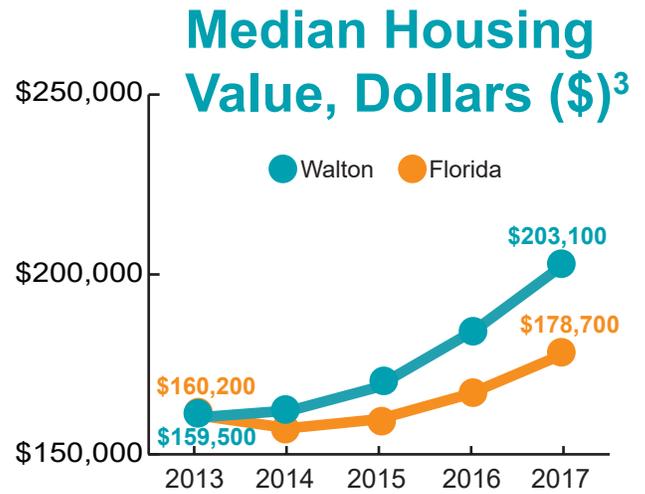
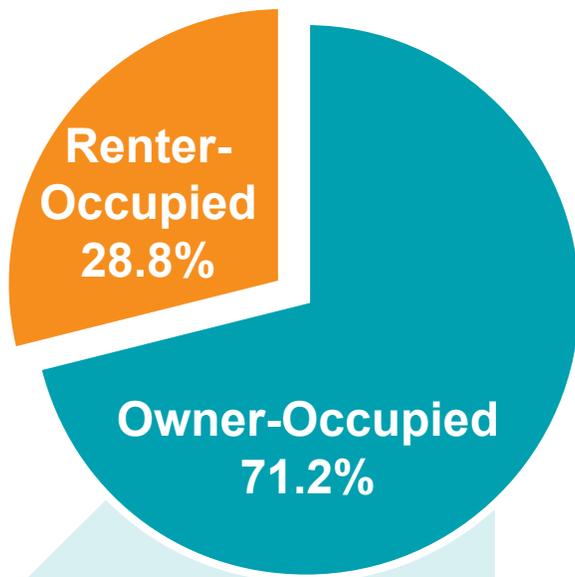


“Walton County still has residents living with dirt floors and no electricity.”
-Key Informant

FACT

There are over 49,446 housing units in Walton County.³

Housing Units, by Type³



Walton County ranks 5th worst among all Florida Counties in the **highest percentage of Housing Units Lacking Complete Plumbing Facilities.**³

1.5% Walton vs. 0.7% Florida

Walton County is tied with the **highest percentage of Housing Units Lacking Complete Kitchen Facilities** of all Florida Counties.³

1.5% Walton vs. 0.7% Florida

Housing & Health

Most Americans spend about 90 percent of their time indoors, and an estimated two-thirds of that time is spent in the home. Very young children spend even more time at home, and are especially vulnerable to household hazards. Factors related to housing have the potential to help—or harm—our health in major ways.

Healthy homes promote good physical and mental health. Good health depends on having homes that are safe and free from physical hazards. In contrast, poor quality and inadequate housing contributes to health problems such as chronic diseases and injuries, and can have harmful effects on childhood development. Poor indoor air quality, lead paint, and other hazards often coexist in homes, placing children and families at great risk for multiple health problems.



Family Living Arrangements

1) Doubled Up (Sharing Housing)	402
2) Living in Hotels or Motels	36
3) Living in cars, parks, temporary trailer parks, campgrounds etc.	27

Homelessness Reasons Given by Parent

1) Lack of Affordable Housing	329
2) Natural Disaster/Hurricane	132
3) Fire	7

FACT

In Florida, mental illness is the number one disabling condition that leads to homelessness.¹⁰

Homeless Estimate¹⁰



Several community organizations (Matrix Community Outreach Center, Homelessness and Housing Alliance, Habitat for Humanity, Affordable Housing Advisory Committee for the Board of County Commissioners, Walton County Housing Agency, and others) are working on helping individuals that are struggling with affordable and workforce housing.



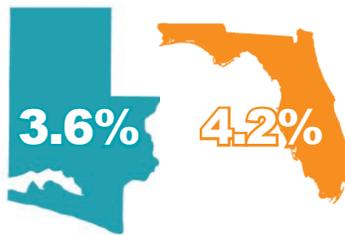
“Unaffordable and inaccessible housing” was identified as the top health issue facing Walton County based on the community survey responses.



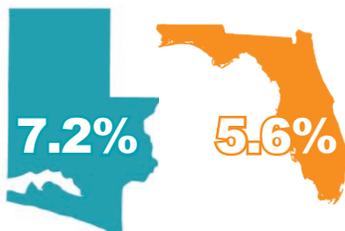
✓FACT

From 2016 to 2017, employment in Walton County, FL grew at a rate of 5.58%, from 26,400 employees to 27,900 employees.³

Unemployment Rate, 2017¹¹



Workers Who Work at Home, 2017³



Our community sorely needs safe and healthy homes, jobs families can live off of and dependable, flexible, and affordable public transportation.

-Key Informant



Most Common Employment, by Industry³

- 1) Accommodation & Food Services
- 2) Retail Trade
- 3) Construction

Highest Paid Occupations³

- 1) Health Diagnosing and Treating Practitioners & Other Technical
- 2) Architecture & Engineering
- 3) Computer Engineering & Science

Lowest Paid Occupations³

- 1) Material Moving
- 2) Food Preparation & Serving
- 3) Building and Grounds Cleaning

✓FACT

In 2019, Walton County was named the top performing local economy in Florida.¹²



In 2019, the Healthy Walton Worksites initiative was established to increase healthy behaviors among businesses in Walton County by giving employers the resources and tools needed (such as sample policies and wellness activities) to foster health as part of the culture of the work environment.



TRANSPORTATION

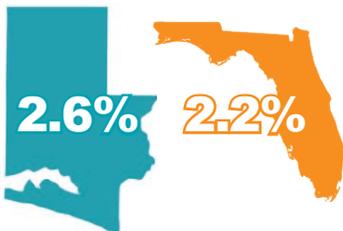
Transportation to Work, 2013-2017³

Car, truck, or van

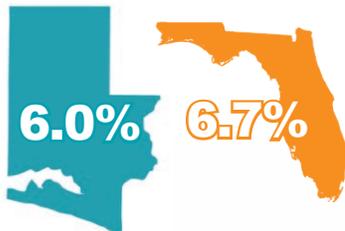
Drove alone	21,815
Carpooled	2,543

Transportation to Work, 2013-2017³

Taxicab, Motorcycle, Bicycle, or Other Means



Occupied Housing Units Without a Vehicle, 2017³



is the average commute time to work.¹

Transportation & Health

Transportation decisions that take place upstream affect our lives downstream. We all use various ways to get to work or school, to access healthy foods and to do countless other things every day. Yet poor transportation decisions can harm health and are not always fair across all communities.

For example, communities near a highway or major roadway are often low-income. Living near a highway or major roadway increases a person's exposure to traffic-related air pollution. Traffic-related air pollution is linked to respiratory conditions like wheezing and decreased lung functioning and also cardiovascular disease. Long-term exposure to traffic-related air pollution is linked to childhood asthma.

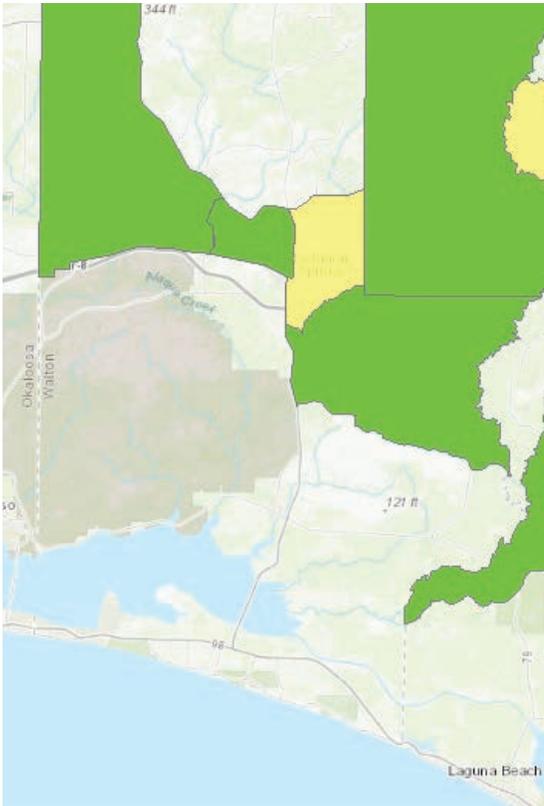


In 2019, Walton County received a service development grant of more than \$1.5 million by the Florida Department of Transportation for the first stage of a new public transportation system.

FOOD ACCESS



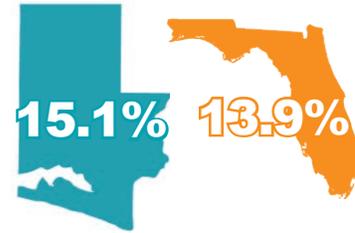
Food Access, by Census Tract¹³



Low-income census tracts where a significant number or share of residents is more than 1-mile (urban) or 10 miles (rural) from the nearest supermarket.

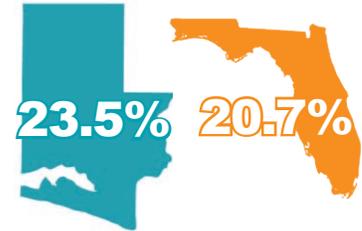
Low-income census tract where more than 100 housing units do not have a vehicle and are more than 1/2 mile from the nearest supermarket, or a significant number or share of residents are more than 20 miles from the nearest supermarket.

Food Insecurity Rate, 2016¹⁴

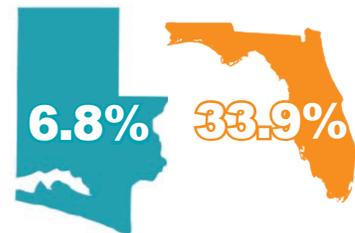


Healthy People 2020 Goal: 6.0%

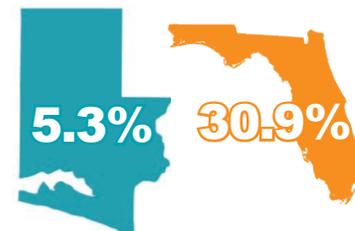
Child Food Insecurity Rate, 2016¹⁴



Population Living 1/2 Mile of a Fast Food Restaurant¹⁵



Population Living 1/2 Mile of a Healthy Food Source¹⁵



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.



Florida Department of Health in Walton County’s WIC Program and the Walton Okaloosa Council on Aging participates in the Farmer’s Market Nutrition Program and gives vouchers to qualifying member of the public for fresh fruits and vegetables.



PARKS & WATER



Walton County is home to four state parks and many more county and city parks.

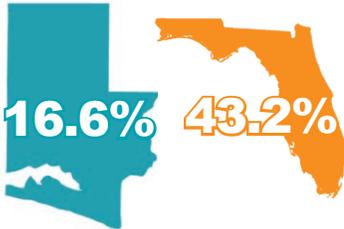


The beauty of our environment is one of our community's greatest resources.



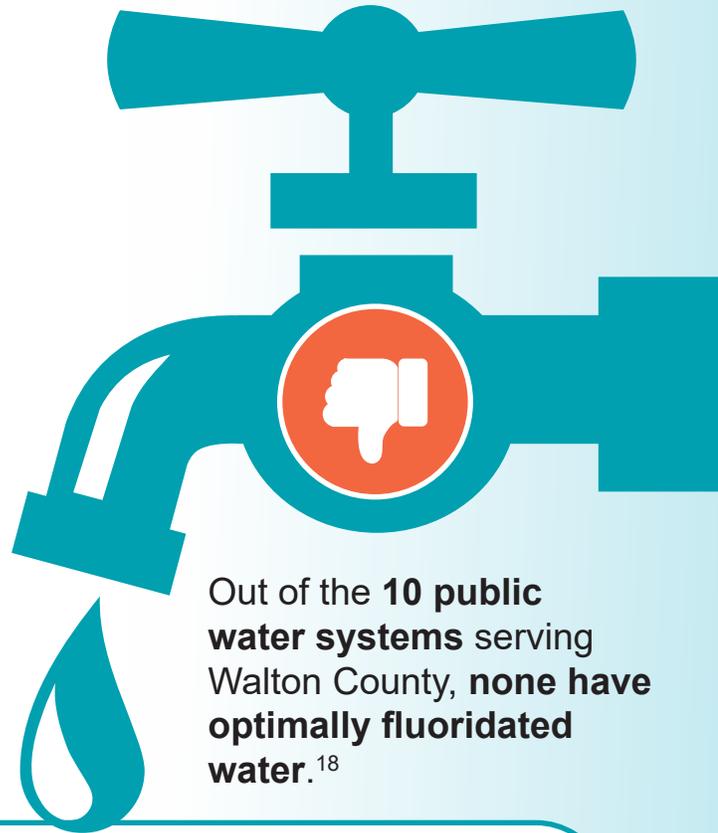
-Key Informant

Population Living within 1/2 mile of a Park¹⁵



✓FACT

Nearly 40% of land in Walton County is covered by forest.¹⁶



Out of the **10 public water systems** serving Walton County, **none have optimally fluoridated water.**¹⁸

1/4

of Walton County (square miles) is within a FEMA designated flood hazard area.¹⁷

✓FACT

Adding fluoride to the public water supply is the most cost-effective means of preventing dental decay with positive effects ranging throughout all ages. The constant contact of low concentrations of fluoride on teeth that occurs when people drink fluoridated water has been shown through studies and reviews of studies to significantly reduce dental caries.¹⁹

VIOLENCE & CRIME



Index Crimes, 2018²⁰ (per 100,000)

Willful homicide, forcible rape, robbery, burglary, aggravated assault, larceny over \$50, motor vehicle theft, and arson.



From 2015-2017, law enforcement arrested 1253 adults for the possession or sale of illegal drugs.²⁰

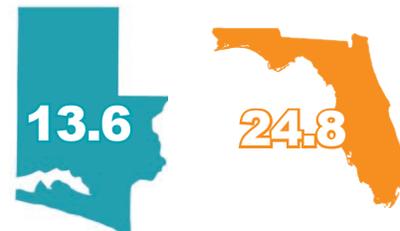
From 2015-2017, law enforcement arrested 158 juveniles for the possession or sale of illegal drugs.²⁰

Aggravated Assault, 2018²⁰ (per 100,000)

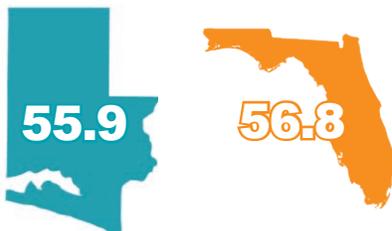


School Environmental Safety Incidents, 2017²⁰ (Per 1,000 K-12 Students)

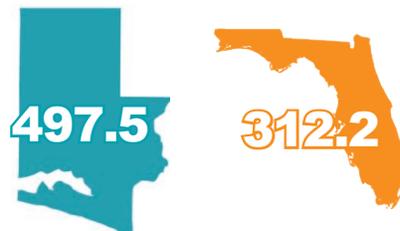
Sexual Battery, Battery, Weapons Possession, and Fighting



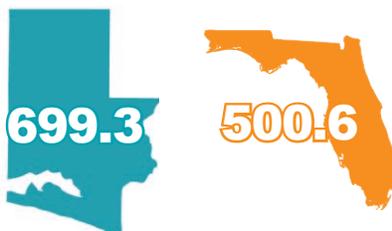
Forcible Sex Offenses, 2018²⁰ (per 100,000)



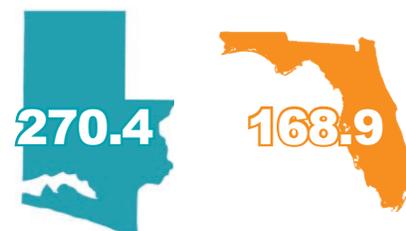
Delinquency Arrests, 2017²⁰ (Per 10,000 Age 10-17)



Total Domestic Violence Offenses, 2018²⁰ (per 100,000)



Inmate Admissions, 2018²⁰ (Per 100,000 Age 19 and Over)





INJURIES

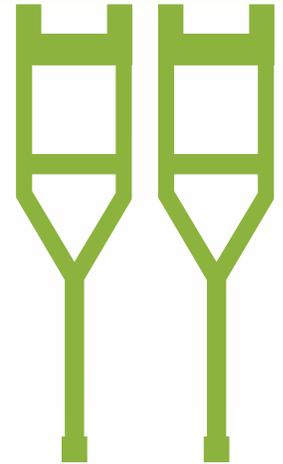
Leading Causes of Injury Death, By Age Group²¹



Falls and Older Adults

From 2015-2017, 16 older adults died from a fall-related injury, making falls the top fatal injury for this age group.²¹

Falls are also the top non-fatal injury resulting in hospitalization for older adults.²²

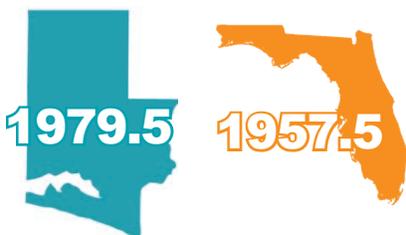


From 2013-2015, there were over 350 individuals over age 55 that had a hospitalization due to a non-fatal fall.²²

FACT

Motor vehicle accidents are the most common type of injury death.²³

Total Motor Vehicle Crashes, 2017²³ (Per 100,000)



From 2009-2018, 14 pedestrians were killed by motor vehicles in Walton County. These individuals were Walton County residents.²¹



Walton County has a **Community Traffic Safety Team** working on reducing the number of traffic crashes.



“Texting and/or using the phone while driving” ranked as the **second highest unhealthy behavior** based on the community survey.

CHAPTER 4 HEALTHY PEOPLE

Health & Healthcare

Legend: These symbols appear throughout this document to highlight important information and take-aways from each section.



Health Disparity



Fact Blurb



Quote from Key Informant Interview



Positives and Negatives



Highlight from Community Survey Responses

Topic is a Contributing or Related Factor to the Identified Top 8 Health Issue





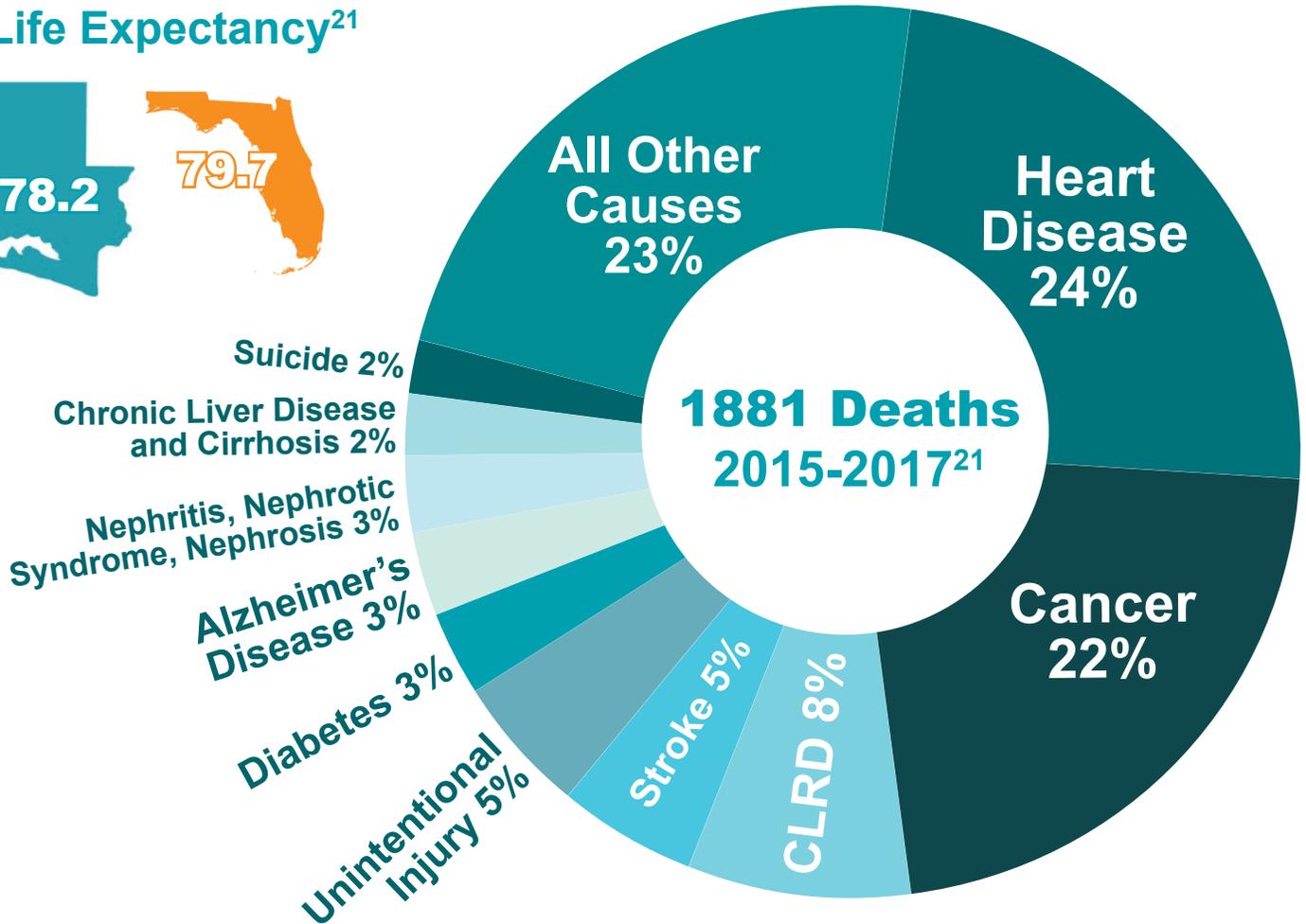
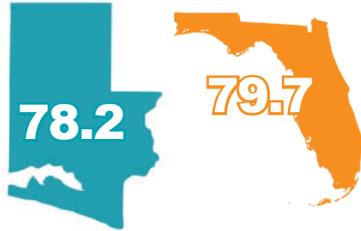
✓FACT

Walton County was organized by European Americans in 1824. It was named for Colonel George Walton, Jr., secretary of the Florida Territory from 1821 to 1826 and son of George Walton, a signer of the Declaration of Independence.

LEADING CAUSES OF DEATH



Life Expectancy²¹



✓FACT

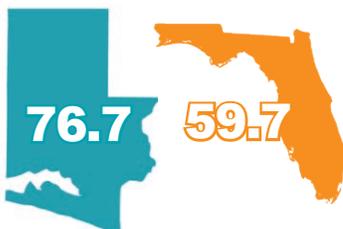
Tobacco use is a major contributor to deaths from heart disease, cancer, chronic lower respiratory disease (CLRD), and stroke.²⁴

Leading Types of Cancer Deaths⁴

1. Lung Cancer
2. Colorectal Cancer
3. Pancreatic Cancer
4. Breast Cancer

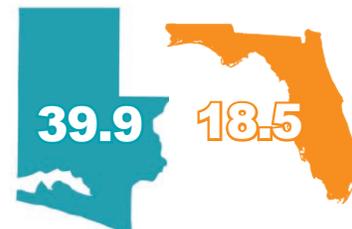
Deaths Due to Chronic Lower Respiratory Disease²¹

(per 100,000)



Female Breast Cancer Deaths²¹

(per 100,000)





COMMUNITY HEALTH RESOURCES



There are 1,940 Walton County residents to every primary care physician or family doctor.²⁵

Florida 1,050:1



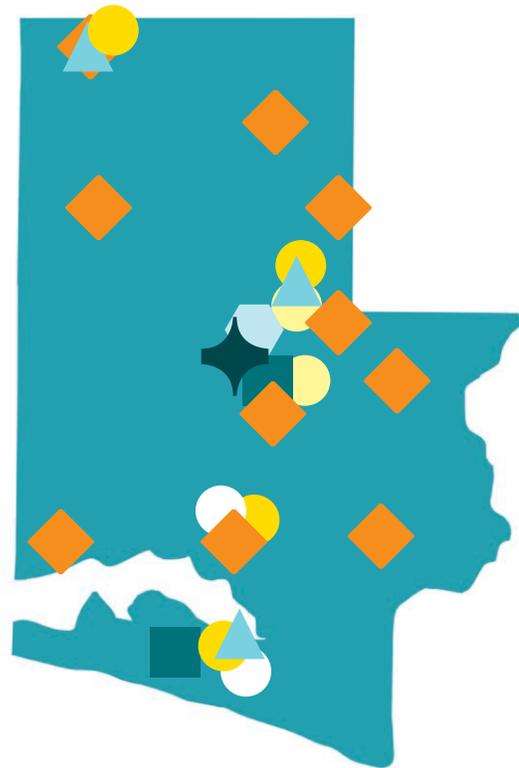
There are 2,530 Walton County residents to every dentist.⁵

Florida 1,700:1



There are 1,520 Walton County residents to every mental health provider.²⁶

Florida 670:1

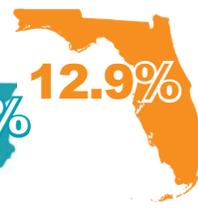


- County Health Department
- Fire Rescue Station
- Federally Qualified Health Center
- Community-Based Mental Health Provider
- Dental School
- Rural Health Clinic
- Hospital
- Free Medical Clinic

Adults Who Have a Personal Doctor²⁷



Uninsured Population²⁸



Nearly 1 in 10 children do not have health insurance.²⁸

SUBSTANCE & ALCOHOL USE



From 2015-2017, two-thirds of all drug overdose deaths were due to opioids.²⁹

From 2015-2017, there were 220 non-fatal drug overdose emergency department visits.²⁹



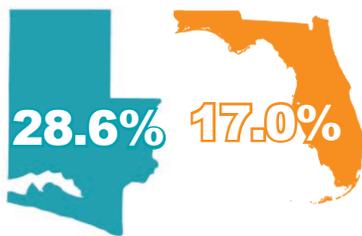
FACT

Parental drug and alcohol abuse is the number one reason children are removed from their homes.³⁰

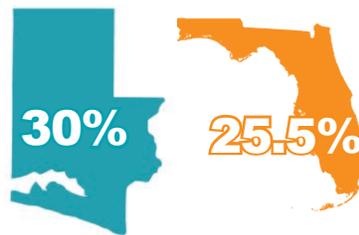


Since 2017, Lakeview Center - Chautauqua Healthcare Services has given out 153 free kits of the Naloxone Distribution Program. The free kits are available to the public. Naloxone (or NARCAN®) is a medication used to block the effects of opioids, especially during an overdose.

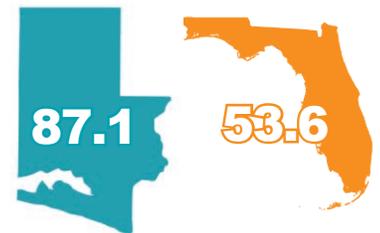
High School Students That have Used Marijuana in Past 30 Days³¹



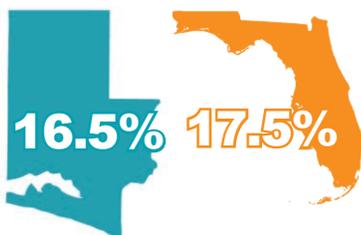
High School Students That Have Used Alcohol in Past 30 Days³¹



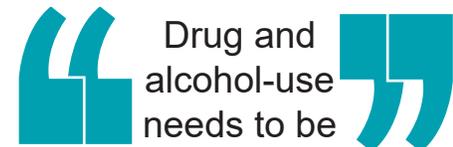
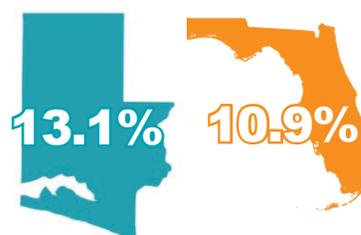
Injuries from Alcohol-Suspected Motor Vehicles Traffic Crashes²³ (per 100,000)



Adults Who Engage in Heavy or Binge Drinking²⁷



High School Students Reporting Binge Drinking³¹



Drug and alcohol-use needs to be addressed to improve the health and quality of life.

-Key Informant

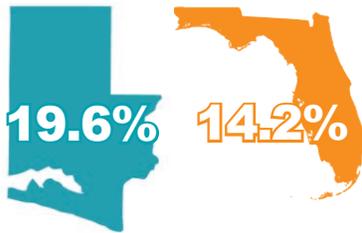


MENTAL HEALTH

88.7%

of adults indicate they have "good" mental health.²⁷

Adults Who Have Been Told They Had a Depressive Disorder²⁷



✓FACT

The estimated number of seriously mentally ill adults increased from 1,643 (2012) to 1,944 (2018).³²



15.4%

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.²⁷



Out of the 38 suicides from 2015-2017, 87% were male.²¹

Of those who died by suicide, 100% were White.²¹



TOBACCO USE

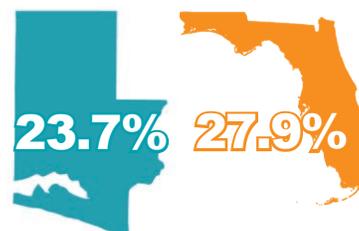
✓FACT

From 2016-2018, significantly more live births occurred to mothers that smoked during pregnancy compared to Florida.²¹

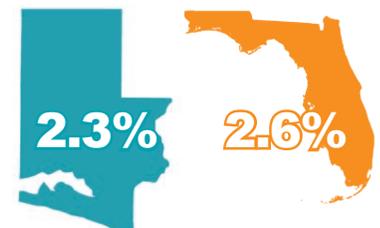
Walton 15.0% Florida 4.8%

Healthy People 2020 Goal: 1.4%

Students Who Are Have Ever Used an Electronic Vapor Product³¹



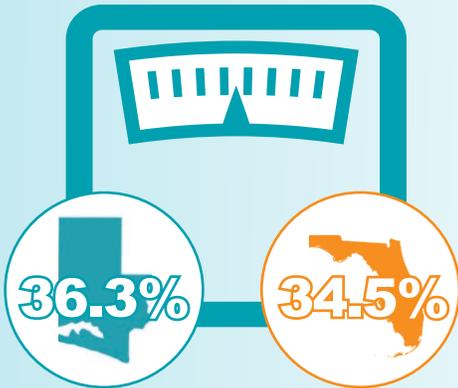
Students Who Are Current Cigarette Smokers²¹



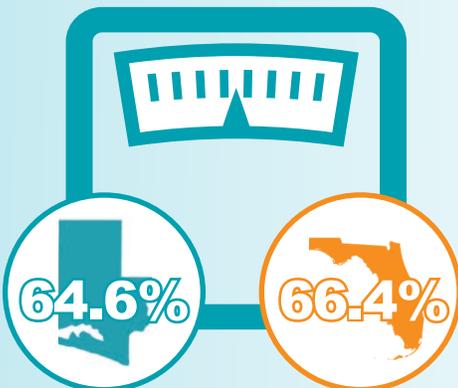
HEALTHY WEIGHT



Adults Who Are at a Healthy Weight²⁷



Students Who Are at a Healthy Weight³³

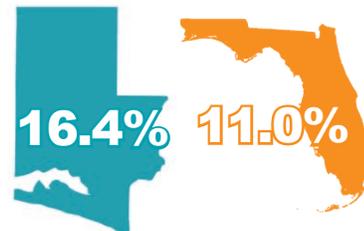


56%
of adults are inactive or insufficiently active.²⁷

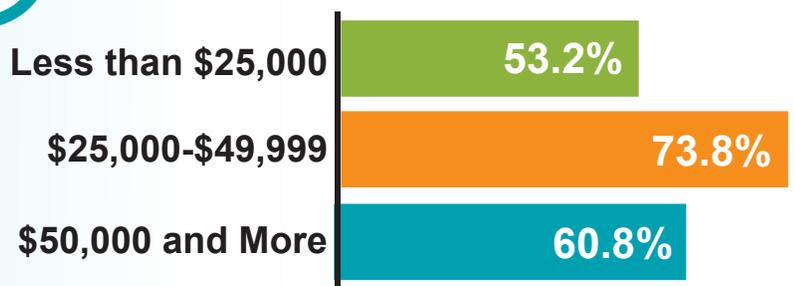
✓FACT

Being overweight or obese is a risk factor for nearly every leading cause of death, including: cancer, heart disease, stroke and chronic lower respiratory disease.³⁴

Adult Females That Have Been Told They Had Diabetes²⁷



Adults Who Are Overweight or Obese, by Income²⁷



Local schools are focusing more on developing healthy foods menus for the students.



We need better and more affordable access to gyms to encourage physical activity.

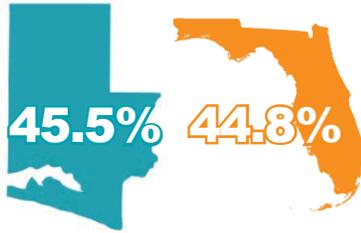
-Key Informant



✓FACT

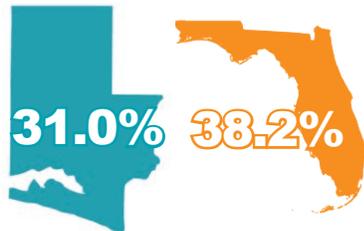
Walton County is ranked 37 out of Florida's 67 counties with the best health outcomes. This includes length of life and quality of life indicators.⁶

Adults Who Meet the Aerobic Recommendations²⁷



Aerobic Recommendations: Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.³⁵

Adults Who Meet Muscle Strengthening Recommendations²⁷

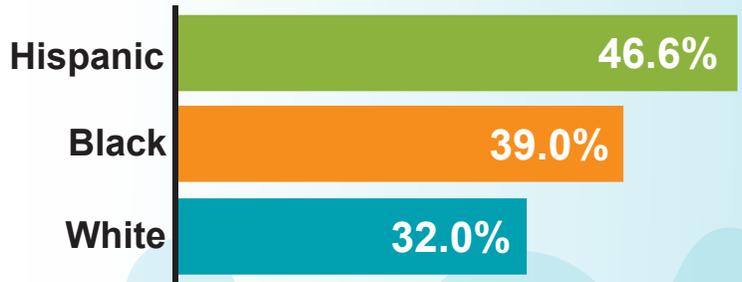


Muscle Strengthening Recommendations: Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.³⁵

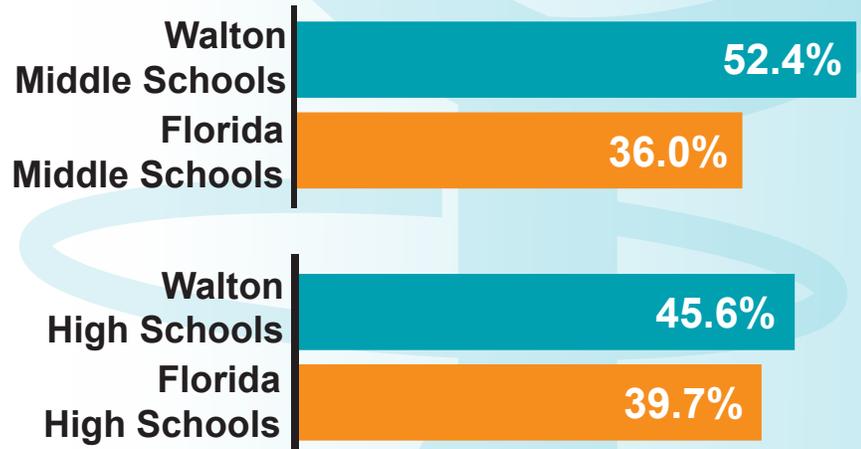


“Being overweight or obese” was within the top three unhealthy behaviors identified for priority populations on the community survey.

Students Who Describe Their Weight as Slightly or Very Overweight, by Race/Ethnicity³³



Students That Participate in School Sports³³

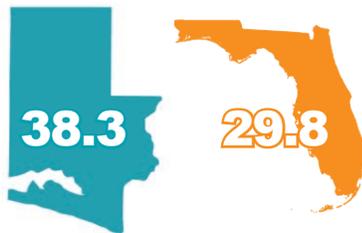


INFECTIOUS DISEASES



Food-Borne Illnesses

Salmonellosis Cases³⁶ (Per 100,000)

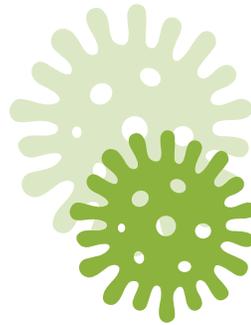
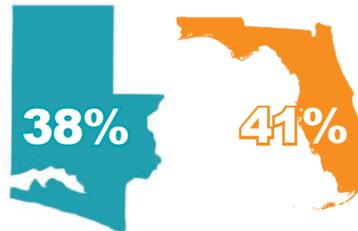


Campylobacteriosis Cases³⁶ (Per 100,000)

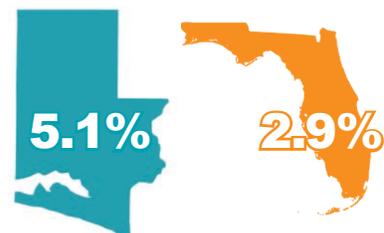


Vaccine-Preventable Diseases

Flu Vaccinations²⁶ Deaths from Influenza (Flu) and Pneumonia²¹ (Per 100,000)



Religious Exemptions Age 4-18³⁷

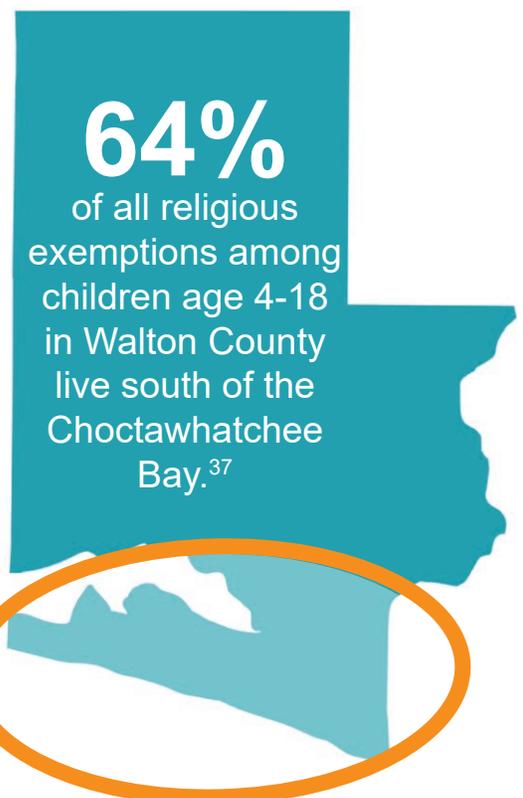


✓FACT

In August 2019, Florida declared a “public health emergency” to combat the increase in Hepatitis A cases throughout the state. As of July 27, 2019, there has been 2,582 cases reported this year statewide.³⁸

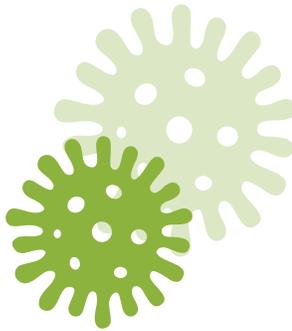
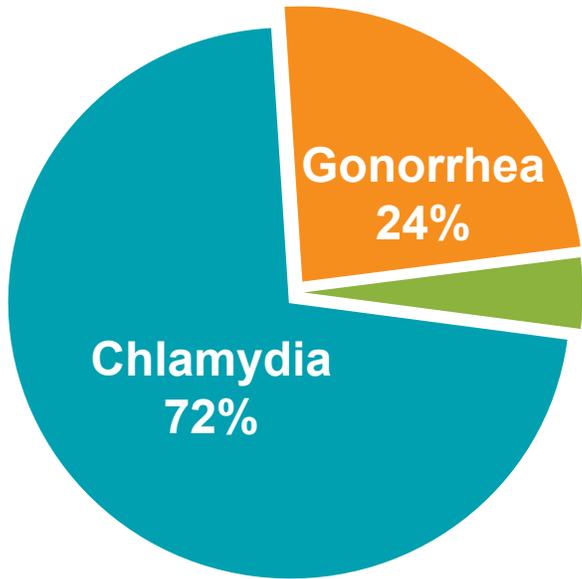


13.2% of children age 4-18 that live south of the Choctawhatchee Bay have a religious exemption. This makes them potentially more likely to have cases of preventable diseases like measles and pertussis (whooping cough).³⁷



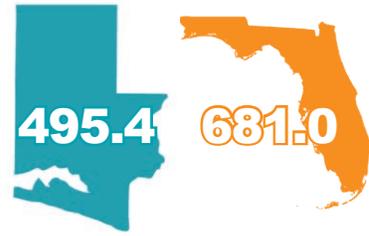
Sexual Transmitted Diseases

**Bacterial STDs, by Type
2016-2018³⁷**

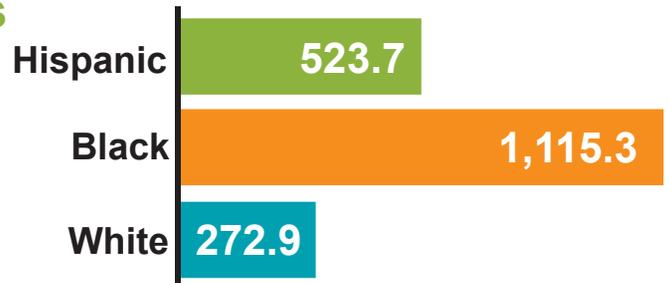


**Syphilis
4%**

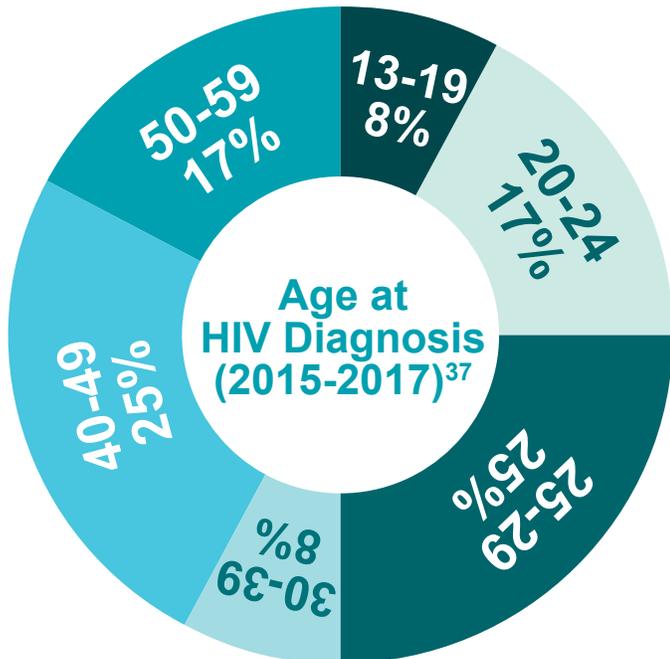
**Bacteria STDs³⁷
(Per 100,000)**



**Chlamydia Cases,
by Race/Ethnicity³⁷
(Per 100,000)**



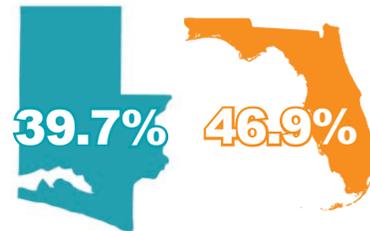
HIV/AIDS



✓FACT

Approximately 40% of new HIV infections are transmitted by people who are living with undiagnosed HIV.³⁷

**Adults Who Have Ever
Been Tested For HIV²⁷**



Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP) is available in Walton County to prevent HIV in people at high-risk or who may have been exposed to HIV.

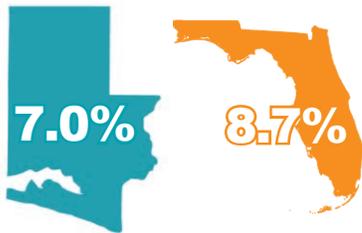
INFANT & CHILD HEALTH



126 From 2016 to 2018, 126 babies were born to teen mothers.²¹

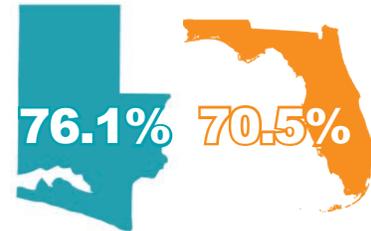
8 From January 2018 to June 2019, eight babies died before their first birthday.²¹

Live Births Considered Low Birth Weight (Under 2500 Grams)²¹

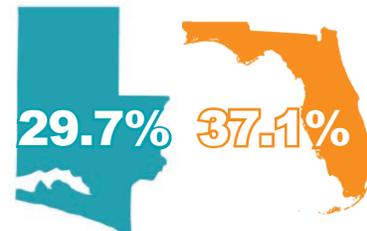


Healthy People 2020 Goal: 7.8%

Births with Adequate Prenatal Care (Kotelchuch Index)²¹



Cesarean Section Deliveries²¹

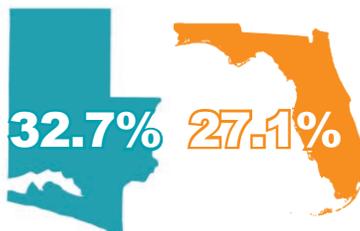


Sacred Heart Hospital on the Emerald Coast, part of Ascension, is expected to open the Walton County's first Level II neonatal intensive care unit (NICU) in January 2020. Level II NICUs are for infants born prematurely at 32 weeks or later who weigh more than 3.3 pounds.

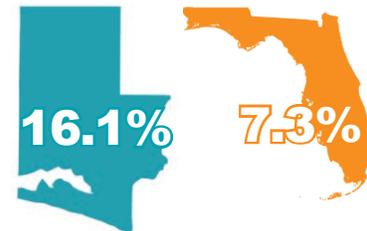
OLDER ADULT HEALTH



Limited Activities Due to Physical, Mental or Emotional Problem, Age 65+²⁷



Ever Told They Had a Stroke, Age 65+²⁷

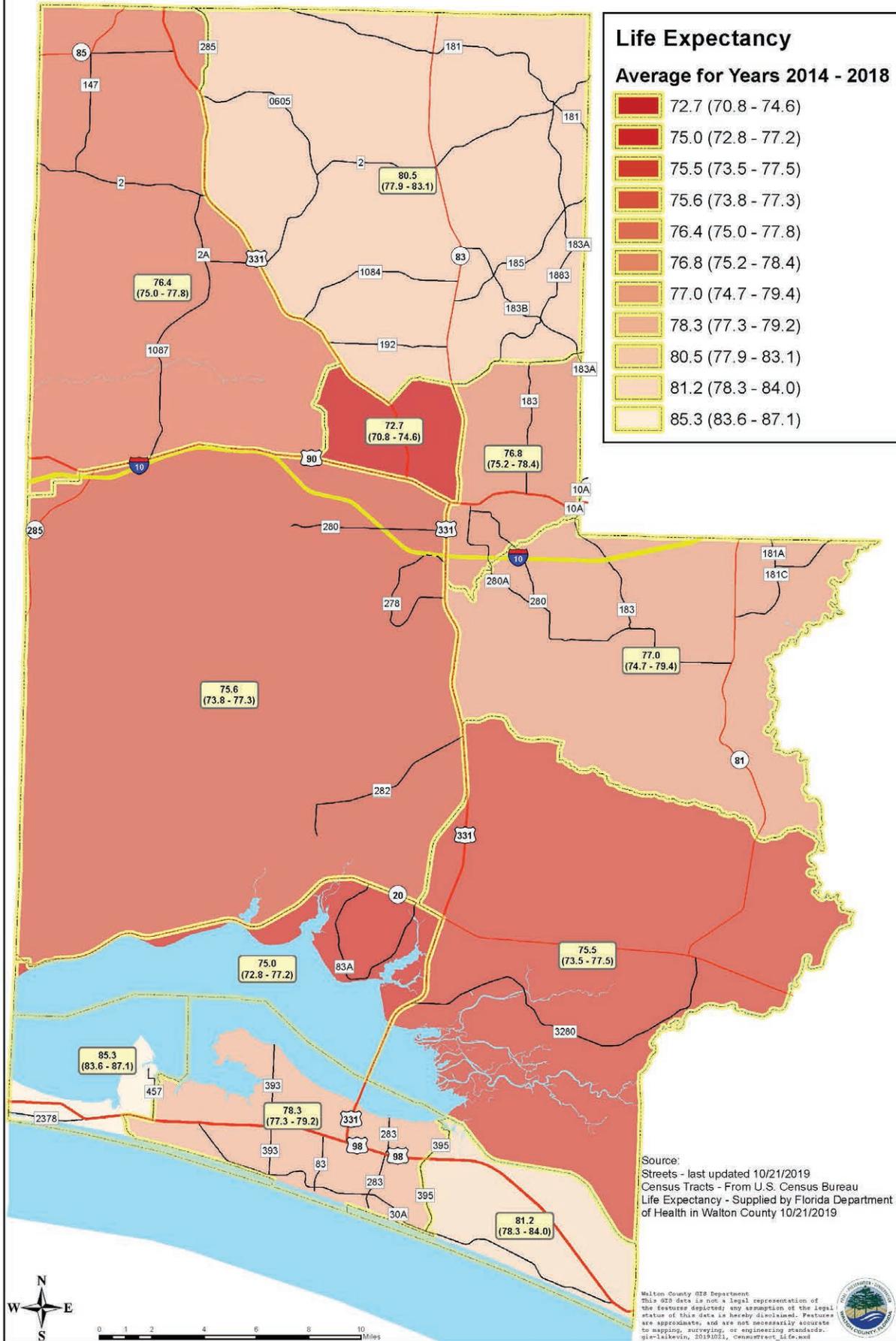


In May 2019, Walton County entered the AARP Network of Age-Friendly States and Communities to educate, encourage, promote and recognize improvements that make communities supportive for residents of all ages.



Housing was the top issue for older adults on the community survey.

Average Life Expectancy by Census Tract



CHAPTER 5

ASSESSMENT MAJOR FINDINGS





✓FACT

The original Florida Chautauqua Assembly was spearheaded by leaders of the Chautauqua Assembly of Chautauqua, New York who wanted to expand their multi-week program in New York to include a winter program in a warmer climate. They opened the Florida Chautauqua Winter Assembly on February 10, 1885 in DeFuniak Springs, Florida. The assembly thrived until 1920 when the Florida Chautauqua, ended its long and successful run.

Forces of Change

Conducted: September 12, 2018

Forces (Trends, Events, Factors)	Opportunities	Threats
Walton County Demographics		
<ul style="list-style-type: none"> Aging population Global travel Steadily increasing new residents Limited affordable housing Improving education system Increasing new businesses and economic development 	<ul style="list-style-type: none"> More focus on addressing issues such as the homeless, poverty, and older adults in the community. Ability to leverage area volunteer programs to increase civic participation in the community. Local government has a focus on bettering economic development opportunities to drive community growth. Increasing focus in the field of public health on minority health and health equity. More focus on addressing issues such as the homeless, poverty, and older adults in the community. Local government has a focus on bettering economic development opportunities to drive community growth. 	<ul style="list-style-type: none"> Increasing population and global travel offers more possibility of environmental issues and communicable disease spread Increasing drug use within community with novel types of drugs that healthcare providers might not be educated on. Lack of specific community resources (ie. geriatric dental, urgent care centers, mental health treatment). With the increase in residents and tourist, there is an increase likelihood of individuals potentially coming in contact with bacteria or algal blooms that cause illness (ie. Vibrio, enterococci, red tide, etc.). Lack of affordable housing locally continues to be an increasing problem, which then affects the workforce, the ability to seek and obtain proper healthcare, and transportation. Increasing homeless and aging population Limited control to offer competitive wages to employees. Extreme socioeconomic differences between North and South Walton County.
Walton County Geography		
<ul style="list-style-type: none"> Rural areas with limited transportation Population split between North and South Walton County Coastal Location (hurricanes, tourists, etc.) 	<ul style="list-style-type: none"> Telehealth services are increasing in popularity, which could help with access to care needs. 	<ul style="list-style-type: none"> Lack of specific community resources (ie. geriatric dental, urgent care centers, mental health treatment). Walton County residents are susceptible to potential deadly endemic diseases (ie. rabies, West Nile virus, etc.). Limitations on public transit and control over transportation
Funding		
<ul style="list-style-type: none"> Limited allocated funding for community public health initiatives Changes in Medicaid 	<ul style="list-style-type: none"> Increasing national, state and local focus on substance use and mental health with increase funding for community resources for prevention and intervention. 	<ul style="list-style-type: none"> No control over possible budget changes. Uncontrollable managed Medicaid changes to contract winners. Limited control to offer competitive wages to employees.
Partnerships and Communication		
<ul style="list-style-type: none"> Access to technology Lack of awareness of sexual health issues 	<ul style="list-style-type: none"> Possibility of a formalized network to allow "smooth" transition of services from one agency to another (ie. inmate releases). Increasing participation among community partners and ability to increase interagency communication. Ability to increase local community leaders' and partners' awareness of health equity and the social determinants of health. Increasing focus in the field of public health on minority health and health equity. Increasing emphasis on disease prevention and healthy living including diet, exercise and mental health. 	<ul style="list-style-type: none"> Public unawareness of the importance of routine services for males. Decision-makers not always at the table for important public health discussions. Lack of community knowledge, education, communication and media resources within Walton County (i.e. "Walton County is a media black hole").
Social		
<ul style="list-style-type: none"> Strong faith-based community Growing numbers of "communities" Limited social outlets for children and young adults Segmented generational populations Social media 	<ul style="list-style-type: none"> Increasing community focus on stigmatized public health issues such as mental health, substance use, and HIV lead to opportunities to break stigmas and have conversations. Robust religious community that could be leveraged to build educational awareness for parents, specifically families of different racial or ethnic backgrounds. 	<ul style="list-style-type: none"> Younger generation being less responsible for their actions and the increase in their use of technology to "fix" everything. Teenagers have "nothing to do" because there are limited area entertainment opportunities.

Community Themes & Strengths

Key Informant Interviews*

Conducted May 1, 2019 – July 31, 2019

Top Important Issues that Must Be Addressed to Improve Health

1. Affordable and healthy housing
2. Opportunities to live healthy lives (at home, work, and school)
3. Drug and alcohol use
4. Access to medical and behavioral health care
5. Flexible and affordable public transportation
6. Dependable jobs families with livable wages

**For a listing of all of the Key Informants, please go to page 4.*

Community Survey

Conducted May 15, 2019 – June 30, 2019

Total Number of Respondents: 280

Priority Population Respondents	Response %	Actual %
Less than High School Diploma or Equivalent	2.9%	14.1%
Black or African American	6.1%	5%
Hispanic	5%	6%
Income Less Than \$15,000	13.6%	--
Disabled	4.6%	16.6%
Unemployed	1.8%	3.6%
Over Age of 60	40%	27%

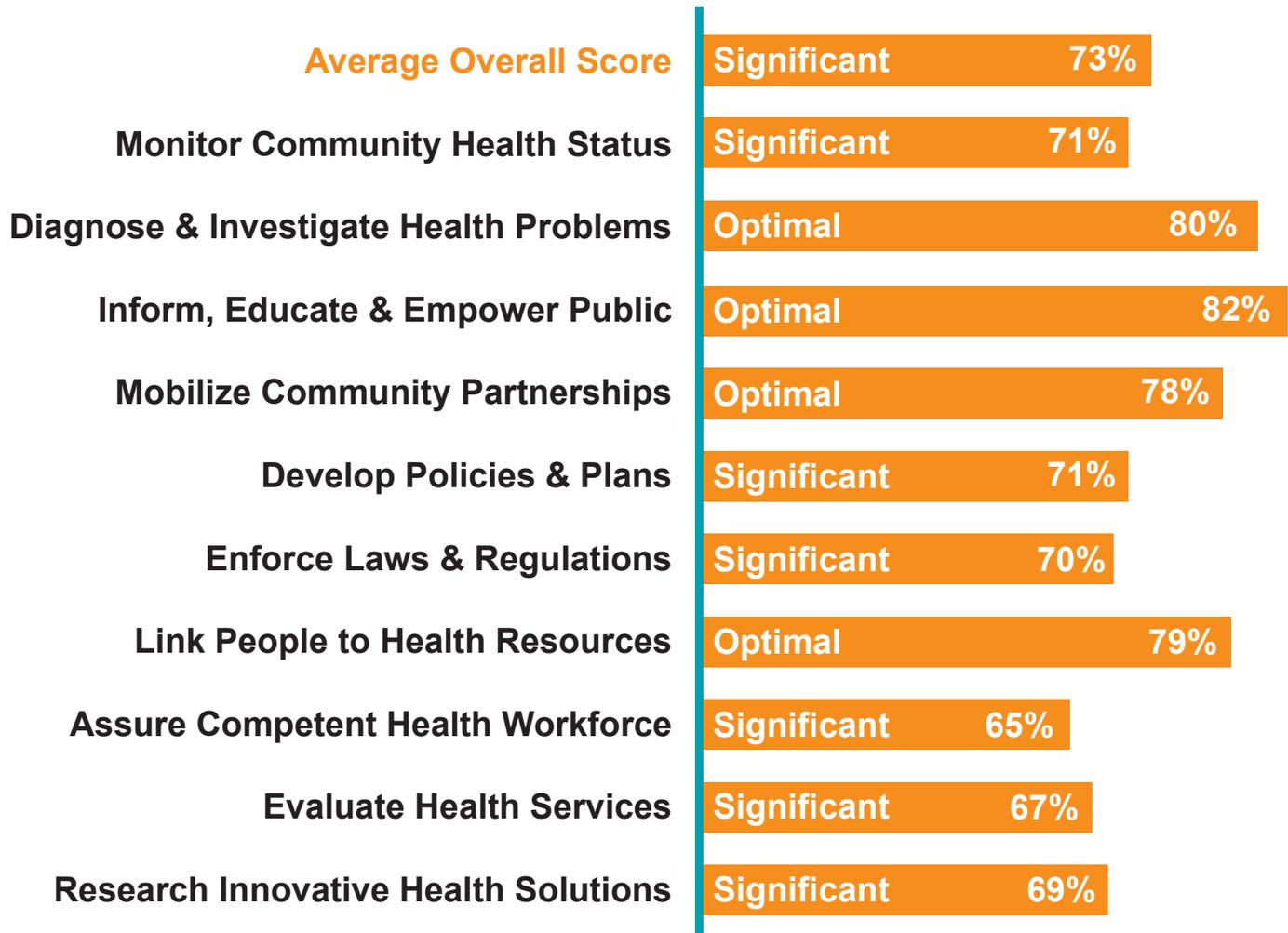
Top Community Issues	
Priority Populations	All Respondents
Unaffordable and Inaccessible Housing	Unaffordable and Inaccessible Housing
Crime	Employment and entrepreneurship opportunities
Education	Education

Top Unhealthy Behaviors	
Priority Populations	All Respondents
Drug Use	Drug Use
Text/Using Phone While Driving	Text/Using Phone While Driving
Being overweight or obese	Alcohol Use

Local Public Health System

Average Essential Public Health Service Self-Assessment Scores

Conducted March 20, 2019 – April 17, 2019



Strongest Performance

ES 3: Inform, Educate, and Empower People About Health Issues.....82%

This Essential Public Health Service centers around planning and implementing initiatives using health education and communication sciences to build knowledge and shape attitudes, inform decision-making choices, and develop skills and behaviors for healthy living.

Weakest Performance

ES 8: Assure a Competent Public and Personal Health Care Workforce.....65%

This Essential Public Health Service centers around assessing the public health and personal health workforce by maintaining public health workforce standards, using public health competencies, providing continuing education and life-long learning opportunities, and facilitating leadership development.

Community Health Status

Conducted June 1, 2019 – August 21, 2019

**Community Health
Status Assessment
can be found on
Pages 11 to 38.**

The Community Health Status Assessment (CHSA) was reviewed by the WCHIP Steering Committee/CHA Leadership Committee on August 21, 2019. The data included in the CHSA was determined by DOH-Walton Staff based on the guidance of the committee.

Data Sources

1. United States Census Bureau. (2017). Retrieved from <https://www.census.gov/quickfacts/table/>
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