

2022

WELCOME PACKET

Making Walton County a Healthier Place to Live, Learn, Work, Play, Worship, and Age!





GREETINGS

On behalf of the Walton Community Health Improvement Partnership (WCHIP), we welcome you as our community partner! WCHIP is a dedicated group of agencies, organizations, businesses, churches and community members who are committed to making Walton County a healthier place to live, learn, work, and play. WCHIP must have partners like you to ensure all Walton County residents have the opportunity to make the choices that allow them to live a long, healthy life.

Throughout Walton County, our current priority areas are:

1. Healthy Home
2. Healthy Places
3. Healthy People
4. Healthy Behaviors

There are many benefits of being a member of WCHIP. You will get access to resources, data, reports and programs that can help you better serve your employees and clients. Your organization or company will be included in WCHIP marketing materials and be provided a platform to share important information to other partners.

As a partner, we ask that you:

- Appoint a representative(s) to regularly attend partnership meetings and activities
- Read minutes, reports and newsletters to keep current of partnership activities
- Disseminate relevant information to organizational members or employees

You will now be included in the WCHIP distribution list and will be routinely updated on meeting information and partnership news. For more information about WCHIP, visit our website at walton.floridahealth.gov. If you have any questions or comments, please feel free to email WCHIP@flhealth.gov or call 850-401-6341.



In healthy regard,

Holly B. Holt

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

WHO WE ARE WCHIP

The Walton Community Health Improvement Partnership (WCHIP) is a dedicated group of people from a variety of agencies, organizations, businesses, and community members who want to make a difference in the health of Walton County's residents.

WCHIP follows the Mobilizing Action Through Planning and Partnership (MAPP) framework. MAPP is:

- A community-wide strategic planning process for improving public health.
- A method to help communities prioritize public health issues, identify resources for addressing them, and take action.



Everyone is welcome to participate! Community meetings are held the third Wednesday of January, March, May, July, September, and November.

For more information, contact
WCHIP@flhealth.gov or 850-401-6341.

OUR PARTNERS

90 Works
A Bed 4 Me Foundation
Ascension | Sacred Heart Hospital Emerald Coast*
BeGenerous, Inc.
Boys & Girls Clubs of the Emerald Coast
CareerSource Okaloosa | Walton
Caring and Sharing of South Walton*
Catholic Charities of Northwest Florida
Chautauqua Healthcare Services of Lakeview*
Chautauqua Rehabilitation and Nursing Center
Center for Independent Living - Disability Resource Center
City of DeFuniak Springs
City of Freeport
Cultural Arts Alliance of Walton County
Curves of South Walton
Early Learning Coalition of the Emerald Coast
Emerald Coast Children's Advocacy Center
Emerald Coast Regional Council
Emerald Coast Technical College
Florida Department of Children and Families | Circuit 1
Florida Department of Health in Escambia County
Florida Department of Health in Okaloosa County
Florida Department of Health in Walton County*
Habitat for Humanity of Walton County*
Healthmark Regional Medical Center
Healthy Start of Okaloosa and Walton Counties
Homelessness and Housing Alliance*
Hope Medical Clinic
Humana
iFixComputers
Kindred at Home
Main Street DeFuniak Springs
Matrix Community Outreach Center
Mental Health Association of Okaloosa-Walton
Northwest Florida Area Agency on Aging
OASIS Florida
Okaloosa Walton Medical Health Association
Pancare of Florida
Point Washington Medical Clinic
Shelter House of Northwest Florida
Tri-County Community Council
UF/IFAS Extension Office - Walton County*
United Way Emerald Coast
Walton Community Health Center*
Walton County Baptist Association
Walton County Board of County Commissioners
Walton County Emergency Management
Walton County Housing Authority
Walton County Library System
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

* indicates representative is a member of the WCHIP Steering Committee



COMMUNITY HEALTH IMPROVEMENT PLAN

STRATEGIC PRIORITIES

STRATEGIC PRIORITY 1

Healthy Homes



GOALS:

- Increase capacity for affordable housing.
- Improve housing stability through supportive services for vulnerable populations, including older adults, people with disabilities, homeless people, and individuals and families at risk of becoming homeless.

STRATEGIC PRIORITY 2

Healthy Places



GOALS:

- Improve the built environment to support healthy lifestyles of individuals across the lifespan.
- Increase collaboration across sectors to reduce barriers to health.

STRATEGIC PRIORITY 3

Healthy People



GOALS:

- Prevent and reduce intentional and unintentional injuries and deaths.
- Reduce the spread of disease through prevention and community education.

STRATEGIC PRIORITY 4

Healthy Behaviors



GOALS:

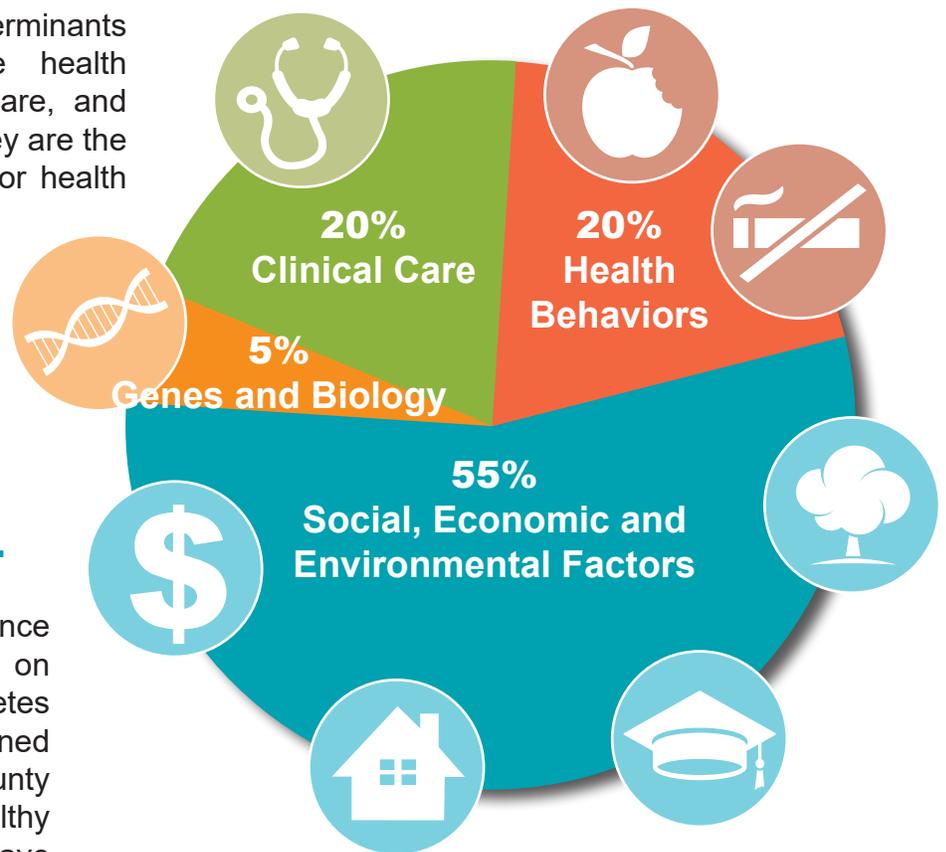
- Reduce substance use through prevention and community education.
- Increase access to and awareness of mental health and substance use disorder services.
- Reduce illness, disability, and death related to tobacco use.

WHAT MAKES US HEALTHY?

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 causes to 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 defined 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.



Adapted from <http://www.cdc.gov/socialdeterminants/FAQ.html>

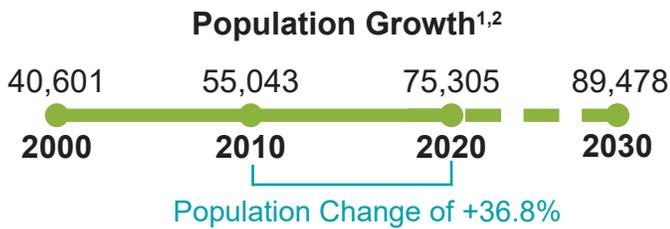
Healthy choices should be convenient choices for everyone in Walton County.

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.

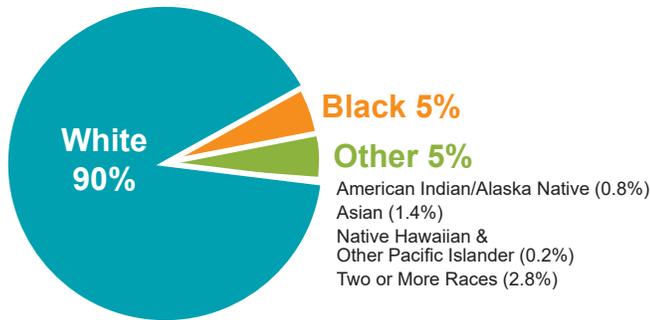
Health begins where you live, learn, work and play. All Walton County residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities. It is important to work toward raising the bar for all so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

DEMOGRAPHIC SNAPSHOT

WALTON COUNTY, FLORIDA

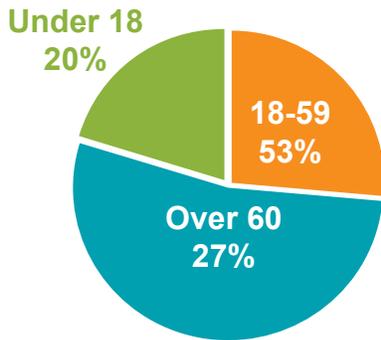


Population by Race and Ethnicity³



By 2030, the Hispanic population is anticipated to represent almost 12% of Walton County's total population.²

Population by Age³



Life Expectancy⁴



Out of Florida's 67 counties, Walton County is ranked 20th with the best "health outcomes" (length of life and quality of life) and 31st with the best "health factors" (health behaviors, clinical care, social and economic factors, and physical environment).⁵

Certain populations tend to experience adverse health outcomes or have different health needs based on demographics. Key populations that can be at risk and should be monitored in Walton County include the following:

Older Adults

Tracking the population of older adults is important because this population has unique health needs, which should be considered separately from other age groups. Walton County's older adults is one of the fastest growing demographics³.

Asset Limited, Income Constrained, Employed⁶

Asset Limited, Income Constrained, Employed (ALICE) represents the growing number of households in our communities that do not earn enough to afford basic necessities. These are households with income above the Federal Poverty Level but below the basic cost of living. ALICE households earn too much to qualify as "poor" but are still unable to make ends meet.

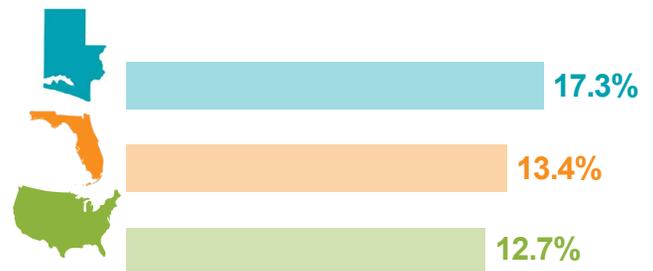


Nearly 50% of local households are considered ALICE.

74% of local Black households are considered ALICE.

People with Disabilities⁷

Until recently, people with disabilities have been overlooked in public health surveys, data analyses, and health reports. Emerging data indicate that individuals with disabilities experience health disparities in health behaviors, clinical preventive services, and chronic conditions.



39.6% of individuals 65 years of age or older in Walton County have at least one disability, compared to 32.8% statewide.

2021 ACCOMPLISHMENTS



Integrating Housing and Health

Activities of the Healthy Homes Workgroup are included in the National Association of Counties' new report on Addressing Housing to Improve Health Outcomes. Walton County is an example of how counties can align housing goals with health goals to create healthy, affordable neighborhoods that improve outcomes and quality of life for all residents. This report serves as a best practice and demonstrates the importance of including health outcomes into local housing policy and planning.



Sharing Best Practices with Age-Friendly Walton

On September 9, 2021, WCHIP presented the Age-Friendly Florida initiative to AARP Florida via webinar. The presentation focused on designing the 2020-2022 Community Health Improvement Plan to address the needs of older adults. These activities were lead by the local public health system to align with other community priorities. The initiative was also presented nationwide to the Network of Age-Friendly States and Communities to promote incorporating age-friendly into already existing community plans.



Launching the Art in the Park Project

On April 17, WCHIP partnered with the Walton County Sheriff's Office, Walton County Prevention Coalition, and Cultural Arts Alliance of Walton County and art students from South Walton High School to paint murals at Driftwood Estates Park in Santa Rosa Beach, Florida. Students submitted mural ideas to a panel of members of surrounding Home Owners Associations (HOAs), and the HOAs selected seven murals for the park. The HOAs also provided the muralists with scholarships. This project's goal is to reduce vandalism of parks while making them a more vibrant place that represents the local culture.



Establishing Little Food Pantries to Fight Hunger and Food Insecurity

United Way Emerald Coast (UWEC) was awarded funding through a CARES Act grant for COVID-19 relief to bring ten of these "little food pantries" to Walton County. These stand alone, small, weather-proof pantries draw awareness to food insecurity while creating a space for community members to take what they need and give what they can. UWEC partnered with WCHIP to help find homes for the pantries in areas where they are needed the most.



Simulating the Poverty Experience Virtually

On May 18, 2021, WCHIP joined community members in the Virtual Cost of Poverty Experience (VCOPE) facilitated by Think Tank, Inc. VCOPE engaged attendees by letting them take a “walk in the shoes” of someone that is living with restraints with income and resources by making choices that have both benefits and consequences. The training was provided by Caring and Sharing of South Walton and the Communities of Transformation (COT) Program.

Celebrating Multigenerational Parks

WCHIP’s Healthy Walton Parks has designated four local parks as being “multigenerational parks.” A multigenerational park is one that is designed for all ages and abilities. Multigenerational parks offer opportunities for all park users to increase physical activity with multiple activities of varying intensities. The four parks receiving the designation include:

- Freeport Regional Sports Complex
- J.C. Alford Park in the Gaskin Community
- Padgett Park in Santa Rosa Beach
- Wee Care Park in DeFuniak Springs



Taking Back Unused Prescription Drugs

WCHIP collaborated with the Walton County Prevention Coalition to host collections for the National Drug Take Back Day in both April and October. In total, 255 lbs of unused or expired medications was collected for safe disposal, in partnership with the Walton County Sheriff’s Office and the DeFuniak Springs Police Department.



Highlighting Fall Prevention for Older Adults

On September 29, 2021, WCHIP partnered with Walton County Emergency Management to discuss healthy aging and provide preparedness tips for older adults. West Florida Area Health Education Center also provided a Tai Chi demonstration and highlighted ways to prevent falls. WCHIP also distributed healthy aging packets to local businesses, pharmacies, and health care providers with ideas on how to support older adults and fall prevention in the community.

REFERENCES

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**A #HEALTHYWALTON BEGINS TODAY
JOIN THE MOVEMENT!**

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