

Monroe County  
Community Health Almanac  
2013



## FROM THE ADMINISTRATOR

Welcome to the 2013 edition of the Monroe County Community Health Almanac!

We hope this almanac will become a primary resource for anyone interested in public health in the Florida Keys, everyone from health care professionals and grant writers to the media and the man/woman on the street.

We plan to update and expand this document every year with the help of information supplied to us through local, state and federal agencies. Hopefully, you'll find the almanac informational, useful and thought-provoking and in line with the department's mission of protecting, promoting and improving the health of residents and visitors in Monroe County.



Environmentally speaking, Monroe County is one of the healthiest places anyone could live, with clean air, an average year-round temperature of 77 degrees, more than 250 days of sunshine every year and plenty of activities on both land and sea to exercise body and invigorate spirit.

“Small-town island living is both what initially draws people here and, later, what anchors them,” Claudia Miller wrote in *Florida Travel & Leisure* magazine in November 2012. “Most residents, after they tell you how they came and fell in love with the Keys, will conclude: ‘I just never left.’”

Reading through this almanac, you'll find that lifestyle plays the leading role in determining the state of public health in this self-proclaimed paradise.

Our editorial team took a holistic approach to researching and compiling information on each of the public health issues profiled in this assessment.

In the section on alcohol use, for example, we wanted to know more than just how many men and women in Monroe County are binge drinkers. We approached this public health issue as it's related to, among other things: commerce (number of alcoholic beverage licenses), prevention (alcohol use among youth) and risky behavior (alcohol-related motor vehicle accidents and arrests).

Taking a holistic approach introduces readers to the idea that there's much more to public health than nurses giving flu shots and inspectors ensuring that our water is safe to drink. Public health is all around us every day and draws on resources that are both traditional — county health departments, hospitals, clinics, doctor's offices, etc. — and not-so-traditional — law enforcement agencies, not-for-profits, faith-based groups, businesses, civic groups and more. Public health can be a strong unifying, persuasive and influential force within a community.

I hope that the information in this almanac will get people talking and, more importantly, spark a movement toward establishing more broad-based partnerships that will consider the most pressing public health concerns that we face in the Florida Keys from all angles — everything from research and educational outreach to public service and policy and systems change.

Certainly, there's room to expand on the research that's contained in this document. We're glad to work with community partners to drill down further into existing data to discover even more about the health of our community, as well as strike out in new and uncharted territory.

I thank all of our partners at the local, state and federal levels for supplying us with the information contained herein. We will surely contact all of them in the near future as we prepare for the 2014 edition of this almanac.

Some of the key findings from our research appear in the Executive Summary that follows.

If you have any questions, concerns, constructive feedback or contributions to future editions of this almanac, please do not hesitate to contact our Public Information Office at (305) 809-5653.

To your good health!

*Bob Eadie*

Administrator  
Monroe County Health Department

# EXECUTIVE SUMMARY

## DEMOGRAPHICS & SOCIOECONOMICS

**Geography impacts our health and access to health care.** Monroe County is made up of two regions, specifically a largely uninhabited portion of Everglades National Park (mainland Monroe) and a 125-mile-long chain of islands known as the Florida Keys. The bulk of the population lives in communities strung out along the Florida Keys, with one road and more than 60 bridges serving as the primary means for people to move between population centers along the island chain. Living on the water makes us potentially more vulnerable to injuries related to boating, scuba diving and drowning, as well as health problems associated with algae blooms, red tides and fish kills. Living at or near sea level makes our communities more vulnerable to the injury and destruction that strong winds and high seas can bring with approaching tropical storms and hurricanes. Monroe County is a “tropical” climate: Year-round warm temperatures, a majority of days with sunshine and heavy seasonal moisture leave us potentially more vulnerable to heat exhaustion, skin cancer and mosquito-borne illness.

**We are an aging population.** Monroe County’s population dropped approximately 8 percent between 2000 and 2010. While there were significant decreases in the 0-54 subpopulation groups, there were significant increases in the 55-plus subpopulation groups. As “Baby Boomers” continue to enter the retirement force and select Florida as their retirement destination of choice, we expect to see more people ages 65 and above either retiring in place or arriving from other communities elsewhere in the world. Currently, one assisted living facility and two nursing homes serve the needs of aging populations with special care needs in the Florida Keys.

**Special populations play a major role in shaping our demographics and way of life.** Monroe County’s full-time resident population of just over 73,000 people lives in communities that cater largely to the 3 million “day trippers” and short- and long-term visitors who pass through the Florida Keys every year. As a result, Monroe County residents have greater access to licensed tobacco and alcohol retailers and convenience stores than other Florida counties with similar size populations. In addition to visitors, seasonal residents, military personnel and their dependents, veterans, LGBT (lesbians, gays, bisexuals and transgendered individuals) and the homeless are sizeable populations that impact our demographics and way of life. Further local research and partnership on these populations would offer greater insight specifically into how they impact our health and health care delivery system.

**We would benefit from more local research on how gender, race and language impact our health and health care delivery system.** Although studies on these areas have been done at the national and state levels, especially as they relate to minority health and health disparities, there’s very little data on these areas at the local level. Further research into health as it relates to gender can lay the groundwork for initiatives targeting men and women of all ages, races and sexual orientations. Additional research on health as it relates to race can help us understand where more effort must be made to resolve any disparities that we may discover. Learning more about the language barriers that subpopulations face can help us reach people who are in need of health services who cannot express their needs in English.

**Our cost of living is high.** Although our per capita income and median income are higher than statewide rates and the percentage of our residents living at or below poverty level is lower than many other communities in the state, Monroe County residents are paying more for housing, medical care, transportation, gasoline and groceries than the residents of most other counties in Florida. Housing, in particular, is a concern: Monroe County residents are paying almost twice as much for housing than others in the state and among the highest windstorm premiums of all counties in Florida. Four out of five tourism workers (who make up approximately 55 percent of the county’s total work force) are “housing cost burdened,” paying more than 30 percent of their income into housing costs. The majority of tourism workers who leave the Florida Keys do so because of the high cost of housing.

**Many of our residents have little or no health insurance coverage and cannot afford the high cost of health care.** Approximately 1 in 5 residents of Monroe County does not have health insurance. Very few physicians in the Florida Keys will accept state-supported health insurance for the children of low-income families (KidCare) due to the program’s low rate of reimbursement. Approximately 1 in 7 female residents of Monroe County who have babies do not have health insurance (more than 1 in 3 births are covered by Medicaid). Approximately 40 percent of tourism industry workers say that they are unhappy with their health benefits; in addition, approximately 32 percent of these workers say that the high cost of health care would be reason enough to leave the Florida Keys.

## HEALTH RISK FACTORS

**Our residents have greater access to tobacco, alcohol and illegal substances than other communities in Florida.** The number of active tobacco dealer licenses in Monroe County (395) is three to four times greater than the number of licenses in counties with similar size population. Approximately 22.3 percent of adults in Monroe County use tobacco (statewide rate is 19.3 percent). The number of active alcoholic beverage licenses in Monroe County (660) is three to four times greater than the number of licenses in counties with similar size population. More than 25 percent of adults in the Florida Keys are “binge” drinkers (statewide rate is 15 percent). Local law enforcement authorities file close to 1,100 substance abuse-related charges annually, everything from possessing drugs and drug-related equipment to manufacturing, smuggling, trafficking and selling drugs. Monroe County youth are experimenting with many substances (marijuana, cocaine, club drugs, depressants, prescription pain relievers, etc.) more often than youth statewide.

**Although obesity rates among our population are low compared to statewide averages, continued campaigns to encourage good nutrition and routine exercise are important to ensuring residents maintain healthy weights.** Obesity rates among adults in our community are low compared to statewide rates (17.4 percent versus 27.2 percent). However, only 1 in 5 of our adults is eating the recommended five servings of fruits and vegetables a day (24.2 percent of adults in Monroe versus 26.2 percent of adults statewide). In addition, residents have four times greater access to convenience stores (selling processed foods) than retail grocers and supermarkets (selling fresh foods). Approximately 1 in 3 middle schoolers and 1 in 3 high schoolers in Monroe County is not engaging in sufficient vigorous physical activity. The Monroe County Schools Wellness Policy bases physical education requirements for middle schoolers (1 class per day for 1 semester of each year grades 6-8) and high schoolers (1 year to graduate) on state minimums.

**With regard to our rates of sexually transmitted diseases, we would benefit from more local research on the types of sexual practices (especially those considered unsafe) in which those who are newly diagnosed are engaging.** Although statewide studies show that unprotected vaginal or anal sex, unprotected oral sex, anonymous partners and drug usage are among the risky behaviors associated with sexually transmitted diseases, additional information is needed at the local level to determine which behaviors are most prevalent in our community and how to launch campaigns that target specific behaviors and/or subpopulations. For example, it is merely assumed that Monroe County’s rate of HIV infection is directly linked to what is thought to be a higher per capita population of men having sex with men than that found in other communities our size. In addition, we suspect that rates of HIV infection among the black and Hispanic subpopulations in our county are disproportionately higher than other subpopulations partly because this is the case at the national and state levels.

**More adults in our community submitting to health screenings, especially for cancer and heart disease (the two leading causes of death in Monroe County), could identify health problems early and, as a result, save lives.** Screenings for colorectal, breast and cervical cancer are of particular concern. Only 45.1 percent of adults in Monroe County are being screened for colorectal cancer via colonoscopy (statewide rate is 56.4 percent), only 51.9 percent of women over age 40 in Monroe County are receiving mammograms (statewide rate is 61.9 percent) and only 50.7 percent of women over age 18 are receiving cervical cancer screenings (statewide rate is 57.1 percent). In addition, the fact that the Florida Keys see twice as many deaths due to melanoma than statewide averages raises concerns about skin cancer screenings. Cancer is the leading cause of death among Monroe County residents. Screenings for cholesterol and high blood pressure are also important in the detection and prevention of heart disease, the second leading cause of death among Monroe County residents. Only 73.4 percent of adults in the Florida Keys submit to cholesterol screenings, while 1 in 3 adults in the county have already been diagnosed with high blood pressure.

**Although our residents receive more than 15,000 vaccinations to prevent close to 20 different diseases every year, we still have residents who have yet to be vaccinated against seasonal flu, pertussis, *human papillomavirus* and other diseases that are of increasing concern.** Despite the fact that the 2012-2013 flu season has seen a rise in influenza-like illness across the country, the Monroe County Health Department has given flu vaccinations to only about 1,600 clients thus far. (The number of residents who have received flu vaccinations through commercial outlets, pharmacies and health care partners is unknown.) In 2012, the Monroe CHD gave more than 1,100 vaccinations against pertussis (aka, “whooping cough”) as part of a “cocooning” project to protect infants from this life-threatening illness by vaccinating all adults who come in contact with infants. The department has also given close to 1,000 vaccinations against *human papillomavirus*, a relatively common sexually transmitted disease that can develop into certain anal, genital and head and neck cancers later in life.

**The community would benefit from more local research and partnership on mental health, specifically prevalence of certain mental health conditions in the adult and adolescent populations and need for additional treatment programs and facilities.** Information on how mental health impacts overall public health in Monroe County is limited. Although we know the symptoms of more commonly diagnosed mental illnesses in our community, there is no comprehensive resource that logs the numbers of cases of each type of illness and causes countywide.

## HEALTH STATUS

**We need more support for labor and delivery.** The majority of Monroe County women who gave birth in 2011 did so in a hospital either in the Florida Keys or on mainland Florida with a physician present (as opposed to using birthing centers or midwives). Currently, the only hospital labor and delivery unit in the Florida Keys is at Lower Keys Medical Center in Key West. While many women in Key West and the Lower Keys use the labor and delivery unit at LKMC, most women in the Upper Keys forego the two-hour commute down to LKMC and transport to mainland Florida hospitals to deliver instead. Women in the Middle Keys who deliver must choose: make the hour-long journey down to LKMC, make the two-hour-long journey to mainland Florida or deliver at Fishermen’s Hospital in Marathon (which has no labor and delivery unit).

**We need more obstetricians and gynecologists.** More than 29,000 women over the age of 15 call Monroe County home. As of February 2013, the county has four obstetrician/gynecologists and two gynecologists. All of them are located in Key West.

**We need more pediatricians.** Almost 9,000 children under the age of 15 call Monroe County home. As of February 2013, there are only four pediatricians in the county (two in Key West, one in the Middle Keys and one in the Upper Keys).

**With regard to children, we need to learn more about the circumstances surrounding the injuries that they are suffering.** Monroe County registered higher rates of various types of injuries and injury-related deaths in children ages 1-5 between 2008 and 2011, including accidental falls and poisonings, traumatic brain injuries, near drownings and injuries and deaths due to motor vehicle accidents.

**We need to learn more about why so many people in Monroe County die from injuries.** In 2010, 78 people in the Florida Keys died from injuries (55 unintentional injuries, 17 intentional injuries and 6 homicides). The age-adjusted death rate due to injury in the county was more than 13 points higher than the statewide rate. The top five fatalities due to injury were related to poisoning, firearms, falls, drowning and traffic-related accidents.

**We need to learn more about why so many people are injured due to falls.** Injury due to falls sent more people to the emergency room in Monroe County during 2010 than any other type of injury (2,029 injuries due to falls).

**We need to consider the need for more assisted living facilities and nursing homes as our elderly population continues to grow.** Currently, there is one assisted living facility and two nursing homes serving the growing population of elderly in the Florida Keys. As more and more “Baby Boomers” continue to choose Florida as their retirement destination of choice, Monroe County may very well see the population of people 65 years and older (currently around 12,500) rise during the next 10 years.

**We need to learn more about the circumstances surrounding suicides in Monroe County.** Suicide is the fifth leading cause of death for people in the Florida Keys under age 65 (behind cancer, heart disease, unintentional injury and other natural causes).



***Dr. Joseph Yates Porter***

*(1847-1927)*

Key West Native and  
Director of Florida's First State Board of Health

**Editorial Board: Monroe County Health Department Executive Lead Team**

*Bob Eadie, Administrator*

*Mark Whiteside MD MPH, Medical Director*

*Mary Vanden Brook, Administrative Services Director*

*Bill Brookman MPH, Community Health Services Director*

*Joan Higgs RN, Nursing Director*

*Kathy Rodgers, Budget Director*

*Freda Vaughn, Emergency Management Director*

*Christopher Tittel, Public Information Officer/Marketing Director*

**Researchers**

*Vicki Boguszewski MPH*

*Christopher Tittel*

**Designer**

*Christopher Tittel*

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# ***DEMOGRAPHICS & SOCIOECONOMICS***

## **Contributors**

*Monroe County Growth Management Division, Monroe County Property Appraiser's Office,  
Monroe County Planning Department, Monroe County Tax Collector's Office,  
Monroe County Department of Veterans Affairs, Monroe County Schools, Monroe County Tourist Development Council,  
Keys Energy Services, Florida Keys Electric Cooperative, Monroe County Homeless Services Continuum-of-Care Inc.,  
Florida Keys Mosquito Control District, Naval Air Station Key West, Fair Insurance Rates in Monroe,  
Coldwell Banker Schmitt Real Estate Co., Doug Mayberry Property Management PLLC, Florida Department of Health,  
Health Foundation of South Florida, University of Florida, Florida Power & Light, U.S. Census Bureau,  
The Williams Institute at the University of California-Los Angeles School of Law,  
U.S. Department of Housing and Urban Development, Institute of Medicine of the National Academies,  
American Automobile Association, American Association of Retired Persons, Topretirements.com*

## GEOGRAPHY

Monroe County's unique geography plays a major role in how goods and services — including health care services — are accessed.

**Population density.** Most of the 73,090 residents of the county live along the chain of islands or "keys" known as the Florida Keys, which extend south and west approximately 125 miles into the waters surrounding South Florida. Average population density for the 114.85 square land miles of the Florida Keys is 636 people per square mile. Communities range in population density from the highly developed City of Key West (4,221 people per square mile) to relatively isolated outposts on some of the more remote and underdeveloped keys.

**Overseas Highway.** The Overseas Highway (U.S. Highway 1) is a critical lifeline, a 113-mile stretch of two-lane road and more than 60 bridges (including one drawbridge) linking communities of varying sizes located on more than 100 different keys.

It is the only means by which residents traveling by land vehicle from less developed keys can reach population centers, grocery stores, gas stations, hospitals and health care providers on more developed keys.

**On the water.** Monroe County is a popular destination for anyone who enjoys water activities: boating, fishing, personal watercraft, snorkeling, scuba diving and more.

With these activities comes the risk of injury or death due to, among other things, drowning, boating accidents or dehydration.

In addition, Monroe residents are particularly vulnerable to the eye and throat irritation that comes with algae blooms, red tides and fish kills in the Gulf of Mexico and Florida Bay from time to time.

**Tropical latitudes.** Although Key West sits right on the edge of the Tropic of Cancer, many people consider the city a tropical destination due to, among other things: year-round warm temperatures (average year-round temperature in Key West is 77 degrees Fahrenheit), an average of 259 days of sunshine every year, the designation of rainy and dry seasons (rather than summer and winter) and the presence of mangroves and other tropical vegetation.

Warm temperatures and open exposure to the sun put Monroe County residents at higher risk of overexertion and melanoma, a particularly dangerous form of skin cancer that claims almost twice as many lives in Monroe County on average than statewide averages. Warm temperatures and a wet environment also make the Florida Keys a prime breeding ground for 46 species of mosquito, some of which can carry dengue, West Nile Virus, encephalitis and other diseases.

**Incorporated vs. Unincorporated.** Approximately 61 percent of the county's population lives in five incorporated areas: Key West, Marathon, Key Colony Beach, Layton and Islamorada.

The remainder of the population lives in unincorporated Monroe County.

**Sea level.** The highest point in Monroe County is located on Windley Key in the Upper Keys (18 feet above sea level). With the Florida Keys so low to the water, residents are at greater risk of wind damage and flooding during tropical storms and hurricanes. (As such, many residents evacuate to the mainland when severe weather approaches. Hurricane season runs June 1-November 30.)

**Deepwater port.** Monroe County sits on one of the largest coral reefs in the world, making for relatively shallow nearshore waters. The county's only deepwater port (Key West) plays host to cruise ships, which bring more than 800,000 visitors to Key West annually.

## A PRIMER ON MONROE COUNTY GEOGRAPHY

Monroe County holds the distinction of being not only the southernmost county in Florida, but also the southernmost county in all of the continental United States.

Monroe County is made up of two regions: Mainland Monroe and the Florida Keys.

Mainland Monroe is the largely uninhabited western half of Everglades National Park. The remote village of Flamingo (pop. 9) is the largest population center in Mainland Monroe.

The Florida Keys is the 125-mile-long chain of islands curving south and west from mainland Florida into Florida Bay, the Florida Straits, the Gulf of Mexico and the Atlantic Ocean. The majority of Monroe County's 73,090 residents live in the Florida Keys.

Two roads link the Florida Keys to mainland Florida: Card Sound Road (County Road 905) and the Overseas Highway (U.S. Highway 1).

Card Sound Road runs from Miami-Dade County out to Ocean Reef, the community located farthest north and east in the Florida Keys, before turning south and west to meet up with the Overseas Highway in Key Largo.

The Overseas Highway runs from Miami-Dade County down to Key Largo before turning west to provide passage all the way down to Key West.

The Florida Keys includes four subregions: Upper Keys, Middle Keys, Lower Keys and Key West (county seat and largest population center).

Roadside Mile Markers (MM) along the Overseas Highway are used roughly to mark off each subregion.

Subregions of the Florida Keys and their major population centers include:

### Upper Keys

MM113-MM70

*Key Largo*

*Tavernier*

*Islamorada*

### Middle Keys

MM70-MM40

*Layton*

*Key Colony Beach*

*Marathon*

### Lower Keys

MM40-MM4

*Big Pine Key*

*Cudjoe Key*

*Sugarloaf Key*

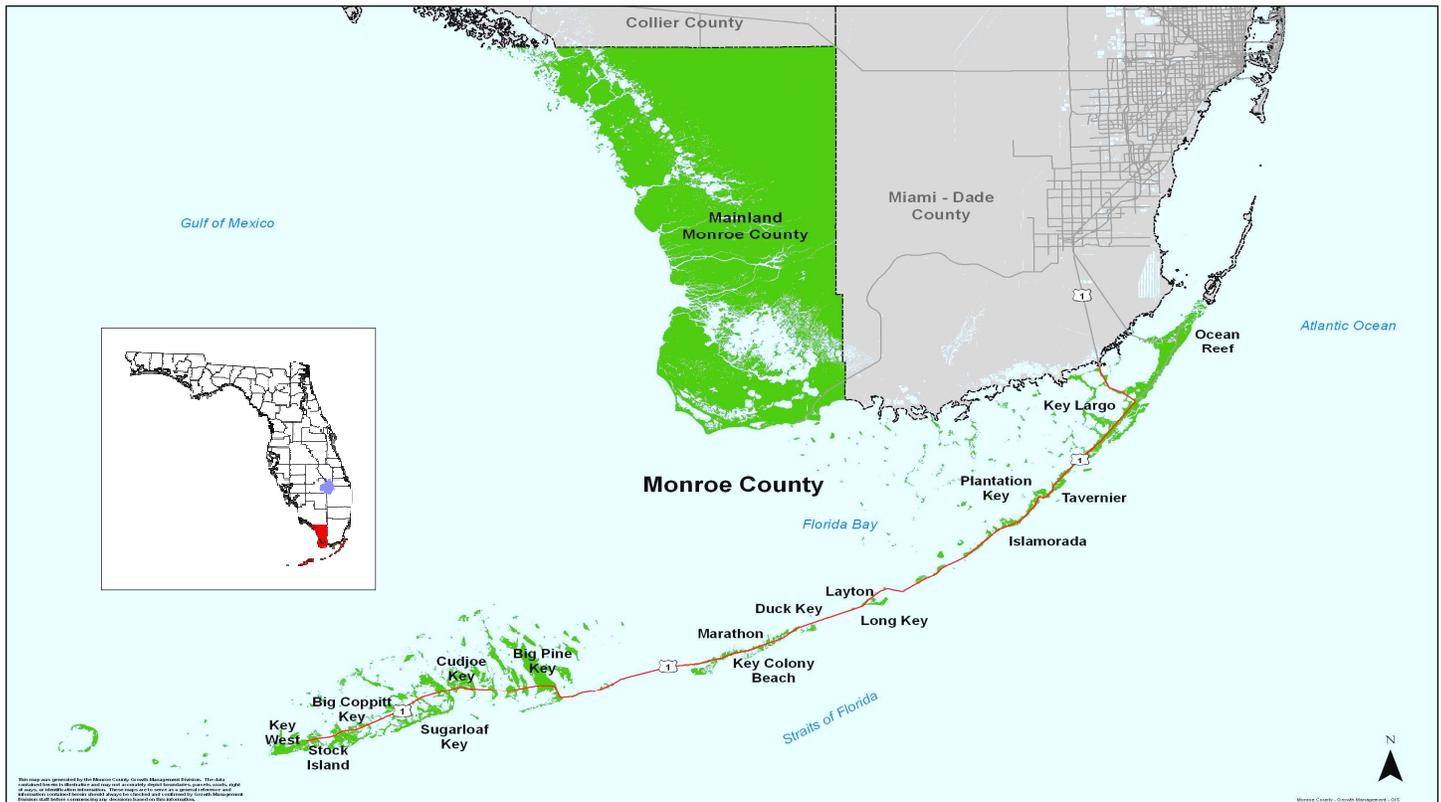
### Key West

MM4-MM0

*Key West*

*(Old Town, New*

*Town, Stock Island)*



<i>Incorporated areas listed in the table are shaded green. All other areas constitute unincorporated Monroe County.</i>	<b>Population 2010</b>	<b>Land Area square miles</b>	<b>Population Density population per square mile</b>
<b>Village of Islamorada</b>	6,119	7.2	850
<b>City of Layton</b>	184	.07	2,628
<b>City of Key Colony Beach</b>	810	.44	1,841
<b>City of Marathon</b>	8,287	9.1	911
<b>City of Key West (New Town, Old Town, Stock Island)</b>	29,550	7	4,221
<b>Key Largo/Tavernier/Ocean Reef</b>	13,872	35.4	392
<b>Long Key</b>	131	1.8	73
<b>Duck Key/Conch Keys</b>	621	.6	1,035
<b>Big Pine Key/No Name Key</b>	4,284	12.04	356
<b>Little Torch/Middle Torch/Big Torch Keys</b>	970	5.2	187
<b>Ramrod Key</b>	688	1.67	412
<b>Summerland Key</b>	944	1.7	555
<b>Cudjoe Key</b>	1,763	6	294
<b>Sugarloaf Key/Saddlebunch Keys</b>	1,948	16	122
<b>Big Coppitt/Rockland/Geiger/Shark Keys</b>	2,747	2.6	1,057
<b>Bahia Honda, Scout Key, Boca Chica Key, Dry Tortugas, Ballast Key, Cooks Island, Knock-Em-Down Key</b>	163	8.03	5
<b>FLORIDA KEYS TOTALS</b>	73,081	114.85	636 <i>average</i>
<b>MAINLAND MONROE TOTALS</b>	9	833	.01 <i>average</i>

Sources: Monroe County Growth Management Division, Florida Department of Health

## AGE

Monroe County’s population dropped approximately 8 percent between 2000 and 2010, according to U.S. Census data.

While the number of people under age 54 declined about 12 percent, the number of people over age 54 increased almost 18 percent. The biggest decrease was in the group ages 35-44 (14,493 to 9,887); the biggest increase was in the group ages 60-64 (4,341 to 6,227).

**Children and young adults.** Cost of living may play a key role in the decline in the numbers of children and young adults, in particular, with more and more young families choosing to leave the Florida Keys for more affordable destinations.

Despite the decrease in their population over the years, however, a considerable number of children and young adults still call Monroe County home.

In 2011, 720 babies were born to residents of the Florida Keys.

Through its public schools alone, Monroe County serves more than 7,000 students grades Pre-K through 12.

**Over age 54.** The increase in the number of residents over age 54 may be the result of more and more residents aging in place and/or a steady rise in the number of “Baby Boomers” choosing to make the Florida Keys their retirement destination of choice.

In October 2012, the American Association of Retired Persons recommended Florida as a top retirement destination (ranked 7th on its top 10 list of states).

[Topretirements.com](http://Topretirements.com), which bills itself as the online site “where Baby Boomers go to find their best place to retire,” listed Key West among the most popular places to retire in the United States (45th out of 100). The site based its findings on the level of interest that online visitors expressed in each town on the list.

## BABY BOOMERS

Americans born 1946-1964 are considered “Baby Boomers,” the generation of Americans born immediately after World War II.

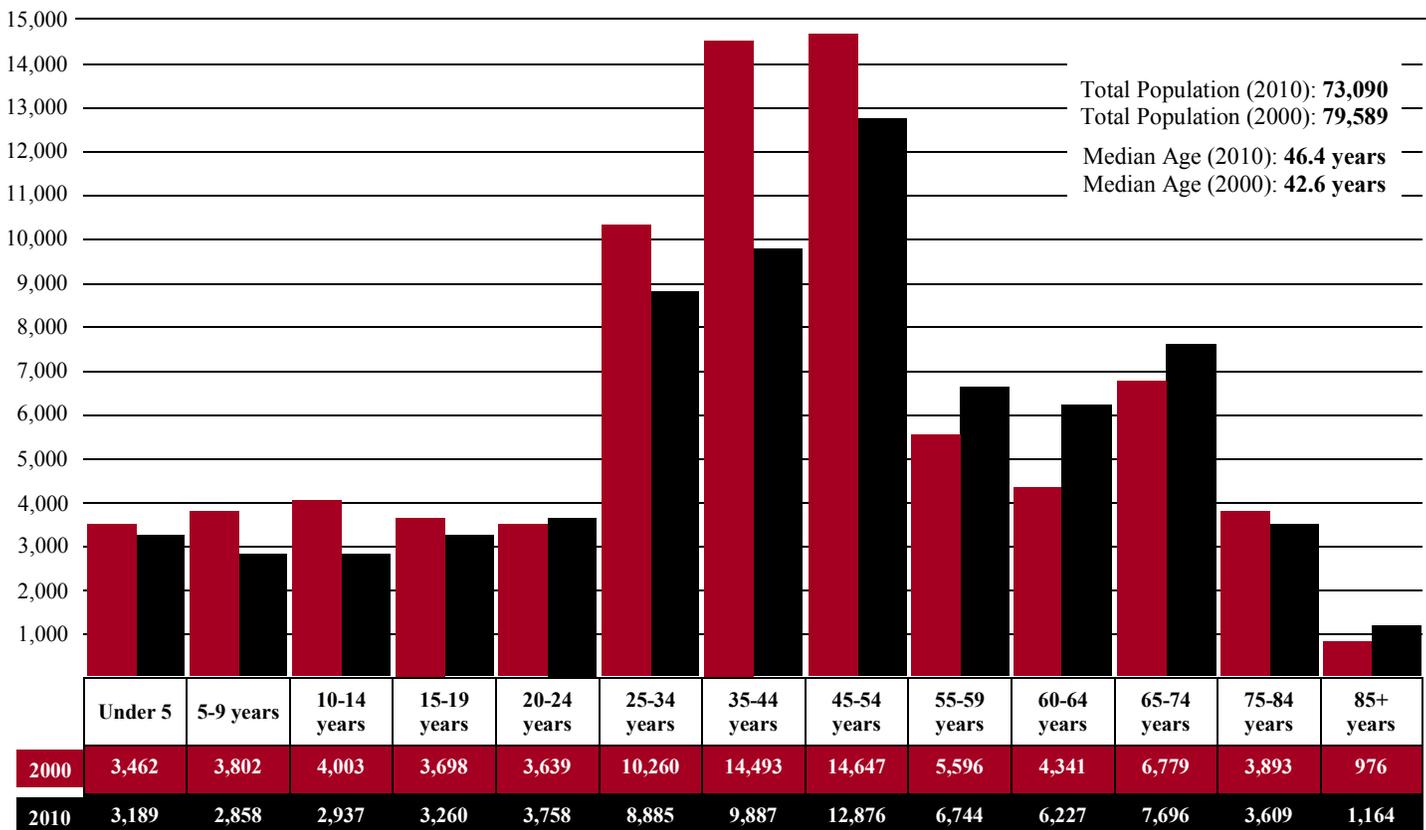
Baby Boomers began retiring in 2011 at age 65 (median retirement age) and will continue to retire in large numbers through 2029.

Baby Boomer retirement figures will peak around 2024 and only begin to dissipate around 2030, as more and more Baby Boomers reach average life expectancy of age 79 (U.S. Census projection).

With this in mind, Monroe County can expect to see a steady increase in the number of Baby Boomers going into retirement over the next 10 years.

Baby Boomer retirees will include: full-time Monroe County residents retiring in place, part-time Monroe County residents relocating to the county full-time and nonresidents whose retirement destination is Monroe County.

**Population by Age, Monroe County, 2000 & 2010**



Source: U.S. Census Bureau

## GENDER

The Centers for Disease Control and Prevention (CDC) reported in 2011 that 61 percent of Americans age 18 and over were in “excellent” or “very good” health. The CDC also listed statistics on health conditions that impact both men and women: 11 percent of Americans had been told by a health care professional that they have heart disease; 24 percent had been diagnosed with hypertension; 9 percent had been told they have diabetes; and 22 percent had been told that they have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia. Additional information on health-related conditions specific to men, specific to women and inclusive of both men and women can be found elsewhere in this assessment.

**Men’s health.** Two health-related conditions that are of particular concern among men are prostate and testicular cancers. As for prostate cancer, the National Cancer Institute at the National Institutes of Health estimates 238,590 new cases and 29,720 deaths nationwide due to this disease in 2013. As for testicular cancer, the NCI estimates 7,920 new cases and 370 deaths nationwide due to this disease in 2013.

**Women’s health.** One health-related condition that impacts women more often than men is osteoporosis, a condition in which bones become weakened and fragile. According to the Florida Department of Health, approximately 80 percent of Americans who have been diagnosed with osteoporosis or who are at risk of developing osteoporosis are women. The department also notes that approximately 2.1 million residents of Florida suffer from osteoporosis and that the figure is expected to climb to 3.5 million by 2015.

**Population by Gender,  
Monroe County, 2010**

	Males	Females
<b>Under 5</b>	1,639	1,550
<b>5-9 years</b>	1,409	1,449
<b>10-14 years</b>	1,539	1,398
<b>15-19 years</b>	1,763	1,497
<b>20-24 years</b>	2,043	1,715
<b>25-34 years</b>	4,801	4,084
<b>35-44 years</b>	5,327	4,560
<b>45-54 years</b>	6,767	6,109
<b>55-59 years</b>	3,557	3,187
<b>60-64 years</b>	3,463	2,764
<b>65-74 years</b>	4,274	3,422
<b>75-84 years</b>	1,876	1,733
<b>85+ years</b>	504	660
<b>TOTALS</b>	<b>38,962</b>	<b>34,128</b>

Source: U.S. Census Bureau

## RACE

The Centers for Disease Control and Prevention’s (CDC) Office of Minority Health and Health Disparities notes on its Web site the growing need to address minority health issues across the American landscape.

“Compelling evidence that race and ethnicity correlate with persistent, and often increasing, health disparities among U.S. populations demands national attention,” the CDC writes. “The demographic changes anticipated over the next decade magnify the importance of addressing disparities in health status. ... A national focus on disparities in health status is particularly important as major changes unfold in the way in which health care is delivered and financed.”

According to the Florida Department of Health, minority populations in the United States – blacks, Hispanics, Native Americans, Asians, Native Hawaiians and Pacific Islanders – experience higher rates of illness and death from health conditions such as heart disease, stroke, specific cancers, diabetes, mental health, asthma, hepatitis B and obesity. In addition, the black and Hispanic communities have traditionally experienced disproportionate rates of HIV/AIDS.

The department reports that blacks living in Monroe County are experiencing higher rates of death due to cancer, stroke, diabetes and HIV/AIDS. The age-adjusted death rate for blacks living in Monroe County due to heart attack was almost twice as high as the rate for whites living in Monroe County between 2009 and 2011, according to the department.

Monroe County also saw higher rates of infant deaths, low birth weights and repeat births to teen mothers among blacks and Hispanics in Monroe County between 2009 and 2011.

In addition, the CDC reports that rates of diabetes and infant deaths among Native Americans and Alaska Natives nationwide are twice as high as rates for whites and that Alaska Natives have disproportionately high death rates from unintentional injuries and suicide. Although Asians and Pacific Islanders are one of the healthiest population groups in the United States, the CDC notes disparities within this greatly diverse population group (i.e., women of Vietnamese ancestry experiencing cervical cancer rates at nearly five times white rates).

**Population by Race, Monroe County, 2010**

Race	Total	Percentage
White	65,409	89.5
Black	4,194	5.7
Native American/Alaska Native	296	.4
Asian	809	1.1
Native Hawaiian/Pacific Islander	70	.1
Other Race	1,011	1.4
Two or More Races	1,301	1.8
<b>TOTAL</b>	<b>73,090</b>	<b>100</b>
Hispanic (Any Race)	15,071	20.6

Source: U.S. Census Bureau

## SPECIAL POPULATIONS

**Visitors.** Close to 3 million people pass through Monroe County on day trips and extended holidays every year.

Key West is the destination of choice for most travelers, drawing more than 90 percent of all visitors to the Keys. In addition to being the destination of choice for 90 percent of all air passengers and 50.6 percent of all motorists traveling to Monroe County, Key West plays host each year to more than 800,000 cruise ship passengers at the county's only deepwater port.

According to the Monroe County Tourist Development Council, visitors contributed approximately \$2.23 billion to the local economy (about 60 percent of total local economy) and approximately \$970 million to local income (about 44 percent of total local income) during the December 2007-November 2008 visitor year. In addition, the tourism industry accounted for approximately 55 percent of the total work force in the county (32,107 of 57,928 jobs). In a study conducted in August 2006, the council reconfirmed that tourism is the largest industry in the Florida Keys and the largest employer in Monroe County.

The high volume of visitors can impact the health of Florida Keys residents. Among other things, visitors can introduce diseases from outside the community (such as dengue) and vacationers who rent cars, scooters and bikes can increase the chance of road injury not only as they learn to operate the vehicles they've rented, but also as they become familiar with local traffic laws and streetscapes.

**Seasonal residents.** The Florida Keys attract many seasonal residents, especially those who want to own their own piece of "paradise" and escape the cold winter months up north.

In 2010, the U.S. Census Bureau reported a total of 52,764 housing units across the Florida Keys. Approximately 62 percent of those housing units (32,629) were occupied. Approximately 38 percent (20,135) were vacant for a variety of reasons: for rent (2,245), rented but not occupied (165), for sale only (1,061), sold but not occupied (173), for migrant workers (18) and "other" (1,436). The balance of vacant housing units (15,037 or about 75 percent) were listed as "for seasonal, recreational or occasional use." This figure on seasonal housing units (15,037) represents approximately 28 percent of all housing units in the Florida Keys.

In addition, an untold number of seasonal residents who do not own homes in the Florida Keys arrive in recreational vehicles and stay the season at local campgrounds and mobile home parks.

**Military.** Approximately 1,600 active duty personnel representing all branches of the armed services and 2,500 of their dependents call Key West home. Naval Air Station Key West includes five annexes, four of which offer permanent housing (Truman, Trumbo, Peary Court and Sigsbee) and one that offers temporary lodging (Boca Chica Field). The Naval Branch Health Clinic is the primary health care provider for both active duty personnel and their dependents. Government health insurance covers active duty personnel and their dependents.

**Veterans.** According to the Monroe County Department of Veterans Affairs, approximately 9,640 full-time residents of the Florida Keys are enrolled in Veterans Administration (VA) programs. The department estimates that 1,500 part-time residents of the county and approximately 3,000 visitors annually are also veterans. Most veterans reside in Key West, according to the department, with average age in their mid-50s. Leading health-related issues among the veteran population include cancer, diabetes and mental illnesses such as post-traumatic stress disorder. Veterans receive basic care at VA clinics in Key West and Key Largo, with all referrals to the VA hospital in Miami. (Dependents of veterans are not eligible to use the same health care resources.) Tricare Prime covers health care costs for retired military personnel. The department works with the Florida Department of Veterans Affairs, the VA health care system and Volunteers of America to serve the veteran population.

**LGBT.** The Institute of Medicine issued a research report in March 2011 that identifies the following health-related issues impacting lesbians, gays, bisexuals and transgender individuals: stress, exposure to violence, stigma and discrimination; access and barriers to health care; resilience, including familial and society factors; depression and suicide; substance use and abuse (alcohol, drugs, tobacco); HIV/AIDS and other sexually transmitted diseases; certain cancers; obesity; and long-term hormone use (transgender individuals). (The institute also found that data and research on LGBT health is "quite limited" and identified a number of opportunities to expand scientific knowledge in this area.)

The number of men and women in Monroe County who identify as LGBT could be as high as 8,500 (11.6 percent of the county's population), based on data from the 2010 U.S. Census and Gallup. Key West, in particular, has been a draw for LGBT travelers for decades and home to the largest LGBT community in the Keys.

**Homeless.** The Monroe County Homeless Services Continuum-of-Care Inc., the lead agency on homeless affairs, reported 658 homeless persons living in the Florida Keys as of February 2013. Of these, 353 were living in emergency shelters and transitional housing programs operated by the City of Key West, Florida Keys Children's Shelter, Florida Keys Outreach Coalition, Independence Cay, Samuel's House, Catholic Charities, Heron/Peacock Supportive Living, Domestic Abuse Shelter and Volunteers of America. The remaining 305 persons were unsheltered.

The homeless typically receive health care through partner agencies and the local public health department.

**Language barriers.** The Florida Department of Health reported in 2010 that approximately 9.5 percent of people in the Florida Keys are “linguistically isolated” (i.e., English-language comprehension and skills are very poor or nonexistent). Apart from English, the most commonly spoken languages in Monroe County are Spanish and Haitian Creole. A report issued by the Monroe County Tourist Development Council in August 2006 notes that approximately 41 percent of the lodging industry and 37 percent of bars and restaurants in the Florida Keys hire guestworkers, foreign nationals permitted to enter the United States temporarily to take jobs for which there is a shortage of domestic labor. Guestworkers from around the world arrive in the Florida Keys every year, bringing with them varying levels of English-language comprehension and skills. Apart from language barriers, immigration status can make it particularly challenging to identify and track health-related issues affecting “linguistically isolated” populations in Monroe County.

## EDUCATION

The Health Foundation of South Florida reported in 2007 that approximately 88.9 percent of Monroe County residents held high school diplomas. Approximately 29.6 percent of residents held college diplomas (bachelor’s or higher).

## EMPLOYMENT

Most workers in Monroe County are employed in one of five areas: accommodation and food service, retail trade, public administration, health care and social assistance or educational services. The 2010 U.S. Census indicates that of the total civilian population 16 years and older in Monroe County, approximately 72.9 percent work in private industry and 15 percent in government. About 11.9 percent are self-employed and .2 percent are unpaid family workers. Monroe County typically has one of the lowest unemployment rates in the state: In December 2012, the U.S. Census Bureau reported unemployment in Monroe at 4.5 percent (state rate was 8 percent).

## INCOME

The American Community Survey for 2011, published by the U.S. Census Bureau, notes that per capita income in Monroe County at that time was \$31,388. Statewide per capita income was \$24,905. The Florida Department of Health reported in 2010 that median income in Monroe County was \$53,821. The statewide median was \$47,661. According to the Florida Department of Health, approximately 10.8 percent of Monroe County residents lived below poverty level in 2010. The statewide rate was 13.8 percent.

## HEALTH INSURANCE

Almost 22 percent of Monroe County residents did not have health insurance in 2010, according to the Florida Department of Health.

The department also reported that approximately 13.7 percent of women in Monroe County who gave birth between 2009 and 2011 checked “self-pay” on the birth certificate (i.e., they did not have insurance). During that same period, approximately 39.7 percent of births were covered by Medicaid.

In addition, KidCare, discount health insurance for children offered through the state, is honored by few doctors in the Florida Keys due to its low reimbursement rates.

## Florida County Wage Index, 2007

*relative wages paid to the typical worker performing an identical job in August 2007; \$100 = statewide average*

County	\$	Rank out of 67 counties
<b>Collier</b>	106.50	1
<b>Palm Beach</b>	104.65	2
<b>Broward</b>	103.64	3
<b>Hillsborough</b>	102.04	4
<b>Monroe</b>	101.42	8
<b>Franklin</b>	87.68	67

*Source: University of Florida*

## SNAPSHOT: TOURISM WORK FORCE

- Tourism is the largest industry in the Florida Keys. Tourism businesses – hotels, guesthouses, restaurants, attractions, etc. – employ upward of 55 percent of Monroe County’s entire work force.
- The average tourism worker works 48 hours a week. One out of every three tourism workers holds more than one job.
- Tourism workers average \$40,458 a year. Roughly 25 percent of tourism workers in the Florida Keys earn minimum wage to \$24,999 per year, 25 percent earn \$25,000 to \$34,999 per year, 25 percent earn \$35,000 to \$49,999 per year and the rest earn \$50,000 or more.
- Four out of every five tourism workers are “housing cost burdened” – that is, they pay more than 30 percent of their income into housing costs (renting or buying). The majority of tourism workers who told surveyors that they planned to leave the Florida Keys said they would do so because of the high cost of housing.
- While most workers surveyed said they were satisfied overall with their job, approximately 40 percent said they were less than satisfied with their health benefits and 54 percent said they were less than satisfied with their pay. Only about half of tourism employers offer medical benefits; for those that do offer medical benefits, most cover only 50 percent of their workers’ medical benefit costs. Approximately 32 percent of the tourism workers who told surveyors that they planned to leave the Florida Keys said they would do so because of the high cost of health care.

*-- Monroe County Tourist Development Council, August 2006*

## COST OF LIVING

Cost of living impacts public health, everything from the conditions of the homes that we can afford to live in to the foods that we can afford to eat.

Many people who live in the Florida Keys (especially those on limited income) must reorganize their spending priorities to survive a cost of living so high that it has been compared to those in New York City and San Francisco.

All too often, health care needs are pushed down the list of priorities (or removed from the list altogether) in favor of paying for housing, food, transportation and other needs that are considered more immediate.

Indeed, many Monroe County residents are even willing to take second jobs to meet the high cost of living in the self-proclaimed “paradise” that is the Florida Keys.

According to a survey conducted by the Bureau of Economic and Business Research at the University of Florida in August 2007, Monroe County residents were paying more for housing than residents of any other county in Florida and approximately 94.45 percent more than the statewide average at that time. Monroe residents were also paying more than statewide averages for transportation (2.54 percent), medical care (2.12 percent), food and beverages (.38 percent) and “other goods and services” (3.32 percent).

**Property values.** Property in the Florida Keys varies, from small apartments located in inland complexes to multimillion-dollar detached homes with waterfront views.

The Monroe County Property Appraiser’s Office reported more than 26,500 single-family parcels (i.e., detached homes) in the county in January 2013. The average parcel was valued at \$468,090.

**Housing sales.** Between January and September 2012, the average sale on any non-waterfront property in the Keys was \$334,000 (highest average non-waterfront was single-family homes at \$404,000; lowest average non-waterfront was mobile homes at \$96,000).

During the same period, the average sale on waterfront property in the Keys was \$501,000 (highest average waterfront was single-family homes at \$678,000; lowest average waterfront was mobile homes at \$203,000).

**Windstorm insurance.** Fair Insurance Rates in Monroe (FIRM) is a grassroots organization that has been advocating for more equitable windstorm insurance rates for Monroe County, compared to other coastal counties in Florida, since 2005.

In 2006, FIRM calculated average cost of windstorm premiums charged in various coastal communities in Florida on a sample property valued at \$350,000. Premiums ranged from a low of \$837 in parts of northern Florida to a high of \$7,318 in Monroe County.

“While the gap has narrowed significantly since 2006,” FIRM noted in a report delivered in February 2013, “Monroe policyholders still pay a disproportionately high premium compared to most other coastal areas.”

Higher windstorm rates are not only a challenge for people purchasing homes in Monroe County: Homeowners who rent their properties have the option of passing the cost on to the renter.

## Florida County Retail Price Index (FCRPI), August 2007

*relative income required to purchase the same basket of goods and services purchased by the average Floridian in August 2007; \$100 = statewide average*

County	\$	Rank out of 67 counties
Monroe	142.82	1
Miami-Dade	119.68	2
Broward	111.56	3
Palm Beach	110.12	4
Pinellas	101.20	5
Madison	83.81	67

## FCRPI: Basket of Goods & Services Categories, Monroe County, August 2007

*100% = statewide average*

Category	%	Rank out of 67 counties
Housing	194.45	1
Other Goods & Services	103.32	5
Transportation	102.54	3
Medical Care	102.12	7
Food & Beverages	100.38	36

*Source: University of Florida*

## Property Values, Monroe County, 2012

	Average Value \$	Total Number
Mobile Home	143,725	5,549
Condominium	318,437	7,499
Single-Family (unit shares communal area with others)	335,446	145
Multi-Family (one unit housing fewer than 10 sub-units)	372,515	2,264
Single-Family (detached)	468,090	26,572

*Source: Monroe County Property Appraiser’s Office*

## Property Sales, Average Prices, Monroe County, January-September 2012

	Non-Waterfront \$	Waterfront \$
All Properties	334,000	501,000
Single Family	404,000	678,000
Condo/Townhome	272,000	367,000
Duplex, 1/2 Duplex	292,000	413,000
Mobile Home	96,000	203,000

*Source: Coldwell Banker Schmitt Real Estate Co.*

**Rent.** The U.S. Department of Housing and Urban Development listed fair market rents in Monroe County in 2012 as ranging from \$1,126 per month (studio apartment) to \$2,050 per month (four-bedroom house).

In 2013, one local real estate agent suggested the following fair market rents for Key West: \$750-950 for a studio apartment in Old Town; \$900-1,500 for a one-bedroom apartment in Old Town; \$1,500-1,900 for a two-bedroom home in Old Town; \$2,400 for a three-bedroom home in Midtown (starting rent).

**Groceries.** In mid-January 2013, the Monroe County Health Department surveyed prices of select fresh foods at 10 stores across the Keys and mainland Florida.

Stores included: five Keys locations and one mainland location of a popular supermarket chain, three locally owned grocery stores in the Keys and one super center on the mainland.

Prices in the Keys were averaged and compared to prices on the mainland.

The average cost of each of the 23 items on the shopping list (with the exception of one item) was higher in the Keys than on the mainland.

Additional observations:

- The supermarket chain offered the widest selection of products, as well as daily specials and discount cards.
- Prices at locally owned grocery stores tended to be higher than those at the supermarket chain or the super center.
- Although the super center on the mainland offered the lowest prices, Monroe County residents must rely on the supermarket chain and local grocers since there are no super centers currently operating in the Keys.

**Gasoline.** On January 14, 2013, the Monroe County Health Department surveyed the price of one gallon of unleaded gasoline at 42 gas stations across the Florida Keys.

Prices were averaged according to region: Upper Keys (\$3.48), Middle Keys (\$3.52), Lower Keys (\$3.62) and Key West (\$3.62).

Average price in each region of the Keys was then compared to average price in each of the 50 states and the District of Columbia for the same day, as reported by the American Automobile Association.

The comparison showed that Monroe County residents were paying more for gas, on average, than the residents of 41 states (including Florida).

It also showed that the Lower Keys and Key West were behind only Connecticut, New York and Hawaii in the bid for highest average gas prices in the nation.

Inside Monroe County, the survey showed residents in the Lower Keys and Key West were paying more than residents in the Middle and Upper Keys.

The highest recorded price for gas in the Keys was \$3.68 (Lower Keys and Key West), while the lowest was \$3.39 (Upper Keys).

**Electricity.** Keys Energy Services, which serves Key West and the Lower Keys, charges 12.4 cents per kilowatt hour for electricity.

The Florida Keys Electric Cooperative, which serves the Middle and Upper Keys, charges 12.5 cents per kilowatt hour. Florida Power & Light, which serves mainland Florida, charges 11 cents per kilowatt hour.

The average bill for 1,000 kilowatt hours of electricity would be \$124 for a resident of Key West or the Lower Keys, \$125 for a resident of the Middle or Upper Keys and \$110 for a resident of mainland Florida.

## Cost of Gasoline, 2013

<i>• Data: January 14, 2013 • Prices at all gas stations in the Keys used to formulate Keys averages.</i>	<b>One Gallon Unleaded Average</b>
<b>Hawaii</b>	4.05 (highest)
<b>New York</b>	3.73
<b>Connecticut</b>	3.68
<b>California</b>	3.62
<b>Key West</b>	<b>3.62</b>
<b>Lower Keys</b>	<b>3.62</b>
<b>District of Columbia</b>	3.60
<b>Alaska, Vermont</b>	3.57
<b>Maine, Rhode Island</b>	3.54
<b>Middle Keys</b>	<b>3.52</b>
<b>Pennsylvania</b>	3.51
<b>Upper Keys</b>	<b>3.48</b>
<b>Massachusetts</b>	3.47
<b>Florida, West Virginia</b>	3.44
<b>Maryland, New Hampshire</b>	3.41
⇩	⇩
<b>Utah, Wyoming</b>	2.84 (lowest)

*Sources: American Automobile Association, Monroe County Health Department*

## Cost of Groceries, 2013

• Data: January 12-14, 2013 • Prices collected at six stores in the same supermarket chain, one super center and three locally owned grocers. • Dashes = data unavailable	Mainland Florida Florida City			Upper Keys Key Largo		Upper Keys Tavernier		Upper Keys Islamorada		Middle Keys Marathon		Lower Keys Big Pine Key		Key West Old Town/ New Town		Keys vs. Mainland Averages	Keys Average
	Chain	Super Center	Mainland Average	Chain	Local	Chain	Local	Chain	Local	Chain	Local	Chain	Local	Chain	Local		
<b>FRUITS &amp; VEGETABLES</b>																	
Tomatoes, vine ripe, loose, 1 lb	1.79	1.74	1.76	1.79	-	1.79	-	-	1.99	1.79	-	1.79	2.99	1.79	2.99	2.11	+35
Broccoli, loose, 1 lb	1.99	1.82	1.90	2.99	-	2.99	-	-	2.99	1.99	-	1.99	2.39	1.99	2.99	2.54	+64
Spring Mix, bag, 5 oz	3.79	2.88	3.33	2.99	-	3.79	-	-	3.99	3.99	-	3.79	4.89	-	4.99	4.06	+73
Classic Iceberg, bag, 12 oz	2.29	-	2.29	2.49	-	2.49	-	-	-	2.29	-	2.49	4.39	-	-	2.83	+54
Lettuce, romaine, loose, 1 lb	1.29	-	1.29	1.29	-	1.29	-	-	-	1.29	-	1.29	2.49	1.29	2.19	1.59	+30
Cucumber, loose, each	.69	.68	.68	.69	-	.69	-	-	.89	.69	-	.69	.59	.69	1.49	.80	+12
Carrots, baby, bag, 1 lb	-	1.48	1.48	-	-	1.99	-	-	1.99	1.79	-	1.99	-	2.29	2.29	2.05	+57
Potatoes, baking, loose, 1 lb	.99	.88	.93	1.29	-	1.29	-	-	.99	.99	-	1.29	.89	.99	.49	1.02	+09
Bananas, loose, 1 lb	.69	.59	.64	.69	-	.69	-	-	.89	.69	-	.69	1.39	.69	.89	.82	+18
Cantaloupe, each	2.99	2.28	2.63	2.99	-	3.49	-	-	3.99	2.99	-	2.99	-	4.99	3.29	3.53	+89
Oranges, navel, loose, 1 lb	1.49	1.68	1.58	1.99	-	1.99	-	-	2.37	1.49	-	1.49	2.67	1.49	-	1.92	+34
Apples, red delicious, loose, 1 lb	1.69	1.57	1.63	1.69	-	1.69	-	-	1.99	1.69	-	1.69	2.67	1.69	2.50	1.95	+32
Strawberries, package, 1 lb	2.99	2.98	2.98	2.99	-	2.99	-	-	4.99	2.99	-	2.99	-	2.99	6.89	3.83	+85
<b>OTHER FOODS</b>																	
Ground beef, 93/7, fresh, 1 lb	4.99	4.48	4.73	5.29	-	-	-	-	5.49	5.29	-	5.29	4.79	5.29	4.99	5.20	+47
Ground beef, 80/20, fresh, 1 lb	4.29	3.28	3.78	-	-	4.29	-	-	4.49	4.29	-	4.29	5.29	4.29	3.99	4.41	+63
Chicken, breast with rib meat, boneless, skinless, fresh, 1 lb	3.99	1.99	2.99	3.99	-	3.99	-	-	5.49	4.69	-	4.69	3.39	2.99	-	4.17	+118
Pork chops, loin, center cut, boneless, fresh, 1 lb	3.29	4.18	3.73	2.99	-	3.99	-	-	5.99	5.99	-	5.99	3.99	5.99	9.49	5.55	+182
Salmon, filets, fresh, 1 lb	8.99	-	8.99	8.99	-	8.99	-	-	-	8.99	-	8.99	-	8.99	16.99	10.32	+133
Tilapia, filets, fresh, 1 lb	7.99	-	7.99	7.99	-	7.99	-	-	-	-	-	5.99	-	7.99	9.99	7.99	0
Milk, gallon, fat-free	3.99	3.58	3.78	3.99	-	3.99	-	-	5.69	3.99	-	3.99	5.39	3.99	4.49	4.44	+66
Eggs, dozen, large, grade A	2.09	1.88	1.98	2.09	-	2.09	-	-	2.19	2.09	-	2.09	2.39	2.09	1.89	2.11	+13
Bread, loaf, white	1.89	1.18	1.53	1.89	-	1.89	-	-	2.49	1.89	-	1.89	2.69	1.89	1.99	2.07	+54
Bread, loaf, wheat	2.49	1.38	1.93	2.09	-	-	-	-	2.99	2.09	-	2.09	3.49	2.09	3.19	2.57	+64

Source: Monroe County Health Department

# ***HEALTH RISK FACTORS***

## **Contributors**

*Monroe County Growth Management Division, Monroe County Sheriff's Office, Monroe County Drug Court, Monroe County Schools, Rural Health Network of Monroe County, Alcoholics Anonymous, Narcotics Anonymous, Tobacco-Free Florida Keys, Keys Area Health Education Center, Florida Department of Health, Florida Department of Business & Professional Regulation, Florida Department of Agriculture and Consumer Services, Florida Department of Children and Families, Centers for Disease Control and Prevention, U.S. Surgeon General's Office, National Institutes of Health, National Institute on Drug Abuse, National Coalition for LGBT Health*

## TOBACCO

Tobacco use is the leading cause of preventable disease and death in the United States.

According to the Centers for Disease Control and Prevention (CDC), the adverse health effects from smoking account for an estimated 443,000 deaths (20 percent of all deaths) in the United States annually.

Smoking is said to increase the risk of, among other things: coronary heart disease, stroke, lung cancer and chronic obstructive lung diseases such as bronchitis and emphysema. In addition, smokeless tobacco is said to increase the risk of oral and throat cancers.

The CDC reports that cigarette smoking was responsible for approximately \$193 billion in annual health-related economic losses in the United States between 2000 and 2004, including nearly \$96 billion in direct medical costs and an additional \$97 billion in lost productivity.

In addition, the CDC notes that secondhand smoke — the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers — contains more than 7,000 chemicals (including 70 that can cause cancer). The agency makes clear that there is no risk-free level of exposure to secondhand smoke.

**Access.** Monroe County registers three times more active tobacco dealer licenses than any one of three select Florida counties with similar population size (Columbia, Nassau and Putnam). Monroe residents live in a community where tobacco is more readily available through a greater number of convenience marts, grocery stores and bars than other communities in Florida. Cigar stores and stands can also be found throughout Monroe County, a nostalgic reminder that cigar making helped build the Keys in their early days.

In recent years, several hookah bars had sprung up in Monroe County, inviting customers to share the tobacco experience with others through use of a hookah or water pipe. In addition, Monroe County had seen several loose-leaf tobacco shops selling a wide range of flavored and cured products in bulk. A recent check through Tobacco-Free Florida Keys and the Monroe County Health Department found that the hookah bars and loose-leaf tobacco shops have since closed.

**Adults.** According to the Florida Bureau of Tobacco Prevention Program's Monroe County Data Profile for 2010, approximately 22.3 percent of adults in the Florida Keys are smokers. The statewide average is 19.3 percent.

**Youth.** According to the Florida Department of Health, approximately 9 out of 10 adult smokers began using tobacco before age 18.

Youth are reportedly exploring cheaper alternatives to cigarettes, such as small cigars and loose tobacco, as the cost of cigarettes and the taxation on tobacco products continue to rise. In addition, the Monroe County Growth Management Division reports that there's at least one tobacco retailer within a 1/2-mile radius of each of 11 out of 17 elementary, middle and high schools across the county. In some cases, tobacco retailers are located within only one or two blocks of campus.

**LGBT.** The National Coalition for LGBT Health reports that lesbians, gays, bisexuals and transgender individuals are 40-70 percent more likely to smoke than non-LGBT.

Potential factors for higher rates of smoking among LGBT include:

- higher levels of social stress
- frequent patronage of bars and clubs
- higher rates of alcohol and drug use
- industry marketing that targets LGBT

### Number of Active Tobacco Dealer Licenses

Monroe (pop. 73,090)	395
Columbia (67,485)	104
Nassau (74,195)	109
Putnam (74,041)	125

— Florida Department of Business & Professional Regulation

## Tobacco Use: High School, 2012

	Monroe	State
<b>Cigarettes</b>	10.4 %	10.1 %
<b>Cigars</b>	14.8 %	11.4 %
<b>Smokeless Tobacco</b>	6.7 %	5.6 %

## Tobacco Use: Middle School, 2012

	Monroe	State
<b>Cigarettes</b>	4 %	3.3 %
<b>Cigars</b>	4 %	3.9 %
<b>Smokeless Tobacco</b>	1.9 %	2.3 %

Source: Florida Department of Health

## Florida Clean Indoor Air Act

The Florida legislature enacted the FCIAA in 1985, primarily to protect people from the health hazards of secondhand smoke.

The Florida Department of Health and the Florida Department of Business & Professional Regulation are responsible for enforcing the FCIAA.

One key provision of the FCIAA is that it prohibits smoking in an enclosed indoor workplace. It also prohibits anyone under age 18 from smoking within 1,000 feet of any school campus between 6 a.m. and midnight.

Although the FCIAA prohibits smoking in the aforementioned locations, it does not prohibit smoking in: private residences, retail tobacco shops, designated smoking guest rooms, stand-alone bars, customs smoking rooms, smoking cessation programs or membership associations. It also does not prohibit smoking for medical or scientific research purposes.

**Cessation, prevention and policy.** Tobacco-Free Florida Keys, a communitywide partnership established in 2010, promotes cessation, prevention and policy change as it relates to the sale and use of tobacco products.

Cessation services are available via the Florida Quitline (telephone counseling) and the Keys Area Health Education Center, a nonprofit 501c3 corporation serving Monroe and south Miami-Dade counties. Between July 2011 and June 2012, 151 Monroe County residents called the Florida Quitline (10 completed the program). Keys AHEC reported that 1,360 people enrolled in its face-to-face counseling program, with 1,209 eventually completing the program.

TFFK runs a youth tobacco prevention program (Students Working Against Tobacco) in conjunction with Monroe County Schools, in which youth promote tobacco prevention to their fellow youth. SWAT has helped ensure Monroe County campuses remain tobacco-free and has even encouraged local authorities to adopt resolutions and proclamations discouraging the sales and use of candy-flavored tobacco products.

Monroe County adheres to the Florida Clean Indoor Air Act, which the Florida legislature enacted in 1985 to protect people from the health hazards of secondhand smoke.

## OBESITY

Obesity, a key factor in the development of a variety of chronic diseases, is on the rise in the United States. Obesity rates among adults in Monroe County in 2010 were low compared to statewide averages: 17.4 percent versus 27.2 percent. The same was true of Monroe high school students in 2012, with 12.5 percent reportedly obese compared to the statewide average of 14.3 percent. Good nutrition and routine physical exercise are key to maintaining a healthy weight

**Nutrition.** An individual has a better chance of maintaining a healthy weight if he/she has access to supermarkets and grocers that offer affordable fresh fruits, vegetables, meats, dairy products and whole-grain goods and restaurants that serve healthier dishes made from fresh ingredients.

Monroe County has 138 convenience stores and supermarkets/grocers, affording Keys residents 50-60 percent greater access to food than residents in Florida counties with similar population totals (Columbia and Putnam).

In 2010, the Florida Department of Health reported that only 24.2 percent of the adult population in Monroe County was consuming the recommended five servings of fruits and vegetables a day. The statewide rate was 26.2 percent. While convenience stores offer quick and easy access to processed snacks and a limited amount of fresh fruit, supermarkets and grocery stores offer the widest possible range of affordable fresh foods.

Of the 503 restaurants in Monroe County, 458 are locally owned and 45 are owned by popular national chains (McDonalds, Wendy's, Burger King, Pizza Hut, Papa John's, Subway, Arby's, Denny's, Outback, etc.).

Locally owned restaurants oftentimes offer the diner a better chance of incorporating healthier choices into his/her diet, either through selection of entrees and side dishes prepared with fresh ingredients or through a cook-to-order service. Popular national chains, especially those identified as "fast food" restaurants, typically offer a set menu using prepared foods. Many "fast food" restaurants have taken the nationwide concern with obesity rates to heart, however, and have introduced healthier choices to the public.

**Physical activity.** Monroe County offers no fewer than 15 public parks and beaches and more than 120 fitness centers, where residents can engage in moderate to vigorous physical activity.

In 2007, Monroe County registered higher percentages than statewide percentages for adults who engaged in moderate physical activity (42.7 percent versus 34.6 percent) or vigorous physical activity (34 percent versus 26 percent).

In 2012, the Florida Department of Health reported that approximately 29.6 percent of middle schoolers and 34.2 percent of high schoolers in Monroe County were not engaging in sufficient vigorous physical activity (statewide rates were 29.2 percent and 37.3 percent, respectively).

## Access to Food: Retail, 2013

	Supermarkets/ Grocers	Convenience Stores
<b>Monroe</b>	28	110
<b>Columbia</b>	8	70
<b>Putnam</b>	14	57

*Source: Florida Department of Agriculture and Consumer Services*

## Access to Food: Restaurants, Monroe County, 2013

	Local	Chain	Total
<b>Key West</b> <i>MM0-MM4</i>	229	24	253
<b>Lower Keys</b> <i>MM4-MM40</i>	34	1	35
<b>Middle Keys</b> <i>MM40-MM70</i>	57	7	64
<b>Upper Keys</b> <i>MM70-MM125</i>	138	13	151
<b>Keyswide Totals</b>	458	45	503

*Source: Florida Department of Business & Professional Regulation*

## Physical Activity

	Year(s)	Monroe	State
		<i>percentages</i>	
<b>Lives within 1/2 mile of a park</b>	2010	29.87	44.83
<b>Lives within 1/2 mile of an off-street trail system</b>	2010	73.33	9.59
<b>Workers who bike to work</b>	2005-09	5.71	0.56
<b>Workers who walk to work</b>	2005-09	4.98	1.63

*Source: Florida Department of Health*

## ALCOHOL

Alcohol consumption is the third leading lifestyle-related cause of death in the United States, attributed to approximately 80,000 deaths nationwide each year. In 2006, there were more than 1.2 million emergency room visits and 2.7 million physician office visits nationwide due to excessive drinking. The economic costs of excessive alcohol consumption for that same year were estimated at \$223.5 billion.

Excessive alcohol use can pose both immediate health risks — traffic injuries, falls, drownings, burns, unintentional firearm injuries and alcohol poisoning — and long-term health risks — liver disease, certain types of cancer and neurological, cardiovascular and psychiatric problems. Excessive alcohol use has also been linked to battery, domestic violence, child abuse, risky sexual behaviors and miscarriage and stillbirth among pregnant women.

**Access.** Monroe County residents live in a community where alcohol is more readily available than many other communities in Florida, due to a greater number of bars, restaurants, convenience marts and liquor stores.

Monroe County registers up to four times more active alcoholic beverage licenses than any one of three select Florida counties with similar size population. It is estimated that the ratio of active alcoholic beverage licenses to residents in Monroe County is one license per 110 people (Columbia is one per 455 people, Nassau is one per 355 people and Putnam is one per 415 people).

**Youth.** Monroe County youth are using alcohol at rates higher than statewide averages. The 2012 Florida Youth Substance Abuse Survey found that:

- 31.5 percent of Monroe middle schoolers and 70.7 percent of Monroe high schoolers had used alcohol in their lifetimes (statewide averages were 28.9 for middle schoolers and 61.3 percent for high schoolers);
- 13.8 percent of Monroe middle schoolers and 45.7 percent of Monroe high schoolers had used alcohol in the past 30 days (statewide averages were 12.3 percent for middle schoolers and 33.9 percent for high schoolers); and
- 4.9 percent of Monroe middle schoolers and 26.5 percent of Monroe high schoolers had engaged in binge drinking in the past 30 days (statewide averages were 4.7 percent for middle schoolers and 16.4 percent for high schoolers).

**Injuries.** According to the Florida Department of Health, approximately 4.1 percent of Monroe County residents surveyed in the 2010 behavioral risk factor project reported having climbed behind the wheel of a vehicle after consuming too many alcoholic beverages. The statewide rate was 1.9 percent.

The Monroe County Sheriff's Office reported 109 charges of driving under the influence (DUI) countywide during 2012, including 100 charges in incidents where blood alcohol levels were determined to be higher than legal limits.

The number of alcohol-related vehicle crashes in Monroe County is typically more than twice the number per 100,000 population than the number of alcohol-related vehicle crashes per 100,000 population statewide, according to the Florida Department of Health. The department also reported for Monroe County almost three times more injuries and deaths due to alcohol-related vehicle crashes than statewide averages.

**Treatment and support groups.** Currently, there are three alcohol treatment programs operating in Monroe County. In addition, first-time felons are treated through Monroe County Drug Court at facilities located in the Upper and Middle Keys and Key West. Alcoholics Anonymous offers support through daily meetings at locations countywide.

### Number of Active Alcoholic Beverage Licenses

Monroe (pop. 73,090)	660
Columbia (67,485)	148
Nassau (74,195)	209
Putnam (74,041)	178

— Florida Department of Business &  
Professional Regulation

### Adult Alcohol Consumption: Heavy or Binge Drinking

	Monroe	State
<b>Overall</b>	25.1 %	15 %
<b>Men</b>	25.6 %	19.8 %
<b>Women</b>	24.6 %	10.5 %
<b>Ages 18-44</b>	19.5 %	20.9 %
<b>Ages 45-64</b>	32.4 %	14.4 %
<b>Ages 65+</b>	13.2 %	6.8 %

*“Binge drinking” is defined as four or more drinks for a woman or five or more drinks for a man in one sitting.*

Source: Florida Department of Health

## SUBSTANCE ABUSE

Use of both illegal and controlled substances is believed to be widespread in the Florida Keys, based on the number of arrests made on substance-related charges and data gathered from youth surveys.

The Monroe County Sheriff's Office reported close to 1,100 substance-related charges made in 2012, everything from possessing drugs and drug-related equipment to manufacturing, smuggling, trafficking and selling drugs.

**Marijuana.** The U.S. surgeon general issued a report in August 1982 that lists the suspected health effects of marijuana: short-term memory impairment and slowness of learning, impaired lung function similar to that found in cigarette smokers, decreased sperm count and sperm mobility, interference with ovulation and prenatal development, impaired immune response and possible adverse effects on heart function.

In December 2012, the National Institutes of Health (NIH) reported the results of a survey that showed that daily marijuana use among high schoolers nationwide had jumped from 5.1 percent in 2007 to 6.5 percent in 2012. NIH also established a correlation between the rise in daily marijuana use and survey figures that showed fewer teens believing marijuana to pose any kind of serious health risk. Media reports in recent years have linked higher rates of marijuana use among youth to the higher cost of tobacco products, suggesting that more and more youth turn to marijuana because it is more affordable than cigarettes.

The Monroe County Sheriff's Office reports that more than 300 charges of marijuana possession were made in 2012.

In addition, the 2012 Florida Youth Substance Abuse Survey indicates that Monroe middle schoolers and Monroe high schoolers are exposed to and using marijuana at rates higher than statewide averages.

**Cocaine/crack cocaine.** Cocaine is a powerfully addictive central nervous system stimulant that is snorted, injected or smoked. Crack is cocaine hydrochloride powder that has been processed to form a rock crystal that is then usually smoked. According to the National Institute on Drug Abuse (NIDA), cocaine increases body temperature, blood pressure and heart rate and can bring on heart attack, respiratory failure, strokes, seizures, abdominal pain, nausea and even death (on first use or unexpectedly afterwards).

The Monroe County Sheriff's Office reports that more than 130 charges of cocaine possession were made in 2012.

**Club drugs.** Drugs such as ecstasy, methamphetamine, LSD, GHB and ketamine are known as "club drugs" because they are typically used at nightclubs, bars, concerts and parties. NIDA reports that while club drugs can induce feelings of detachment and sedation, they can also cause delirium, amnesia, seizures and coma and can be lethal if mixed with alcohol. Ecstasy can interfere with the body's ability to regulate temperature. Methamphetamine can produce irregular heartbeat and induce violent behavior, anxiety and confusion. LSD can increase body temperature, heart rate and blood pressure and interfere with sleep and appetite.

### Florida Youth Substance Abuse Survey, 2012

	Percentage of youth who reported having used various drugs <u>in their lifetimes</u>				Percentage of youth who reported having used various drugs <u>in the past 30 days</u>			
	Middle School (Monroe)	Middle School (Florida)	High School (Monroe)	High School (Florida)	Middle School (Monroe)	Middle School (Florida)	High School (Monroe)	High School (Florida)
Marijuana or Hashish	9.7	8.3	48.2	34.4	4.2	4.2	31.3	18.5
Synthetic Marijuana	—	—	23.0	13.0	—	—	6.9	4.3
Inhalants	9.4	9.9	8.5	6.4	3.4	3.8	2.0	1.6
Club Drugs	1.2	1.1	9.2	5.1	0.6	0.4	2.2	1.5
LSD, PCP or Mushrooms	2.9	1.4	13.2	5.1	0.8	0.5	3.4	1.3
Methamphetamine	1.7	1.0	1.7	1.1	1.2	0.5	0.6	0.5
Cocaine or Crack Cocaine	1.6	1.1	7.7	3.1	0.8	0.4	2.7	0.9
Heroin	1.0	0.5	1.2	0.8	0.6	0.2	0.6	0.4
Depressants	3.4	1.8	15.8	6.8	1.4	0.8	6.6	2.1
Prescription Pain Relievers	4.4	3.6	16.3	8.5	2.9	1.7	3.9	2.8
Prescription Amphetamines	1.6	1.1	8.8	4.8	1.3	0.4	2.8	1.5
Steroids (w/o doctor's orders)	0.9	0.7	1.7	0.9	0.3	0.3	0.7	0.5
Over-the-Counter Drugs	3.9	3.7	8.5	6.9	2.4	1.7	3.7	2.6

Source: Florida Department of Children and Families

**Prescription drugs.** The Florida Department of Health reports that there are 107 pharmacists in Monroe County, all of them licensed to fill prescriptions for controlled substances written by a physician. (State authorities and the Drug Enforcement Agency closely monitor controlled substances.)

The Monroe County Sheriff's Office reports that more than 117 charges of possessing a controlled substance without a prescription were made in 2012. In most cases, it was not known how the people charged had obtained the substances.

**Treatment and support groups.** Currently, there are three substance abuse treatment programs operating in Monroe County. In addition, first-time felons are treated through Monroe County Drug Court at facilities located in the Upper and Middle Keys and Key West. Narcotics Anonymous offers support through daily meetings at locations countywide.

## SEXUAL PRACTICES

The Florida Department of Health asked local program area field staff across the state in 2011 to interview more than 11,500 clients on risky behaviors that may have led to them catching a sexually transmitted disease. The most frequent risks reported among all of those interviewed statewide include: a history of prior STDs (38 percent), oral sex (32 percent), no condom usage (13.1 percent), new partners within 90 days (9.4 percent) and multiple partners (7 percent).

The Monroe County Health Department monitors STD activity and offers testing and educational services countywide. In 2011, registered testing sites reported giving more than 1,700 rapid HIV tests countywide. To help promote safer sex practices, the department also distributes more than 500,000 condoms free to the general public every year at more than 175 sites across the Florida Keys.

**HIV/AIDS.** HIV (human immunodeficiency virus), the virus that can progress to AIDS (Acquired Immune Deficiency Syndrome), destroys blood cells that are crucial to fighting diseases (CD4 +T cells or "helper cells"). It is important that anyone diagnosed with HIV or AIDS be in care, submitting to routine blood checks for current counts on the number of "helper cells" and viral load, seeing an HIV specialist regularly and taking prescribed medication to control the disease.

HIV is spread primarily by: 1) not using a condom when having anal or vaginal sex with someone who has HIV; 2) having multiple sex partners; 3) engaging in unprotected oral sex; 4) sharing needles, syringes, rinse water or other equipment used to prepare illicit drugs for injection; and 5) being born to an HIV-infected mother (the disease can be passed during pregnancy, at birth or through breastfeeding). Rates of HIV co-infection with other STDs, as well as substance use as it relates to risky sexual behaviors that could lead to HIV infection, is of growing concern.

It is estimated that 1 in 5 people who have HIV nationwide don't even know that they have the disease. The only way to know if an individual is infected with HIV is through testing.

In 2011, the Florida Department of Health reported 43,809 people diagnosed with HIV and 54,889 people diagnosed with AIDS statewide. Approximately 60 percent of the 98,698 people diagnosed with HIV or AIDS (59,518 people) were in care, while the rest (39,180 people) were not in care.

In Monroe County, 227 people were diagnosed with HIV and 486 people were diagnosed with AIDS that same year. Approximately 63 percent of the 713 people diagnosed with HIV or AIDS (451 people) were in care, while the rest (262 people) were not in care.

Monroe County saw 25 new cases of HIV on average each year between 2008 and 2011. The greatest number in one year was 35 cases (2008); the least number in one year was 20 cases (2011). In 2012, the county saw 27 new HIV cases.

One reason that the department places Monroe County in the "least favorable" category when it comes to reported HIV cases (34.2 per 100,000 people versus a statewide rate of 29.5 per 100,000) could be due to a per capita population of men having sex with men (MSM) that's thought to be higher than many other counties its size. HIV/AIDS impacts every population group; even so, the Centers for Disease Control and Prevention (CDC) reports that approximately 63 percent of the 47,500 new HIV infections nationwide in 2010 were, in fact, in the MSM population.

The Monroe CHD, which oversees federal funding (Ryan White) for health programs targeting the county's HIV/AIDS population, runs a clinic in Key West under the "treatment is prevention" philosophy. Clinic nurses and physicians see more than 400 HIV/AIDS clients on a routine basis. Dr. Mark Whiteside, Monroe CHD medical director and leading specialist in the field of HIV/AIDS, emphasizes that 80 percent of all clients receiving treatment through the clinic have the disease under control (i.e., reasonable "helper cell" counts and "undetectable" viral loads). According to the CDC, only about 30 percent of those receiving treatment for HIV nationwide have complete viral suppression. While the Monroe CHD tends to the clinical needs of HIV/AIDS clients, AHI (a leading HIV/AIDS service provider in the community) helps clients in need of, among other things: housing, food, transportation, dental care and alcohol and substance abuse treatment.

**Chlamydia.** The Florida Department of Health reports that Chlamydia infections are widespread across the state and continue to rise annually.

Approximately 76,000 cases were reported statewide in 2011, the largest number reported in any year since reporting became law in 1993. Chlamydia accounted for 76 percent of all reportable STDs that same year.

In Monroe County, an average of 126 new cases of Chlamydia were reported each year between 2008 and 2011. The greatest number in one year was 152 cases (2010); the least number in one year was 100 cases (2008).

Most people who have Chlamydia don't know since the disease often has no symptoms. Sexually active females under age 25 should be tested for Chlamydia every year. Although Chlamydia is easy to cure, it can affect a woman's ability to have children if left untreated.

**Gonorrhea.** Despite recent decreases in the number of gonorrhea cases overall, the Florida Department of Health notes that the emerging threat of antimicrobial resistance and increases among subpopulations across the state are still a concern. In 2011, 19,694 cases of gonorrhea were reported statewide.

In Monroe County, an average of 21 new cases of gonorrhea were reported each year between 2008 and 2011. The greatest number in one year was 28 cases (2010); the least number in one year was 14 cases (2008).

Anyone who is sexually active can get gonorrhea, a disease that can affect the anus, eyes, mouth, genitals or throat. Symptoms in men and women can vary, depending on what part of the body is infected. Gonorrhea can affect a woman's ability to have children if left untreated.

**Syphilis.** According to the Florida Department of Health, 4,142 cases of "early syphilis" – that is, cases in which the signs or symptoms of the disease occur within a year of diagnosis – were reported statewide in 2011.

In Monroe County, an average of 4 new cases of "early syphilis" were reported each year between 2008 and 2011. The greatest number in one year was 5 cases (2011); the least number in one year was 3 cases (2008 and 2010).

The Florida Department of Health reported an average of 15 new cases of syphilis – early syphilis, late syphilis and infectious syphilis – each year in Monroe County between 2008 and 2011. The greatest number in one year was 18 cases (2008); the least number in one year was 12 cases (2011).

## SNAPSHOT: SUBPOPULATIONS

In 2011, the Florida Department of Health interviewed more than 11,500 clients statewide – including subpopulations of individuals under age 15, pregnant women and men who have sex with men (MSM) – on risky behaviors that may have led to them catching a sexually transmitted disease.

Following are the top five risky behaviors reported among each of these subpopulations.

### Individuals Under Age 15

1. Oral Sex
2. History of Prior STD
3. New Partner Within 90 Days
4. Drug Usage
5. Anonymous Partners

### Pregnant Women

1. History of Prior STD
2. Oral Sex
3. No Condom Usage
4. Drug and Alcohol Usage
5. New Partner Within 90 Days

### MSM

1. Oral Sex
2. History of Prior STD
3. Anonymous Partners
4. New Partner Within 90 Days
5. Sex With Multiple Partners

— Florida Department of Health

## SCREENINGS

Health screenings are invaluable tools for detecting and treating disease at any stage and even saving lives.

Not receiving recommended screenings can put an individual and/or the community at large at risk.

Statistics indicate that Monroe County percentages lag behind statewide averages in several screening areas.

**Physical exams.** Physical exams can stop problems before they start, according to the Centers for Disease Control and Prevention (CDC), and improve chances for treatment and cure should problems be found. Annual physicals can improve a person's chances for a longer and healthier life. The CDC adds that age, family history, lifestyle choices and overall health can impact how often you should have a physical. For example, annual lung cancer screenings (chest X-ray) are recommended, especially for anyone who smokes.

**Dental exams.** Routine dental checkups are important in the fight against tooth decay, gum disease and oral cancers.

According to the CDC, more than 16 percent of children and young adults ages 6-19 nationwide in 2008 had untreated cavities.

In addition, the CDC notes, only 78.9 percent of children and young adults ages 2-17 nationwide in 2010 had visited the dentist within the previous year.

## Health Screenings for Adults

	Year(s)	Monroe	State
		percentages	
Dental exam within past year	2007	83.1	80.8
Cholesterol: Adults checked within past five years	2007	73.4	73.3
Colorectal Cancer: Adults 50+ who received a sigmoidoscopy or colonoscopy within past five years	2010	45.1	56.4
Colorectal Cancer: Adults 50+ who received a blood stool test within past year	2010	9.5	14.7
Mammogram: Women 40+ who received a mammogram within past year	2010	51.9	61.9
Cervical Cancer: Women 18+ who received a Pap test within past year	2010	50.7	57.1

Source: Florida Department of Health

The CDC recommends that a child's preventive dental program include fluoride, twice-daily brushing, wise food choices and regular dental care. The Rural Health Network of Monroe County runs a dental sealant program that helps ensure that chewing surfaces on the back teeth of children are protected with plastic coatings. The CDC reports that approximately 23.7 percent of adults nationwide in 2008 had untreated cavities. In addition, only 61.1 percent of adults ages 18-64 and 57.7 percent of adults ages 65 and over nationwide in 2010 had visited the dentist within the previous year. In a study conducted in 2010, the Florida Department of Health reported that approximately 16.9 percent of adults in Monroe County said that they could not visit the dentist within the previous year due to cost.

**Colorectal cancer.** According to the CDC, colorectal cancer is the second leading cancer killer in the United States. In 2009, 51,848 of the 136,717 people in the United States who were diagnosed with colorectal cancer (roughly 38 percent) died from the disease. Colorectal cancer almost always develops from precancerous abnormal growths in the colon or rectum. The CDC highly recommends screening for colorectal cancer, as detecting the disease early can lead to more effective treatment. Anyone age 50 or over should have regular colorectal cancer screenings. If everyone age 50 and over had regular screenings, the CDC notes, at least 60 percent of deaths from this cancer could be avoided. Screening types include blood stool testing (annually), sigmoidoscopy (every 5 years) or colonoscopy (every 10 years).

More than 25,000 residents in Monroe County (about 35 percent of the county's total population) are age 50 and over. In addition to colorectal cancer screening rates in Monroe falling well behind statewide averages, the Florida Department of Health's status summary for Monroe County lists the county's colorectal cancer screening rates as being among some of the "least favorable" in the state.

**Breast cancer.** Breast cancer is the second most common cancer (behind skin cancer) among women. The CDC reports that 40,676 of the 211,731 women diagnosed with breast cancer in the United States in 2009 (roughly 19 percent) died from the disease. There are three types of screening for breast cancer: mammogram or X-ray of the breast; clinical breast exam, where a doctor or nurse feels for lumps or other changes in the breast; and breast self-exam, where the woman checks her own breast for lumps, changes in size or shape or any other changes in the breast or underarm. Although the CDC recommends that women as early as age 40 talk to their doctors about when and how often they should have a mammogram, the CDC suggests that women ages 50-74 schedule a routine mammogram every two years. (Any woman of any age who is at higher risk of breast cancer due to genetic or lifestyle factors should talk to her doctor about routine breast exams and mammograms.)

More than 15,000 women living in Monroe County are ages 40-74. According to the Florida Department of Health, Monroe County is approximately 10 percentage points behind statewide averages on the number of women over age 40 who have had a mammogram within the past year.

**Cervical cancer.** Each year, about 12,000 women in the United States are diagnosed with cervical cancer. The CDC notes that cervical cancer is highly preventable through screenings and vaccination against the *human papillomavirus* (HPV), a relatively common sexually transmitted disease that can develop into cervical cancer. Screenings include the Pap test (recommended for all women ages 21-65) and the HPV test.

More than 22,000 women living in Monroe County are ages 21-65. In addition to the cervical cancer screening rates in the Florida Keys falling behind statewide averages, the Florida Department of Health lists the county's cervical cancer screening rates as being among some of the "least favorable" in the state.

**Melanoma.** Skin cancer is the most common form of cancer in the United States. While basal cell and squamous cell skin cancers are curable, the CDC notes, melanoma is more dangerous. Up to 90 percent of melanomas are caused by exposure to ultraviolet light — that is, light from the sun, tanning beds and sunlamps. According to the Florida Department of Health, Monroe County experienced almost twice as many deaths due to melanoma on average than statewide averages (5.7 per 100,000 people versus 2.9 per 100,000 people) between 2009 and 2011. The incidence of melanoma in Monroe County was also higher than statewide rates (21 per 100,000 versus 18.3 per 100,000) between 2007 and 2009.

**Heart disease.** Heart disease was the second leading cause of death (behind cancer) in Monroe County in 2011. Although men are typically at higher risk than women of developing heart disease, the risks increase for women after menopause. The CDC reports that the most common type of heart disease in the United States is coronary artery disease, which can cause heart attacks. Preventive measures include, but are not limited to: eating a healthy diet, maintaining a healthy weight, exercising regularly, quitting smoking and limiting alcohol use.

Screening for cholesterol, a fat-like substance that can build up in the body and cause heart disease and stroke, is another way to help minimize risk. The Florida Department of Health reported in 2007 that 73.4 percent of adults in Monroe County had received a cholesterol screening within the previous five years. The statewide rate was 73.3 percent.

Hypertension (high blood pressure) can also lead to heart disease and stroke, especially if untreated. The Florida Department of Health noted in 2010 that 33.1 percent of adults in the Florida Keys had been diagnosed with hypertension.

## IMMUNIZATIONS

Immunizations are the best tools for preventing the introduction and spread of communicable diseases in populations. Not receiving recommended immunizations can pose health risks not only to an individual, but also to the community at large.

The Monroe County Health Department received more than \$573,000 in vaccines through the federally funded Vaccines For Children program between July 2011 and June 2012, which helped staff, among other things, meet the 2012 goal for immunizing 24-month-olds.

Throughout 2012, the department administered 15,133 childhood, adult and travel vaccinations at its clinics in Key West (9,219), the Middle Keys (2,898) and the Upper Keys (3,016).

The department recently launched several immunization campaigns, targeting diseases of particular concern at the national, state and local levels.

**Influenza.** The 2012-2013 flu season has been particularly active nationwide, with “mild” to “moderate” influenza-like illness activity reported in Monroe County during the first half of the season (October 2012 to January 2013). The department ran flu shot clinics in Key West and the Middle and Upper Keys in late September and early October 2012 and has publicized flu shot services (both walk-in and by appointment) since.

**Pneumonia.** Pneumococcal disease, including strep pneumonia, is a leading cause of death worldwide. In the United States alone, more people die of pneumococcal disease than all the other vaccine-preventable diseases combined. Safe and effective pneumonia vaccines are available for both children and adults and are particularly important for individuals with underlying disease.

**Pertussis.** In response to 6 confirmed cases of pertussis (aka, “whooping cough”) reported in the Florida Keys in 2011 and 2012, the department has launched a campaign to ensure that adults who come in contact with infants receive a Tdap vaccination. In addition to protecting against tetanus and diphtheria, a Tdap shot will prevent an adult from contracting pertussis and passing the disease to an infant.

The department encourages a “cocooning” approach – that is, parents of newborns ensuring that any adult who comes in contact with the newborn be vaccinated so as to create a protective “cocoon” of pertussis-resistant individuals around the newborn. Infants can die from the violent coughing spasms that come with pertussis.

**HPV.** *Human papillomavirus* (HPV) is a relatively common sexually transmitted disease that can develop into certain anal, genital and head and neck cancers in both men and women. The department recommends that young men and women receive the three-shot series against HPV before they become sexually active to prevent the disease and the types of cancer that it can develop into later in life.

## Immunizations, Monroe County, 2012

*Administered through the Monroe County Health Department*

Vaccine	Disease(s)	Total
DT	<i>diphtheria, tetanus</i>	3
DTAP	<i>diphtheria, tetanus, pertussis</i>	406
DTAP-IPV	<i>diphtheria, tetanus, pertussis, polio</i>	354
Flu Mist	<i>influenza</i>	82
Flu 3Y+P		1,275
Flu 3Y+PF		87
Flu 6-35 PF		155
Hepatitis A	<i>hepatitis</i>	1,699
Hepatitis B		683
Hepatitis A/B		471
ActHIB	<i>haemophilus influenzae B</i>	30
PedvaxHIB	<i>haemophilus influenzae B</i>	943
HPV4	<i>human papillomavirus</i>	989
IPV	<i>polio</i>	381
Japanese Encephalitis	<i>Japanese encephalitis</i>	1
Menactra	<i>meningococcal meningitis</i>	622
MMR	<i>measles, mumps, rubella</i>	1,004
MMRV	<i>measles, mumps, rubella, varicella (chickenpox)</i>	11
PCV13	<i>pneumococcal pneumonia</i>	1,494
PEDIARIX	<i>diphtheria, tetanus, pertussis, hepatitis B, polio</i>	843
PENTACEL	<i>diphtheria, tetanus, pertussis, polio, haemophilus influenzae B</i>	90
PPSV23	<i>pneumococcal pneumonia</i>	73
Rabies IM	<i>rabies</i>	11
Rotarix	<i>rotavirus</i>	555
RotaTeq	<i>rotavirus</i>	13
TD Decavac	<i>tetanus, diphtheria</i>	106
TD TENIVAC	<i>tetanus, diphtheria</i>	35
Tdap	<i>tetanus, diphtheria, pertussis</i>	1,139
Typhoid IM	<i>typhoid</i>	82
VZV	<i>varicella (chickenpox)</i>	1,305
Yellow Fever	<i>yellow fever</i>	72
Zostavax	<i>shingles</i>	119
<b>TOTAL</b>		15,133

**Meningitis.** Meningococcal meningitis can develop when certain bacteria enter membranes covering the brain and spinal cord. Symptoms typically include fever, headache, stiff neck, nausea, increased sensitivity to light and confusion. It's recommended that children receive the vaccine around age 12 and again at age 16 and that young adults bound for college receive the vaccine.

## MENTAL HEALTH

Mental health is directly linked to physical health: A person's mental state can impact him/her physiologically or alter behavior that could put that person's health and safety at risk.

For example, stress alone can increase blood pressure about 15 percent. According to the Centers for Disease Control and Prevention, certain levels of stress can help people develop the skills they need to adapt to new and potentially threatening situations throughout life. The benefits of stress diminish, however, when it is severe enough to overwhelm a person's ability to cope effectively. Mental health professionals encourage people who suffer from mental illness to build "resilience" to relieve stress.

Following is information on some of the more common mental illnesses that health care professionals in the Florida Keys diagnose and treat in adults, as well as statistics on mental health conditions observed in children and young adults in Monroe County.

There are two assisted living facilities in the Florida Keys dedicated to working with the mentally ill (located in Key West and Marathon).

**Depression.** Approximately 19 million Americans are diagnosed with clinical depression every year. Depression takes different forms and can be mild or severe. Causes range from genetics to hormones to serious adverse life events (job changes, divorce, death of a loved one, etc.). Some studies suggest that depression occurs twice as often in women as in men, due to hormonal changes linked to puberty, pregnancy and menopause.

Treatment of depression typically includes psychotherapy; antidepressant medications; and/or personal, marital and family therapies.

**Anxiety.** Although anxiety is a relatively common feeling, it becomes a problem when it interferes with everyday life. One form of anxiety is general anxiety disorder (GAD), which is thought to affect approximately 2 percent of the U.S. population at any given time. GAD is characterized by excessive worry and anxiety occurring more days than not for at least six months. Symptoms of GAD include (but are not limited to): restlessness, fatigue, difficulty concentrating, muscle tension and sleep disturbance. Panic disorder, which can cause panic attacks, is another form of anxiety. It is also thought to affect approximately 2 percent of the U.S. population at any given time.

**Substance use.** Alcohol and drugs impact a person's mental health and could lead to behaviors that put that person's physical health and/or the health of others at risk.

## TEN WAYS TO BUILD RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress, such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.

**Make connections.** Good relationships with family and friends are important. Assisting others in their time of need also can benefit the person who's the helper.

**Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful stuff happens, but you can change how you interpret and respond to these challenges.

**Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse changes. Accepting circumstances that can't be changed can help you focus on circumstances that you can alter.

**Move toward your goals.** Develop some realistic goals and do something regularly — even if it's a small thing — that enables you to move forward.

**Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than just wishing problems would go away.

**Look for opportunities for self-discovery.** People often learn something about themselves and grow as they cope with life's challenges.

**Nurture a positive view of yourself.** Developing confidence in your ability to solve problems helps build your resilience.

**Keep things in perspective.** Learn to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing events out of proportion.

**Maintain a hopeful outlook.** An optimistic perspective is usually very adaptive. Try visualizing what you want, rather than worrying about what you fear.

**Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy. Exercise regularly. Taking care of your self helps to keep your mind and body in good shape to deal with situations that require resilience.

## Mental Health Conditions Among Children and Young Adults, 2009-2011

	Monroe	State
<b>Non-fatal hospitalizations for self-inflicted injuries (per 100,000 people)</b>		
Ages 12-18	51.3	45.1
Ages 19-21	61.6	80.6
<b>Non-fatal hospitalizations for eating disorders (per 100,000 people)</b>		
Ages 12-18	29.3	14.4
Ages 19-21	15.4	11.2
<b>Suicide deaths (per 100,000 people)</b>		
Ages 12-18	0.0	3.6
Ages 19-21	15.4	10.2
<b>Percent of emotionally challenged children in schools (K-12)</b>	1.3	0.9
<b>Referrals to Department of Juvenile Justice (per 100,00 people ages 10-17)</b>	606.8	588.7

*Source: Florida Department of Health*

**Children and young adults.** The Childhood & Adolescent Health Measurement Initiative reported in 2007 that approximately 11.2 percent of children and young adults ages 2-17 in Florida had been diagnosed with one or more of the following emotional, behavioral or developmental conditions:

- Attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD)
- Anxiety
- Depression
- Oppositional defiant disorder (ODD)/conduct disorder
- Autism spectrum disorders
- Developmental delay
- Tourette Syndrome

Of those children and young adults in Florida, only 40.9 percent received mental health treatment or counseling within the previous year (nationwide figure was 45.6 percent) and only 54.6 percent had health care coverage adequate to meet their needs (nationwide figure was 70.6 percent).

In Monroe County between 2009 and 2011, the Florida Department of Health reported rates higher than statewide rates on the following:

- Self-inflicted injuries in children and young adults ages 12-18
- Eating disorders in children and young adults ages 12-21
- Suicide deaths in young adults ages 19-21

In addition to a school health services plan and school wellness policy that commit Monroe County schools to serving the mental health needs of all students, the school system has adopted an anti-bullying policy in the wake of nationwide reports on bullying as the cause of some children and young adults taking their own lives.

# ***HEALTH STATUS***

## **Contributors**

*Monroe County Schools, Monroe County Sheriff's Office, Florida Keys Healthy Start Coalition,  
Early Learning Coalition of Miami-Dade and Monroe, Wesley House Family Services, Florida Department of Health,  
Florida Department of Agriculture and Consumer Services, Centers for Disease Control and Prevention*

## PREGNANCY & BIRTH

The Bureau of Vital Statistics at the Florida Department of Health reported 720 live births to Monroe County women in 2011. (Healthy Start reported 705 live births to Monroe County women in 2012.)

Healthy Start, a free program for all pregnant women and women with infants under age 3, is run through the Monroe County Health Department in partnership with the Florida Keys Healthy Start Coalition, which includes more than 20 partners in the community. Healthy Start care coordinators help ensure that healthy babies are born into the community, especially through home visits and educational outreach focusing on childbirth, parenting, breastfeeding, smoking cessation and staying healthy between pregnancies. Among other things, coalition staff offer financial assistance for prenatal care and run a car seat installation and training program.

Womankind is another organization in the county that serves the health care needs of women.

As of February 2013, the county has four obstetrician/gynecologists and two gynecologists (all based in Key West).

Lower Keys Medical Center (Key West) is the only facility in the Florida Keys that has a labor and delivery unit. Many women in Key West and the Lower Keys deliver at LKMC. Women in the Middle Keys either transport to LKMC to deliver or deliver at Fishermen’s Hospital (Marathon), which does not have a labor and delivery unit. Most women in the Upper Keys transport to mainland Florida to deliver.

In 2011, 705 resident women of Monroe County delivered at hospitals in the Florida Keys or on mainland Florida. Seven resident women delivered at birthing centers. The remainder delivered at other locations.

A total of 28 of the babies born in 2011 were born to teenage mothers. The department reports that Monroe County’s rate of births to teenage mothers was relatively low on average compared to the statewide rate between 2009 and 2011 (23.2 per 100,000 people versus 32.9 per 100,000 people). Percentage of repeat births to teenage mothers in Monroe County was also lower than the statewide average between 2009 and 2011 (12.8 percent versus 18.1 percent).

A total of 668 of the babies born in 2011 were born at a “healthy weight” (more than 2,500 grams or 5 pounds/8 ounces); 52 of these babies were born at an “unhealthy weight” (less than 2,500 grams).

In addition, the Florida Department of Health reported the following averages between 2008 and 2011:

- Fetal Deaths: Monroe County, 6.1 per 1,000 deliveries; Florida, 4.8 per 1,000 deliveries
- Neonatal Deaths (under 28 days): Monroe County, 3.8 per 1,000 live births; Florida, 4.4 per 1,000 live births
- Post-Neonatal Deaths (28-364 days): Monroe County, 0.9 per 1,000 live births; Florida, 2.2 per 1,000 live births
- Infant Deaths (0-364 days): Monroe County, 4.7 per 1,000 live births; Florida, 6.6 per 1,000 live births

### Resident Births (Location and Attendant), Monroe County, 2011

Hospital			Birthing Center			Other
Physician	Midwife	Other	Physician	Midwife	Other	
655	47	3	0	7	0	8

Source: Florida Department of Health

## CHILD CARE

As of February 2013, there are only four pediatricians in Monroe County (two in Key West, one in the Middle Keys and one in the Upper Keys). In addition, the Early Learning Coalition of Miami-Dade and Monroe lists 60 licensed child care providers across the Florida Keys.

WIC, a federally funded program that helps ensure that low-income women, infants and children have access to food, operates through the Monroe County Health Department in Key West and the Middle and Upper Keys. According to the Florida Department of Health, 33.2 percent of WIC children age 2 and above in Monroe County in 2011 were either overweight or at risk of becoming overweight (statewide rate was 28.8 percent).

Monroe County registered high rates of various types of injuries and injury-related deaths in children ages 1-5 between 2008 and 2011, including accidental falls and poisonings, traumatic brain injuries, near drownings and injuries and deaths due to motor vehicle accidents.

### Injuries/Injury-Related Deaths, Ages 1-5, 2008-2011

Cause	Monroe	State
	per 100,000 ages 1-5 per year	
Deaths due to unintentional injury	10.5	11.1
Hospitalizations for all non-fatal unintentional injuries	287.8	230.2
Near drownings	29.8	16.5
Traumatic brain injuries	69.5	43.3
Hospital/ER-treated non-fatal unintentional poisonings	565.6	402.8
Unintentional falls	6,410.6	4,329.4
Motor vehicle-related injuries	357.2	407.3
Child passengers injured or killed in motor vehicle crashes	297.7	323.4

Source: Florida Department of Health

## SCHOOL HEALTH

Monroe County is home to more than 8,000 students grades pre-kindergarten to 12 who attend classes on more than 20 public, charter and private school campuses across the Florida Keys.

**School Health Services Plan.** Monroe County Schools and the Monroe County Health Department work together to set and implement program standards that meet or exceed the requirements laid out in Florida law regarding school health.

**School Wellness Policy.** A school wellness policy is in effect, based on the eight components of coordinated school health that the Centers for Disease Control and Prevention (CDC) recommend. The policy lists goals specific to each component, including (but not limited to):

- School meals, to include breakfast, lunch and snack/refreshment items, will offer varied and nutritious food choices that are consistent with current dietary guidelines, portion size and caloric content. Schools will serve food that is high in fiber, low in added fats, sugar and sodium. There will be no more than 35 percent of total calories from fat and 10 percent of total calories from saturated fat, including trans fat, and no more than 35 percent added sugar by weight.
- Items sold during fundraisers, used as rewards, provided during celebration or sold through vending machines on school property must be in compliance with school, district and state procedures and policies. Candy and high-sugar soda are strictly prohibited.
- High schools shall require 1 credit of physical education for graduation to include 1 year of Health Opportunities through Physical Education (HOPE), which shall be taken at the school.
- Middle school students, grades 6-8, will be required to take the equivalent of 1 class period per day of physical education for 1 semester of each year.
- Recess shall not serve as a replacement for physical education class.
- The district shall provide, as available, programs and services that support and value the mental health, social and emotional well-being of students, families and staff to build a healthy school environment.

**Anti-Bullying Policy.** The school district has adopted an anti-bullying policy that expresses a commitment to providing an educational setting that is safe, secure and free from harassment and bullying for all students and school employees. The policy specifically states that the district will not tolerate harassment or bullying during any education program or activity conducted by the district; during any school-related or school-sponsored program or activity or on a school bus of the district; or through the use of data or computer software that is accessed through a computer, computer system or computer network of the district.

**School Health Advisory Committee (SHAC).** The SHAC includes members representing each of the eight components of coordinated school health that the CDC recommends, as well as the school health coordinator at the Monroe County Health Department. The SHAC meets several times a year to, among other things, review the school health services plan, prepare and submit required documentation to the Monroe County School Board, hear schools-related concerns and discuss trends and projects regarding school health.

## SCHOOL HEALTH SERVICES PLAN

Monroe County Schools and the Monroe County Health Department work together to set and implement program standards that meet or exceed the requirements laid out in Florida law regarding school health. Program standards are detailed in the School Health Services Plan, updated every year in cooperation with the Monroe County School Health Advisory Committee and the Monroe County School Board before filing with the state.

Highlights of the School Health Services Plan filed with the state in 2012 follow.

- The registered nurse assigned to each school will, among other things: supervise a walk-in clinic for students and staff during regular school hours; plan and implement screenings for vision, hearing, scoliosis and body-mass index; ensure that all required immunizations are given; develop and implement individual care plans and emergency action plans for students; and keep health records on each student.
- The Rural Health Network of Monroe County will provide dental exams and dental sealants through a collaborative agreement.
- Select school staff will be trained in cardiopulmonary resuscitation, first aid, medication administration and use of an automatic external defibrillator.
- Staff will maintain health clinic supplies, equipment and facilities.
- Health curriculum and health education needs will be identified and developed.
- A letter will go to parents at the beginning of the school year, providing information on healthy eating, healthy activities and healthy lifestyles for students and parents. Staff will work together to develop activities and classes that promote health in each school.
- School health staff will ensure permission for children with asthma to carry metered dose inhalers, children with life-threatening allergies to carry epinephrine auto-injectors, children with diabetes to carry diabetic supplies and equipment and children with pancreatic insufficiency or cystic fibrosis to carry a prescribed pancreatic enzyme supplement.
- Counseling and referrals to decrease substance abuse and the incidence of suicide attempts will be provided or coordinated.
- Staff will provide interventions for students at risk for early parenthood, as well as counseling and education of teens to prevent and reduce involvement in sexual activity. (Monroe County Schools have adopted a comprehensive approach to sex education).

## COMMUNICABLE DISEASE

Communicable diseases are diseases that can be caught from another human being, an animal or the environment. Following is information on three communicable diseases that public health officials in Monroe County monitor closely.

**Hepatitis.** Hepatitis attacks the liver. Although heavy alcohol use, toxins, some medications and certain medical conditions can cause hepatitis, it is more often caused by a virus. Hepatitis A, Hepatitis B and Hepatitis C are the most common types.

Hepatitis A is spread by exposure to contaminated fecal matter from close person-to-person contact or contaminated food or drinks. People usually completely recover from Hepatitis A within a few months. There is a vaccine available to protect against this disease.

Hepatitis B is spread through contact with infectious blood, semen or other bodily fluids most often during sexual contact, by sharing contaminated needles or drug injection equipment or from an infected mother to newborn. Hepatitis B illness can last a few weeks or become chronic, leading to liver damage or liver cancer. There is a vaccine available to protect against this disease.

Hepatitis C is spread from contact with blood of an infected person, primarily through sharing contaminated needles or equipment used to inject drugs. It can also be passed through sexual contact. Hepatitis C usually is a long-term illness that can remain dormant for years before symptoms appear. It can lead to liver damage and liver cancer. There is no vaccine for Hepatitis C, but there are medications for treatment. Hepatitis C is on the rise nationwide among “Baby Boomers” (Americans born 1946-1964), especially those who have experimented with or used intravenous drugs.

Health officials recommend all infants receive Hepatitis A and B immunizations. In 2012, the Monroe County Health Department gave 987 Hepatitis A and B immunizations to adults. That same year, there were 11 reported cases of Hepatitis B, 122 cases of Hepatitis C and no cases of Hepatitis A in Monroe County.

**Tuberculosis.** TB is a bacterial disease that can attack any part of the body, most typically the lungs, and can be fatal if not treated properly. The disease is spread through the air, most often when a person with TB of the lungs or throat coughs or sneezes. There are two types of TB-related conditions:

Latent TB infection means a person has TB in his/her body without being sick.

TB disease means TB is actively growing in a person’s body.

Many people who have latent TB infection never develop TB disease. For people whose immune systems are weak, the risk of developing TB disease is much higher. Three cases of TB were reported in Monroe County in 2012.

## REPORTABLE DISEASES/CONDITIONS IN FLORIDA

*Florida Department of Health, 2008*

*(partial list of diseases and health conditions that health care providers are required to report to public health authorities if/when encountered)*

- Any disease outbreak
- Acquired Immune Deficiency Syndrome (AIDS)
- Amebic encephalitis
- Anthrax
- Arsenic Poisoning
- Botulism
- Cancer\*
- Carbon monoxide poisoning
- Chlamydia
- Cholera
- Ciguatera
- Conjunctivitis\*
- Creutzfeldt-Jakob disease
- Dengue
- Diphtheria
- Eastern equine encephalitis virus disease
- Encephalitis
- Enteric disease due to e. coli
- Gonorrhea
- Haemophilus influenzae\*
- Hansen’s disease (leprosy)
- Hepatitis A
- Hepatitis B, C, D, E and G
- Hepatitis B surface antigen\*
- Herpes simplex virus in infants
- Human Immunodeficiency Virus (HIV)
- Human papillomavirus (HPV)
- Influenza due to novel or pandemic strains
- Lead poisoning
- Lyme disease
- Malaria
- Measles
- Meningitis
- Meningococcal disease
- Mercury poisoning
- Mumps
- Neurotoxic shellfish poisoning
- Pertussis
- Pesticide-related illness and injury
- Plague
- Q Fever
- Rabies
- Rocky Mountain spotted fever
- Rubella
- St. Louis encephalitis virus disease
- Salmonellosis
- Smallpox
- Staphylococcus aureus
- Staphylococcal enterotoxin B
- Streptococcal disease
- Streptococcus pneumoniae
- Syphilis
- Tetanus
- Toxoplasmosis (acute)
- Trichinellosis (trichinosis)
- Tuberculosis (TB)
- Typhoid fever
- Typhus fever
- Varicella (chickenpox)
- Venezuelan equine encephalitis virus disease
- Viral hemorrhagic fevers
- West Nile virus disease
- Western equine encephalitis virus disease
- Yellow fever

\* designated certain types

## Chronic Disease Profile

**Dengue.** Dengue is one of many diseases that can be caught from the bite of an infected mosquito. Symptoms include: high fever, severe bone and head pain and rash.

In September 2009, Key West witnessed the first case of confirmed dengue acquired within the continental United States in many decades. To rally the community to play its part in preventing further spread of dengue, the Keys Action to Break the Cycle of Dengue (ABCD) partnership was formed. While Florida Keys Mosquito Control stepped up surveillance and control efforts, Keys ABCD encouraged the public to, among other things, wear mosquito repellents and eliminate standing water in and around properties where mosquitoes like to breed.

More than 90 people fell ill during the 15-month outbreak, all of them recovering fully. The Florida Keys have not seen a confirmed case of dengue since November 2010.

### CHRONIC DISEASE

Chronic diseases are long-lasting and, in general, cannot be prevented by vaccines or cured by medications. Four common causes of chronic disease include: lack of physical activity, poor nutrition, tobacco use and excessive alcohol consumption. Following is information on two chronic diseases that public health officials in Monroe County monitor closely.

**Diabetes.** Diabetes, a chronic disease in which blood sugar levels are above normal, can cause serious health complications, including heart disease, blindness, kidney failure and amputation of lower limbs.

Symptoms include: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden changes in vision, tingling or numbness in the hands or feet, fatigue and dry skin. There are three types of diabetes:

Type 1 diabetes is most often diagnosed in children and accounts for about 5 percent of all diabetes diagnoses. Autoimmune, genetic and environmental factors can lead to this type of diabetes.

Type 2 diabetes, also known as “adult onset diabetes,” may account for as much as 95 percent of all diabetes diagnoses. Risk factors include (but are not limited to): older age, obesity, family history of diabetes, physical inactivity and race.

Gestational diabetes is diagnosed in pregnant women and most often linked to obesity or a family history of diabetes.

In 2012, approximately 7.4 percent of adults in Monroe County reported having been diagnosed with diabetes.

**Asthma.** Asthma, a chronic disease that affects the lungs, can cause repeated episodes of wheezing, breathlessness, tightness in the chest or early morning cough.

The causes of and cures for asthma are unknown.

Anyone diagnosed with asthma can control asthma attacks with prescribed medicines and inhalers and avoid common triggers of asthma attacks, including (but not limited to) tobacco smoke, dust mites, pets and mold.

Approximately 5.7 percent of the adult population in Monroe County had been diagnosed with asthma in 2010 (statewide rate was 8.3 percent).

The Florida Department of Health reported in 2010 that approximately 17 percent of middle schoolers and high schoolers in Monroe County had ever been told they have asthma.

	Year(s)	Monroe	State
		per 100,000 population	
<b>Coronary Heart Disease</b>			
<i>Deaths</i>	2009-11	78.9	105.8
<i>Hospitalizations</i>	2009-11	364.3	375.3
<b>Stroke</b>			
<i>Deaths</i>	2009-11	22.4	31.4
<i>Hospitalizations</i>	2009-11	180.6	266.6
<b>Heart Failure</b>			
<i>Deaths</i>	2009-11	8.9	8.4
<i>Hospitalizations</i>	2009-11	105.2	131.5
<b>Lung Cancer</b>			
<i>Deaths</i>	2009-11	46.1	46.1
<i>Incidence</i>	2007-09	58.2	66.1
<b>Colorectal Cancer</b>			
<i>Deaths</i>	2009-11	15.1	14.3
<i>Incidence</i>	2007-09	34.5	41.3
<b>Breast Cancer</b>			
<i>Deaths</i>	2009-11	21.7	20.9
<i>Incidence</i>	2007-09	115.4	113.9
<b>Prostate Cancer</b>			
<i>Deaths</i>	2009-11	14.6	18.0
<i>Incidence</i>	2007-09	74.6	130.1
<b>Cervical Cancer</b>			
<i>Deaths</i>	2009-11	1.7	2.7
<i>Incidence</i>	2007-09	na	9.0
<b>Skin Cancer</b>			
<i>Deaths</i>	2009-11	5.7	2.9
<i>Incidence</i>	2007-09	21.0	18.3
<b>Chronic Lower Respiratory Diseases</b>			
<i>Deaths</i>	2009-11	26.6	38.6
<i>Hospitalizations</i>	2009-11	306.3	370.8
<b>Diabetes</b>			
<i>Deaths</i>	2009-11	16.9	19.5
<i>Hospitalizations</i>	2009-11	1,322.7	2,260.3

Source: Florida Department of Health

## INJURY

The Florida Department of Health's Injury Prevention Program defines "injury" as "damage or harm caused to the structure or function of the body caused by an outside agent or force." Injuries are the leading cause of death of people ages 1-44 statewide and the third leading cause of death overall statewide (behind heart disease and cancer). The program categorizes injuries as "unintentional" (accidental) or "intentional" and refers to agents or forces causing these injuries as the "external causes" of injuries.

In 2010, 78 people in the Florida Keys reportedly died from injuries (55 unintentional injuries, 17 intentional injuries and 6 homicides). The age-adjusted death rate due to injury in the county was more than 13 points higher than the statewide rate. The top five fatalities due to injury were: poisoning (17 total, including 15 unintentional and 2 intentional); firearms (15 total, including 0 unintentional, 13 intentional and 2 homicides); falls (12 total, all unintentional); drowning (6 total, including 5 unintentional and 1 homicide); and traffic-related accidents (occupants of vehicles; 6 total, all unintentional).

There is no major trauma center in the Florida Keys; therefore, severely injured patients must be airlifted to trauma centers on mainland Florida.

The Centers for Disease Control and Prevention (CDC) reports that injuries cost an estimated \$406 billion per year in medical expenses and lost productivity nationwide every year.

"Nearly 50 million injuries occur each year," the CDC notes, "placing a staggering burden on the U.S. health care system. State budgets share this burden through Medicaid, state employee health benefits, health care for the uninsured, child welfare services and lost tax revenue for the injured and their caregivers."

**Poisoning.** In addition to 17 deaths, poisoning was the injury that sent 108 people to emergency rooms (including 83 unintentional and 15 intentional) and landed 57 people in the hospital (including 33 unintentional and 22 intentional).

**Violence.** The Monroe County Sheriff's Office reported 698 charges of battery countywide during 2012, including 101 incidents that resulted in bodily harm.

The agency also reported 38 charges of battery using a deadly weapon during 2012, including 3 charges in incidents involving use of a firearm while under the influence of alcohol.

With no state or local laws requiring that firearms be registered or licensed, it's difficult to determine for public health purposes how many firearms there are in Monroe County. However, the Florida Department of Agriculture and Consumer Services reports that 5,445 licenses to carry concealed weapons (in vehicles or on person) have been issued in the Florida Keys.

The Florida Department of Health reported that for each year between 2009 and 2011 approximately 15 out of 1,000 youth ages 5-11 in Monroe County experienced child abuse (statewide rate was 11.5 per 1,000).

The department also noted that the rate of violent acts in school grades K-12 in Monroe County in 2010 was 2.2 per 1,000 students (matching the statewide rate).

**Falls.** Falls are the leading cause of injury in Monroe County: In 2010, falls sent more than 2,000 people to hospital emergency rooms across the Florida Keys. Many falls-prevention programs target the elderly, a growing segment of the population. Falls can also be attributed to, among other things, alcohol and substance use and mental illness.

**Drowning.** Monroe County is a popular destination for anyone who enjoys being in or on the water. In addition to thousands of miles of coastline, there are thousands of commercial and private pools across the Florida Keys. Drowning-related incidents killed as many people in Monroe County in 2010 as were sent to the emergency room or a hospital bed. All deaths were reportedly among people ages 25-74.

**Traffic-related accidents.** Traffic-related accidents are another leading cause of injury in the county. In 2010, traffic-related accidents sent 603 vehicle drivers and passengers, motorcyclists, bicyclists and pedestrians to emergency rooms countywide. The figure accounts for 8 percent of all injuries sustained in Monroe County that year. The high number of traffic-related accidents can be linked to, among other things: higher rates of driving while intoxicated; large numbers of visitors navigating unfamiliar surroundings in and on rental cars, scooters and bikes; and accidents between population centers along the busy Overseas Highway.

## UNINTENTIONAL VS. INTENTIONAL

Injuries typically fall into one of two categories: unintentional (accidental) or intentional. Examples include:

### Unintentional

Motor vehicle accidents

Falls

Fires

Poisonings

Drowning

Suffocation

Choking

Animal bites

Recreational or sports-related activities

### Intentional

Homicide

Assaults

Suicide and suicide attempts

Child abuse and neglect

Intimate partner violence

Elder abuse

Sexual assault

— Florida Department of Health

*Injury due to falls sent more people to the emergency room in Monroe County during 2010 than any other injury. Other leading injuries that warranted emergency room visits that year:*

Falls	2,029
Struck By, Against	1,072
Overexertion	709
Cut, Pierce	638
Motor Vehicle Accident	377
Bite, Sting	316
Bicycle Accident	199
Motorcycle Accident	124
Poisoning	108

— Florida Department of Health

## ELDER CARE

As “Baby Boomers” (the generation of Americans born between 1946 and 1964) continue to enter their retirement years over the next decade, health care agencies and providers must address the increased demands for elder care services that will likely come with this population shift.

The Florida Department of Elder Affairs has designated the Alliance for Aging as the resource center for the aging population in Monroe County. Serving Health Insurance Needs of Elders (SHINE) is just one of many programs run through the alliance. SHINE volunteers provide free, confidential, unbiased one-on-one counseling on issues related to Medicare, Medicaid and health insurance matters.

**Assisted living.** Assisted living facilities typically offer assistance with everyday living, coordinate the services of outside health care providers and monitor resident activities to ensure health and safety.

Bayshore Manor, run through the Monroe County Community Services Division in Key West, is the only assisted living facility for elders in the Florida Keys. Services are available to county residents who are at least 60 years old, unable to live independently and do not require 24-hour nursing care. Bayshore Manor has 16 beds.

**Nursing homes.** Nursing homes are places of residence for people who experience difficulty with everyday living and require constant skilled nursing care.

Key West Health and Rehabilitation Center and Plantation Key Nursing Center (Tavernier) are the only two nursing homes in Monroe County. Key West Health and Rehabilitation Center and Plantation Key Nursing Center each has 120 beds.

## HOSPICE & PALLIATIVE CARE

Hospice care (focusing on the physical, spiritual and emotional needs of those with life-limiting illnesses) and palliative care (focusing on the relief from pain and suffering that life-limiting illnesses can bring) are vital to helping those suffering life-limiting illnesses, as well as their loved ones, cope with end-of-life issues.

The Florida Hospice & Palliative Care Association lists 7 hospice care agencies serving the residents of Monroe County. Of the 7, only 3 have administrative offices in the Florida Keys (Visiting Nurse Association & Hospice of the Florida Keys in Key West, VITAS Innovative Hospice Care in Tavernier and Odyssey Hospice in Key Largo).

Visiting Nurse Association & Hospice of the Florida Keys offers home health, private duty and residence services in its commitment to helping clients maintain their sense of independence and remain in their residence of choice, with friends, family and pets at their side.

The agency provides skilled nursing care, counseling and support for those with life-limiting illnesses and their loved ones.

The agency also offers flu shots to the general public.

## SNAPSHOT: ALLIANCE FOR AGING

The Florida Department of Elder Affairs has designated the Alliance for Aging as the resource center for the aging population in Monroe County. Alliance service programs include, but are not limited to:

- **Alzheimer’s Disease Initiative:** The Florida legislature launched this initiative in 1985 to meet the changing needs of individuals with and families affected by Alzheimer’s disease and similar memory disorders.
- **AmeriCorps:** A national network of volunteers who meet critical needs in the areas of health, education, public safety and environment. Most services are provided to people over age 60.
- **Community Care for the Elderly:** This program helps functionally impaired older people to live in the least-restrictive, cost-effective environment suitable to their needs through community-based services.
- **Contracted Services:** This program provides additional funding to expand long-term care alternatives enabling elders to maintain an acceptable quality of life in their own homes and avoid or delay nursing home placement.
- **Home Care for the Elderly:** HCE encourages the provision of care for people age 60 and over in family-type living arrangements in private homes as an alternative to institutional or nursing home care.
- **Local Services:** These programs provide additional funding to expand long-term care alternatives enabling elders to maintain an acceptable quality of life in their own homes and avoid or delay nursing home placement.
- **Respite for Elders Living In Everyday Families:** The RELIEF program offers respite services to caregivers of frail elders and those with Alzheimer’s disease and related dementia. The intent is to provide respite to family caregivers to increase their ability to continue caring for a homebound elder and avoid the latter’s institutionalization.
- **Senior Companions:** A grant through the Corporation for National and Community Service funds this national peer-volunteer program. Senior Companions volunteers provide services to elders at risk of institutionalization due to chronic illnesses, disabilities or isolation.
- **Title III of the Older Americans Act:** This program is federally funded to serve people age 60 and over. Agencies on aging enter into contracts with service providers to deliver supportive services, nutrition and in-home services. Older Americans Act clients cannot be determined eligible for services based on income.

## DEATH

According to the Bureau of Vital Statistics at the Florida Department of Health, a total of 628 Monroe County residents died in 2011.

The top five causes of death in Monroe County spanning all age groups that year included:

- cancer (163 deaths)
- heart disease (122)
- “all other natural causes” (98)
- unintentional injury (51)
- suicide (24)

(Note: “All other natural causes” refers to deaths from diseases that did not make the top 25 list of causes of death. “All other external causes” refers to deaths from injuries that did not make the top 25 list of causes of death.)

Other leading causes of death in Monroe for that year included chronic liver disease/cirrhosis (22), diabetes mellitus (21) and stroke (20).

**Under age 65.** Approximately 35.9 percent of all deaths in Monroe County that year were among individuals under age 65.

When compared to averages in three other Florida counties with similar death rates (Jackson, Nassau and Columbia), Monroe was significantly higher in percentage of deaths under age 65.

Cancer was the leading cause of death in people under age 65 in each of the four counties. Heart disease, unintentional injury and “all other natural causes” were listed as the second, third and fourth leading causes of death in people under age 65 in each of the four counties.

In Nassau and Columbia, diabetes mellitus was the fifth leading cause of death in people under age 65. In Jackson, chronic lower respiratory diseases and stroke placed fifth.

In Monroe, the fifth leading cause of death in people under age 65 was suicide (24 suicides total, 16 under age 65).

The breakdown of suicides in Monroe County for all age categories that were reported in 2011 follows:

- 1 suicide ages 15-19
- 1 suicide ages 25-34
- 3 suicides ages 35-44
- 5 suicides ages 45-54
- 6 suicides ages 55-64
- 5 suicides ages 65-74
- 2 suicides ages 75-84
- 1 suicide ages 85+

## Select Causes of Death Under Age 65, 2011

	Monroe	Jackson	Nassau	Columbia
<b>Cancer</b>	56	42	46	62
<b>Heart Diseases</b>	39	32	40	30
<b>Chronic Lower Respiratory Diseases</b>	4	7	6	9
<b>Unintentional Injury</b>	36	18	27	26
<b>Stroke</b>	3	7	3	7
<b>Diabetes Mellitus</b>	7	6	14	10
<b>Suicide</b>	16	6	12	9
<b>Chronic Liver Disease/Cirrhosis</b>	15	3	5	6
<b>Influenza and Pneumonia</b>	2	0	4	3
<b>Septicemia</b>	0	2	1	1
<b>Hypertension</b>	0	1	0	1
<b>Homicide</b>	1	5	2	3
<b>Human Immunodeficiency Virus</b>	6	2	1	2
<b>Perinatal Period Conditions</b>	2	2	2	0
<b>Viral Hepatitis</b>	3	1	0	5
<b>Congenital Malformations</b>	1	2	3	1
<b>All Other Natural Causes</b>	31	21	31	31
<b>All Other External Causes</b>	1	0	0	1
<b>TOTALS</b>	226	158	202	215

## Percentage of Total Deaths Under Age 65, 2011

	# Deaths Under Age 65	# Total Deaths (All Ages)	Percentage of Total Deaths Under Age 65
<b>Monroe</b>	226	628	35.9
<b>Jackson</b>	158	577	27.3
<b>Nassau</b>	202	694	29.1
<b>Columbia</b>	215	742	28.9

## Top Five Causes of Death Under Age 65, 2011

Monroe	Jackson	Nassau	Columbia
Cancer	Cancer	Cancer	Cancer
Heart Disease	Heart Disease	Heart Disease	All Other Natural Causes
Unintentional Injury	All Other Natural Causes	All Other Natural Causes	Heart Disease
All Other Natural Causes	Unintentional Injury	Unintentional Injury	Unintentional Injury
Suicide	Chronic Lower Respiratory Diseases/Stroke	Diabetes Mellitus	Diabetes Mellitus

Source: Florida Department of Health

***HEALTH RESOURCE AVAILABILITY***

Contributors

*Monroe County Health Department, Monroe County Tax Collector's Office, Health Council of South Florida*

## MONROE COUNTY HEALTH DEPARTMENT

*The Monroe County Health Department is the branch of the Florida Department of Health that serves residents and visitors in the Florida Keys.*

### Monroe County Health Department

#### Mission

To protect, promote and improve the health of residents and visitors in Monroe County through integrated community, county and state efforts.

### Florida Department of Health

#### Mission

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

#### Vision

Healthiest state in the nation

#### Values

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals and solve problems.

Accountability: We perform with integrity and respect.

Responsiveness: We achieve our mission by serving our customers and engaging our partners.

Excellence: We promote quality outcomes through learning and continuous performance improvement.

## MONROE COUNTY HEALTH DEPARTMENT: PROGRAMS & PARTNERSHIPS

The Monroe County Health Department has 69 full-time employees (including an administrative director and a medical director), 11 part-time employees and 20 contract employees working at six sites. Revenues in FY2011-2012 (July 2011-June 2012) were just over \$7.3 million.

**Clinical services.** The department runs four clinics, each with a nurse manager:

- Roosevelt Sands Center (Key West)
- HealthCareCenter (Key West)
- Ruth Ivins Center (Marathon)
- Roth Building (Tavernier)

**Prevention.** The department runs prevention programs in the following areas, offering testing, vaccinations and educational outreach:

- Immunizations (childhood, adult and travel)
- HIV/AIDS
- Tuberculosis
- Hepatitis
- Sexually transmitted diseases
- Tobacco
- Wellness
- Injury

**Additional programs.** In addition to clinical services and prevention programs, the department runs the following: Healthy Start (pregnant women and newborns); Women, Infants and Children (nutrition); school health; vital statistics; and emergency management.

**Partnerships.** The department also oversees or participates in partnerships at the state and local levels, including (but not limited to): Tobacco-Free Florida Keys, Keys Action to Break the Cycle of Dengue, Florida Keys HIV Community Planning Partnership Prevention Committee, Interagency Council and the South Florida Asthma Consortium.

### Monroe CHD Revenues, FY2011-12

Source	\$	Percent
Federal	1,406,834	19.2
State	2,599,479	35.5
County (taxes)	905,214	12.4
County Contract (environmental)	82,609	1.1
Health Foundation (grant)	90,000	1.2
Healthy Start contract	323,251	4.4
Interest, Fines, Misc.	20,410	0.3
Vital Statistics (fee for service)	78,045	25.9
Clinical (fee for service)	1,190,280	
Environmental (fee for service)	623,697	
<b>TOTALS</b>	<b>7,319,819</b>	<b>100</b>

*Source: Monroe County Health Department*

### Ad Valorem Tax Rates, Monroe County, 2012 *rates in percentages*

<b>Law Enforcement</b>	2.1714
<b>Schools</b>	1.7427
<b>General Revenue</b>	1.0881
<b>Mosquito Control</b>	0.4837
<b>Water Management</b>	0.4289
<b>Health</b>	0.0502

*Source: Monroe County Tax Collector's Office*

## MONROE COUNTY HEALTH DEPARTMENT: ENVIRONMENTAL HEALTH

Environmental health is the study of health-related implications when human beings interact with the environment and the environment interacts with human beings.

The Monroe County Health Department's Community Health Services Division works with the Florida Department of Health, Florida Department of Environmental Protection, Florida Department of Business & Professional Regulation, Monroe County Code Enforcement and other state and local agencies to help ensure that the health of both human beings and the environment is protected.

The division oversees more than a dozen established programs, covering everything from septic tanks to food hygiene to rabies surveillance. In addition to overseeing established programs, environmental health staff investigate nuisance complaints as they are taken from the public. In 2012, staff investigated 86 nuisance complaints countywide that were related to, among other things: sewage, insects, drinking water, pools/spas, odors and trash.

There are environmental health offices in Key West, Marathon and Key Largo.

### Environmental Health Services, Monroe County Health Department, 2012

Program	#Facilities/ Sites Inspected	Types of Facilities/Sites Inspected	#Inspections	#Violations/ Notices	Types of Violations/Notices
<b>Onsite Sewage Treatment and Disposal Systems (OSTDS)</b>	809	commercial and homeowner onsite wastewater systems (septic tanks)	809	135	mechanical malfunctions, alarms inoperable, expired maintenance contracts, expired operating permits
<b>Biomedical Waste</b>	104	hospitals, clinics, physicians offices	117	50	permit, training, records, storage, labeling
<b>Food Hygiene</b>	105	bars/lounges, school cafeterias, fraternal organizations, detention facilities, caterers, movie theaters, mobile food units	190	262	stored food temperatures, food containers, employee handwashing, ice storage, equipment cleanliness
<b>Pools/Spas</b>	457	public swimming pools and spas	889	1,774	handrail/ladder, tile finish, rules posted, pH, free chlorine/bromine, flowmeter, maintenance log
<b>Body Art Salons</b>	12	tattoo parlors, body piercing salons	14	32	surface disinfection, customer records, sterilization equipment, restrooms
<b>Mobile Home Parks</b>	88	mobile home parks	141	180	backflow prevention, plumbing, storage, vermin control, maintenance
<b>Tanning Salons</b>	6	tanning salons	6	1	booth design/safety
<b>Beach Water Quality</b>	11	public beaches	286	14	bacteria

*Source: Monroe County Health Department*

**Onsite sewage disposal.** Many homes and businesses across the Florida Keys are not connected to central sewer systems; instead, they are served by septic tanks or onsite sewage treatment and disposal systems (OSTDS) regulated through the Monroe County Health Department.

As of July 2010, Florida statute protects the unique and fragile ecosystem of the Florida Keys by requiring that all new systems achieve high standards for treating wastewater using performance-based systems that are designed by a professional engineer licensed in the state of Florida. The department issues permits for the construction, installation, modification, abandonment or repair of OSTDS; conducts annual inspections; and requires annual operating permits for certain types of OSTDS.

In 2012, environmental health officers inspected 809 septic tanks at commercial establishments and private homes. In addition, officers inspected 7 septic service companies, 39 new septic systems and 1 repaired system. Staff also wrote approximately 1,500 permits. The department also reported that 1,248 systems were abandoned that year.

**Pools and spas.** Florida statute defines a public pool as operated by or serving camps; churches; cities; counties; day care centers; group home facilities for eight or more clients; health spas; institutions; parks; state agencies; schools; subdivisions; or the cooperative living-type projects of five or more living units including apartments, boarding houses, hotels, mobile home parks, motels, RV parks and townhouses. Staff issue operating permits and conduct inspections of all public pools. Public pools are inspected twice a year for water quality and pool operations.

Inspectors look for the presence of required safety equipment, documentation of daily pool water quality tests and the proper operation of other equipment such as filters, pumps and disinfection feeders.

**Beach water testing.** Water samples from 11 beaches across the Keys are collected every other week, as part of the Florida Healthy Beaches program. Samples are transported to local laboratories, where they are analyzed for concentrations of bacteria and the presence of any microorganisms that could cause disease, infections or rashes. If high concentrations of bacteria are found in any of the samples, a health advisory for each affected beach is issued.

**Food hygiene.** The food hygiene program aims to reduce the occurrences of foodborne illness (often referred to as food poisoning). The division regulates only certain types of food service operations, including those located in institutional settings such as schools and jails; civic and fraternal organizations; theaters; bars and lounges that don't prepare food; and churches that serve the public. Each operator of a food service facility regulated through the division must maintain an annual operating permit. Division staff members conduct routine inspections of each facility. (The Florida Department of Business & Professional Regulation oversees commercial restaurants.)

**Biomedical waste.** Personnel inspect and permit facilities that generate, transport, store or treat biomedical waste through processes other than incineration. The objective of the biomedical waste program is to protect health care workers, environmental service staff, waste haulers and the general public from risks associated with potentially infectious biomedical waste.

**Body art and piercing.** Environmental health staff members inspect body art and piercing facilities to ensure that state laws regarding minimum sanitary and safety requirements are met.

**Mobile home parks.** The mobile home parks program aims to minimize the risk of injury and illness due to environmental factors in mobile home parks, lodging and recreational vehicle parks and recreational camps. Environmental health staff inspect these parks and camps twice a year, focusing on proper sewage disposal, safe drinking water, safe solid waste collection and disposal and effective insect and rodent control. Annual licenses are required for each park operating in the county.

**Rabies surveillance.** Officers investigate animal bites to prevent the spread of rabies. This disease is usually transmitted to humans when the virus is introduced into an open wound or abrasion of the skin or mucous membranes following exposure to the saliva of a rabid animal. Rabies is very rare in Monroe County.

## MONROE COUNTY HEALTH DEPARTMENT: EMERGENCY PREPAREDNESS

The Community Health Services Division also covers emergency preparedness, coordinating resources, plans and responses related to manmade and natural disasters. The division's mission is to ensure that Monroe County is prepared for and can respond to and recover from weather-related events, bioterrorism incidents, outbreaks of infectious disease and other public health emergencies.

Hurricane preparedness is high on the list of priorities, with powerful storms typically appearing in and around Keys waters during hurricane season (June 1-November 30). Several days ahead of a storm approaching the county, department personnel travel to mainland Florida to set up a shelter for Keys residents with special medical needs. Doctors, nurses and support staff serve shelter residents round-the-clock until the storm passes.

## HOSPITALS & CLINICS

There are four hospitals in the Florida Keys:

- Lower Keys Medical Center (Key West)
- dePoo Medical Building (Key West)
- Fishermen's Hospital (Marathon)
- Mariners Hospital (Tavernier)

In addition to clinics run through the Monroe County Health Department in Key West, Marathon and Tavernier, there are more than 40 public and private clinics throughout the Florida Keys offering a wide range of services and referrals to specialists and private health care providers in the community.

Hospitals and clinics in Monroe County licensed through the Agency for Health Care Administration are listed in Appendix A.

### Top 10 Hospitals Used by Monroe Residents, 2007

Keys Hospitals <i>percentages</i>	
Lower Keys Medical Center	41.3
dePoo Medical Building	8.4
Fishermen's Hospital	7.4
Mariners Hospital	9.3
Mainland Florida Hospitals	
Baptist Hospital of Miami	8.2
Mount Sinai Medical Center	4.0
South Miami Hospital	3.3
Jackson Memorial Hospital	3.2
Miami Children's Hospital	2.1
Homestead Hospital	1.6

*Source: Health Council of South Florida*

***QUALITY OF LIFE AND  
PERCEPTIONS OF HEALTH  
RELEVANT TO THE COMMUNITY***

Contributors

*Florida Department of Health, World Health Organization*

## Behavioral Risk Factor Data, Health Status & Quality of Life, 2010

	Monroe	State
	<i>figures in percentages unless otherwise noted</i>	
<i>Adults who said their overall health was “fair” or “poor”</i>	13.3	17.1
<i>Adults with “good” to “excellent” overall health</i>	86.7	82.9
<i>Adults who had “poor” mental health on 14 or more of the past 30 days</i>	9.1	11.8
<i>Adults who are “very satisfied” or “satisfied” with their lives</i>	94.5	93.1
<i>Adults with “good” overall physical health</i>	89.7	87.4
<i>Adults with “good” overall mental health</i>	90.9	88.2
<i>Average number of “unhealthy” mental days in the past 30 days</i>	3.0 days	3.8 days
<i>Adults who always or usually receive the social and emotional support they need</i>	85.0	79.5
<i>Average number of “unhealthy” physical days in the past 30 days</i>	3.6 days	4.1 days
<i>Adults whose “poor” physical or mental health kept them from doing usual activities on 14 or more of the past 30 days</i>	17.1	16.8
<i>Adults who had “poor” physical health on 14 or more of the past 30 days</i>	10.3	12.6
<i>Average number of days where “poor” mental or physical health interfered with activities of daily living in the past 30 days</i>	5.1 days	5.2 days

*Source: Florida Department of Health*

### ACTUAL HEALTH VS. PERCEIVED HEALTH

The World Health Organization’s definition of “health” suggests a distinction between actual health (“a state of complete physical, mental and emotional well-being”) and perceived health (“the absence of disease or infirmity”).

In 2010, the Florida Department of Health asked Monroe County residents to assess their physical and mental health. The majority of those questioned perceived themselves as being in “good” to “excellent” overall health (86.7 percent) and said that they were “very satisfied” or “satisfied” with their lives (94.5 percent). Statewide rates were 82.9 percent and 93.1 percent, respectively. In addition, the majority of those questioned said they perceived themselves as receiving the social and emotional support they need (85 percent). The statewide rate was 79.5 percent.

Additional data that the department collected in other surveys conducted in Monroe County that same year showed:

- 75.3 percent of blacks perceived themselves as being in “good” to “excellent” overall health (versus statewide rate of 78.2 percent)
- 73.2 percent of Hispanics perceived themselves as being in “good” to “excellent” overall health (versus statewide rate of 79.3 percent)
- 79.4 percent of middle school students and 79.6 percent of high school students perceived that they were safe at school (versus statewide rates of 76.3 percent and 76.7 percent, respectively)

**Health is a state of complete physical, mental and emotional well-being and not merely the absence of disease or infirmity.**

*— World Health Organization*

In many of these cases and cases in other health-related areas, more detailed data (in addition to the data provided in this almanac) is required to determine how perceived health and actual health in Monroe County relate to each other.

In September 2011, the Monroe County Health Department surveyed its community health care partners on how well they were performing the 10 essential public health services (as laid out by the Centers for Disease Control and Prevention). The overall perception among health care partners was that the local public health system was doing best at diagnosing and investigating health problems and health hazards (i.e., reactive) and worst at monitoring health status to identify community health problems (i.e., proactive).

Using the data presented in this communitywide health almanac, the department hopes to engage health care partners in discussions and projects on how to monitor health status more closely. With the information gathered through better monitoring efforts, the department and its partners can hope not only to do a more comprehensive and efficient job identifying community health problems, but also to determine how the perceptions that Florida Keys residents have of their health relate to their actual health. (Note: The “Health Status” section of the Executive Summary lists some specific needs that communitywide discussions and projects might address.)



# *APPENDICES*

# APPENDIX A: HEALTH CARE PARTNERS DIRECTORY (HOSPITALS & CLINICS)

## HOSPITALS

Location	Contact Information	Web Address & Partial List of Services	Payment Options	Notes
Lower Keys & Key West	Lower Keys Medical Center 5900 College Road Key West, FL 33040 (305) 294-5531 (voice)	<a href="http://www.lkmc.com">www.lkmc.com</a> <ul style="list-style-type: none"> <li>Inpatient services</li> <li>Outpatient services</li> <li>Walk-in services</li> <li>Emergency department</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Medicaid</li> <li>Medicare</li> </ul>	<ul style="list-style-type: none"> <li>Limited trauma services</li> <li>Labor &amp; delivery unit</li> </ul>
Lower Keys & Key West	dePoo Medical Building 1200 Kennedy Drive Key West, FL 33040 (305) 294-5531 (voice)	<a href="http://www.lkmc.com">www.lkmc.com</a> <ul style="list-style-type: none"> <li>Specialty care</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Medicaid</li> <li>Medicare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Lower Keys Medical Center</li> </ul>
Middle Keys	Fishermen's Hospital 3301 Overseas Highway Marathon, FL 33050 (305) 743-5533 (voice) (305) 743-3962 (fax)	<a href="http://www.fishermenshospital.com">www.fishermenshospital.com</a> <ul style="list-style-type: none"> <li>Inpatient services</li> <li>Outpatient services</li> <li>Walk-in services</li> <li>Emergency department</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Medicaid</li> <li>Medicare</li> </ul>	<ul style="list-style-type: none"> <li>Limited trauma services</li> </ul>
Upper Keys	Mariners Hospital 91500 Overseas Highway Tavernier, FL 33070 (305) 434-3000 (voice)	<a href="http://baptisthealth.net/en/facilities/mariners-hospital/pages/mariners.aspx">http://baptisthealth.net/en/facilities/mariners-hospital/pages/mariners.aspx</a> <ul style="list-style-type: none"> <li>Inpatient services</li> <li>Outpatient services</li> <li>Walk-in services</li> <li>Emergency department</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Medicaid</li> <li>Medicare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Baptist Health Network</li> <li>Limited trauma services</li> </ul>

## CLINICS (MONROE COUNTY HEALTH DEPARTMENT)

Lower Keys & Key West	Monroe County Health Department Roosevelt Sands Center 105 Olivia Street Key West, FL 33040 (305) 809-5680 (voice) (305) 293-1747 (fax) <a href="mailto:christopher_tittel@doh.state.fl.us">christopher_tittel@doh.state.fl.us</a>	<a href="http://www.keyshealth.com">www.keyshealth.com</a> <ul style="list-style-type: none"> <li>Immunizations</li> <li>Family planning</li> <li>WIC</li> <li>Healthy Start</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Medicaid</li> <li>KidCare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Florida Department of Health</li> </ul>
Lower Keys & Key West	Monroe County Health Department HealthCareCenter 3134 Northside Drive, Bldg. B Key West, FL 33040 (305) 809-5280 (voice) (305) 293-1561 (fax) <a href="mailto:christopher_tittel@doh.state.fl.us">christopher_tittel@doh.state.fl.us</a>	<a href="http://www.keyshealth.com">www.keyshealth.com</a> <ul style="list-style-type: none"> <li>Specialty care</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Medicaid</li> <li>KidCare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Florida Department of Health</li> <li>Dr. Mark Whiteside</li> <li>Dr. Jerry Jackson</li> <li>Rachelle Richardson ARNP</li> </ul>
Middle Keys	Monroe County Health Department Ruth Ivins Center 3333 Overseas Highway Marathon, FL 33050 (305) 289-2708 (voice) (305) 289-2479 (fax) <a href="mailto:christopher_tittel@doh.state.fl.us">christopher_tittel@doh.state.fl.us</a>	<a href="http://www.keyshealth.com">www.keyshealth.com</a> <ul style="list-style-type: none"> <li>Immunizations</li> <li>Family Planning</li> <li>WIC</li> <li>Healthy Start</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Medicaid</li> <li>KidCare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Florida Department of Health</li> </ul>
Upper Keys	Monroe County Health Department Roth Building 50 High Point Road Tavernier, FL 33070 (305) 853-7400 (voice) (305) 853-3242 (fax) <a href="mailto:christopher_tittel@doh.state.fl.us">christopher_tittel@doh.state.fl.us</a>	<a href="http://www.keyshealth.com">www.keyshealth.com</a> <ul style="list-style-type: none"> <li>Limited primary care</li> <li>Immunizations</li> <li>Family planning</li> <li>WIC</li> <li>Healthy Start</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Medicaid</li> <li>KidCare</li> </ul>	<ul style="list-style-type: none"> <li>Affiliated with Florida Department of Health</li> <li>Liz Hussey ARNP</li> </ul>

## CLINICS

Location	Contact Information	Web Address & Partial List of Services	Payment Options	Notes
Lower Keys & Key West	21st Century Oncology 3426 North Roosevelt Boulevard Key West, FL 33040 (305) 296-0021 (voice) (305) 296-0061 (fax) <a href="mailto:mhillier@rtxs.com">mhillier@rtxs.com</a>	<a href="http://www.21stcenturyoncology.com">www.21stcenturyoncology.com</a> • Radiation oncology	• Cash • Credit card • Check • Insurance • Medicaid • Medicare	• AKA, Marta A. Gonzalez Cancer Center
Lower Keys & Key West	Advanced Cardiology of Key West 1200 Kennedy Drive, Suite 100 Key West, FL 33040 (305) 294-4460 (voice) (305) 296-8870 (fax)	• Catheterization • Stents	• Cash • Credit card • Medicaid • Insurance	• Dr. Giovanni Campanile • Dr. Manuel Gonzalez
Lower Keys & Key West	Cardiovascular Center of Excellence <i>"Get to the heart of your problem"</i> 3401 Northside Drive Key West, FL 33040 (305) 294-8334 (voice) 1-305-371-4444 (fax) <a href="mailto:drborosmd@gmail.com">drborosmd@gmail.com</a>	• Heart and vascular • Diagnostic testing • Chest X-rays	• Cash • Credit card • Medicaid • Insurance	• Dr. Bruce L. Boros MD FACC • Dr. Joan E. Homan MD MBA • Any diagnostic testing with doctor's orders
Lower Keys & Key West	Guidance Care Center 1205 4th Street Key West, FL 33040 (305) 434-7660 (voice) (305) 292-6723 (fax)	<a href="http://www.westcare.com">www.westcare.com</a> • Mental health • Substance abuse	• Cash • Credit card • Medicaid • Insurance	
Lower Keys & Key West	Florida Keys Family Medicine 29755 Overseas Highway Big Pine Key, FL 33043 (305) 872-3735 (voice) (305) 872-4792 (fax)	<a href="http://www.floridakeysfamilymedicine.com">www.floridakeysfamilymedicine.com</a> • Sports medicine • Well-woman exams • Complete physicals • Minor surgeries	• Cash • Credit card • Medicaid • Insurance	• Dr. Jeffrey Purvis • Sees 6 months and older • No HMOs
Lower Keys & Key West	Heart Institute of the Keys 1200 Kennedy Drive, Suite 1014 Key West, FL 33040 (305) 292-5876 (voice) (305) 292-5864 (fax)	• Clinical cardiology	• Cash • Credit card • Medicaid • Insurance	• Dr. Michael McIvor • Dr. Manual Gonzalez
Lower Keys & Key West	Key West Chiropractic 1010 Kennedy Drive, Suite 401 Key West, FL 33040 (305) 296-5626 (voice) (305) 293-0010 (fax) <a href="mailto:info@keywestchiro.com">info@keywestchiro.com</a>	<a href="http://www.keywestchiro.com">www.keywestchiro.com</a> • Postural and corrective care	• Cash • Credit card • Check	• Dr. Debra Flynn • Dr. Elizabeth Morin • Treats children, adults, personal injury cases, sports injuries
Lower Keys & Key West	Key West Community Diagnostic Company 3414 Duck Avenue Key West, FL 33040 (305) 295-9771 (voice) (305) 295-0059 (fax)	• MRI • CAT scans • X-rays • Ultrasounds	• Cash • Credit card • Check • Insurance	
Lower Keys & Key West	Key West Urgent Care 1501 Government Road Key West, FL 33040 (305) 295-7550 (voice) (305) 296-3010 (fax)	<a href="http://www.keywesturgentcare.com">www.keywesturgentcare.com</a> • Minor procedures • Urgent care • Primary care • Occupational medicine	• Cash • Credit card • Insurance	• Two health care providers on schedule every day

Location	Contact Information	Web Address & Partial List of Services	Payment Options	Notes
Lower Keys & Key West	Keys Chiropractic Health Center 615-A United Street Key West, FL 33040 (305) 294-6111 (voice) (305)294-8951 (fax) <a href="mailto:kwsandi2@aol.com">kwsandi2@aol.com</a>	<ul style="list-style-type: none"> <li>• Spinal manipulations</li> <li>• Ultrasound</li> <li>• Massage</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Medicaid</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Jim Gerbracht</li> <li>• Infants, children and adults</li> </ul>
Lower Keys & Key West	Keys Medical Group 1111 12th Street, Suite 104 Key West, FL 33040 (305) 293-1830 (voice) (305)293-2937 (fax)	<p><a href="http://www.hma.com">www.hma.com</a></p> <ul style="list-style-type: none"> <li>• OB/GYN</li> <li>• Midwives</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Medicaid</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Gregory DeLong</li> </ul>
Lower Keys & Key West	Keys Medical Group 1111 12th Street, Suites 201 & 207 Key West, FL 33040 (305) 295-3477 (voice) (305)295-3550 (fax)	<p><a href="http://www.robloefflermd.com">www.robloefflermd.com</a></p> <ul style="list-style-type: none"> <li>• Orthopedic surgery</li> <li>• Sports medicine</li> <li>• Arthroscopic surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Rob Loeffler</li> </ul>
Lower Keys & Key West	Lower Keys Cancer Center 3428 North Roosevelt Boulevard Key West, FL 33040 (305) 294-1706 (voice) (305) 294-1764 (fax)	<ul style="list-style-type: none"> <li>• Infusion center</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> <li>• Insurance</li> <li>• Medicaid</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Robert Oldham</li> <li>• Amy Pontello ARNP</li> <li>• Must be referred</li> </ul>
Lower Keys & Key West	Lower Keys Community Health Center 1200 Kennedy Drive, Second Floor Key West, FL 33040 (305)517-6551 (voice) (305) 735-4682 (fax)	<p><a href="http://www.rhnmc.org">www.rhnmc.org</a></p> <ul style="list-style-type: none"> <li>• Primary care</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> <li>• Insurance</li> <li>• Medicaid</li> <li>• Medicare</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Jerome Covington</li> <li>• Lin Klingbeil ARNP</li> <li>• Affiliated with the Rural Health Network</li> <li>• M-F, 10 a.m.-7 p.m.; appointments; walk-ins</li> </ul>
Lower Keys & Key West	Lower Keys Urology 3714 North Roosevelt Boulevard Key West, FL 33040 (305) 296-0000 (voice) (305)296-0002 (fax)	<p><a href="http://www.keysmedicalgroup.com">www.keysmedicalgroup.com</a></p> <ul style="list-style-type: none"> <li>• Prostate issues</li> <li>• Kidney stones</li> <li>• Vasectomies</li> <li>• Urinary tract infections</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Medicare</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Bruce Fariss</li> </ul>
Lower Keys & Key West	Select Physical Therapy 3156 Northside Drive Key West, FL 33040 (305)292-1805 (voice) (305) 292-9350 (fax)	<ul style="list-style-type: none"> <li>• Physical therapy</li> <li>• Occupational therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Insurance</li> <li>• Medicare</li> </ul>	

Location	Contact Information	Web Address & Partial List of Services	Payment Options	Notes
Middle Keys	<p>Advantage Rehab &amp; Fitness 7999 Overseas Highway Marathon, FL 33050 (305) 289-6220 (voice) (305) 289-6221 (fax) <a href="mailto:therapy_marathon@hotmail.com">therapy_marathon@hotmail.com</a></p>	<ul style="list-style-type: none"> <li>Physical therapy</li> <li>Rehabilitation</li> <li>Supervised fitness</li> <li>Massage therapy</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Check</li> <li>Credit card</li> <li>Insurance</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Ginger Snead</li> </ul>
Middle Keys	<p>Community Health of South Florida (CHI) 2855 Overseas Highway Marathon, FL 33050 (305) 743-4000 (voice) (305) 743-4459 (fax) (305) 743-8471 (pharmacy)</p>	<p><a href="http://www.chisouthfl.org">www.chisouthfl.org</a></p> <ul style="list-style-type: none"> <li>Primary and family care</li> <li>Dental</li> <li>Pharmacy</li> <li>Walk-ins on availability</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Insurance</li> <li>Medicaid</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Joseph T. Morelli</li> <li>Dr. Gloriana Lopez DDS</li> <li>Located at Mile Marker 48.5</li> </ul>
Middle Keys	<p>Fishermen's Community Practice 5701 Overseas Highway #8 Marathon, FL 33050 (305) 743-3511 (voice) (305) 743-2765 (fax)</p>	<ul style="list-style-type: none"> <li>General surgery</li> <li>General medical care</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Insurance</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Steven J. Smith</li> <li>Dr. Reza Keshavarzi</li> <li>Catherine Budd ARNP</li> </ul>
Middle Keys	<p>Keys Sports Medicine and Orthopedic Surgery 8151 Overseas Highway, Suite 100 Marathon, FL 33050 (305) 743-3214 (voice) (305) 289-1235 (fax) <a href="mailto:collinsortho2@bellsouth.net">collinsortho2@bellsouth.net</a></p>	<p><a href="http://www.edwardcollinsmd.com">www.edwardcollinsmd.com</a></p> <ul style="list-style-type: none"> <li>Orthopedic surgery</li> <li>Fracture care</li> <li>Sports medicine</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Check</li> <li>Insurance</li> <li>Medicaid</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Edward Collins</li> <li>Adults and children</li> </ul>
Middle Keys	<p>Fishermen's Community Practice 8151 Overseas Highway, Suite 400 Marathon, FL 33050 (305) 743-2733 (voice) (305) 743-5682 (fax)</p>	<ul style="list-style-type: none"> <li>Cardiology</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Insurance</li> <li>Medicaid</li> <li>Check</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Bruce L. Boros</li> <li>Dr. Richard Berger</li> <li>Dr. Joan Homan</li> </ul>
Middle Keys	<p>Fishermen's Community Practice 8151 Overseas Highway, Suite 300 Marathon, FL 33050 (305) 743-3003 (voice) (305) 743-5682 (fax)</p>	<ul style="list-style-type: none"> <li>Internal medicine</li> <li>Family medicine</li> <li>Walk-ins</li> </ul>	<ul style="list-style-type: none"> <li>Cash</li> <li>Credit card</li> <li>Insurance</li> <li>Medicaid</li> <li>Check</li> </ul>	<ul style="list-style-type: none"> <li>Dr. Martina G. Riley</li> <li>Robin Neville ARNP</li> </ul>

Location	Contact Information	Web Address & Partial List of Services	Payment Options	Notes
Upper Keys	CMB Ultrasound Inc 103400 Overseas Highway, Suite 240 Key Largo, FL 33037 (305) 451-4110 (voice) (305) 453-2920 (fax) <a href="mailto:cmbultra@terranova.net">cmbultra@terranova.net</a>	<ul style="list-style-type: none"> <li>• OB/GYN</li> <li>• Abdominal</li> <li>• Ultrasound</li> <li>• EKG</li> <li>• Vascular</li> <li>• Cardiac monitor</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Check</li> <li>• Credit card</li> <li>• Insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Outpatient diagnostics</li> </ul>
Upper Keys	The Good Health Clinic 91555 Overseas Highway, Suite 2 Tavernier, FL 33070 (305) 853-1788 (voice) (305) 853-1789 (fax) <a href="mailto:goodhealthclinic@comcast.net">goodhealthclinic@comcast.net</a>	<a href="http://www.thegoodhealthclinic.org">www.thegoodhealthclinic.org</a> <ul style="list-style-type: none"> <li>• Primary care</li> </ul>		<ul style="list-style-type: none"> <li>• For uninsured individuals with no or low income in the Upper Keys only</li> <li>• Approval process</li> </ul>
Upper Keys	Keys to Wellness 103400 Overseas Highway, Suite 241 Key Largo, FL 33037 (305)852-8670 (voice) (305) 852-8672 (fax)	<ul style="list-style-type: none"> <li>• Family practice</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Susana May</li> </ul>
Upper Keys	Keys Medical Group 95360 Overseas Highway, Suite 11 Key Largo, FL 33037 (305) 852-9970 (voice) (305)289-1235 (fax) <a href="mailto:collinsortho2@bellsouth.net">collinsortho2@bellsouth.net</a>	<a href="http://www.edwardcollinsmd.com">www.edwardcollinsmd.com</a> <ul style="list-style-type: none"> <li>• Bone fractures</li> <li>• Hip replacements</li> <li>• Knee replacements</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Check</li> <li>• Credit card</li> <li>• Insurance</li> <li>• Medicaid</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Edward Collins</li> </ul>
Upper Keys	Medical Center at Ocean Reef 50 Barracuda Lane Key Largo, FL 33037 (305)367-2600 (voice) (305) 367-4573 (fax)	<a href="http://www.mcor.org">www.mcor.org</a> <ul style="list-style-type: none"> <li>• Family doctor</li> <li>• Physical therapy</li> <li>• Bone densities</li> <li>• X-rays</li> <li>• Ultrasounds</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> <li>• Insurance</li> <li>• Medicare</li> </ul>	<ul style="list-style-type: none"> <li>• Dr. Carlos Smith</li> <li>• Dr. Robert Zolten</li> <li>• Ocean Reef residents and their guests only</li> </ul>
Upper Keys	Select Physical Therapy 100360 Overseas Highway Key Largo, FL 33037 (305)453-0409 (voice) (305) 453-0570 (fax)	<ul style="list-style-type: none"> <li>• Physical therapy</li> <li>• Rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Cash</li> <li>• Credit card</li> <li>• Check</li> <li>• Insurance</li> <li>• Medicare</li> </ul>	<ul style="list-style-type: none"> <li>• Closed Fridays, Saturdays and Sundays; half-day on Tuesdays</li> </ul>

## APPENDIX B: REFERENCES

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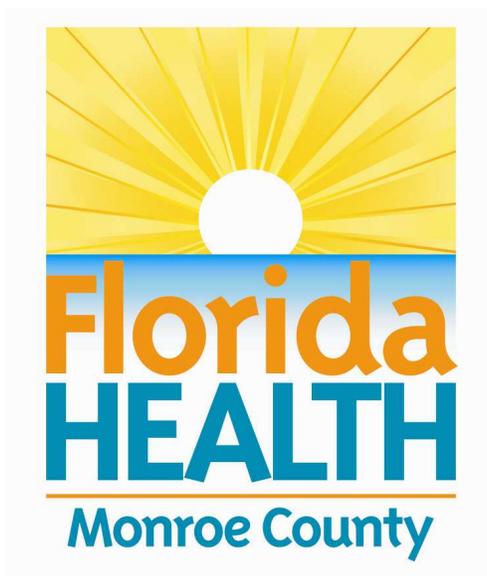
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**Monroe County Health Department**  
**1100 Simonton Street**  
**Key West, FL 33040**  
**(305) 293-7500**  
[www.keyshealth.com](http://www.keyshealth.com)