

OKALOOSA COUNTY

Community Health Assessment

2017



2017 Community Health Assessment



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Letter to the Community

To effectively improve the health of all people in our community, we must understand that health is impacted by many factors. Commonly, people think that improving access to health care, medical interventions and medications will solve many of our health issues. Health care is only one factor that impacts health. Our health is impacted just as much, if not more, by where we live, learn, work and play.

The 2017 Community Health Assessment (CHA) includes information on many factors that impact health in Okaloosa County. This document points out health gaps by educational attainment, income levels, gender and race to name a few. What we know for sure - good health and wellness is deeply rooted in one's level of education. People who have more education (4+ years of education after high school) live from seven to 13 years longer (depending on gender/race) than people with less than a high school education. This gap in life expectancy is shockingly large and has grown rapidly since 1990. For example, white men with 4+ years of education after high school live 13 years longer than white men with less than a high school education (Olshansky et al., 2012). Linked to educational attainment is household income level. Jobs which result in higher household income levels allow people the opportunity to make healthy choices such as living in safe neighborhoods and homes, having access to healthy food options and safe places to exercise.

The 2017 Community Health Assessment draws on data from many agencies and partners. The 2017 CHA also relied on extensive input from many community partners and residents as we designed the presentation format and made decisions on content and priorities.

This is the second Community Health Assessment presented to Okaloosa County. The first was in 2012. We hope this document will challenge our community to tackle many of the winnable battles identified at the end of the document. Some of these challenges are great but so is our opportunity to change the future. There is hope! Get involved! Join the Healthy Okaloosa Collaborative by contacting HealthyOkaloosa@flhealth.gov.

In health,

A handwritten signature in black ink that reads "Karen A. Chapman MD MPH". The signature is written in a cursive, flowing style.

Karen A. Chapman, MD, MPH
Health Officer

Acknowledgments

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

CHA Leadership Team

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Teri Schroeder, Okaloosa County School District
Tracey Vause, Okaloosa County Emergency Medical Services
Wesley Boles, Fort Walton Beach Medical Center

Data Collaborative Group

Key staff from the Florida Department of Health in Okaloosa County

Focus Groups

Access to Care Roundtable
African American Community Leaders

Healthy Okaloosa Schools Development Team
Sexual Assault Interagency Council

Key Informant Interviews

Bonnie Barlow, Bridgeway Center, Inc. CAO/HRO
Carl Scott, Valparaiso Administrator
Chairwoman Carolyn Ketchel, Okaloosa County Board of Commissioners
Commissioner Kelly Windes, Okaloosa County
Councilman J. B. Whitten, Crestview
Dan Cobbs, Bridgeway Center, Inc. CEO
Dana Williams, Mary Esther City Clerk
Dave Whalen, Twin Cities Hospital CEO
David Popwell, Niceville Police Department Chief
David Triana, United for a Good Cause
Dr. Marty Walker, Northwest Florida State College Director of Nursing Education
John Hofstad, Okaloosa County Administrator

Joseph Hart, Valparaiso Police Chief
Keith Williams, Cinco Bayou Town Manager
Mark Norris, Valparaiso Fire Chief
Mayor Bruce Arnold, Valparaiso
Mayor Chris Stein, Mary Esther
Mayor David Cadle, Crestview
Mayor Jean Hood, Cinco Bayou
Melissa Thrush, Okaloosa County School Board Member
Mitch Mongell, Fort Walton Beach Medical Center CEO
Ronnie Daves, North Okaloosa Medical Center CEO
Tarey Franxman, Fort Walton Beach HR Director
Superintendent Mary Beth Jackson, Okaloosa County School District
Thomas Burns, Shalimar Town Manager

Introduction

The Florida Department of Health in Okaloosa County (DOH-Okaloosa) produces a Community Health Assessment (CHA) every five years. The CHA **tells the story of public health in Okaloosa County**. It shares the wonderful things about our community and the ways we can improve. We all have a role to play in making Okaloosa County a **healthier place to live, learn, work and play!** As you read the CHA, think about how you can become involved.

Methodology

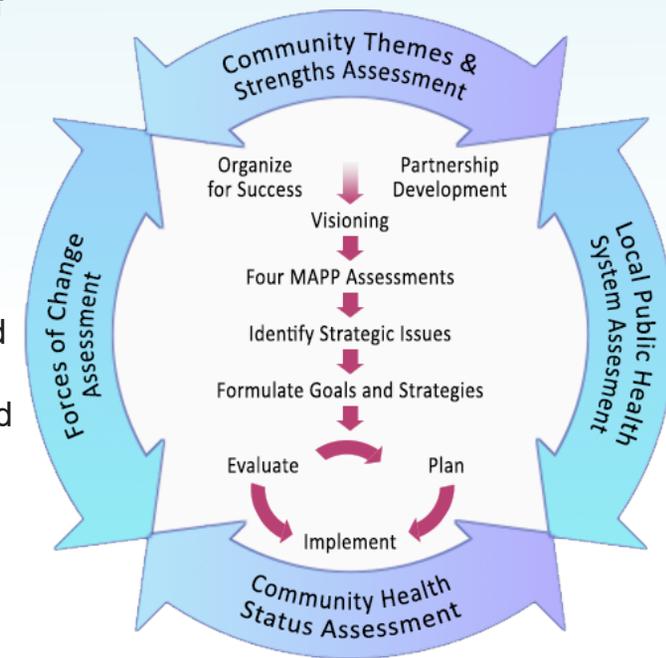
To develop the CHA, we used the **Mobilizing for Action through Planning and Partnerships** (MAPP) model. The MAPP model is made up of four assessments that help identify public health issues in our community:

Community Health Status Assessment | This explains the health standing of our community. It helped us identify our key community health problems by reviewing data about health conditions, quality of life and risk factors in the community.

Community Themes and Strengths Assessment | Information was collected from focus groups, 27 individual interviews and 176 survey participants. This data helped us learn: what issues are important to our community, how the quality of life is seen in our community and what resources our community has that can be used to improve health.

Local Public Health System Assessment | Facts and figures were collected from four public health system scoring groups. This data helped us learn: how well public health services are being provided to our community and the performance and abilities of our community health system.

Forces of Change Assessment | Information was collected from community leaders, which helped us learn: what is happening or could happen that affects the health of our community and what dangers or opportunities are exposed by these occurrences.



After the MAPP assessments were completed in April 2016, DOH-Okaloosa created the 2017 CHA document. The CHA was then **edited by various community partners** including the CHA Leadership Team and the Access to Care Roundtable members. Afterward, the document was reviewed by the public through a series of **town hall meetings and online feedback**. The responses provided by the community shaped the final CHA document.

Using this CHA as a guide, we will create the **Community Health Improvement Plan** (CHIP). It will be used to improve health concerns reported in the CHA, in partnership with a group of caring people from community organizations. Together we form the **Healthy Okaloosa Collaborative's CHIP teams**. The CHIP teams work to improve health in Okaloosa County.

Health begins where you live, learn, work and play. All Okaloosa County residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities.

It is important to work toward raising the bar for all Okaloosans so everyone can have the opportunity to make healthy choices. A **disparity** is when different groups of people have very different levels of health for no obvious reason. For example, it is important to know if people in one part of our county are sicker than people in the rest of the county. We would want to figure out what is going on and identify opportunities for better health.¹



What determines our health?

Economic Stability: employment, income, housing, affordability of food and other necessities

Education: high school graduation, language, literacy

Social & Community Context: social support, discrimination, civic participation, policies, culture

Health & Health Care: access to health care, access to interventions, health literacy (or ability to understand and interpret health information)

Neighborhood & Built Environment: public safety, access to healthy foods, quality of housing, access to sidewalks, air quality, water quality, street lighting, parks²

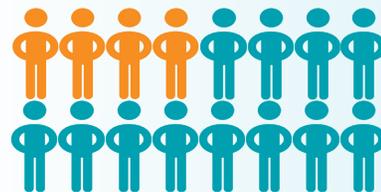


Why does the CHA include information on education and income? Higher education and incomes impact health in many ways. People with higher incomes have the opportunity to make healthy choices because they are more likely to live in safe homes and neighborhoods, have access to healthy foods and safe places to exercise, have health insurance and resources to deal with stressful life events. Those who are working and still struggling to pay the rent can't always make healthy choices because they don't have as many resources. Families who are struggling to get by are also more likely to face more overall stress and have less resources to deal with stressful events. Chronic stress creates higher levels of harmful hormones, which can increase the risk of many diseases such as cancer, diabetes, heart disease and stroke.^{1, 3}

So, it makes sense that groups of people with more education and higher incomes generally have better health and live longer than those with lower incomes. Middle-income Americans are healthier than those who struggle financially, but they are less healthy than those with high incomes. Groups of people with the lowest incomes tend to have the worst health and die younger.¹



Why are the statistics broken down by population groups? By comparing, we can see where we are doing well and where we could improve. It is helpful to look at how healthy people in Okaloosa are, as a group, compared to people in the rest of Florida or in the whole United States. These comparisons cannot be applied to individual people, only to groups of people. For example, men might be twice as likely to die of accidental poisoning than women, but that does not mean a specific man is twice as likely to die from poisoning than his sister.



The graphic on the left shows the group of men have a 25% chance of being orange, *not* that one man has a 25% chance of being orange.



What are rates? Rates are a way to compare between groups of different sizes. Let's say 1,000 puppies were born and 100 of those puppies died. Fifty of the puppies who died had stripes, and 50 had spots. These numbers would make us think striped and spotted puppies die at the same rate. But, what if 80% of the puppies born had stripes and 20% had spots? Then we would expect that if 100 puppies had died, 80 would have stripes and 20 would have spots. Rates help us see the number of puppies who die in relation to the number of puppies born.

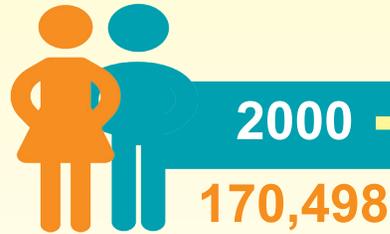
| Puppies Born | Puppies Died | Death Rate |
|--------------|--------------|--|
| 800 Striped | 50 Striped | 50 of 800 = 6% (1 out of every 16) |
| 200 Spotted | 50 Spotted | 50 of 200 = 25% (1 out of every 4) |
| 1,000 Total | 100 Total | 100 of 1,000 = 10% (1 out of every 10) |



This symbol is used throughout the CHA to highlight disparities, or areas that need improvement. We focus on the issues that need improvement so we can work together on solutions!

Community Profile

Population Timeline⁴



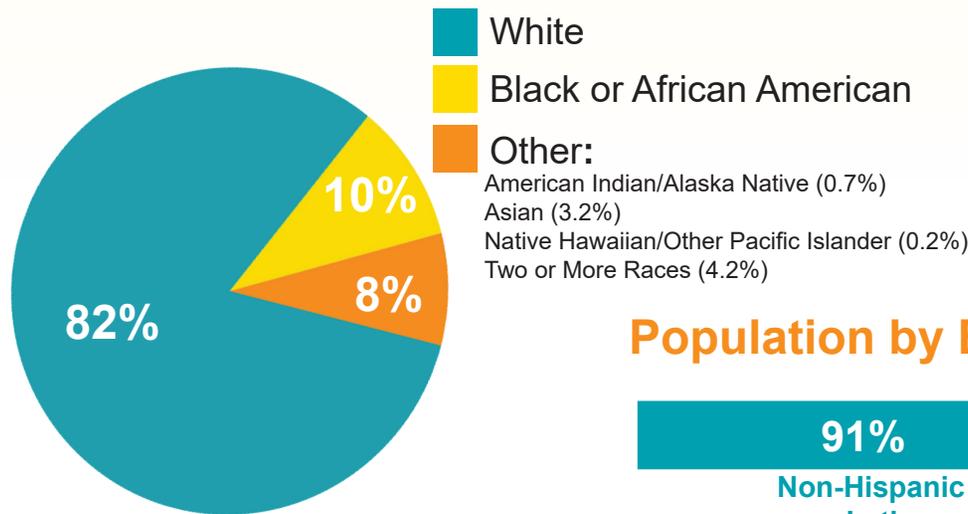
2005

Housing Boom

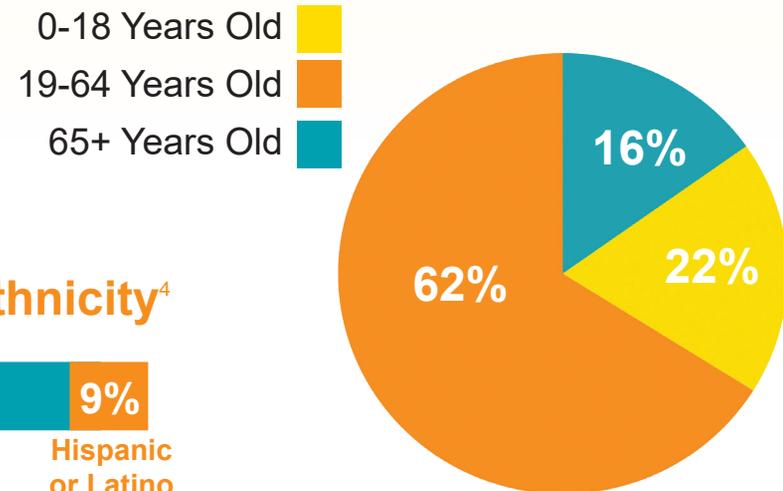
FACT

During the tourist season, Okaloosa County Department of Public Safety plans for an additional **30,000 to 50,000 people** any given day for Emergency Management Operations.⁵

Population by Race⁴



Population by Age⁴



Population by Ethnicity⁴



- Eglin Air Force Base, Hurlburt Field and 7th Special Forces add both economic and cultural benefits to Okaloosa County.
- Annual festivals and opportunities for families and visitors to enjoy local culture.⁵
- **120+** local, state and federal parks and natural beach areas.⁵
- Okaloosa County Public Schools rank among the top in the state.⁶



7th Special Forces Group



2010

2012

2016

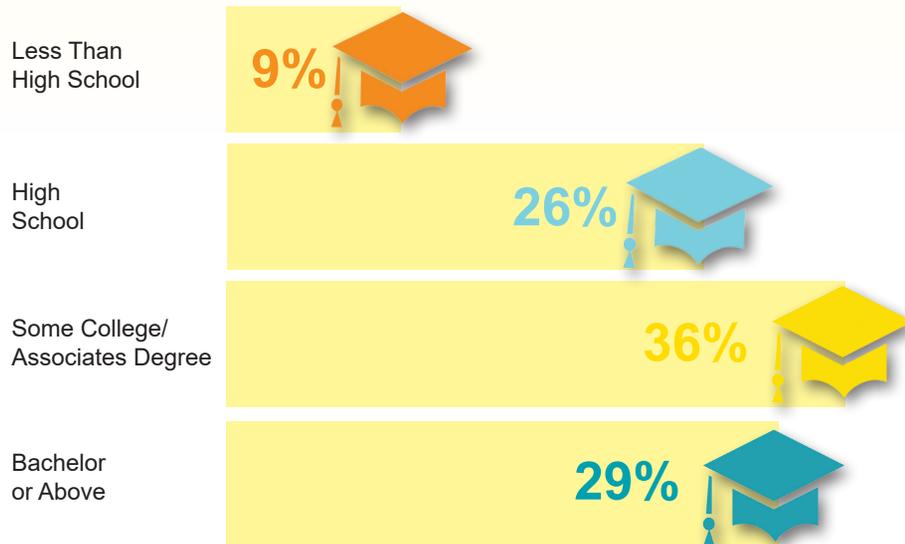
180,822

201,170



If trends continue, Okaloosa County will grow an average of **1,000 people each year**. By 2030, the population is estimated to be between **210,600 and 242,100**.⁴

Educational Attainment⁷



Education Disparity

High School Graduation Rates by Race/Ethnicity⁶

Almost 1/3 (29.1%) of Black students in Okaloosa County do not graduate high school compared to 11.8% of Asian, 13.2% of White, and 18.5% of Hispanic students.



“Better-educated individuals live longer, healthier lives than those with less education.” - Robert Wood Johnson Foundation¹



Socioeconomic Characteristics

Median Household Income⁴

Household - According to the US Census Bureau, a single housing unit and all of the people that live in it.



Family Poverty Levels⁸

| Persons in Household | Total Income |
|----------------------|--------------|
| 1 | \$12,060 |
| 2 | \$16,240 |
| 3 | \$20,420 |
| 4 | \$24,600 |
| 5 | \$28,780 |



Income Disparity

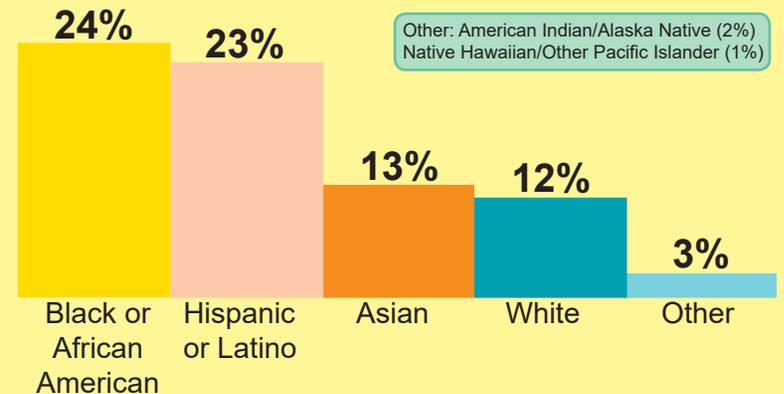
Median Household Income by Race/Ethnicity⁷

| | |
|---------------------------|----------|
| White | \$68,285 |
| Asian | \$62,857 |
| Native American | \$60,234 |
| Black or African American | \$48,388 |
| Hispanic or Latino | \$47,317 |



Poverty Disparity

Poverty by Race/Ethnicity⁷



Children in Poverty⁴

22% of children in Okaloosa County are living in poverty.

Medical & Dental Resources



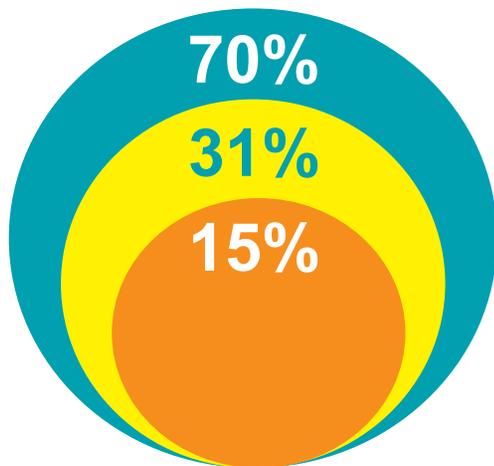
Okaloosa County has 1 family doctor/provider for every 1,290 residents. This is less than the goal of having 1 for every 1,040 residents.¹



Okaloosa County has 1 dentist for every 1,320 residents. This exceeds the goal of having 1 for every 1,340 residents.¹

Health Insurance Coverage⁷

- Private Coverage
- Public Coverage (Medicaid/Medicare)
- Uninsured



People can have more than one type of coverage and as a result, these numbers will add to more than 100%.



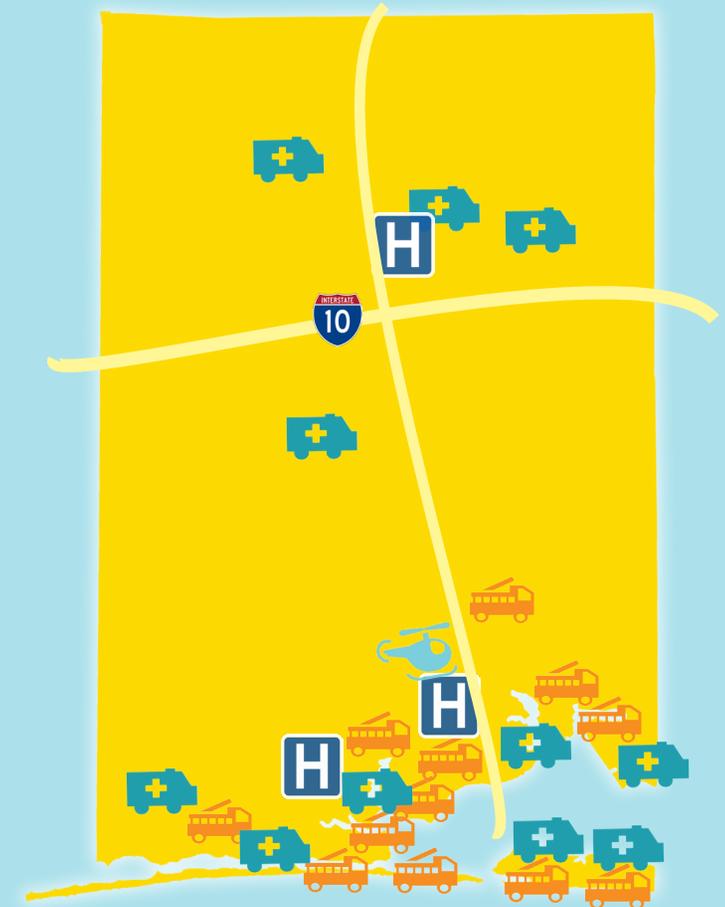
- In 2017, Okaloosa County Emergency Medical Services (EMS) became

accredited through the Commission on Accreditation of Ambulance Services, making them among the top 1% of EMS agencies in the U.S.⁹

- In 2017, Fort Walton Beach Medical Center became a Level II Trauma Center.¹⁰

- The Crestview Health Center is a Federally Qualified Health Center, offering medical and dental care to the uninsured.¹¹

Emergency Medical Response⁹



- Hospital**
H Fort Walton Beach Medical Center
 North Okaloosa Medical Center
 Twin Cities Hospital

- Emergency Medical Services (EMS) Station**
+ Ground transportation to stabilize and move patients from accident scenes to healthcare facilities.

- Air Medical Services Station**
✈ Air transportation to stabilize and move patients from accident scenes to healthcare facilities.

- Advanced Life Support (ALS) Fire Station**
🚒 Basic life support (BLS) fire stations are available throughout the County.

Built Environment

in Okaloosa County

From 2007-2014, **five bicyclists and 31 pedestrians were killed** by motor vehicles in Okaloosa County, including two children less than 14 years old. Twenty-eight children were seriously injured by vehicles while riding their bicycles. These individuals were Okaloosa County residents.¹²



Approximately 2% of residents ride a bicycle or walk to work.⁷



Most pedestrian accidents in Florida occur at non-intersections, on weekdays between 6 p.m. and midnight.¹³

Okaloosa County is split in half by Eglin Air Force Base, creating a barrier to integrated transportation between the north and south portions of the county.



Florida had the 2nd highest rate in the US for pedestrian fatalities in 2015.¹⁴

45%
of residents live within a ten-minute walk (1/2 mile) of a park.⁷

“Fishing, recreation, outdoor activities are easily available to residents of all income levels.” - Key Informant, 2016



- There are 31 public boat ramps and 10 public beach access points in Okaloosa County.⁵
- A Florida Department of Environmental Protection grant is providing funds to re-establish the protective dunes on Okaloosa Island.⁵
- Sunset Park in Fort Walton Beach was redesigned to be accessible for handicapped children.⁵
- In 2016, five new pedestrian crosswalks were activated at key locations along Highway 98 in Destin.¹⁵

*“Everyone wants low taxes, but they want more roads, schools without leaky roofs, and public transportation.”
- Key Informant, 2016*



Environmental Poisonings

Lead exposure can seriously harm a child’s health. Homes built before 1978 probably contain lead-based paint. It is recommended that all children be screened for lead poisoning; however, **only 8% of Okaloosa children** less than 3 years old have ever received a blood screening test, versus **14% of children in Florida.**¹⁷

25%

of the square footage in Okaloosa County school buildings is more than 40 years old.¹⁶



9 Schools

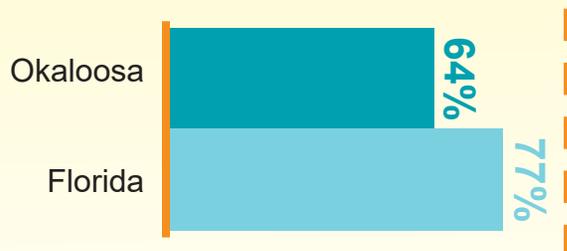
out of 32 in Okaloosa County are over capacity.¹⁶



More than 1/3 of houses in Okaloosa County are 35 years or older.¹⁸



Percent of Residents on Public Community Water Systems Receiving Optimal Fluoridation¹⁹



Goal*: 80%²⁰

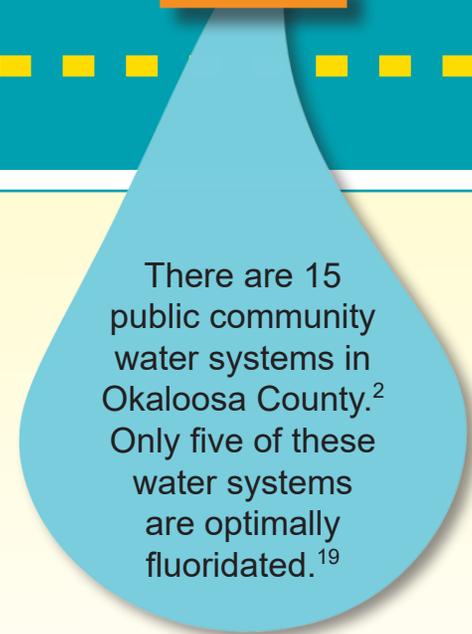
** All goals from Healthy People 2020*

✓ FACT

Almost all water contains fluoride, but usually not enough to prevent tooth decay. Fluoride can be safely added to drinking water supplies to help reduce cavities.²



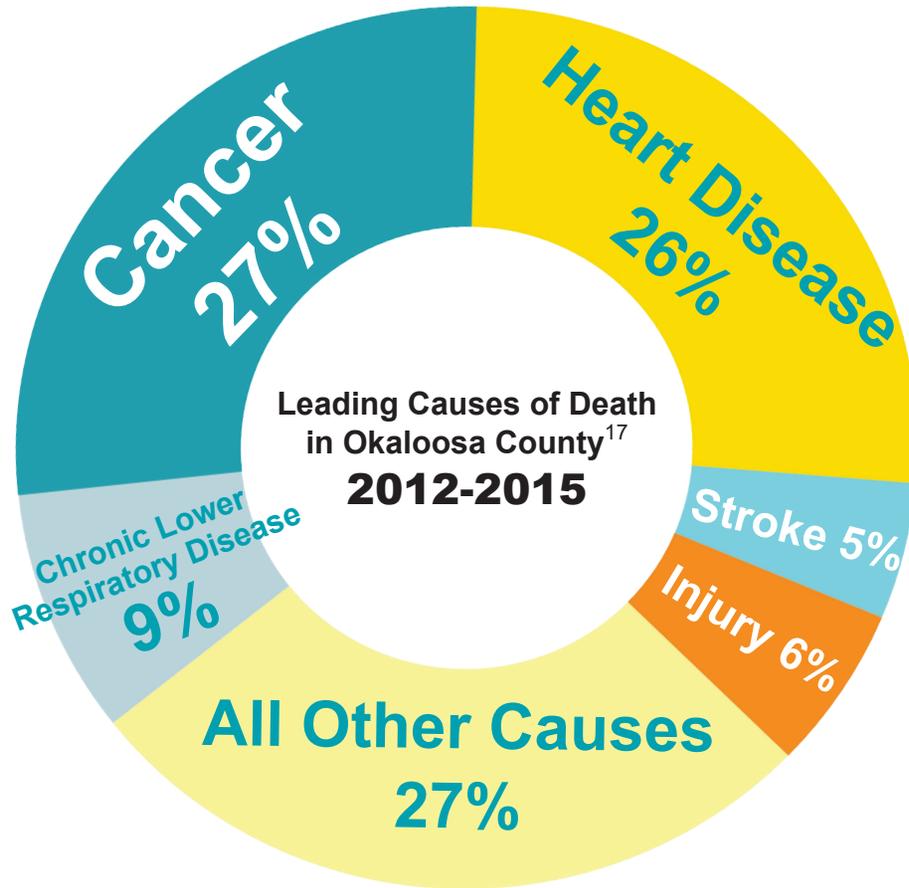
Oral health is essential to general health and overall quality of life.²¹



There are 15 public community water systems in Okaloosa County.² Only five of these water systems are optimally fluoridated.¹⁹

Leading Causes of Death

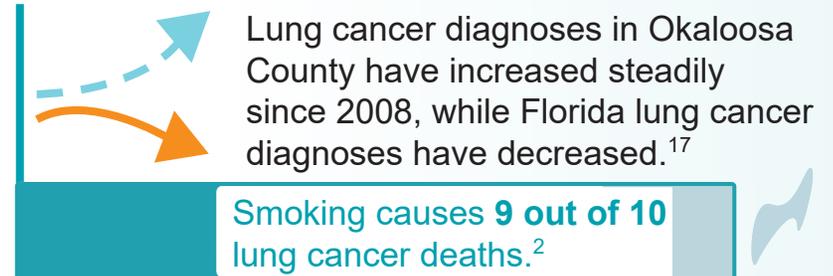
in Okaloosa County



Cancer

Leading Types of Cancer Deaths¹⁷

- | | |
|----------------------|-----|
| 1. Lung Cancer | 32% |
| 2. Colorectal Cancer | 8% |
| 3. Breast Cancer | 6% |
| 4. Prostate Cancer | 5% |



✓ FACT

Since 2004, cancer is the leading cause of death in Okaloosa County. However, heart disease is the leading cause of death for both Florida and the U.S.¹⁷



Chronic Lower Respiratory (lung) Disease deaths, which includes Chronic Obstructive Pulmonary Disease or COPD, have been higher in Okaloosa County than Florida for decades, likely a result of the high tobacco use in Okaloosa.¹⁷

Although Okaloosa residents are **more likely** to be diagnosed with colorectal cancer than other Florida residents, they are **less likely** to die from it.¹⁷

✓ FACT

Women in Okaloosa County are diagnosed with breast cancer at earlier stages than women in Florida.¹⁷



24% decrease in breast cancer deaths from 2009-2015.¹⁷



Race Disparity

Cancer Deaths by Race¹⁷

Black men are **more likely** to be diagnosed with and die from prostate cancer than White men.

The number of new diagnoses of prostate cancer has **decreased by approximately 50%** since 2005.¹⁷



Heart Disease



The rate of heart failure deaths in Okaloosa County is **DOUBLE** the state of Florida.²²

Smoking causes **one in three** deaths from cardiovascular disease, including heart disease, and Chronic Lower Respiratory Disease.²



✓ FACT

Women are more likely than men to experience “silent” heart attacks, which have less recognizable symptoms like chest pain. This may explain why fewer women survive their first heart attack than men.²³



Okaloosa County residents who do not graduate high school are **3x more likely** to have a heart attack than those who do complete high school.²²

Stroke



Race Disparity

Stroke Deaths by Race¹⁷

Black residents are **TWICE** as likely to die from a stroke compared to White residents.



Fort Walton Beach Medical Center is a Certified Primary

Stroke Center, a facility which can provide highly specialized care to stroke patients.¹⁰

Healthy Weight

in Okaloosa County

Residents who are Overweight or Obese by Race/Ethnicity²²



1 out of 3 kids are now considered overweight or obese.²⁴

73% of males and **55%** of females are overweight or obese.²²

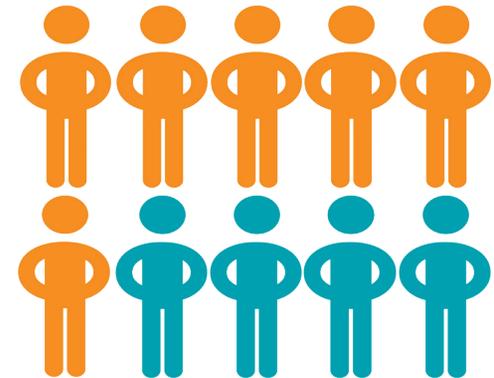
Currently, almost 1 in 10 adults have diabetes.²²

52%

of adults with diabetes have received diabetes self-management education.²²

Research estimates that by 2050, 1 in 3 individuals will have diabetes in the U.S.²

6 out of 10 children born today in Florida will be obese by the time they graduate high school.²⁵



✓ FACT

Being overweight or obese is a risk factor for nearly every leading cause of death, including: cancer, heart disease, stroke and chronic lower respiratory disease.²

Physical Activity

in Okaloosa County



“Kids need to play and older people need to move.” - Key Informant, 2016

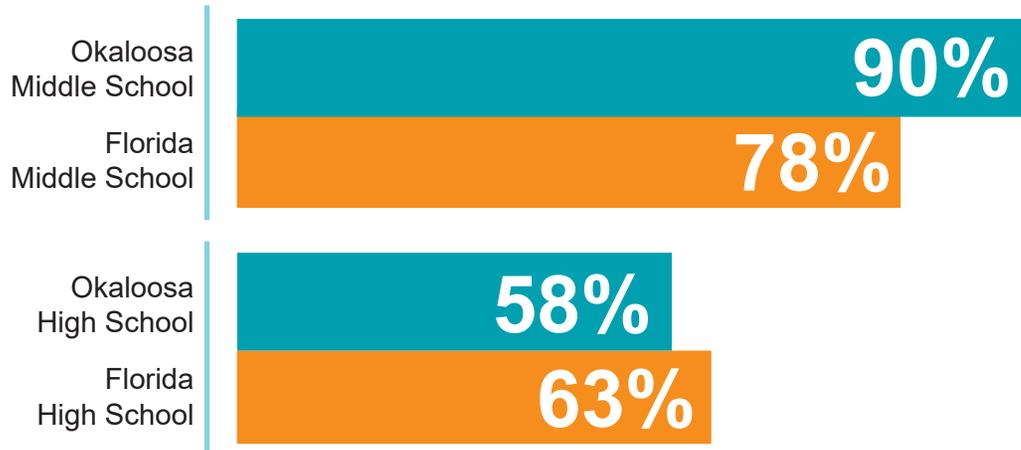
97% of high school students feel there are opportunities to get involved in sports, clubs and other school activities.²⁴

Nationally, research estimates that **\$117 billion** in health care costs per year can be linked to a lack of physical activity.²

1/2 of Okaloosa County adults do not get regular physical activity.²²

4 out of 5 middle and high school students are not active for at least 60 minutes per day.²⁴

Middle & High School Students Who Participate in a Sport²⁴



✓ FACT

The average commute time (the time it takes to get to work) is 23 minutes, leaving less time for physical activity.¹⁷



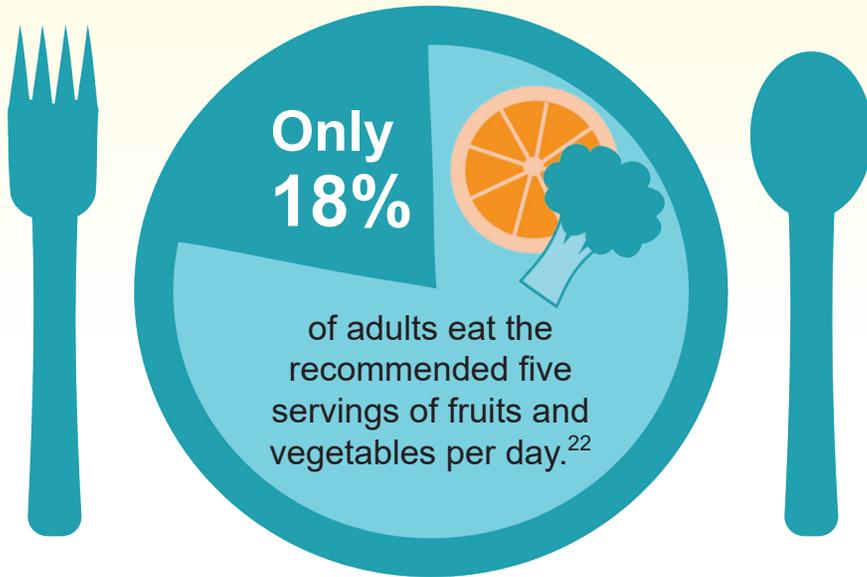
- Okaloosa County has a higher percentage of residents who meet physical activity recommendations than the state.²²
- Special Olympics offers 16 sports and serves almost 300 athletes throughout

Okaloosa County.²⁶

- Okaloosa County is the home of the first Special Olympics in Florida.²⁶

Nutrition

in Okaloosa County



*“Breastfeeding is a natural safety net against the worst effects of poverty.”
- James P. Grant, Former Executive Director of UNICEF²⁷*

✓ FACT

Breastfeeding provides optimal nutrition for infants. Studies show that breastfeeding reduces the risk of childhood obesity. Breastfeeding is especially important for underweight babies, who need optimum nutrition and their mother’s immunity to get through the first few months of life.²



students participated in the Health Department’s education programs on nutrition and physical activity in the 2016-2017 school year.²⁸



Race/Ethnicity Disparity

Nutrition by Race²²

Hispanic or Latino adults in Okaloosa County are **less likely** to have high cholesterol than other Hispanic or Latino adults in Florida.



- **Nearly 1/3** of adults in Okaloosa County have high cholesterol.²²
- People with high cholesterol have 2x the risk of heart disease as people with low cholesterol.¹⁶



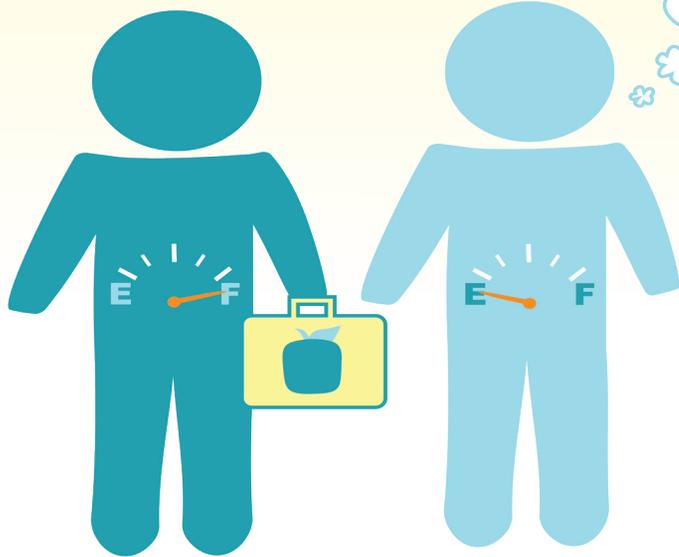
Income Disparity

Nutrition by Income²²

Okaloosa adults with annual household incomes of more than \$50,000 per year are more likely to eat the recommended five servings of fruits and vegetables per day than Okaloosa adults in households making less than \$50,000 per year.

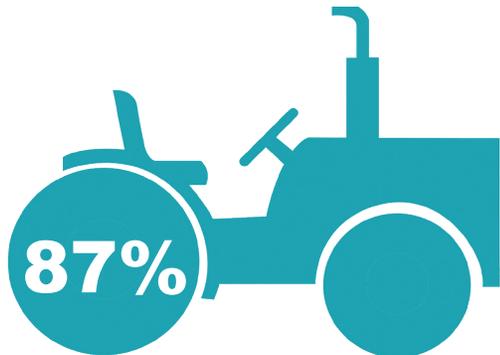
Food Access

in Okaloosa County

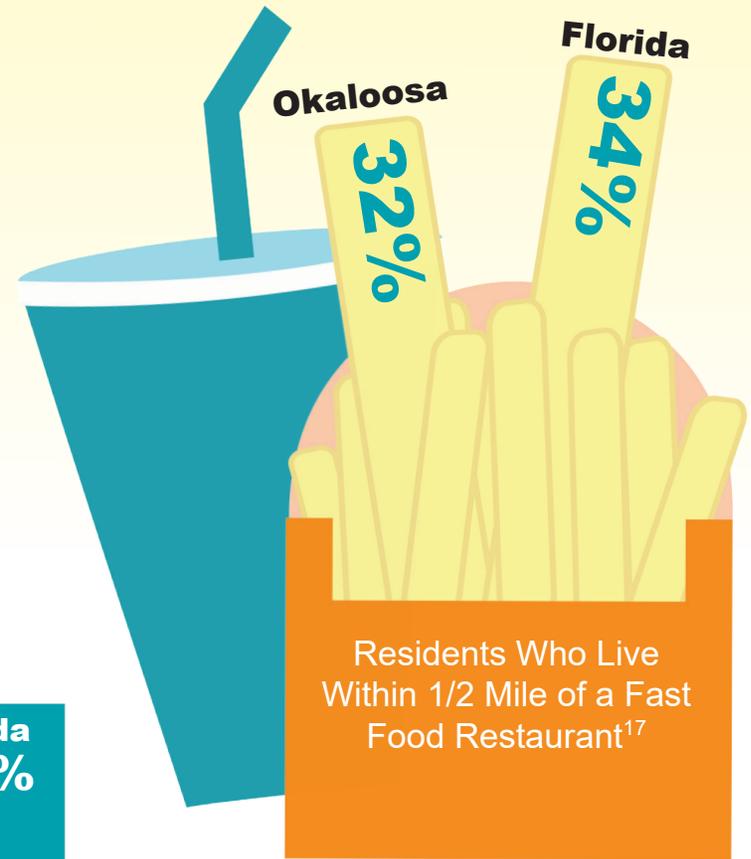


Half of all elementary students come from families who do not make enough money to pay for their school lunches.¹⁷

There are approximately **477 farms** in Okaloosa County, each averaging approximately **129 acres**.²⁹



of those farms are operated by families or individuals.²⁹



Residents Who Live Within 1/2 Mile of a Fast Food Restaurant¹⁷



Residents Who Live Within 1/2 Mile from a Grocery Store or Other Healthy Food Source¹⁷



- Multiple community organizations partner with local schools to provide a weekend supply of food to children in need.³⁰
- There are over 10 food pantries in Okaloosa County.³¹
- There are several local farmer's markets which sell fresh fruits and vegetables directly from farmers to consumers.³²

Tobacco

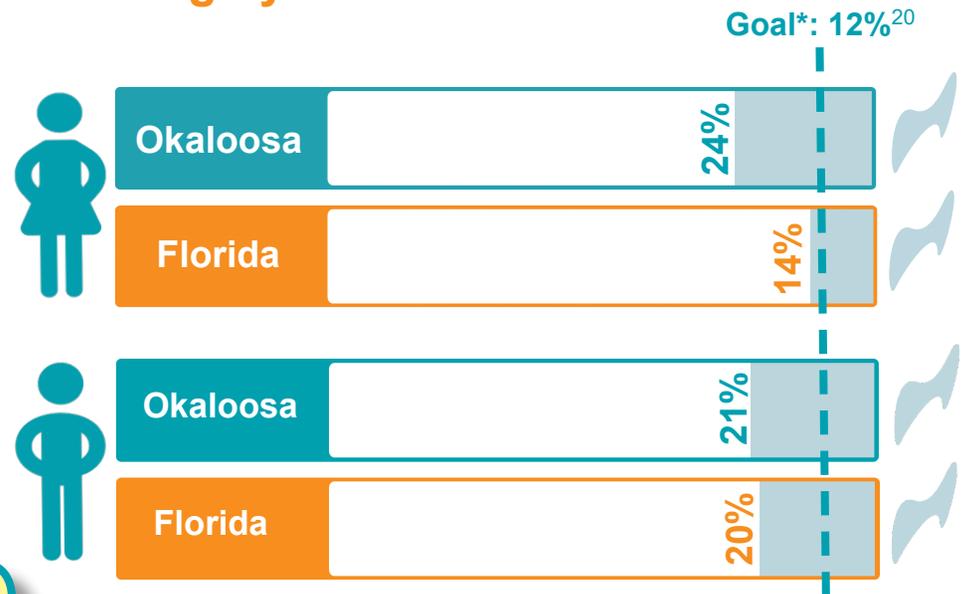
in Okaloosa County

Current Adult Smokers²²



Since 2002, statewide smoking rates have been declining. However, Okaloosa County rates have not improved.¹⁷

Smoking by Sex²²



Smoking During Pregnancy¹⁷

Pregnant women in Okaloosa County are almost



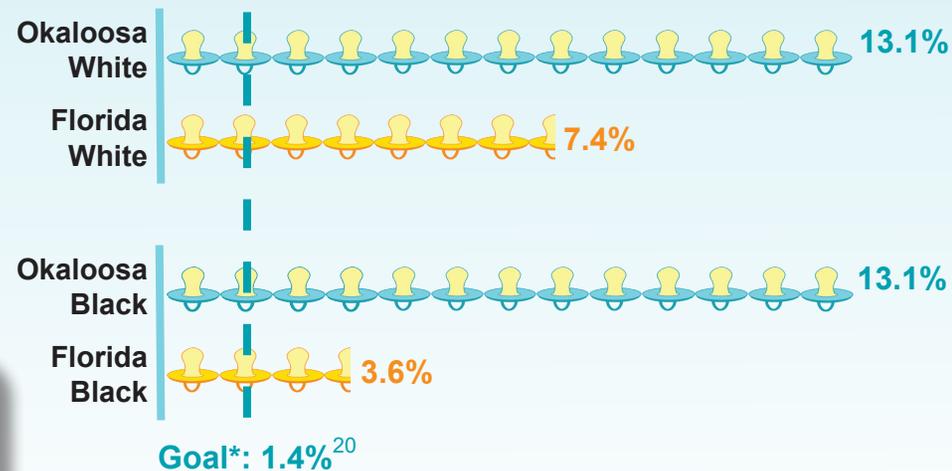
TWICE

as likely to smoke than all other pregnant women in Florida.

FACT

Moms who smoke during pregnancy are at a greater risk for having a low birth weight and/or preterm delivery² compared to moms who do not smoke during pregnancy.

Percentage of Pregnant Smokers



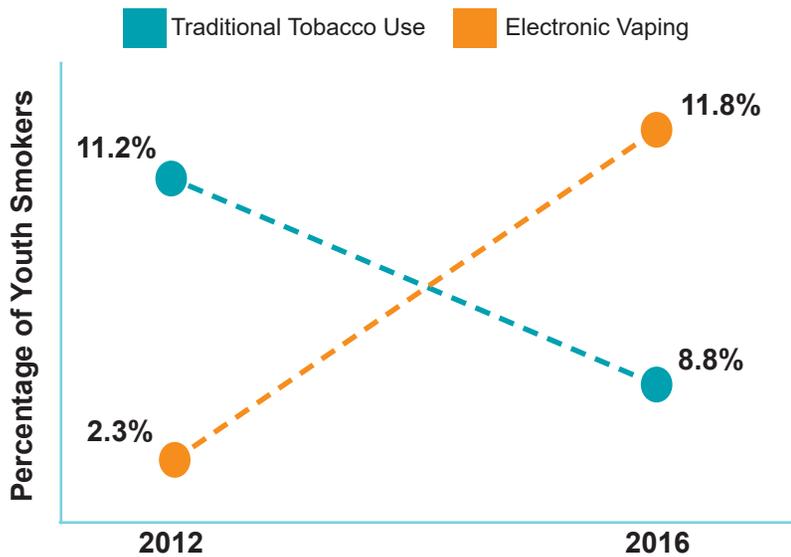
* All goals from Healthy People 2020

25%

of smokers are 44 years old or younger.²²



Smoking Among Youth²⁴



- Tobacco-related deaths are preventable.²
- There are a growing number of Students Working Against Tobacco (SWAT) clubs in local schools.²⁸
- **82% of youth** in Okaloosa County are committed to never using cigarettes.²⁴
- Tobacco Free Florida offers free tools and services via phone, in-person and online.³³

Spotlight on e-Cigarettes³³

Electronic cigarettes are devices that deliver vapor to the user by heating “e-liquids.” Many e-liquids contain nicotine, a highly addictive chemical. Nicotine is the main reason people continue to use tobacco.

The vapor that e-cigarettes release may not be tobacco smoke, but it is still harmful. Studies have shown that probable **cancer-causing chemicals** are measurable in some e-cigarette vapor. Bystanders exposed to e-cigarette vapor can also absorb its nicotine.

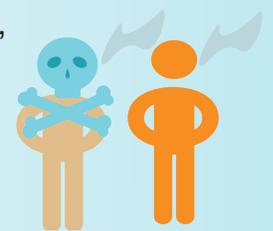
It is common for people to use e-cigarettes to attempt to quit smoking. Most e-cigarette users—**nearly 6 in 10**—do not quit smoking. They continue to smoke conventional cigarettes while also using e-cigarettes. There are still many unknowns regarding the health impacts of e-cigarettes. Regulations for e-cigarettes and vaping products are lagging.



“People believe that vaping is a ‘healthy’ alternative.” - Key Informant, 2016



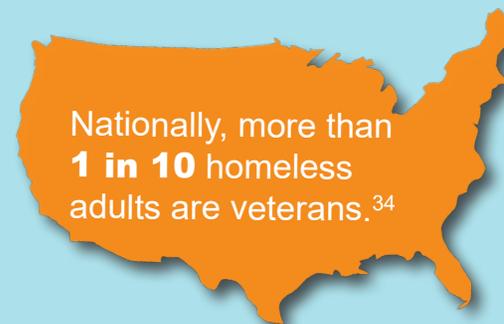
- Smoking is the leading cause of preventable death in the U.S.²
- Nationally, **90% of smokers** start before age 18.²
- Okaloosa women smoke at significantly higher rates compared to other women in Florida.¹⁷
- Tobacco use, including smokeless tobacco, increases the risk of cancer, heart disease, stroke and respiratory illnesses.²
- **Half of all** current smokers will die from a tobacco-related illness if they continue to smoke.²



Social & Mental Health

in Okaloosa County

“While the **‘public face’ of homelessness** is often that of people experiencing long-term chronic homelessness, the reality is that the experience of homelessness spans demographics and populations – young and old, employed and unemployed, healthy and ill, female and male.”³⁴



The number of homeless students in the Okaloosa County School District **nearly doubled** from the 2014-2015 to the 2015-2016 school year.³⁴

✓ FACT

In Florida, mental illness is the number one disabling condition that leads to homelessness.³⁴

✓ FACT

Parental drug and alcohol abuse is the number one reason children in Okaloosa County are removed from their homes.³⁵



- Children in Crisis provides emergency shelter to over 100 children per year to help with the shortage of foster homes.³⁷
- Shelter House fielded 1,792 calls from residents in crisis, and sheltered 333 adults and children

from 2013-2014.³⁸

• The Emerald Coast Children’s Advocacy Center’s multi-disciplinary team serves approximately 400 children and families each year.³⁹

9th Okaloosa County ranks 9th in the state for the percentage of children age 18 and younger in foster care.¹⁷



There are approximately **1,400 foster children** in the Circuit 1 Area (Escambia, Santa Rosa, Okaloosa and Walton counties), but only 330 foster homes.³⁷

Percentage of Adults Who Have Ever Been Diagnosed With a Depressive Disorder²²

| | |
|----------|-----|
| Okaloosa | 20% |
| Florida | 17% |

“We are in desperate need of behavioral health services in our county. There are no inpatient services for children and they end up in Pensacola or Panama City.” - Key Informant, 2016



Income & Education Disparity

Depression by Income and Education²²

Residents who live in households with annual incomes of less than \$25,000 per year are **3x more likely** to be depressed than adults in households making \$50,000 or more per year.

Adults with less than a high school education reported more days of poor mental health (10 days) in the past 30 days than individuals with at least a high school diploma (3 days).

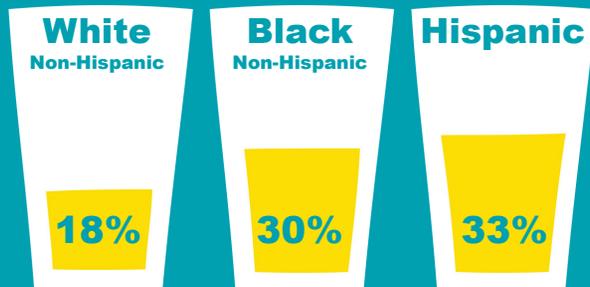


of female high school students report feeling depressed or sad most days, compared to 31% of male high school students.²⁴



of adults report that they are limited in their daily activities because of physical, mental or emotional problems.²²

Binge Drinking by Race/Ethnicity



Binge drinking is having 5 or more drinks for males or 4 or more drinks for females during a single occasion in the past 30 days.²²

Heavy drinking is having more than 2 drinks per day for males and more than 1 drink per day for females.²

Nearly **1 in 5 residents** engage in heavy or binge drinking.²²



Men are nearly **TWICE** as likely to engage in heavy and binge drinking.²²

15% of high school students report blacking out after drinking on more than one occasion.²⁴



Florida ranks 49th of the 50 states in funding allocated for mental health services.⁴⁰

Injury & Violence

in Okaloosa County



Okaloosa County has fewer MVAs compared to other counties in Florida, but they are **deadlier and more likely to involve alcohol**.¹⁷

| Age Group | Leading Cause of Injury Death ¹² | |
|---------------------------------|---|---|
| Less than 1 2% of Population |  | Suffocation due to unsafe sleep practices |
| 1-14 17% of Population |  | Drowning |
| 15-64 66% of Population |  | Motor Vehicle Accidents (MVAs) |
| 65+ 15% of Population |  | Falls |

Falls were the cause of **1 out of every 3** Emergency Department visits and 2 out of every 3 injury hospitalizations.¹²



In Florida, **traumatic brain injury and hip fractures** make up the majority of fall-related injury deaths.¹²

✓ FACT

The average cost of a non-fatal hospitalization for a fall is \$97,407.⁴¹

Unintentional Poisoning in Adults

(Most commonly due to overdoses or excessive use of drugs)

Okaloosa County Emergency Medical Services (EMS) has observed a

219% increase

in the need to administer Narcan™, a drug used to reverse the effects of opioid overdose, since 2013.⁹



Race Disparity

Unintentional Poisoning Deaths by Race¹⁷

White residents are **TWICE** as likely to die due to an unintentional poisoning than Black residents.



Deaths related to opioids, such as heroin and fentanyl, **increased by 80%** in Florida from 2014-2015.⁴²

Suicide¹²

Nationally, suicide is the **7th** leading cause of death among men and **14th** among women.

→ Suicides in Okaloosa have been **higher than Florida** since 2001.¹²

Women in Florida are **more likely than men** to attempt suicide, usually by poisoning.



Of those who die by suicide, **75% are male.**¹²

Okaloosa County ranks **16th** out of 67 counties for the percentage of **children ages 5-11** who were the victims of abuse.¹⁷

CRIME SCENE: DO NOT CROSS



Homicide is rare. Okaloosa County has **HALF** the rate of homicides as Florida.¹⁷

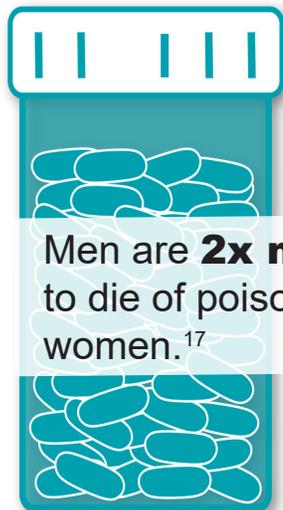


In the past 5 years, the number of rape and other forcible sexual offenses in Okaloosa County **increased significantly** compared to the rest of Florida.¹⁷

Children ages 5-11 in Okaloosa are **30% more likely** to be the victim of sexual violence than children of the same ages in Florida.¹⁷



Okaloosa ranked in the **top 10 worst counties in Florida** for domestic violence offenses in 2015.¹⁷



Men are **2x more likely** to die of poisoning than women.¹⁷

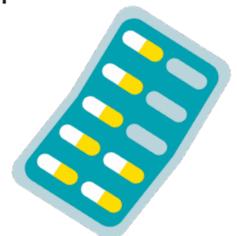
Drugs/substances that cause the highest numbers of deaths:⁴²

Fentanyl
Cocaine
Benzodiazepines
(tranquilizers such as Valium and Xanax)
Morphine
Heroin
Alcohol



The Okaloosa County Sheriff's Office reports a **386% increase** in heroin and fentanyl-related arrests from 2014-2016.⁴³

In May 2017, Florida's Governor declared the opioid epidemic in Florida a **public health emergency**. This allowed the state to obtain grant money to pay for prevention, treatment and recovery services.⁴⁴



Infectious Diseases

in Okaloosa County

Enteric Diseases:

Intestinal infections that can cause fever, stomach ache, nausea, vomiting, diarrhea and headache. These infections are usually caused by certain bacteria and viruses.²

| Bacteria ² | How do you get it? | Who has the highest risk? |
|-----------------------|---|---------------------------|
| Salmonella | Undercooked eggs, poultry or meat; also present in animal feces, such as birds and reptiles | Children < 5 |
| Campylobacter | Undercooked poultry, unpasteurized milk and animal feces | Adults > 60 |
| Shigella | Contact with fecal matter from an infected person | Children 1-10 |

Salmonella was the most commonly reported bacterial disease from 2013-2016. Okaloosa County ranks 9th in the state for the highest number of Salmonella infections.¹⁷



Okaloosa County has twice the number of reported **Campylobacter** infections as Florida.¹⁷

Outbreaks of **Shigella** infections occur commonly in schools, child care settings and long-term care facilities such as nursing homes. Children ages 1-9 accounted for 60% of all Shigellosis cases from 2007-2017.⁴⁵

Viruses

The enteric virus most commonly reported to the Health Department is norovirus, commonly referred to as the “cruise ship virus.” This virus spreads quickly among individuals in close contact of one another.²

✓ FACT

A person with norovirus can shed billions of norovirus particles in feces and vomit, but it only takes 18 virus particles to infect another person.²

Most common ways you get an enteric illnesses:²



Contact with feces or vomit from an infected person



Contaminated Food or Water



Contact with animals and their feces

Vector-Borne Diseases:

Animals can spread certain diseases to humans.²

✓ FACT

Most of the mosquito-borne diseases reported occur among individuals who were bitten while traveling to countries where mosquito illnesses, such as malaria, are common.⁴⁵

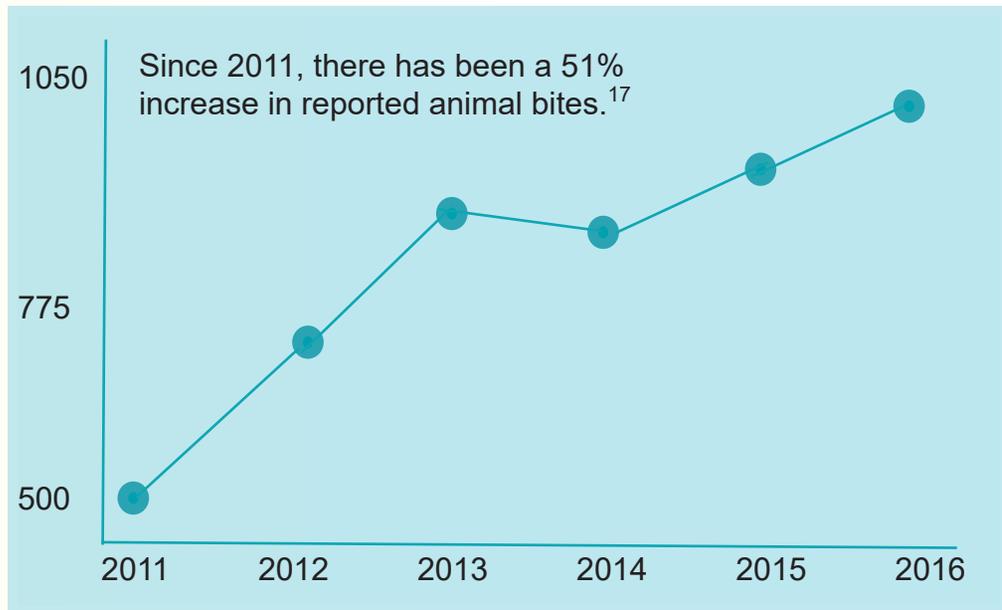


There are three important mosquito-borne diseases that occur in Florida¹⁷:

- Eastern equine encephalitis
- St. Louis encephalitis
- West Nile fever/encephalitis



Okaloosa County has approximately **3x** the number of reported animal bites compared to Florida.¹⁷



The majority of reported animal bites involved dogs (77%) and cats (18%).²⁸

✓ FACT

In Florida, it is required by law to report any animal bite to the Health Department to determine the victim's risk of rabies and need for rabies post-exposure prophylaxis (PEP). Rabies PEP is a series of injections which can prevent the nearly 100% fatal disease.⁴⁶

From 2010-2016, more than 500 people were recommended to receive rabies PEP.²⁸

Animals considered high-risk for carrying rabies include:⁴⁶



Raccoons

Foxes



Bats



Stray dogs and cats



Vaccine-Preventable Diseases:

Certain dangerous diseases, like polio and smallpox, can be prevented with vaccinations.²



96% of kindergarteners in Okaloosa were fully vaccinated in 2017. Florida's goal is 95%.¹⁷



The number of reported cases of pertussis (whooping cough) has **tripled** since 2008. The majority are due to unvaccinated children.¹⁷

✓ FACT

Pertussis causes a mild cough in adults, but **50%** of babies who contract it require hospitalization.²

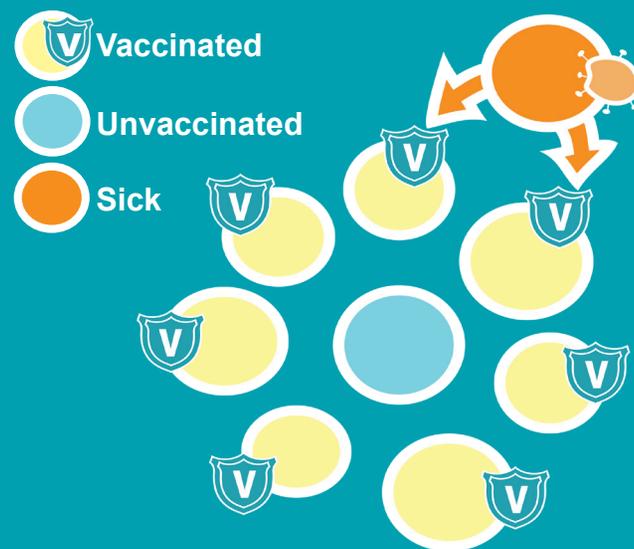
Vaccinations will prevent more than **732,000 deaths** among children born in the last 20 years.⁴⁷

The percentage of children ages 4-18 with religious exemptions to vaccinations is **approaching 10%** in some areas of Fort Walton Beach, Destin and Okaloosa Island.⁴⁸

According to research, **college-educated, white mothers** are more likely to refuse or delay their children's vaccinations when compared to women of other races and educational levels.⁴⁹

Herd Immunity

When the majority of a population is vaccinated against a contagious disease, it becomes harder for the disease to spread. This results in overall community protection. Even those who cannot receive vaccines, such as infants and people with weakened immune systems, get protection from the "herd."²



Viral Hepatitis:

Hepatitis B and C are diseases caused by two different viruses that affect the liver.²

Hepatitis B and C are transmitted through blood and body fluids.²

The estimated number of Okaloosa residents with evidence of having a hepatitis C infection has **doubled** since 2011.¹⁷

The number of new cases of hepatitis B has **declined gradually** over the past several years due to widespread hepatitis B vaccination. Most new cases of hepatitis B involved drug use (both non-injection and injection).²

✓ FACT

CDC recommends everyone born from 1945-1965 get tested for hepatitis C.²

HIV/AIDS

Stopping the spread of HIV/AIDS is still a major public health concern. However, with new medications it is now possible for those who are HIV-positive to live a long and healthy life.²

Who is at high risk for HIV?²

Men who have sex with men

Men and women with multiple sexual partners

Individuals who have been treated for 1 or more STDs in the past 6-12 months

Intravenous (IV) drug users

Percentage of Residents Who Have Ever Been Tested for HIV²²

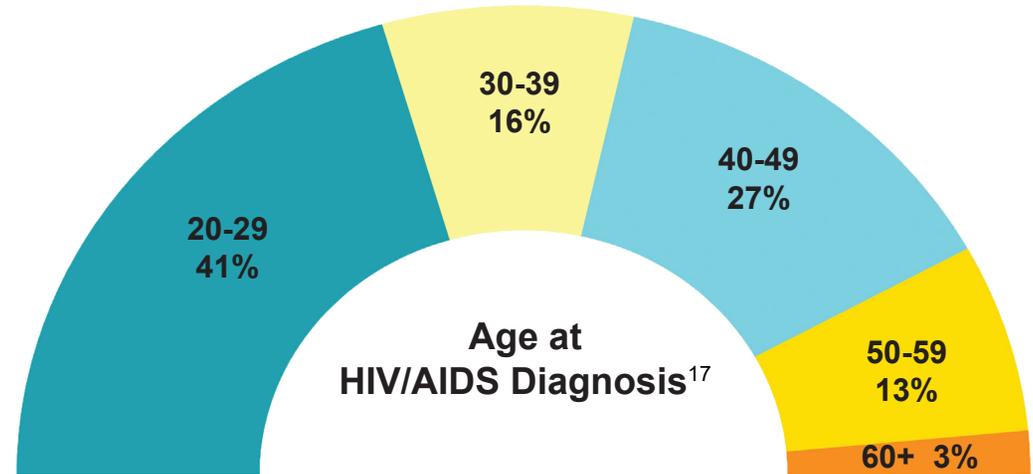
Okaloosa 47%

Florida 43%

Percentage of Residents Who Have Been Tested for HIV in the Past Year²²

Okaloosa 18%

Florida 16%



Race Disparity

HIV Infection by Race

Black residents are **6x** more likely to become infected with HIV than White residents.¹⁷



For every woman diagnosed with HIV, two men are diagnosed.¹⁷



Anyone who tests HIV-positive can receive rapid access to HIV treatment at the health department.²⁸

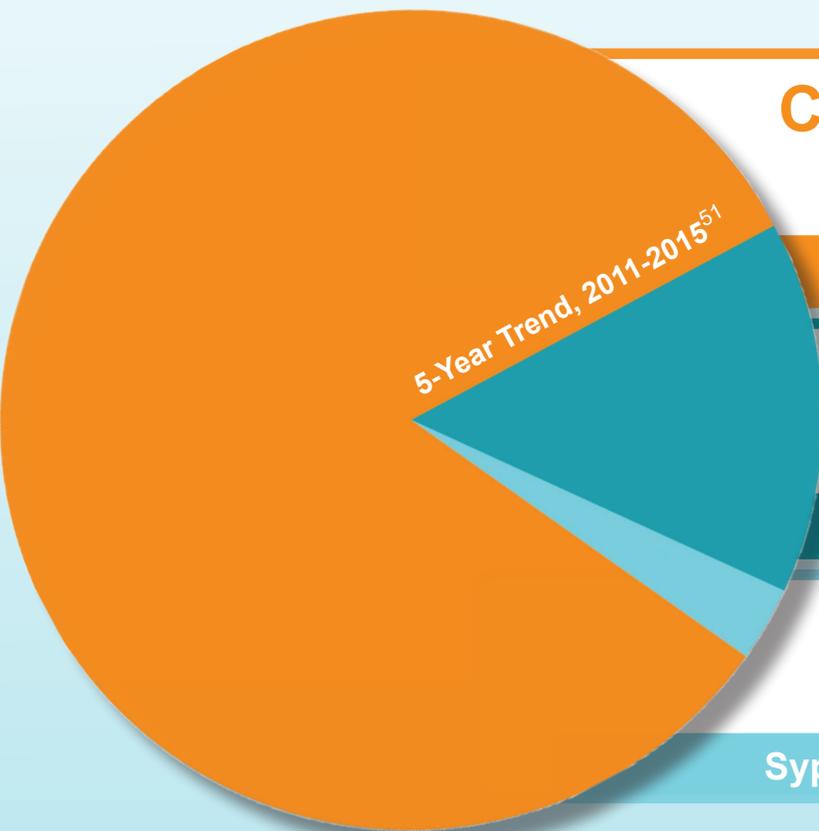
“Knowing your status is not only vital to your physical and emotional health, but it is also the single most important thing any individual can do toward ending HIV.” - Health Educator, Office on Women’s Health⁵⁰

Sexual Health

in Okaloosa County

FACT

Every pregnant woman should be tested for HIV and STDs. Untreated STDs in pregnant women can have serious health consequences for newborns, including: premature birth, low birth weight, eye and lung infections, developmental problems and death.²



Chlamydia

84%



64% 36%



Chlamydia infections occur most frequently in 15-24 year olds.

Gonorrhea

15%



51% 49%



Gonorrhea infections occur most frequently in 15-24 year olds.

Syphilis

1%



12% 88%



Syphilis infections occur most frequently in 25-34 year olds.

Race Disparity

Sexually Transmitted Diseases (STDs) by Race¹⁷

Black residents are **5x** more likely to become infected with chlamydia or syphilis and **10x** more likely to become infected with gonorrhea.



- Okaloosa County ranks **22nd out of 67** counties in Florida for the highest number of chlamydia infections.⁵¹
- Untreated STDs can cause pelvic inflammatory disease (PID). One in eight women with PID will have trouble getting pregnant.²

Teen Pregnancy

in Okaloosa County

“Low teen pregnancy rates are an important characteristic of a healthy community.” - Key Informant, 2016

✓ FACT

Teen moms in Okaloosa County are more likely to give birth to underweight babies and are less likely to initiate breastfeeding than moms ages 19 and older.¹⁷

From 2014 to 2016, **218** babies were born in Okaloosa County to teen moms (13-18 years old).¹⁷

Only **48%** of teen moms ages 13-18 who gave birth from 2014-2016 had adequate* prenatal care.¹⁷

*(Kotelchuck index)



of teen moms in the U.S. earn a college degree by age 30.⁵²

Okaloosa County girls ages 13-18 are **13% more likely** to give birth as a teen than girls of the same ages in Florida.¹⁷



From 2014-2016, there were **25** repeat births among teens (ages 13-18) in Okaloosa. Of those births, **76%** occurred among White teen mothers.¹⁷



13% of teen moms who gave birth from 2014-2016 smoked during pregnancy.¹⁷



- In 2016, Okaloosa County Public Schools enrolled 68 students in the Teenage Parenting Program (TAPP).¹⁶

- TAPP helps teen parents receive their high school diploma by providing support through parenting classes, child care resources and transportation assistance.¹⁶

Children of teen moms are more likely to:²



Develop health problems



Have lower school achievement



Become teen parents



Become incarcerated as adults

Infant & Child Health

in Okaloosa County



Race Disparity

Infant Mortality by Race¹⁷

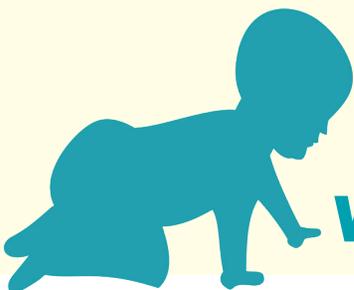
Black babies born in Okaloosa County are **2.5x more likely to die** before their first birthday compared to White babies.

For every White infant death in the Ocean City-Wright area, there are five Black infant deaths.



For every White infant death in Crestview, there were three White infant deaths in the Baker/Laurel Hill/Auburn/Dorcas areas.¹⁷

Neonatal Abstinence Syndrome (NAS) is a drug withdrawal syndrome that occurs among infants after exposure to opioids during pregnancy. NAS can cause tremors, feeding difficulties and temperature instability in infants.⁴⁶ From 2010 to 2014, the number of babies born with NAS in Okaloosa County **doubled**.⁵⁴



Why do babies die?

Prematurity

Black women in Okaloosa are **48% more likely** to have a low birth weight baby (less than 5.5 lbs) than White women in Okaloosa County.¹⁷

Unsafe Sleep

91% of accidental deaths among infants less than one year old were a result of unsafe sleeping environments. Infants in Okaloosa County are **2x as likely** to die of suffocation than infants in Florida.⁵³

Homicide

83% of infant homicides from 2004-2015 occurred in the Ocean City-Wright area.⁵³

Birth Defects

Heart defects are the most common type of birth defect among Okaloosa County infants.¹⁷

Complications

Women in Okaloosa County are **less likely** to receive early and adequate prenatal care compared to women in Florida.¹⁷

Injury

is the #1 killer of children in Okaloosa County



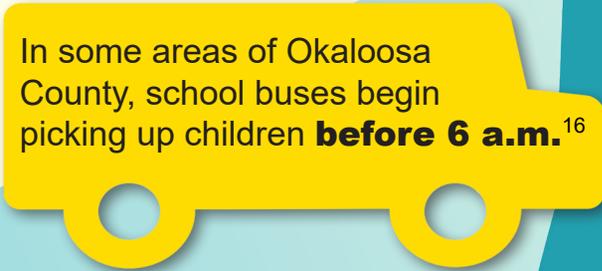
Falls are the most common cause of hospitalization for children ages 1-14.¹²

Male children are **twice** as likely to die from drowning as female children.¹²



The American Academy of Pediatrics urges schools to start at 8:30 a.m., a time that allows students the opportunity to get enough sleep.⁵⁵

Adolescents who do not get enough sleep are more likely to be depressed, overweight, and use alcohol, tobacco and other drugs.²



In some areas of Okaloosa County, school buses begin picking up children **before 6 a.m.**¹⁶

56%



The number of licensed child care centers and homes offering child care in Okaloosa County has **decreased by 56%** since 2007.¹⁷



Child care is out of reach for low-wage workers. The average annual cost of child care in Florida is about \$8,694. This is **nearly double** the annual cost of in-state tuition at a 4-year public college.⁵⁶



- The Early Learning Coalition provides assistance to eligible low income parents, allowing them to work and get the education or training needed to find quality jobs.⁵⁷
- **89%** of high school students reported that they feel safe in their neighborhood.²⁴

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*For the specific date ranges used to collect the asterisked data, please contact HealthyOkaloosa@flhealth.gov. Thank you!

Priority Areas

Priority areas were selected based on input from the Community Health Assessment (CHA) Leadership Team and community feedback via town hall meetings, online surveys and in-person meetings. The following items were chosen as important public health concerns in Okaloosa County:

Advancing Education

- Low high school graduation rates*
- High teen pregnancy rate*
- School start times too early for middle and high school students*
- Lack of quality, affordable child care
- Lack of access to job readiness training

Improving Infant Mortality

- Pregnant women who smoke*
- High teen pregnancy rate*
- Infant mortality disparities*

Supporting Mental Health

- Lack of mental health services*
- Suicide

Decreasing Drug Use

- High opioid use*
- Drug use among teens*

Bettering Built Environment

- Lack of adequate public transportation
- Lack of fluoride in water systems
- Outgrown/outdated infrastructure (roads, sewer, storm water management)

Promoting Healthy Lifestyles

- Poor nutrition*
- Lack of physical activity*
- Unhealthy weight*
- Tobacco/nicotine use*
- Chronic disease
- Access to healthy food

Protecting Children & Teens

- Domestic violence*
- Child abuse*
- Sexual violence against children*
- STDs

Preventing Injuries

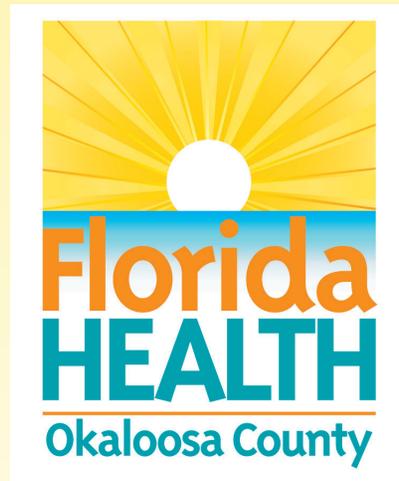
- Lack of sidewalks/street lighting*
- Pedestrian and bicycle accidents
- Lack of road and traffic safety

Strengthening Families

- Child hunger*
- Homelessness/lack of affordable housing
- Poverty/low income levels

*The asterisk identifies topics that were considered by the community to be the most important issues

Together we can make Okaloosa County a healthier place to live, learn, work and play. Join the Healthy Okaloosa Collaborative by contacting us at HealthyOkaloosa@flhealth.gov!



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OKALOOSA COUNTY

Community Health Assessment

2018 Update



2018 Community Health Assessment Update



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Overview

In 2017, the Florida Department of Health in Okaloosa County (DOH-Okaloosa) published the second Community Health Assessment (CHA) using the **Mobilizing for Action through Planning and Partnerships** process. The CHA **tells the story of health in Okaloosa County**. It shares both the good things about our communities and the ways in which we can improve.

After the 2017 CHA was published, DOH-Okaloosa convened a meeting of approximately 60 community members. They reviewed the CHA and then voted to select the most important health concerns that they wanted to become **Community Health Improvement Plan (CHIP) groups**. For a CHIP group to be finalized, there had to be at least one community member “Champion.” Champions would go on to serve as a lead for the group and coordinate meetings. As a result of the meeting, four new CHIP groups were formed and one of the 2013 CHIP groups voted to continue their work. The CHIP groups are completely **community-led, with over 180 residents and 75 organizations represented**.

Over the past years, these groups have worked tirelessly to improve the health of Okaloosa County residents. Their work has led to many successes, including improving health outcomes for infants. From 2016 to 2017, the **black infant mortality rate dropped** from 10.2 to 7.5 per 1,000 live births!²

However, the CHA and CHIP groups are essential to improving the health of our communities now more than ever. According to the CDC, the **U.S. life expectancy has declined** in recent years due to an increase in deaths from drug overdoses and suicide.³ From 2007-2014, the leading cause of injury death among 15 to 64-year-olds in Okaloosa County was motor vehicle accidents. In 2015-2017, the leading cause of death for this population changed to poisoning, most commonly due to overdose or excessive use of drugs.²

As you read the 2018 CHA Update, think about how you can become involved. **We all have a role to play** in making Okaloosa County a healthier place to live, learn, work, and play!

Key Terms

Health equity means that everyone should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities.¹

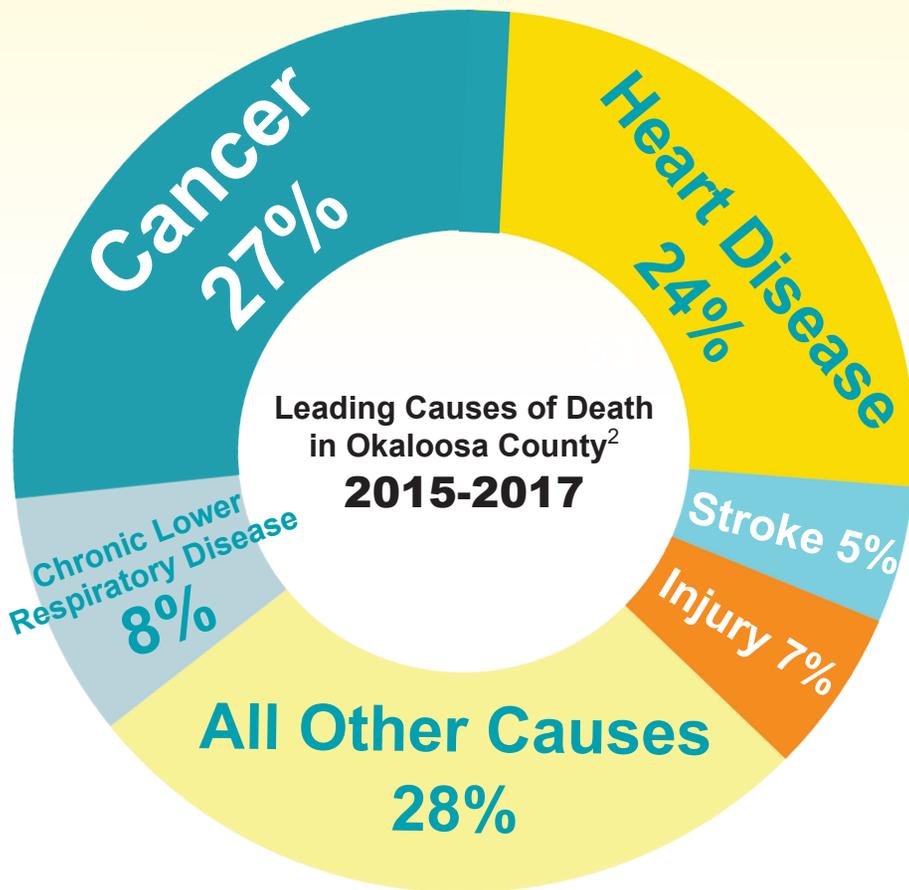
A **disparity** is when different groups of people have very different levels of health for no obvious reason. For example, it is important to know if people in one part of our county are sicker than people in the rest of the county. We would want to figure out what is going on and identify opportunities for better health.¹



This symbol is used throughout the CHA to highlight disparities, or areas that need improvement. We focus on the issues that need improvement so we can work together on solutions!

The **social determinants of health** mean that our health is impacted by many different things. Access to fresh foods, stable housing, safe neighborhoods, good jobs and quality schools are all important in helping us stay healthy.¹

Promoting Healthy Lifestyles



“It’s easy to just go through a drive-thru and get a calorie-filled hamburger, fries, and a soda.” - Key Informant, 2016



- The Fresh Access Bucks program promotes healthy choices by making **fresh, locally-grown produce** available to SNAP recipients.⁴
- The Okaloosa County Extension Office offers **free classes and workshops** on food safety, food preservation, budgeting for food, and meal preparation.⁵
- **Beach wheelchairs** are available at multiple Okaloosa County parks. They are free to use for both residents and visitors.⁶

✓ FACT

People who are overweight or obese have greater risks for many leading causes of death. These include heart disease, stroke, diabetes and some cancers.³



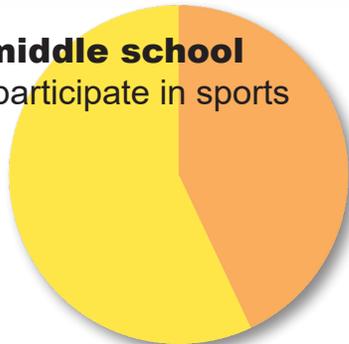


Income Disparity

Physical Activity by Income²

Okaloosa County residents who live in households with annual incomes of less than \$25,000 per year are **more likely to be inactive or insufficiently active** than adults in households making \$50,000 or more per year.

43% of Okaloosa County middle school and high school students participate in sports at school.⁷



participated in the Healthy Okaloosa program during the 2017-2018 year, reaching **over 19,000 students**.⁸

*“Physical well-being plays a large part in the **mental health** of the community.” - Key Informant, 2016*

Promoting Healthy Lifestyles CHIP Group Progress

“My favorite thing about the Healthy Okaloosa program is the number of **people that you interact with and the amount of information that you learn.**” - Ray Nelson, Okaloosa County NAACP



8 Promoting Healthy Lifestyles CHIP meetings were held in 2018, with 20 total members.

In 2018, the Promoting Healthy Lifestyles CHIP group promoted the Healthy Okaloosa Worksites program at 4 community events. As a result, the program **certified 6 new worksites.**



The group hosted a Healthy Okaloosa Worksites Fall Crawl Walking Challenge to encourage employees to exercise during the holiday season. 4 worksites participated, logging over 5 million steps!

Drug Endangered Children & Communities

5% of high school students and 1% of middle school students in Okaloosa County report having sold drugs.⁷



In the past 11 years, the annual prescribing rate for high dosage opioids has **decreased by 57% nationwide.**³

In Florida, the total number of drug-related deaths **increased by 22%** from 2015 to 2016.⁹



Race Disparity Unintentional Poisoning Deaths by Race²

White residents are **more likely** to die due to an unintentional poisoning than Black residents in Okaloosa County. Unintentional Poisoning is most commonly due to overdose or excessive use of drugs.



In the United States, approximately **130 people die each day** from overdoses involving prescription opioids.³

Key Informant Quotes⁸

*“We have **inadequate mental health and substance abuse services in Okaloosa.**”*

*“There has been an **increase recently in violence**, such as shootings, that are related to drugs.”*

*“There is no pediatric mental health inpatient care in the county. Most of the [Okaloosa County School District] expulsions seen are for **drug abuse, students with prescription drugs.**”*



of high school and 21% of middle school students in Okaloosa County report having used illicit drugs in their lifetime.⁷

From 2016 to 2017, Okaloosa County Emergency Medical Services (EMS) observed a

32% increase

in the need to administer Narcan™, a drug used to reverse the effects of opioid overdose⁹

In Florida, these drugs caused the most deaths during 2016:⁹

- Cocaine
- Benzodiazepines
(tranquilizers such as Valium and Xanax)
- Fentanyl
- Morphine
- Fentanyl Analogs
- Heroin
- Alcohol

Drug Endangered Children & Communities CHIP Group Progress

“The Okaloosa Drug Endangered Children and Communities (DEC-C) Alliance committee has done amazing things in 2018. The message of how drug endangered children are profoundly affected and how we can be proactive and **think outside the box to ensure they are identified, protected, healthy, and get the happy childhoods they so deserve** continues into 2019,” - Jennifer Clark, Emerald Coast Children’s Advocacy Center



9 DEC-C CHIP meetings were held in 2018, with 52 total members.

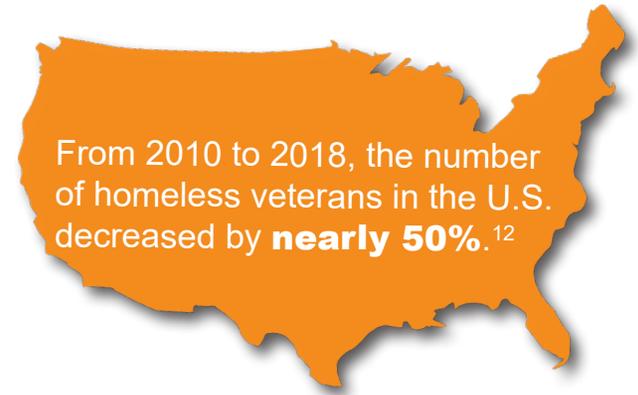
25 individuals were trained by the National Alliance for DEC. Together, they provided 8 training sessions which reached over 100 individuals.



North Okaloosa Medical Center, Fort Walton Beach Medical Center, and Okaloosa County Emergency Medical Services **collaborated to implement cord blood testing procedures.** The procedures allow for faster treatment for babies experiencing Neonatal Abstinence Syndrome (NAS). NAS is a drug withdrawal syndrome that occurs among infants after exposure to opioids during pregnancy.¹⁰

Strengthening Families

The faces, ages and situations of those who are homeless in Florida are widely varied. Homelessness can impact families with children, young adults, unaccompanied youth, couples, and single men and women.¹¹



Over **630 students** in the Okaloosa County School District experienced homelessness during the 2017-2018 school year.¹³

✓ FACT

In Florida, mental illness and substance misuse are the top disabling conditions that lead to homelessness.¹¹



- From 2017 to 2018, Opportunity Place provided shelter and support to over 200 single women and families.¹⁵
- In 2018, Others of Destin provided services and support to over 700 families.¹⁶

• The Crestview Area Shelter for the Homeless helped approximately 200 individuals in 2017 by providing food, clothing, referrals and job assistance.¹⁷

• In 2017, the Emerald Coast Children's Advocacy Center's multi-disciplinary team assisted over 750 children.¹⁸

✓ FACT

In 2017, almost 150 Okaloosa County children were removed from their homes due to parental drug abuse.¹⁴



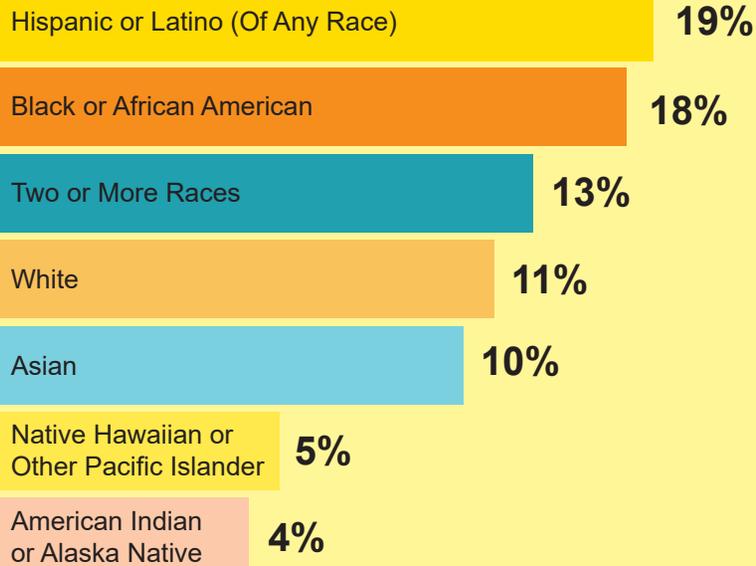
In 2017, there were **192 foster children** in Okaloosa County.¹⁴

23% of Okaloosa County residents who live in households with annual incomes of less than \$25,000 had poor mental health on 14 or more of the past 30 days.²



Poverty Disparity

Okaloosa Poverty Rates by Race/Ethnicity⁷



"[There are] few housing options for individuals who make \$10-15 an hour." - Key Informant, 2016

Strengthening Families CHIP Group Progress

"Our biggest accomplishment so far is identifying how little we know about our local housing inventory, and identifying steps to gather that information and connect the right agencies to instigate change. **Everybody knows there is a problem—now we have a group doing something to change it.**" - Tracey Williams, United Methodist Children's Home



8 Strengthening Families CHIP meetings were held in 2018, with 27 total members.

19 individuals were trained by the Florida Housing Coalition on the funding and resources available for the development of affordable housing sites.



The group developed a **housing assessment survey** to learn about the affordable housing available in Okaloosa County. The survey responses are used by social service providers to connect their clients to housing options.



51% of elementary students in Okaloosa County come from families who do not make enough money to pay for their school lunches.²

19% of children in Okaloosa County are living in poverty.⁷



Preventing Injuries

| Age Group | Leading Cause of Injury Death in Okaloosa County ² | |
|-------------|---|--|
| Less than 1 |  | Suffocation due to unsafe sleep practices |
| 1-14 |  | Drowning |
| 15-64 |  | Poisoning, most commonly due to overdose or excessive use of drugs |
| 65+ |  | Falls |

From 2007-2014, the leading cause of injury death of Okaloosans aged 15 to 64-years-old was **motor vehicle accidents**, but from 2015-2017 this changed to poisoning.²

In 2016, Florida had the **2nd highest number of pedestrian fatalities** per 100,000 population in the United States.¹⁹



From 2015-2017, **three bicyclists and 19 pedestrians were killed** in Okaloosa County by motor vehicles.²

In 2017, falls were the cause of nearly **1 out of every 3** Emergency Department visits and 3 out of every 5 injury hospitalizations in Okaloosa County.²



In 2017, **3,183 Floridians died** and **72,598 were hospitalized** due to unintentional falls.²



- In 2018, the Florida Department of Health Bureau of Preparedness and Response supplied **5 Stop the Bleed kits** to DOH-Okaloosa. The Stop the Bleed kits can be used by staff to respond to a bleeding emergency.²⁰
- The West Florida Area Health Education Center offers free **Tai Chi and fall prevention classes** to Okaloosa County seniors.²¹

Boating Accidents

Known Locations in 2017²²



- Okaloosa ranked in the **top 10 worst counties in Florida** for boating accidents in 2017.²²

- **Operator inexperience and inattention** were the two leading causes of boating accidents.²²

*“Opioid abuse has been **detrimental on the health of our community** and often has a negative impact on our hospital staff. Many of the opioid overdoses and events end with less than optimal outcomes. Our staff are engaged in taking care of the patients and want to see positive outcomes.” - Daniel “Danny” Shearn, North Okaloosa Medical Center (NOMC)*

Preventing Injuries CHIP Group Progress

“As a committee, we have chosen to address several injury issues. We have brought together a great group of community partners in a **collaborative effort to help make Okaloosa County safer.**” - Christopher “Chris” Missler, Fort Walton Beach Medical Center (FWBMC)



17 Preventing Injuries CHIP meetings and subcommittee meetings were held in 2018, with 40 total members.

650+ individuals were trained in the Stop the Bleed program. Stop the Bleed teaches basic bleeding control techniques to stop bleeding from any cause (i.e. shootings, explosions) until medical help arrives.²³



The FWBMC and the Okaloosa County Sheriff’s Office collaborated with DOH-Okaloosa’s Epidemiology Section on an **analysis of motor vehicle accident data**. The analysis was presented by DOH-Okaloosa to the CHIP group and used to inform strategies.

FWBMC, NOMC, and Twin Cities Hospital implemented **opioid prescribing guidelines** for their emergency departments county-wide.



Reducing Infant Mortality

Infant Mortality Rate Per 1,000 Births²



*Based on Healthy People 2020

Infant mortality is the **death of a baby before his or her first birthday.**³

The infant mortality rate is an **important marker of a community's overall health.**³

From 2016 to 2017, Okaloosa's black infant mortality rate **decreased from 10.2 to 7.5 per 1,000 births.**²



Race Disparity Infant Mortality by Race²

Even though Black infants only make up 11% of births in Okaloosa County, these infants make up one quarter of all infant deaths.



- Okaloosa County loses an average of two babies each year due to unsafe sleeping practices.²
- The average age of infants who suffocate during sleep is 2 months, before most infants develop head control.³
- Nearly half of all caregivers do not receive correct advice on safe sleep practices from their healthcare provider.³



Why do babies die?

Prematurity

More than **1 out of every 10** babies in Okaloosa County are born too early, and that number is slowly rising.²

Unsafe Sleep

87% of accidental infant deaths in the past 12 years were related to unsafe sleep. 40% of those deaths occurred in the Ocean City and Wright communities of Fort Walton Beach.²⁵

Homicide

In 2017, there were **23 infant homicides** in the state of Florida.²

Birth Defects

Birth defects account for **33% of all infant deaths** in Okaloosa County.²

Complications

In 2017, women in Okaloosa County were **more likely** to receive early and adequate prenatal care compared to women in Florida.²

Reducing Infant Mortality CHIP Group Progress

“We began working together with our community partners in 2016 and developed a ‘Recipe for a Healthy Baby.’ The recipe included four simple ingredients: breastfeed your baby, safe sleep for baby, never shake a baby, and quit [nicotine] for baby. Members of this group are as committed today as we were in 2016. We are getting the message out and this **group continues to work tirelessly to have an impact.**” - Ardelle Bush, Healthy Start of Okaloosa and Walton Counties



6 Improving Infant Mortality CHIP meetings were held in 2018, with 39 total members.

4,000 educational board books were distributed to hospitals, child care center staff, and church nursery workers to educate new parents on safe sleep practices.



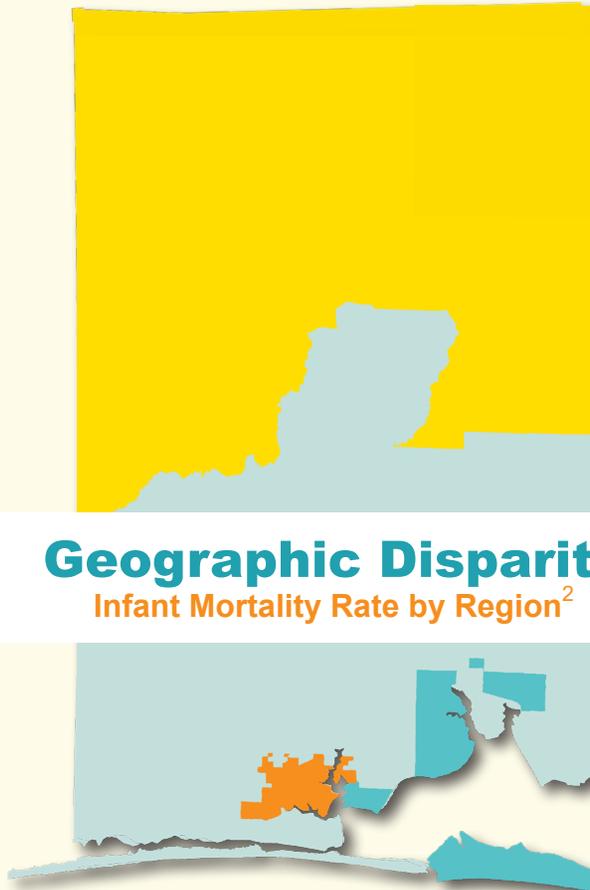
An **analysis of infant mortality data** was completed to learn more about the disparities that exist in Okaloosa County. The analysis was presented by DOH-Okaloosa to the CHIP group and used to inform strategies.



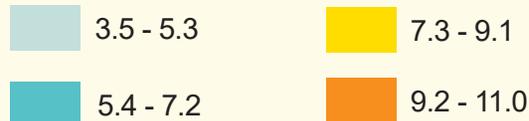
Two life-size crib displays were placed at both DOH-Okaloosa locations and other sites to educate on safe sleep practices.



Geographic Disparity Infant Mortality Rate by Region²



Rates per 1,000 Live Births



✓ FACT

The communities in Okaloosa County with the highest infant mortality rates are the same ones with the lowest median household incomes and the lowest percentage of high school graduates.²

Acknowledgments

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

CHA Leadership Team

Al McDonough, Okaloosa County Sheriff's Office
Anthony Sawyer, 90Works, Inc.
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Rick Owen, United Way of Okaloosa and Walton Counties
Ted Corcoran, Greater Fort Walton Beach Chamber of Commerce
Teri Schroeder, Okaloosa County School District
Yvette Torry, S4P Synergy, Inc.

CHIP Champions

Alicia Booker, Eglin Air Force Base
Ardelle Bush, Healthy Start of Okaloosa and Walton Counties
Christopher "Chris" Missler, Fort Walton Beach Medical Center
Jennifer Clark, Emerald Coast Children's Advocacy Center
Jessica Trimboli, Okaloosa County Sheriff's Office
Kay Leaman, HealthyDay HealthyLife
Ray Nelson, Okaloosa County NAACP
Sarah Yelverton, Homelessness and Housing Alliance of Okaloosa and Walton Counties
Tracey Williams, First United Methodist Children's Home

Together we can make Okaloosa County a healthier place to live, learn, work and play. Join the Healthy Okaloosa Collaborative by contacting us at HealthyOkaloosa@flhealth.gov!

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*For the specific date ranges used to collect the asterisked data, please contact HealthyOkaloosa@flhealth.gov. Thank you!



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November 2018

OKALOOSA COUNTY

Community Health Assessment

2019 Update



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After the 2017 CHA was published, DOH-Okaloosa held a meeting with approximately 60 community members. They reviewed the CHA and then voted to select the most important health concerns that they wanted to become **Community Health Improvement Plan (CHIP) groups**. For a CHIP group to be finalized, there had to be at least one community member “Champion.” Champions would go on to serve as a lead for the group and coordinate meetings. After the groups were formed, a five-year CHIP document was developed by DOH-Okaloosa staff and community members. The CHIP document is used to lead the work of the group by identifying key goals and objectives. Both the CHA and CHIP are updated each year, providing new data, insights, and direction for the CHIP groups and community.

In 2019, Okaloosa County's four CHIP groups have continued to work tirelessly to improve the lives of Okaloosa County residents and visitors. The CHIP groups are completely **community-led, with over 100 residents and 50 organizations represented**.

The work done by the CHIP groups continues to have a meaningful impact on Okaloosa County residents and visitors. In 2012-2014, black infants in our country were 2.6x more likely to die than white babies. In 2016-2018, this gap lowered to 2x as likely.² Okaloosa ranked as the seventh worst county in Florida for watercraft accidents in 2017. In 2018, our ranking dropped to 13th.³ While there is much work left to be done, the progress made by the CHIP groups is clearly making a difference.

Want to get involved? Email us at HealthyOkaloosa@flhealth.gov. **We all have a role to play** in making Okaloosa County a healthier place to live, learn, work, and play!

Key Terms

Health equity means that everyone should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities.¹

A **disparity** is when different groups of people have very different levels of health for no obvious reason. For example, it is important to know if people in one part of our county are sicker than people in the rest of the county. We would want to figure out what is going on and identify opportunities for better health.¹



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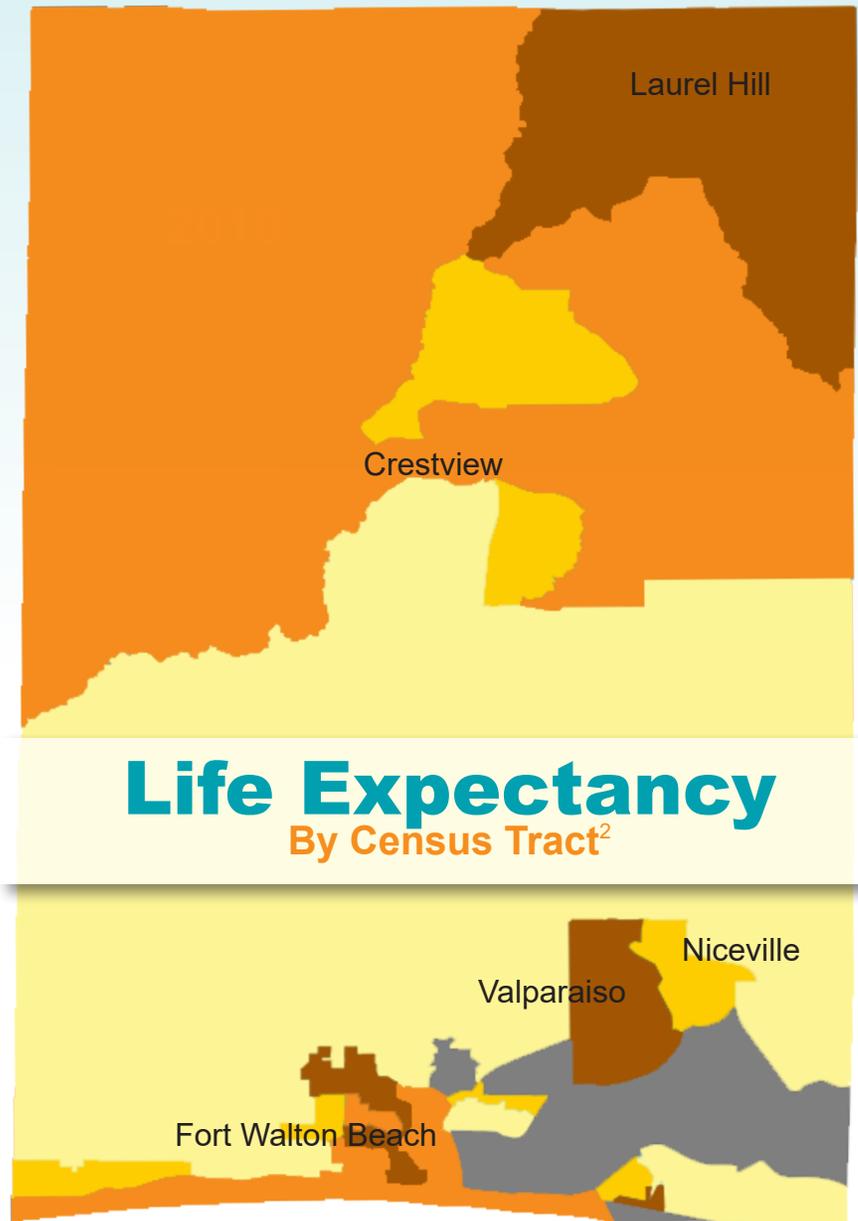
The **social determinants of health** mean that our health is impacted by many different things. Access to fresh foods, stable housing, safe neighborhoods, good jobs and quality schools are all important in helping us stay healthy.¹

Health Equity

The United States of America leads the world in medical innovation.⁴ We spend more money per resident in healthcare costs than any other country in the world.⁵ For all of the money we spend and ingenuity we hold, we should be the healthiest country in the world. But as the world's life expectancy ticks upward, the life expectancy of Americans has dropped for the third year in a row. This decrease is driven by increases in suicides and drug overdoses.⁶

The effects of this nationwide decrease in life expectancy also hits close to home. Since the 2010-2012 period, life expectancy in Okaloosa County has declined by 1.4 years.² As you can see in the map to the right, the life expectancy of Okaloosa County residents also varies greatly by neighborhood. We believe that **everyone in our county should be able to make the choices that allow them to live a long and healthy life**. But as the Robert Wood Johnson Foundation states, "people living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood."⁷

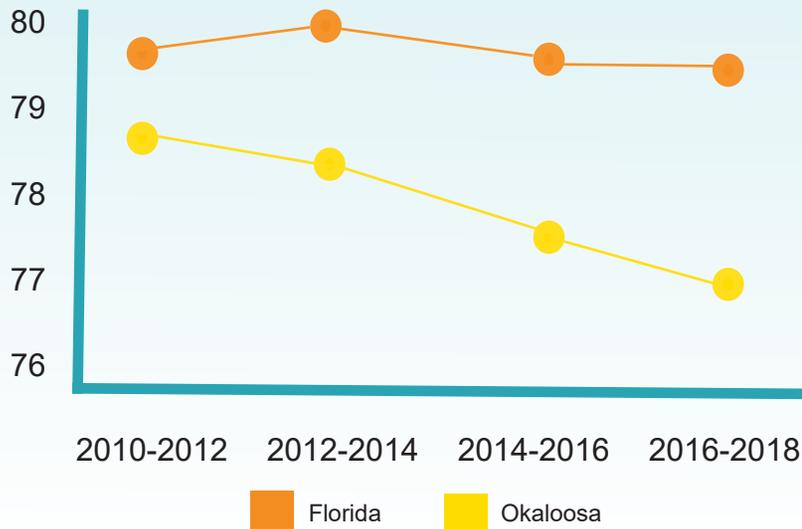
Your income, education, ethnic background or abilities shouldn't determine how healthy you are and neither should your neighborhood. The communities we live in, schools we attend, and places we work shouldn't be hazardous to our health. It's time to raise the bar for all Okaloosa County residents.



Life Expectancy In Years



Trends in Life Expectancy²



The United States **has not seen decline in life expectancy like this since World War I and the flu pandemic**, a four-year period that killed hundreds of thousands of people.⁸

FACT

The United States Census Bureau estimates that Okaloosa County's population in 2018 reached 207,269. This is up 15% from 2010!⁹



In 2018, the Destin-Fort Walton Beach airport was named the **fastest-growing airport in the country**.¹⁰

What Is A Healthy Community To You?

"Affordable and desirable **wellness activities for all incomes and ages** [like] walking paths, lighting, safe, accessible after hours to all, [and] building policies that apartment complexes and new government buildings have lighted walking trails."

"Access to **fresh fruits and vegetables**, healthy food."

"**Strong educational system**, with early childhood development programs."

"[The] mark of a good community is **how we treat those most vulnerable and least powerful**, such as our aging poor."

"A strong economy and **employment opportunities**."

"[A] healthy community has a **higher percentage of kids vaccinated**...I'm concerned parents don't value that now."

"**Environmentally rich area** that has areas for good exercise, good food, walking space, parks, recreational areas."

"Access to affordable **medical and mental [health] care**."

"**Good public safety services**, including code enforcement of hazardous conditions."

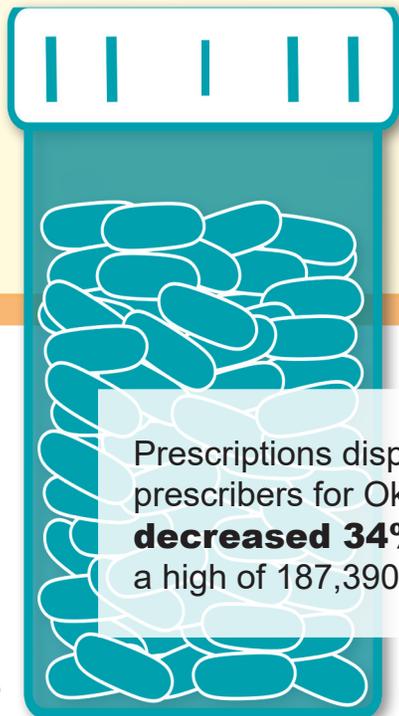
"**Community engagement** around health issues."

Drug Endangered Children & Communities



Adult and juvenile **drug arrests in Okaloosa County have increased every year** since 2015. In 2017, adult arrests increased 56% and juvenile arrests increased 66%!²

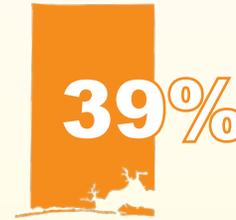
The number of Okaloosa **children aged 1 to 5-years-old in foster care increased by 45%** since 2012.² Many infants and young children are removed from their homes due to parental neglect, often associated with drug abuse.¹¹



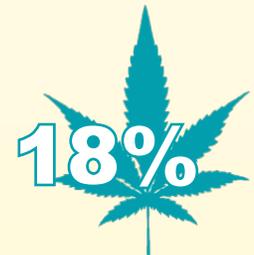
Prescriptions dispensed by in-state prescribers for Okaloosa residents has **decreased 34% since 2015**, from a high of 187,390 to 123,498 in 2018.²

In Okaloosa County, the top substances the Florida Poison Control receives calls about are benzodiazepines, ethanol (beverages), and ibuprofen.¹² From 2015 to 2017, they **received 84 calls related to opioids.**²

Percentage of Okaloosa high school students who report **having used illicit drugs** in their lifetime:¹³



Percentage of Okaloosa high school students who report **being driven in a car by someone under the influence:**¹³



- In 2019, One Hopeful Place opened the Hollingsworth Health Clinic in partnership with Bridgeway Center, Inc. The clinic provides psychiatric care, therapy and substance-abuse counseling for those experiencing homelessness.¹⁴

- As of 2019, every Florida public school must provide at least five hours of mental health education to students in grades sixth through 12th. The instruction will include awareness of signs and symptoms, how to get help for yourself or others and available resources.¹⁵



Since 2015, Okaloosa County has had an average of **32 babies born per year suffering from Neonatal Abstinence Syndrome (NAS)**. NAS is a drug withdrawal syndrome that occurs among infants after exposure to opioids during pregnancy.²

✓ FACT

In 2018, Florida had 12,080 drug-related deaths. Overall, drug-related deaths decreased by 3% compared to 2017. But, fentanyl and fentanyl analogs continue to rise, increasing by 35% as compared to 2017.¹⁶

In Florida, these drugs caused the most deaths during 2018:¹⁶

- Fentanyl
- Cocaine
- Benzodiazepines
- Morphine
- Fentanyl Analogs
- Alcohol
- Heroin

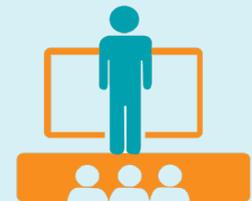
Drug Endangered Children & Communities CHIP Group Progress

The primary challenge with drug endangered children is identifying children at risk and coordinating with various systems and disciplines charged with intervening and providing services to these children and families. The mission of the group is to embrace all opportunities on behalf of children in drug endangered environments to lessen trauma and ensure **100% healthy, happy and safe children** living in safe communities.



8 DEC-C CHIP meetings were held in 2019, with 32 total members.

Team members **have led 12 training sessions using the National Alliance for Drug Endangered Children curriculum**, reaching over 200 individuals. A variety of professions were reached through the sessions including School Resource Officers, early learning educators, teachers, and general community members.



The group **developed a New Member Orientation process** and education packet. The process prepares newly joined members to actively play a role in the group.

Strengthening Families

The word “homeless” often makes people think of middle-aged men who are living on the streets, struggling with mental health or substance problems. The truth is that **these stereotypes only represent a small percentage of Florida’s homeless population**. Homelessness can impact many different types of people including families, people who are employed, veterans, and older adults.¹⁷



FACT

From 2015 to 2019, the number of people experiencing homelessness in Florida has decreased by 20%.¹⁷

In Okaloosa County, **22% of renters are considered severely cost burdened**. This means that their rent price takes up over 50% of their household income.¹⁸



In 2018, United Way Emerald Coast provided hunger relief to over 36,000 individuals. In addition, they provided prescription medication support to over 6,000 people.¹⁹

The ALICE population is made up of individuals and families who work full-time but are still living paycheck to paycheck. In Okaloosa, **36% of households are either living in poverty (10%) or living below the ALICE line (26%)**. The survival budget (at right) reflects the bare minimum needed to survive in our county. This budget does not include savings for emergencies, retirement or other needs.²⁰

Okaloosa's ALICE Household Survival Budget²⁰

| Monthly Costs | Single Adult | Family (Two Adults, Two Young Children) |
|----------------------|-----------------|--|
| Housing | \$658 | \$930 |
| Childcare | \$- | \$1,053 |
| Food | \$164 | \$542 |
| Transportation | \$322 | \$644 |
| Healthcare | \$196 | \$726 |
| Technology | \$55 | \$75 |
| Miscellaneous | \$162 | \$432 |
| Taxes | \$221 | \$350 |
| Monthly Total | \$1,778 | \$4,752 |
| Annual Total | \$21,336 | \$28,512 (per adult) |



in the Okaloosa County School District experienced homelessness during the 2018-2019 school year. Of those students:²¹

| | |
|------------|--|
| 744 | are sharing housing or “doubling up” |
| 200 | are living in emergency or transitional shelters |
| 151 | are living in hotels or motels |
| 26 | are living in cars, parks or campgrounds |

“Hurricane Michael had a significant impact on Okaloosa County’s already critically low affordable housing inventory... Families are not only without homes, many are also without jobs, so they are packing up and starting over in the closest area where they have family and friends—right here in the Okaloosa County.” - Tracey Williams, United Methodist Children’s Home

Strengthening Families CHIP Group Progress

“The biggest accomplishment so far has been the awareness and education that has been brought to the community through Strengthening Families’ research and dialogue on this critical issue. The group identified issues that led to the lack of affordable housing and is now working on addressing those issues through public education forums, strategy implementation, and including various levels of government and the public and private sector in creating solutions.” - Sarah Yelverton, Homelessness and Housing Alliance of Okaloosa



6 Strengthening Families CHIP meetings were held in 2019, with 27 total members.

The group created a **housing inventory listing** that shows the affordable housing units available in Okaloosa County. The listing is updated weekly and sent to local service providers to help connect our citizens to affordable places to live.



34 individuals attended a lunch and learn to learn about how landlords can utilize housing programs such as Section 8.

The group partnered to support 90Works’ Day of Impact event. The event **provided free services** including legal support, mental health care, and vaccinations to low-resource individuals.



Preventing Injuries

Older adults aged 65+ who reported having a **fall-related injury** within the past year:²



Florida had the **fourth highest number of pedestrian fatalities** per 100,000 population in the United States in 2018, down two spots from 2016.²²

From 2016-2018, **three bicyclists and 17 pedestrians were killed** in Okaloosa County by motor vehicles.²

| Age Group | Leading Cause of Unintentional Injury Death in Okaloosa County ² | |
|-------------|---|--|
| Less than 1 |  | Suffocation, due to unsafe sleep practices |
| 1-4 |  | Drowning |
| 5-19 |  | Motor vehicle accidents (MVAs) |
| 20-64 |  | Poisoning, most commonly due to overdose or excessive use of drugs |
| 65+ |  | Falls |



In 2018, **2,523 individuals visited an emergency department** in Okaloosa due to injuries sustained in motor vehicle crashes. 203 of those visits were made by children ages 14-years-old or younger.²



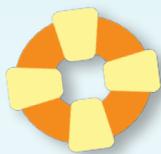
- In 2019, Twin Cities Hospital and Fort Walton Beach Medical Center donated six Stop the Bleed kits to Okaloosa County High Schools. Staff members at the schools were also

trained on how to use them in the event of an emergency situation.²³

- Healthy Start of Okaloosa and Walton Counties provides free car seat safety classes to new parents.²⁴

In 2018, **34 people died** due to injuries sustained in motor vehicle crashes in Okaloosa County.²





In 2018, the Okaloosa County Beach Safety team **had to conduct 58 water rescues**, down by 39% from 2015.²⁵

*“[Since] we have started focusing on educating beach patrons daily, our **rescue numbers and ALS transports have dropped significantly.***

The lifeguard profession is strategically placed to actually reach out to people and educate before they make decisions, to avoid those situations that could lead to drowning or heat related injuries.” - Rich Huffnagle, Okaloosa County Beach Safety



Preventing Injuries CHIP Group Progress

“The Preventing Injuries CHIP team is comprised of members from many organizations, each having their own skill sets and specialties but **with the same common goal - A Safer Okaloosa County**. The CHIP committee is an awesome resource for the residents of Okaloosa County and surrounding areas.” - Chris Missler, Fort Walton Beach Medical Center



10 Preventing Injuries CHIP meetings were held in 2019, with 28 total members.

Over 1,000 individuals have been trained in the Stop the Bleed program. Stop the Bleed teaches basic bleeding control techniques to stop bleeding from any cause (i.e. shootings, explosions) until medical help arrives.²⁶



The Fort Walton Beach Medical Center hosted the group’s **National Fall Prevention Day event**. The event featured a talk on fall prevention, medication reviews by pharmacists, fall risk assessments by physical therapists, and educational tables.

Team members **held two bicycle rodeo events** in 2019, reaching over 250 total participants. The rodeos included education on bicycle safety and free helmet fittings. In addition, the group has fitted over 350 residents with free helmets at community events.

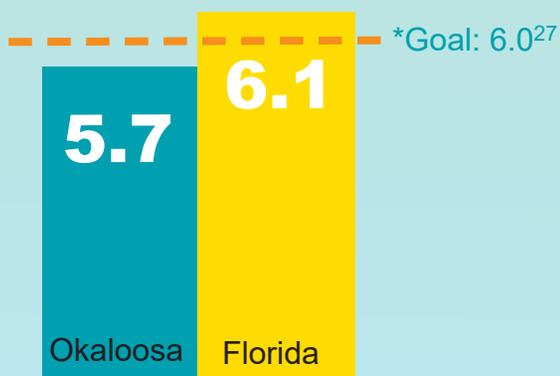


✓ FACT

From 2015 to 2017, 135 people in Okaloosa County died due to drug overdoses. Opioids were identified as the cause in 79% of those deaths.²

Reducing Infant Mortality

Infant Mortality Rate Per 1,000 Births²



*Based on Healthy People 2020

Infant mortality is the **death of a baby before his or her first birthday.**²⁸

The infant mortality rate is an **important marker of a community's overall health.**²⁸

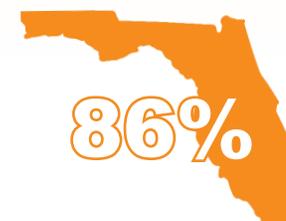
In 2016-2018, the **black and white infant mortality gap declined 59%** as compared to 2012-2014 for deaths in the first 28 days of life.²



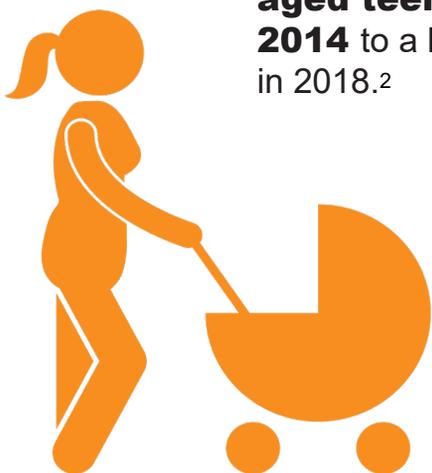
Race Disparity Infant Mortality by Race²

In 2012-2014, black babies in Okaloosa County were 2.6x as likely to die before their first birthday than white babies. By 2016-2018, this had improved to 2x as likely.

Percentage of mothers who **initiated breastfeeding** their babies in 2018:²



In Okaloosa County, **births to school-aged teens has declined since 2014** to a low of 7.1 per 1,000 live births in 2018.²



During this time, Okaloosa County saw a **69% decrease in births to school-aged black teens** and a 25% decrease in births to school-aged white teens.²

From July 2018 to June 2019, nearly 2,000 *Sleep Baby Safe and Snug* books were given to new moms and dads in Okaloosa County. **84% of moms surveyed said that the book increased their knowledge of safe sleep practices.** 75% of those who planned to co-sleep with their baby said they changed their mind after reading the book.²⁹





In 2018, 56% of births in Okaloosa were to moms who were not at a healthy weight.²

✓ FACT

Smoking during pregnancy can cause infants to be born too small or too early.³⁰ While smoking remains high in Okaloosa County, this is improving! **Smoking during pregnancy has declined 26%** since 2014.²



- As of 2019, 39 worksites and childcare centers in Okaloosa County are certified as Breastfeeding-Friendly by the Florida Breastfeeding Coalition.³¹
- The West Florida Area Health Education Center provides free Quit Smoking Now and Tools to Quit classes to the public.³²

• In 2019, the Destin-Fort Walton Beach Airport installed a breastfeeding pod in its facility. The pod is a private space for moms to breastfeed or pump.³³

Reducing Infant Mortality CHIP Group Progress

“It is important to educate the public on the Recipe for a Healthy Baby messages because the four ingredients address important behaviors that will promote a baby's health not only during their first year of life but will also **impact their health for a lifetime.**” - Ardelle Bush, Healthy Start of Okaloosa and Walton Counties



5 Improving Infant Mortality CHIP meetings were held in 2019, with 20 total members.

The group's **safe sleep educational board book program was extended** to include distribution at DOH-Okaloosa WIC and clinic offices. The books aim to educate infant caretakers on safe sleep practices.



An **updated analysis of infant mortality data** was completed to learn about the progress made and unmet needs in Okaloosa County. The analysis was presented by DOH-Okaloosa to the CHIP group and will be used to inform strategies.

In 2019, Healthy Start of Okaloosa and Walton Counties published a **new edition of their Family Resource Directory**. The document features the Recipe for a Healthy Baby messages and is distributed throughout the county.³⁴



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Sarah Yelverton, Homelessness and Housing Alliance of Okaloosa and Walton Counties

Together we can make Okaloosa County a healthier place to live, learn, work and play. Join the Healthy Okaloosa Collaborative by contacting us at HealthyOkaloosa@flhealth.gov!

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For the specific date ranges used to collect the asterisked data, please contact HealthyOkaloosa@flhealth.gov. Thank you!



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