Walton Community Health Improvement Partnership (WCHIP)

Mobilizing for Action through Planning and Partnerships (MAPP)

Vision:

Walton County Community Health Profile Report
Walton County Community Health Improvement Plan

Prepared by the Walton County Health Department
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TABLE OF CONTENTS

WALTON COUNTY COMMUNITY HEALTH PROFILE REPORT	PAGE
Executive Summary	3
Acknowledgements	4
Community Call to Action	4
Methodology	4
WALTON COUNTY PROFILE	6
Walton County Facts	6
Socio-Economic Indicators	8
Overall Health Status and Access to Care	9
Health Resource Availability	10
WALTON COUNTY COMMUNITY HEALTH STATUS OVERVIEW	11
Public Health Core Functions	11
County Health Rankings	11
Health Outcomes – Mortality and Morbidity	11
MAPP ASSESSMENTS OVERVIEW	12
1. Community Health Status Assessment (CHSA) Summary	13
Death, Illness and Injury	14
Chronic Diseases	15
Behavioral Risk Factors	16
Communicable and Infectious Diseases	18
Maternal, Infant and Child Health	19
Environmental Health	20
Social and Physical Environment	21
2. Community Themes and Strengths Assessment (CTSA) Summary	22
3. Forces of Change Assessment (FCA) Summary	28
4. Local Public Health System Assessment (LPHSA) Summary	30
5. Environmental Public Health System Assessment (EnvPHSA) Summary	34
COMMUNITY PARTICIPATION	36
KEY HEALTH ISSUES	37
WALTON COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN	37
Strategic Priority Action Plans (Coming in Summer 2012)	
1. Promote Healthy Behaviors	
2. Increase Access to Care	
3. Link People to Needed Services through Increased Communication and Information Sharing	
4. Improve Capacity to Perform Environmental Public Health Services	
Summary	37
Information, Resources and Links	38
End Notes	38

EXECUTIVE SUMMARY

The Walton County Community Health Profile Report is the product resulting from a community health status assessment process. As such, the report is a comprehensive compilation of measures representing multiple categories or domains that contribute to a description of health status at a community level and the resources available to address health needs. This report is designed for public health professionals and community members who are interested in improving the health of the Walton County community.

Throughout the report, you will see data and tables followed by Walton-specific bullets and highlighted areas that ask, "Why is this important?" The format is designed to enable report users to quickly recognize areas of concern or to be aware of how specific data impacts Walton County.

Report Summary

- The **Walton County Profile** contains data and narrative about Walton County demographic and socio-economic characteristics; overall health status and access to care; and health resource availability.
- The **Walton County Community Health Status Overview** provides information on the public health core functions of assessment, policy development and assurance as well as the *County Health Rankings (*a set of reports released each year ranking nearly every county in the nation to show that much of what affects health occurs outside of the doctor's office).
- The **MAPP Assessments Overview** provides separate, unique, comprehensive summaries of county-specific assessments completed in 2011 and 2012.
- The **Community Participation and Key Health Issues** sections depict key elements of utilization of the MAPP process, i.e., emphasis on system-wide involvement and community-wide priorities.
- The **Walton County Community Health Improvement Plan** is a community-wide plan that identifies health priorities and community-wide goals and objectives for addressing those priorities.

Community participants at the March 2012 Walton Health Summit identified the most important public health and medical issues facing the community and listed the following strategic opportunities to improve the health of our community:

1. Promote Healthy Behaviors
2. Increase Access to Care
3. Link People to Needed Services through Increased Communication and Information Sharing
4. Improve Capacity to Perform Environmental Public Health Services

The **Walton Community Health Improvement Partnership** was formed from the community contacts initiated during completion of the Environmental Public Health performance Standards and Local Public Health Performance Standards assessments in 2011. One agency or organization can not shoulder the responsibility for community health improvement alone. Walton County Health Department is a natural lead for this community health improvement initiative and has invited broad participation in community-wide strategic planning by persons who share the commitment to and responsibility for the community's health and overall well-being. In spring of 2012, the partnership offered the following vision and crucial call to action for all Walton County residents:

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

Conclusion

The Walton County Community Health Profile Report is a critical step in identifying community health needs and problems and will serve as the basis for establishing priorities in the Walton County Community Health Improvement Plan in the coming years. Community members and organizations are encouraged to show support for the Walton Community Health Improvement Partnership and Improvement Plan by continued engagement and activity in the local partnership.

ACKNOWLEDGEMENTS

This Community Health Improvement initiative utilizes the National Association of County and City Health Officials' (NACCHO) Mobilizing for Action through Planning and Partnerships (MAPP) planning model as the framework for the development of tools and processes. Through the Florida Department of Health Comprehensive Assessment, Strategic Success (COMPASS) initiative, Walton County Health Department and the Walton community have access to data via the Community Health Assessment Resource Tool Set (CHARTS), web-based training, reference materials for community health assessment and performance benchmarks. http://www.doh.state.fl.us/COMPASS

COMMUNITY CALL TO ACTION

Based on Walton county-specific data presented in this report, the Walton Community Health Improvement Partnership offers the following vision and crucial call to action for all residents:

"A Healthy Walton Begins Today! Join the Movement!'

- The health of a community depends on many factors, including quality of health care, individual behavior, education and jobs, and the environment.
- The Walton Community Health Improvement initiative seeks to implement evidence-based recommendations that deliver more positive health outcomes.
- Residents are encouraged to begin today to take preventive measures to help improve their lives.

METHODOLOGY

In 2011, the Walton County Health Department initiated community-wide strategic planning for improving community health utilizing the **Mobilizing for Action through Planning and Partnerships (MAPP)** model. This community health planning model is evidence-based and is designed to provide a strategic approach to community health improvement by helping communities to identify and use existing resources wisely, consider unique local conditions and needs, and form effective partnerships for action. MAPP is consistent with guidance from the Florida Department of Health COMPASS program and the National Association of County and City Health Officials (NACCHO).

The MAPP assessment format has been adapted from multiple documents to meet the needs of Walton County, Florida. Review and analysis of information focused on data which directly associated with the health status of Walton County residents. This profile report integrates and presents information from multiple sources, including:

- Four assessments collectively known as the MAPP assessments
- Environmental Health Local Public Health System Assessment
- Community Health Assessment Resource Tool Set - www.floridacharts.com

The MAPP model includes six distinct phases:

1. Partnership Development and Organizing For Success
2. Visioning
3. MAPP Assessments
4. Identifying Strategic Issues
5. Formulating Goals and Strategies
6. Action Cycle (Planning, Implementation, Evaluation)

Partnership Development and Organizing for Success
While multiple local, regional, and state partnerships exist, attempts to develop a community-wide, strategic planning process resulting in a community-owned plan in Walton County have been tenuous. Walton Community Health Improvement Partnership (WCHIP) development began in earnest prior to the summer 2011 local public health performance standards assessment. Efforts are underway to identify and organize regular participants to fully implement the MAPP process.

Visioning
A shared community vision provides an overarching goal for the community – a statement of what the ideal future looks like. During the March 2012 Health Summit meeting, Holly Holt, Walton County Health Department Administrator led the group through an open discussion by asking three questions: "What does a healthy community mean to you?" "What are important characteristics of a health community?" What are the key behaviors required of partners to achieve the vision?" The Walton Community Health Improvement Partnership attendees unanimously voted on the following vision.

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

MAPP Assessments and Identifying Strategic Issues
The four MAPP assessments plus the Environmental Health Local Public Health Performance Standards assessment have been completed. Walton County Health Department, in conjunction with the Walton Community Health Improvement Partnership hosted a Walton County Health Summit in March of 2012 to identify strategic priorities and issues for Walton County.

Formulating Goals and Strategies and Action Cycle (Planning, Implementation, Evaluation)
These phases expanded during development of the community health improvement plan.

Utilizing a regularly scheduled partnership meeting, each phase of the MAPP process will continue through the development and implementation of a community health improvement plan. Instead of 'ending' the process, our desire is that the cycle will repeat itself, offering a sustainable method for the community to build upon accomplishments and position itself for even greater achievements.

WALTON COUNTY PROFILE

Walton County Facts [i]

Walton County, founded in 1824, is located in Northwest Florida. The county is 1,238 square miles and includes 180 square miles of water. More than 20 percent of Walton County's land area is part of Eglin Air Force Base. Choctawhatchee Bay is a notable water feature leading to the Gulf of Mexico. Walton County is home to 15 named coastal dune lakes along 26 miles of coastline.[ii] The beaches of South Walton are well-known for their white sand and emerald green waters. The county seat is the City of DeFuniak Springs. The City of Freeport and the Town of Paxton are Walton County's only other incorporated areas. There are many communities in the county, each with their own personality. Paxton, in the north, is frontier and rural. In the middle is DeFuniak Springs, with many established families. Moving south, Freeport is a bedroom community for Coastal Walton, and there are a combination of communities along the Gulf beaches that are oriented toward tourism and seasonal visitors.

Population [iii]

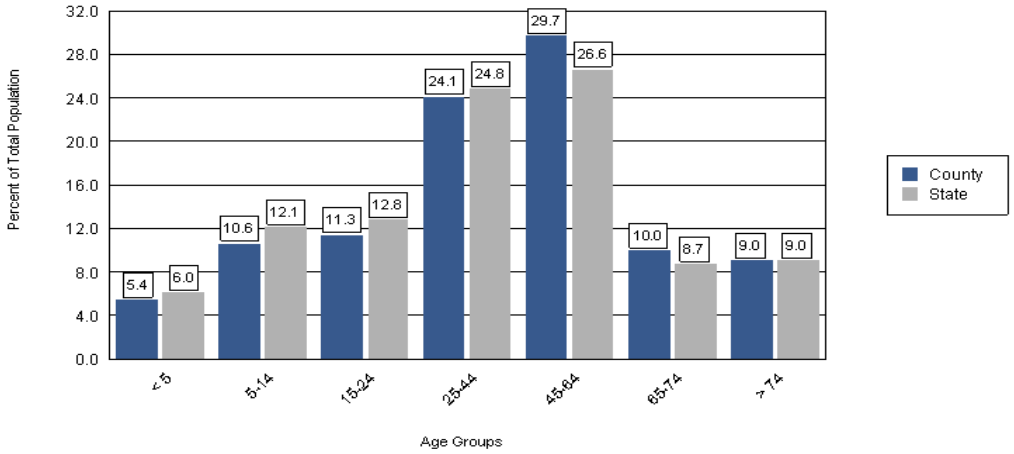
Walton County is one of the fastest growing counties in the United States. The county's current population of 55,043 grew more than 35 percent between 2000 and 2010 according to the 2010 Census. As new missions arrive at Eglin Air Force Base in the coming years, projections estimate as many as 3,000 new residents may join the Walton County population base. Minorities represent about 13 percent of the county's population.

Despite its growth, Walton County has a population density of about 50 people per square mile, which is nearly six times lower than the state average. The majority of Walton county residents live outside the incorporated cities of DeFuniak Springs, Paxton and Freeport. Major concentrations of residents can be found in South Walton along U.S. Route 98 and County Road 30-A. Homeownership rates in Walton County stand at 79 percent, which is 9 percent higher than the State average of 70.1 percent.

Population characteristics - Walton

- The majority of Walton County Residents are between the ages of 25-44 and 45-64, close to that of the state of Florida.
- 29.7 percent of Walton County residents are between the ages of 45-64 and 24.1 percent are between the ages of 25-44.
- More than 22 percent of the county's population is younger than 19 years.

Walton County Population by Age Group, County and State, 2010 [iv]

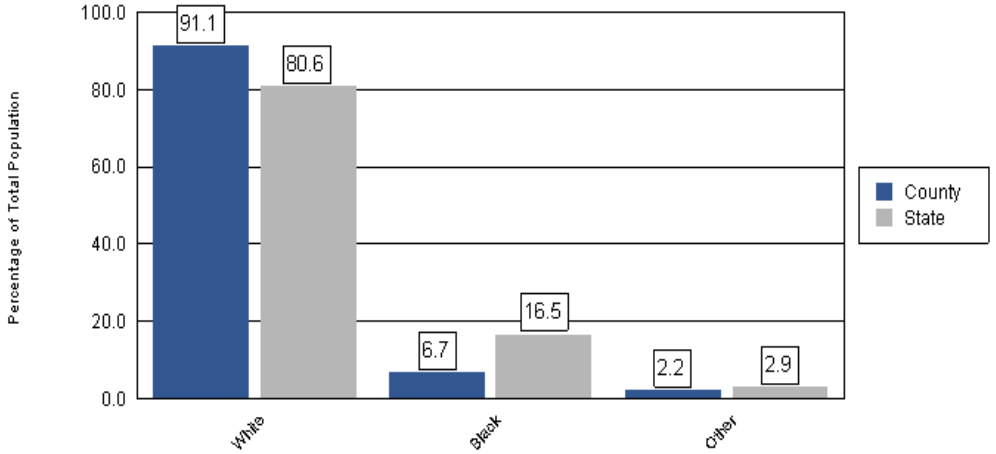


Data Source: Population Estimates from the Executive Office of the Governor

Population by Race and Ethnicity - Walton

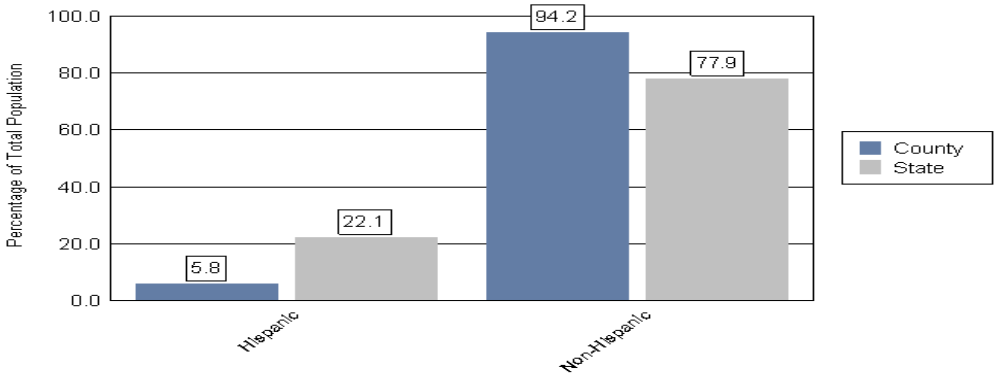
- Race: In 2010, Walton County's residents were predominately white and made up 91.1 percent of the population. Blacks made up 6.7 percent of the population, while the remaining 2.2 percent of the population consisted of other minorities.
- Ethnicity: Hispanic residents made up 5.8 % of the total Walton population.

Walton County Population Percentage by Race, County and State, 2010 [v]



Data Source: Population Estimates from the Executive Office of the Governor

Walton County Hispanic Percentage, County and State, 2010 [vi]



Data Source: Population Estimates from the Executive Office of the Governor

Why is this important?

- Population growth can strain health and other infrastructures.
- Language and cultural differences may suggest a need for different approaches to improving health access.

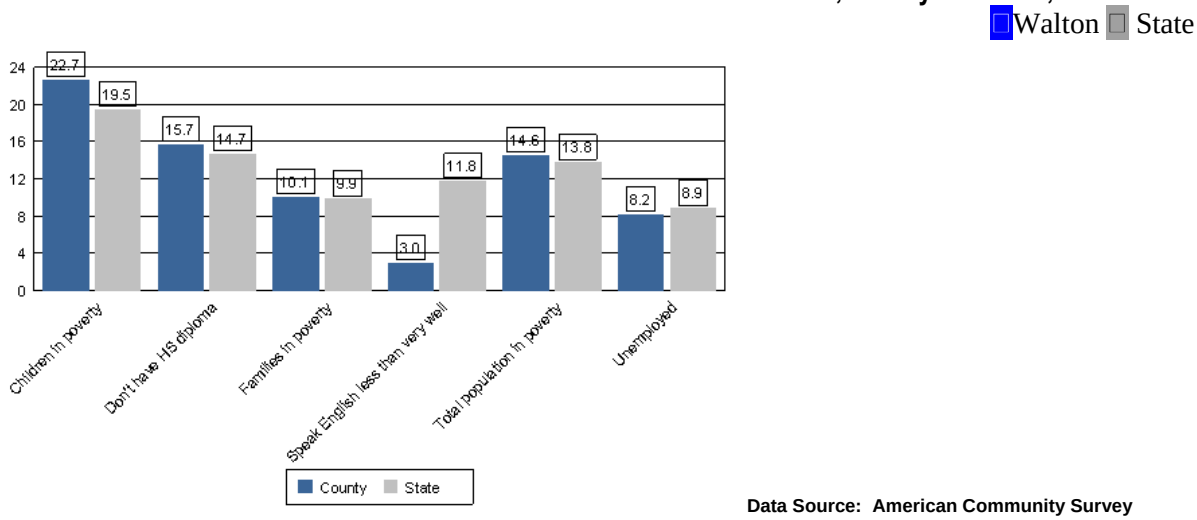
Socio-Economic Indicators [vii]

Socioeconomic characteristics include measures that have been shown to affect health status, i.e., income, education, and employment. In Walton County,

- The percent of persons, families and population under 18 below the poverty level are slightly higher than state rates.
- The percent of the civilian labor force which is unemployed and the median household income is comparable to the state rates.
- The percent of population that speaks English less than very well is significantly lower than Florida as a whole.

Socioeconomic Indicators	Walton	Florida
	2006 - 2010	
Persons below poverty level, percent	14.6	13.8
% of families below poverty level	10.1	9.9
% of population under 18 below poverty level	22.7	19.5
% of civilian labor force which is unemployed	8.2	8.9
Median Household Income	$47,273	$47,661
Percent of population >25 without a high school diploma	15.7	14.7
Percent of population >5 that speaks English less than very well	3.0	11.8
Median Age	42.0	40.3

Selected Socioeconomic Indicators, County and State, 2006 – 2012



Data Source: American Community Survey

So, what does this mean to public health? To healthcare?

- Socioeconomic status plays a major role in health. Not only does it affect level of health care, it also affects diet, housing conditions and environmental conditions that impact health.
- The higher your socioeconomic status, generally, the better health care coverage you have. This allows you to get routine check-ups or have surgeries without worrying if you can afford it. It also gives you the opportunity to find a doctor outside of your insurance network. Yes, anyone can use a provider outside their network, but persons of higher socioeconomic status can afford to pay for the doctor that is not covered by insurance.
- Higher socioeconomic status allows you to live in a home with heat and air conditioning, to buy groceries including meat, and fresh vegetables and more.

Overall Health Status and Access to Care

According to the definition provided by the *County Health Rankings*, "*Access to health care measures accessibility to needed primary care, health care specialists and emergency treatment.*" While having health insurance is a crucial step toward accessing the different aspects of the health care system, health insurance by itself does not ensure access. It is also necessary to have comprehensive coverage, providers that accept the individual's health insurance, relatively close proximity of providers to patients and enough primary care providers in the community. There are additional barriers to access in some populations due to lack of transportation to providers' offices, lack of knowledge about preventive care, long waits to get an appointment, low health literacy, and inability to pay the high-deductible of many insurance plans and/or co-pays for receiving treatment.

Health Status and Access to Care					
Indicator	**Year(s)**	**Rate Type**	**County Quartile**	**Walton Rate**	**Florida Rate**
Adults who rate their health status as "fair" or "poor"	2010	Percent	2	18.8%	17.1%
Adults with any type of health care insurance coverage	2010	Percent	3	80.7%	83.0%
Adults who could **not** see a dentist in the past year because of cost	2007	Percent	2	20.0%	19.2%
Total licensed family physicians	2008 -10	Per 100,000	**4**	11.5	22.9
Total licensed dentists	2008 -10	Per 100,000	3	29.9	62.7
Total hospital beds	2008 -10	Per 100,000	3	186.3	318.9

Walton

- Walton County percentage rates for self-reported health status and access to care are consistent with state rates.
- Total licensed family physicians, dentists and hospital beds are below state rates.

Behavioral Risk Factors (Related to Health Care Access and Coverage and Health Status)	**Walton County**				**Florida**
	2007 Percent	2007 Quartile	**2010 Percent**	2010 Quartile	**2010 Percent**
Health Care Access and Coverage					
Adults who could not see a doctor at least once in the past year due to cost	18.0	3	19.3	3	17.3
Adults who had a medical checkup in the past year	68.0	**4**	63.8	3	69.7
Adults who have a personal doctor	73.8	3	81.0	2	81.7
Adults with any type of health care insurance coverage	76.3	**4**	80.7	3	83.0

Why is this important?

- People who have difficulty obtaining medical care due to lack of health insurance or low income are less likely to have received appropriate preventive care such as Pap tests, immunizations or early prenatal care.

Health Resource Availability

These indicators represent factors associated with health system capacity, which may include both the number of licensed and credentialed health personnel and the physical capacity of health facilities. In addition, the category of health resources includes measures of access, utilization, cost and quality of health care and prevention services. Service delivery patterns and roles of public and private sectors as payers and/or providers may also be relevant.

Health Resources Available	Walton County			Florida
	FY 2010	Rate per 100,000 2010	Quartile FY 2010	Rate per 100,000 2010
Providers (Data per fiscal year, not calendar year)				
Total Licensed Dentists	20	34.5	3	63.6
Total Licensed Physicians	70	120.7	2	336.3
Total Licensed Family Practice Physicians	9	15.5	2	28.9
Total Licensed Internists	4	6.9	2	58.7
Total Licensed OB / GYN	4	6.9	3	11.9
Total Licensed Pediatricians	2	3	2	25.3
Facilities				
Total Hospital Beds	108	186.3	2	320.6
Total Acute Care Beds	108	186.3	2	265.5
Total Specialty Beds	0	0.0	1	55.4
Total Nursing Home Beds	277	477.7	3	458.3

Walton

- As of September 2, 2011 and according to the Health Resources and Services Administration (HRSA)[viii], Walton County is designated as
  - Health Professional Shortage Area (HPSA) and
  - Medically Underserved Area or Population (MUA/P) for low income families.

Why is this important?

- Health Professional Shortage Areas (HPSAs) designation means there are not enough primary care providers, dental providers, or mental health provides to meet the needs of the population.
- Medically Underserved Areas (MUAs) designation means there are areas in which residents have a shortage of personal health services.
- Medically Underserved Populations (MUPs) designation may include groups of persons who face economic, cultural or linguistic barriers to health care.

WALTON COUNTY COMMUNITY HEALTH STATUS OVERVIEW

Public Health Core Functions: Assessment, Policy Development and Assurance

Public health in the United States is guided by a set of three principles known as the Core Functions of Public Health. The three Core Functions: assessment, policy development, and assurance define the roles of federal, state and local public health systems. All public health agencies are responsible for assessing the status of public health in their communities, developing polices to address public health needs, and assuring public health needs are met.

Community health assessment and improvement planning is the process of systematically collecting, analyzing and using information to educate and mobilize communities, develop priorities, gather resources and plan actions to impact the public's health. *Assessment* is a core function of public health practice. Assessment is the foundation for the other two core functions of public health: *Policy Development* and *Assurance.*

Walton County Health Department continually monitors the health status of Walton County. By collecting, analyzing, and reviewing public health data to describe population health status, we hope to be better able to determine priorities and plan actions to improve public health outcomes. Understanding our community health status will help to ensure that resources target relevant health status issues.

County Health Rankings [ix]

Where we live matters to our health. The health of a community depends on many different factors ranging from health behaviors, education and jobs, to quality of health care and the environment. The *Rankings* are based on a model of population health that emphasizes the many factors that, if improved, can help make communities healthier places to live, learn, work and play. The set of reports released each year ranking nearly every county in the nation shows that much of what affects health occurs outside of the doctor's office.

Published on-line at www.countyhealthrankings.org by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, the *County Health Rankings* help counties understand what influences how healthy residents are and how long they will live.

Overview of Walton County Rank			
	2010	**2011**	**2012**
Health Outcomes	**43**	**43**	**45**
Mortality (length of life)	50	40	44
Morbidity (quality of life)	40	48	48
Health Factors	**39**	**35**	**29**
Health Behaviors	47	42	40
Clinical Care	61	58	57
Social and Economic	8	11	10
Physical Environment	58	57	12

Walton

- In 2012, out of the 67 Florida counties, Walton County ranks 45th for Health Outcomes (how healthy we are) and 29th for Health Factors (how healthy we can be).

Health Outcomes are measures that describe the current health status of a county, i.e., mortality (length of life) and morbidity (quality of life). These health outcomes are influenced by a set of **Health Factors**, i.e., health behaviors, clinical care, social and economic factors, and physical environment.

Counties can improve health outcomes by addressing all health factors with effective, evidence-based programs and polices. More information is available at www.countyhealthrankings.org.

MAPP ASSESSMENTS OVERVIEW

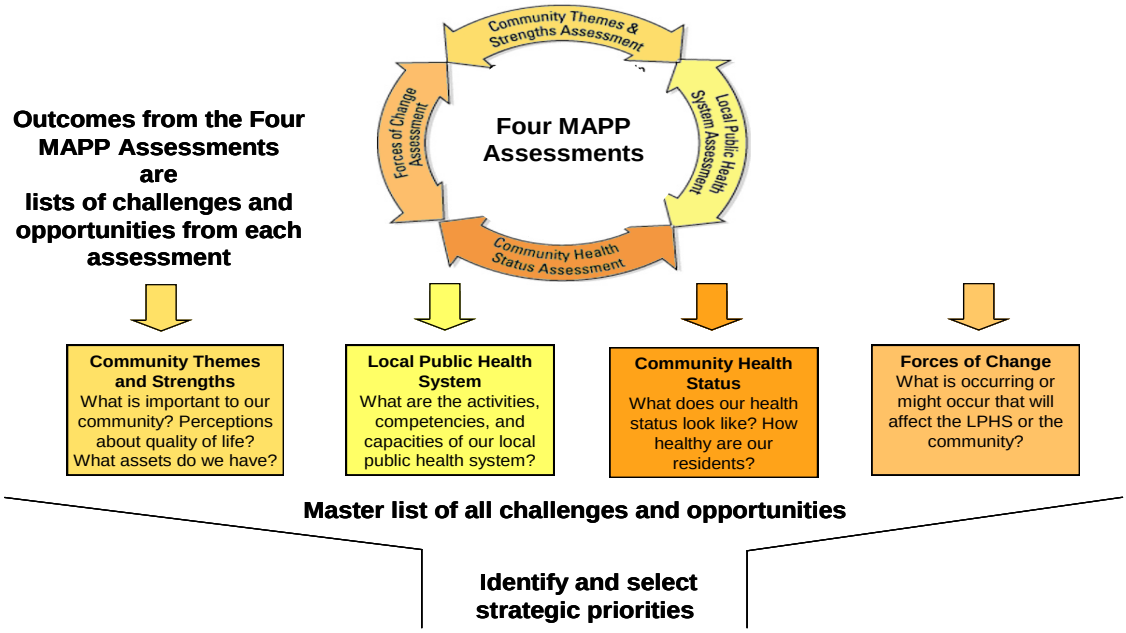
Separate, unique, comprehensive and Walton county-specific assessments were completed in 2011 and 2012. These assessments gather information to drive the identification of strategic issues for community health improvement.

- **The Community Health Status Assessment** analyzes data about health status, quality of life and risk factors in the community.
- **The Community Themes and Strengths Assessment** identifies themes that interest and engage the community, perceptions about quality of life, and community assets.
- **The Forces of Change Assessment** identifies forces that are occurring or will occur that will affect the community or the local health system.
- **The Local Health System Assessment** measures the capacity of the local health system to conduct essential public health services.
- **The Local Environmental Public Health System Assessment** standards describe level of performance and capacity to which all environmental public health systems and programs should aspire.

Results of the MAPP assessments interact to provide the basis for the development of community strategic issues. Collectively, the MAPP assessments have several purposes, including:

- Providing insight on the gaps between current circumstances and a community's vision;
- Providing information to use in identifying the strategic issues that must be addressed to achieve the vision; and
- Serving as the source of information from which the strategic issues, goals and strategies are built.

During the March 2012 Walton Community Health Improvement Partnership meeting, data sets were reviewed to determine Walton County strengths, weaknesses, opportunities and threats. As depicted in the diagram below, this activity led to a master list of challenges and opportunities from which participants identified and selected strategic priorities.



1. Walton County Community Health Status Assessment Summary

The Community Health Status Assessment (CHSA) answers the questions: "How healthy are our residents?" "What does the health status of our community look like?" What health conditions exist in our community?" The results of the CHSA provide the Walton Community Health Improvement Partnership with an understanding of the community's health status and ensure that the community's priorities include specific health status issues.

Resources

The Florida Department of Health's public health statistics website, Community Health Assessment Resource Tool System (CHARTS; www.floridacharts.com), provides the data elements for broad-based categories of health status and quality of life indicators.

Complete Walton County results can be found at www.floridacharts.com under *Community Tools.* Other resources of use for the CHSA follow:

- Behavioral Risk Factor Surveillance System (BRFSS) – http://www.floridacharts.com/charts/brfss.aspx - This survey was conducted among adults in Florida in 2002, 2007 and 2010. The purpose of this survey is to obtain county-level estimates of the prevalence of personal health behaviors that contribute to morbidity and mortality.
- County Health Profile - http://www.floridacharts.com/charts/mapp_report.aspx - The county health profile report provides your community with an understanding of the community's health status and ensures that the community's priorities consider specific health status issues. The County Health Profile answers the questions, *"How healthy are our residents?"* and *"What does the health status of our community look like?*
- County Health Rankings and Roadmaps – www.countyhealthrankings.org. Where we live matters to our health. This set of data helps us to understand what influences how healthy residents are and how long they will live.
- County Health Status Summary– http://www.floridacharts.com/charts/SpecReport.aspx?RepID=1341 - This report allows you to compare your county's health status with the state and other counties. County trends for individual indicators, which are tested for statistical significance, Healthy People 2020 goals, and county quartiles, are also included.
- County Performance Snapshot – This report, available only on the Florida Department of Health intranet, is an annual scorecard of business and health outcome data for each of Florida's 67 health departments. Information includes performance trends for organizational performance.
- Florida Charts – www.floridacharts.com – Florida Health Statistics and Community Health Assessment Resource Tool Set. This site provides Florida public health statistics such as births, deaths and communicable and chronic diseases.
- Public Health in America - http://www.health.gov/phfunctions/public.htm - Website asks, *"What is public health?"* and provides the public health vision, mission and essential services.

The Walton CHSA Summary that follows will highlight some of the most recent findings for the following indicators:

- Death, Illness and Injury (Major Causes of Death 2010)
- Chronic Diseases
- Behavioral Risk Factors
- Communicable and Infectious Diseases
- Maternal, Infant and Young Child Health
- Environmental Health
- Social and Physical Environment

Death, Illness, and Injury Indicators

Definition of Category: Health status in a community is measured in terms of mortality (rates of death within a population) and morbidity (rates of the incidence and prevalence of disease.) Mortality may be represented by crude rates or age-adjusted rates; by degree of premature death or years of productive life lost (YPLL); and by cause. Morbidity may be represented by age-adjusted incidence of cancer and chronic disease.

Major Causes of Death for 2010 (Walton County)

Major Causes of Death for 2010 *"In 2010, Walton County deaths from all causes accounted for 8,496 Years of Potential Life Lost per 100,000 people."*		Walton	State
		3-year age-adjusted death rate per 100,000	
Total deaths from all causes	523 deaths in Walton	658.1	660.7
1. Heart Disease	122 deaths in Walton	150.0	150.8
2. Cancer	115 deaths in Walton	152.4	160.2
3. Chronic Lower Respiratory Diseases	33 deaths in Walton	35.5	37.7
4. Diabetes Mellitus	29 deaths in Walton	24.9	19.6
5. Alzheimer's Disease	28 deaths in Walton	23.7	15.5
6. Unintentional Injuries	26 deaths in Walton	59.5	42.7
7. Stroke	18 deaths in Walton	23.0	30.5

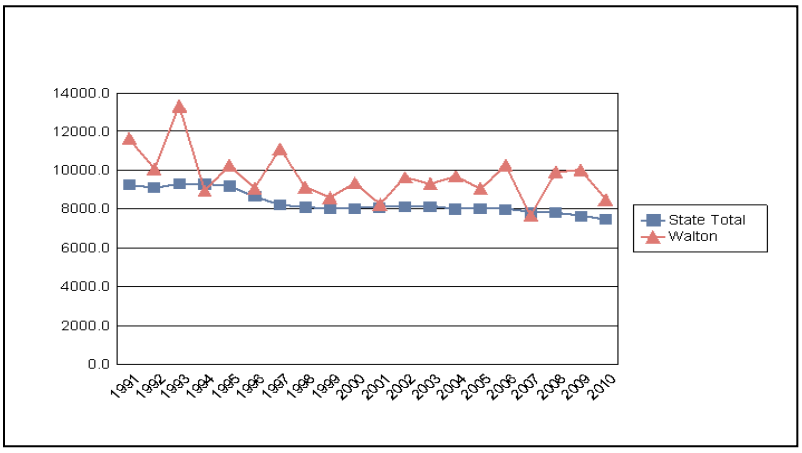
Cardiovascular Diseases (or Heart Diseases) are the leading cause of preventable death in Florida and Walton County. The goals of reducing deaths caused by cardiovascular diseases include education, outreach, and community involvement. There is a need for increased emphasis on nutrition, smoking cessation, exercise, and monitoring of individual health indicators through routine clinic visits.

Cancer deaths are the second leading cause of death in Florida and Walton County. Much of the suffering and death from cancer could be prevented by more systematic efforts to reduce tobacco use, improve diet and physical activity, reduce obesity, and expand the use of established screenings.

Chronic Lower Respiratory Disease (including Asthma) deaths are the third leading cause of death in Florida and Walton County. Chronic lower respiratory disease refers to chronic (ongoing) diseases that affect the lower respiratory tract (including the lungs). The most prevalent are chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, and smoking-related disorders.

Unintentional injuries are the fourth leading cause of death for Floridians. Unintentional injuries include, but are not limited to, those that results from motor vehicle crashes, falls, fires, poisonings, drowning, suffocations, choking, animal bites, and recreational and sports-related activities.

All Causes Years of Potential Life Lost under 75, per 100,000 Population Under 75



Why is this important?

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In 2010, Walton County deaths from all causes accounted for 8,496 Years of Potential Life Lost Per 100,000 people.
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Chronic Diseases

The Centers for Disease Control and Prevention (CDC) states, "Chronic diseases (such as heart disease, stroke, cancer, diabetes, and arthritis) are among the most common, costly, and preventable of all health problems in the U.S." (Link: **http://www.cdc.gov/chronicdisease/overview/index.htm**)

Walton County, Florida County Health Status Summary					
Indicator	**Year(s)**	**Rate Type**	**County Quartile**	**Walton Rate**	**Florida Rate**
1. Physical Activity					
Adults who meet moderate physical activity recommendations	2007	Percent	1	45.6	34.6
Adults who meet vigorous physical activity recommendations	2007	Percent	1	30.1	26.0
Adults who engage in no leisure-time physical activity (Healthy People 2020 Goal 32.6%)	2002	Percent	3	32.5	26.4
2. Overweight and Obesity					
Adults who consume at least five servings of fruits and vegetables a day	2007	Percent	2	26.3	26.2
Adults who are overweight	2010	Percent	2	35.5	37.8
Adults who are obese (Healthy People 2020 Goal 30.6%)	2010	Percent	2	28.6	27.2
3. Tobacco Use					
Adults who are current smokers (Healthy People 2020 Goal 12%)	2010	Percent	3	24.3	17.1

Walton

- Even though Walton County adults exceed Florida rates for moderate and vigorous physical activity recommendations, a large number of adults engage in no leisure-time physical activity.
- While 26.3% of Walton adults may consume recommended servings of fruits and vegetables each day, over 64% are overweight or obese.
- Walton County adults who are current smokers (24.3%) surpass Florida rates (17.1%) and Healthy People 2020 (www.HealthyPeople.gov) goal of 12%.

Why is this important?

- According to the CDC, four modifiable health risk behaviors (lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption) are responsible for much of the illness, suffering, and early death related to chronic diseases.
- According to the County Health Status Summary notes, "Actual causes of death are the major external (nongenetic) factors that contribute to death in the US, first identified by McGinnis and Foege in 1993. These three sets of behaviors (physical activity, overweight and obesity, and tobacco use) each contribute to over 100,000 deaths annually in addition to their impact on morbidity, quality of life, and public health burden."

Behavioral Risk Factors

The Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest, on-going telephone health survey system; tracking health conditions and risk behaviors in the United States yearly since 1984. The BRFSS surveys are conducted to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. Behavioral risk factors of significance to Walton County are in the tables below. Full Florida BRFSS reports may be accessed at http://www.doh.state.fl.us/Disease_ctrl/epi/brfss/reports.htm.

Behavioral Risk Factors	Walton County				Florida
	2007 Percent	Quartile	2010 Percent	Quartile	2010 Percent
Cancer Screening					
Adults ≥50 who received blood stool test in the past year	6.4	4	7.3	**4**	14.7
Adults ≥50 who received sigmoidoscopy or colonoscopy in the past five years	52.8	3	60.7	1	56.4
Adults ≥50 who have ever had a blood stool test	29.9	4	27.9	**4**	42.5
Adults ≥50 who have ever had a sigmoidoscopy or colonoscopy	58.4	3	72.0	1	68.2
Men ≥50 who have ever had a digital rectal exam	75.5	-	85.4	3	86.6
Men ≥50 who have ever had a PSA test	72.6	-	83.4	2	85.0
Women ≥18 who received a Pap test in the past year	56.8	4	57.1	2	57.1
Women ≥40 who received a mammogram in the past year	58.1	4	51.1	**4**	61.9
Cholesterol Awareness					
Adults who had their cholesterol checked in the past five years	74.8	3	-	-	78.5 (2007)
Adults who had their cholesterol checked in the past two years	68.5	3	-	-	73.3 (2007)
Adults who have diagnosed high blood cholesterol	36.2	2	40.4	-	38.6

Walton

- Colon Cancer: Only 7.3 % of adults received blood stool test in the past year, compared to state rate of 14.7%; and only 27.9% ever had a blood stool test.
- Breast Cancer: Only 51.1% of women received a mammogram in the past year, compared to state rate of 61.9%.

Behavioral Risk Factors	Walton County				Florida
	2007 Percent	Quartile	2010 Percent	Quartile	2010 Percent
Diabetes					
Adults with diagnosed diabetes	9.3	3	10.0	2	10.4
Adults with diabetes who ever had diabetes self-management education	61.0	1	46.1	**4**	55.1
Adults with diabetes who had an annual eye exam	67.5	3	82.4	1	70.2
Adults with diabetes who had an annual foot exam	72.4	3	62.3	**4**	72.2
Adults with diabetes who had two A1C tests in the past year	63.4	4	55.1	**4**	75.6
Hypertension Awareness and Control					
Adults with diagnosed hypertension	29.2	2	35.4	2	34.3
Adults with hypertension who currently take high blood pressure medicine	79.8	3	79.7	-	82.8
Adults with hypertension who engage in blood pressure control measures	90.5	**4**	-	-	96.4 (2007)
Overweight & Obesity					
Adults who have a healthy weight (BMI from 18.5 to 24.9)	35.4	2	34.1	2	33.4
Physical Activity & Nutrition					
Adults who meet moderate physical activity recommendations	45.6	1	-	-	34.6 (2007)
Adults who consume at least five servings of fruits and vegetables a day	26.3	2	-	-	26.2 (2007)
Substance Use and Abuse					
Adults who are current smokers	27.0	4	24.3	**3**	17.1
Adult current smokers who tried to quit smoking at least once in the past year	47.1	3	63.9	2	60.1
Non-smoking adults who were exposed to secondhand smoke in the past seven days	23.0	**4**	-	-	14.9 (2007)
Alcohol Consumption					
Adults who engage in heavy or binge drinking	16.3	2	13.4	2	15.0

Walton

- Diabetes: Only 46.1% of Walton adults with diabetes have ever had diabetes self-management education; 62.3% have had annual foot exam; and only 55.1% have had two A1C tests in the past year.
- Hypertension: Only 90.5% of Walton adults with hypertension engage in blood pressure control measures, compared to state percentage of 96.4%.
- Smoking: 24.3% of Walton adults are current smokers, compared to state percentage of 17.1%.

Why is this important?

- These risk factors include behaviors which are believed to cause, or to be contributing factors to, injuries, disease, and death during youth and adolescence and to significant morbidity and mortality in later life.

Communicable and Infectious Diseases

Measures within this category include diseases which are usually transmitted through person-to-person contact or shared use of contaminated instruments / materials.

Communicable Diseases	Walton County			Florida
	Number of Cases (Annual Avg.)	3 Year Rate per 100,000 2008 - 2010	Quartile	3 Year Rate per 100,000 2008 - 2010
Sexually Transmitted Diseases (STD)				
Total Gonorrhea, Chlamydia & Infectious Syphilis	157.3	271.4	1	506.8
Infectious Syphilis Cases	0.7	1.2	2	5.8
Gonorrhea Cases	12.7	21.9	1	113.9
Chlamydia	144.0	248.4	1	387.0
Vaccine Preventable Diseases				
Selected Vaccine Preventable Disease Rate for All Ages	2.7	4.6	3	3.9
Acute Hepatitis B Cases	1.3	2.3	3	1.8
Measles	0.0	0.0	1	0.0
Mumps	0.0	0.0	1	0.1
Rubella	0.0	0.0	1	0.0
Pertussis	1.3	2.3	3	2.0
Tetanus	0.0	0.0	1	0.0
AIDS and Other Diseases				
AIDS Cases	5.0	8.6	2	22.3
Meningococcal Meningitis	0.0	0.0	1	-
Hepatitis A Cases	0.0	0.0	1	0.9
Tuberculosis Cases	1.7	2.9	2	4.6

Walton

In Walton County, the Walton County Health Department and local public health system provide for protection of the general public through the detection, control, and eradication of diseases which are transmitted to people. Disease Control and Prevention Services include:

- AIDS and HIV – Anonymous or confidential testing for HIV, the virus which causes AIDS.
- Epidemiology – Staff monitors disease trends to prevent epidemics and/or control outbreaks that threaten the entire community.
- Immunizations – Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.
- Sexually Transmitted Diseases – Confidential testing, treatment and prevention education.
- Tuberculosis – Testing and treatment to help prevent the spread of this serious lung disease.

Why is this important?

- Many communicable and infectious diseases can be prevented through a high level of vaccine coverage of vulnerable populations, or though the use of protective measures, such as condoms for the prevention of sexually-transmitted diseases.

Maternal, Infant and Young Child Health

One of the most significant areas for monitoring and comparison relates to the health of a vulnerable population: infants and children. This category focuses on birth data and outcomes as well as mortality data for infants and children.

Maternal and Child Health Indicators

Indicator	Year(s)	Rate Type	Walton Rate	Florida Rate
Early prenatal care (Care began 1st trimester) (Healthy People 2020 Goal 77.9%)	2008-2010	Percent	79.6%	78.1%
Low birth weight births (Births < 2500 grams)	2008-2010	Percent	7.6%	8.7%
Premature births (Births < 37 weeks gestation) (Healthy People 2020 Goal 11.4%)	2008-2010	Percent	13.0%	13.9%
Multiple births	2008-2010	Percent	2.7%	3.2%
Births to teens 15 – 19	2008-2010	Rate per 1,000	45.5	37.0
Repeat births to mothers 15 – 19	2008-2010	Percent	16.7%	18.4%
Infant death rate (Healthy People 2020 Goal 6.0)	2008-2010	Per 1,000 live births	7.9	6.9
Neonatal death rate (Healthy People 2020 Goal 4.1)	2008-2010	Per 1,000 live births	3.0	4.5
Post-neonatal death rate (Healthy People 2020 Goal 2.0)	2008-2010	Per 1,000 live births	4.9	2.4
Kindergarten children fully immunized	2008-2010	Percent	91.9%	90.8%

Walton

- In Walton County, the births to teens (age 15 to 19) rate is 45.5; well above the state rate of 37.0.
- The post-neonatal death rate per 1,000 live births is 4.9 for Walton County, above the 2.4 rate for Florida.

Why is this important?

- Because maternal care is correlated with birth outcomes, measures of maternal access to, and/or utilization of, care is included.
- Births to teen mothers is a critical indicator of increased risk for both mother and child.

Environmental Health

The Florida Department of Health, Environmental Public Health Tracking Network web portal - http://www.floridatracking.com/HealthTrackFL/Default.aspx - is part of a national network created in cooperation with the Centers for Disease Control and Prevention (CDC) to provide health, exposure, environmental hazard data and information that communities can use to improve their health.

Behavioral Risk Factors [x]	Walton County				Florida
	2007 Percent	Quartile	2010 Percent	Quartile	2010 Percent
Air Quality					
Adults who reduced or changed outdoor activity because air quality was bad.	13.2	-	-	-	19.2

Environmental Health Indicators				
Indicator	Year(s) 2008 – 2010	Rate per 100,000 population	Walton Rate	Florida Rate
Animal Rabies (Rolling 3-yr rates for all races all sexes)	Average Number of Cases = 2		3.5	0.7
Lead Poisoning (Rolling 3-yr rates for all races all sexes)	Average Number of Cases = 3		5.8	3.5
Enteric Diseases (Rolling 3-yr rates for all races all sexes)	Average Number of Cases = 32		55.8	57.2

Walton

Walton County has active Environmental Public Health programs designed to ensure the safety and sanitation of our environment through the monitoring and regulating of activities which may contribute to the occurrence or transmission of disease. Programs include:

- Food and Water Safety – Septic Tank, Public Pools and Bathing Places, Healthy Beaches, Limited Use Wells and Food Hygiene Inspections
- Control of Diseases from Animals – Rabies Monitoring and Arbovirus Surveillance
- Safe and Healthy Places – Facility Inspections and Sanitary Nuisance Inspections

Why is this important?

- Animal Rabies – Untreated rabies is almost universally fatal, so prevention is important. Animal bite investigation and reporting help keep our communities safe.
- Lead Poisoning – Lead poisoning can affect nearly every system in the body though it often occurs with no obvious symptoms. Lead poisoning can cause learning disabilities, behavioral problems, and, at very high levels, seizures, coma, and even death.
- Enteric Diseases - The enteric disease rate is affected by both the practice of personal hygiene and environmental exposure. County Health Departments influence both through Environmental Health and Health Education programs and services.

Social and Physical Environment

This category represents social and mental factors and conditions which directly or indirectly influence overall health status and individual and community quality of life.

Social and Physical Environment Indicators				
Indicator	**Year(s)**	**Rate Type**	**Walton Rate**	**Florida Rate**
Unintentional Injuries				
Unintentional Injuries age-adjusted death rate (Healthy People 2020 Goal 36.0)	2008-2010	Per 100,000	59.5	42.7
Motor vehicle crash age-adjusted death rate (Healthy People 2020 Goal 12.4)	2008-2010	Per 100,000	29.2	14.0
Social and Physical Environment				
Criminal homicide	2008-2010	Per 100,000	4.6	5.6
Domestic violence offenses	2008-2010	Per 100,000	632.0	608.0
Suicide age-adjusted death rate (Healthy People 2020 Goal 10.2)	2008-2010	Per 100,000	15.8	13.9

Walton

- Unintentional injuries in Walton County are well above the state rate as are the motor vehicle crash age-adjusted death rates.
- Domestic violence offenses and suicide age-adjusted death rates for Walton County are above the state rates.

Why is this important?

- Mental health conditions and overall psychological well-being and safety may be influenced by substance abuse and violence within the home and within the community.

2. Walton Community Themes and Strengths Assessment Summary

The Community Themes and Strengths Assessment (CTSA) answers the questions: "What is important to our community?" "How is quality of life perceived in our community?" "What assets do we have that can be used to improve community health?" This assessment results in a stronger understanding of community issues and concerns, and perceptions about quality of life.

In December 2011, the CTSA was conducted in Walton County for the first time. A locally designed survey was forwarded to a diverse group of key community health stakeholders through multiple distribution lists. Recipients were encouraged to complete the survey and to forward to others. The survey focused on identifying respondent perceptions of the most important factors for a healthy community, most important health problems and risky behaviors in Walton County and the most important environmental issues.

CTSA Demographic Results - A total of 92 surveys were returned.

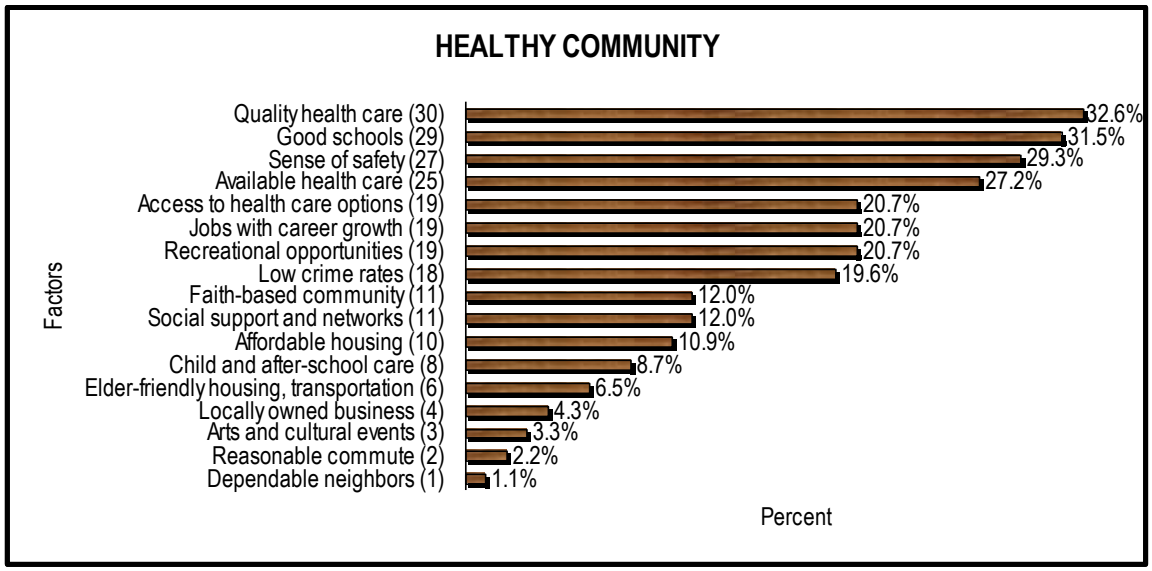
Demographic questions of the survey concentrated on age, ethnic group and race, educational level, gender, zip code of residence, number of people in household, household income level, and how respondents pay for health care.

- **Most respondents were between the ages of 25 and 64**
    - 25 – 44 (31)
    - 45 – 64 (37)
- **Majority of respondents identified themselves as Caucasian / White**
- **Educational level** ranged from
    - High School, GED, or some college (20)
    - Associates, Technical School (15)
    - Bachelors (28)
    - Graduate or higher (27)
- **Female** (56) **and male** (23)
- **Majority of responders reside within**
    - 32433 zip code - DeFuniak Springs (28)
    - 32459 zip code – Santa Rosa Beach (21)
- **Annual household income level**
    - Less than $20,000 (7)
    - $20,000 to $29,999 (9)
    - $30,000 to $49,000 (16)
    - Over $50,000 (39)
- **How do you pay for your healthcare?**
    - Cash, i.e., no insurance (8)
    - Health insurance (58)
    - Medicaid (8)
    - Medicare (10)
    - VA or Military (5)

CTSA Results

1. **What are the most important factors for a "Healthy Community?"**
   - Quality health care
   - Good schools
   - Sense of safety in home, workplace and schools
   - Available health care
   - Access to health care options
   - Jobs with career growth
   - Recreational opportunities
   - Low crime rates

Healthy Community Results



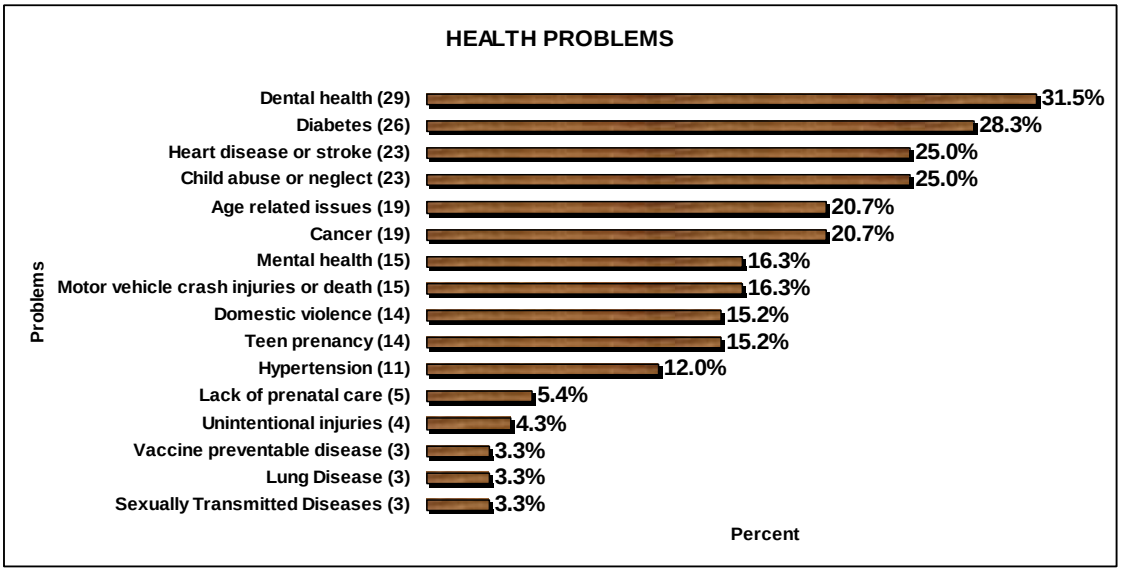
Note: Chart depicts the percent of respondents who selected each answer option.
Percentages total more than 100% as respondents were asked to select 3 areas.

Why is this important?

- Quality of Life (QOL) is a construct that "connotes an overall sense of well-being when applied to an individual" and a "supportive environment when applied to a community" (Moriarty, 1996).
- While some dimensions of Quality of Life can be quantified using indicators, research has shown QOL to be related to determinants of health and community-well being.
- Other valid dimensions of QOL include perceptions of community residents about aspects of their neighborhoods and communities that either enhance or diminish their quality of life.

2. **What are the most important "health problems" in Walton County?**
   - Dental health
   - Diabetes
   - Heart disease or stroke
   - Child abuse / child neglect
   - Age related issues
   - Cancer
   - Mental health motor vehicle crash injuries or death
   - Domestic violence
   - Teen pregnancy

Health Problems Results

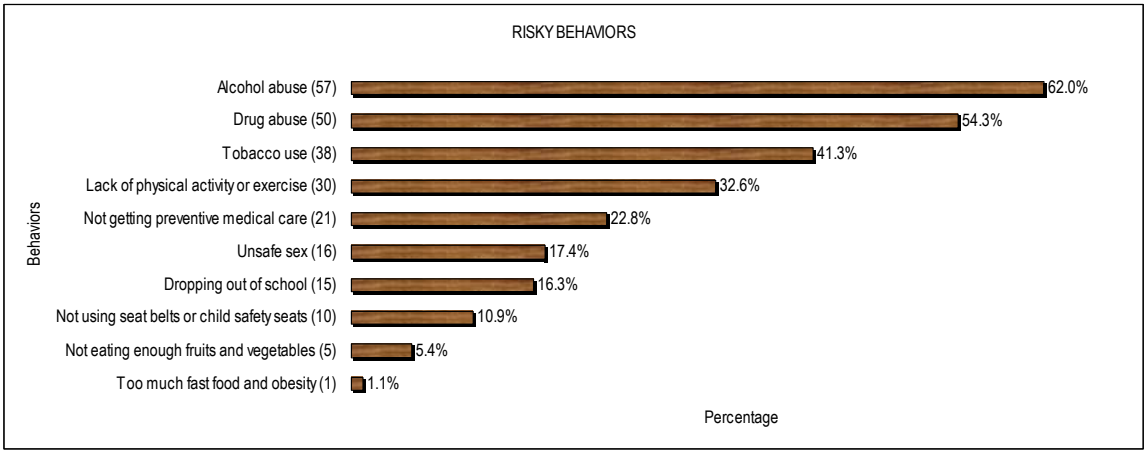


Note: Chart depicts the percent of respondents who selected each answer option.
Percentages total more than 100% as respondents were asked to select 3 areas.

Why is this important?
- This information leads to a portrait of the community as seen through the eyes of its residents.
- Perception about the health problems that exist in Walton County correlate with county-specific data and help to pinpoint specific concerns.

3. **What are the most important "risky behaviors" in Walton County?**
   - Alcohol abuse
   - Drug abuse
   - Tobacco use
   - Lack of physical activity or exercise
   - Not getting preventive medical care

Risky Behaviors Results



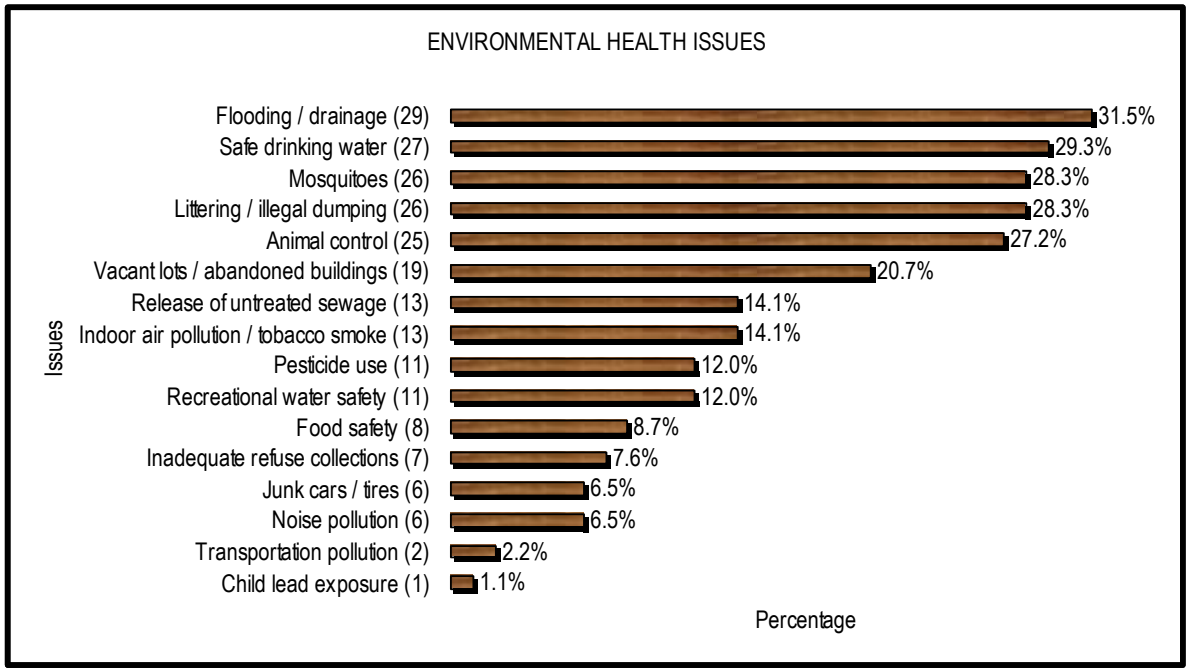
Note: Chart depicts the percent of respondents who selected each answer option.
Percentages total more than 100% as respondents were asked to select 3 areas.

Why is this important?

- High-risk behaviors, by definition, are lifestyle activities that place a person at increased risk of suffering a particular condition.
- Risky behaviors put you at risk for a bad consequence, i.e., smoking puts you at risk for cancer and being overweight puts you at risk for a heart attack.
- Systematic change using evidence-based interventions to change high-risk behaviors is recommended by the Independent Task Force on Community Preventive Services - www.thecommunityguide.org.

4. **What are the most important "environmental Issues" in Walton County?**
   - Flooding / drainage problems
   - Drinking water
   - Mosquitoes
   - Littering / illegal dumping
   - Animal control
   - Vacant lots / abandoned buildings

Environmental Health Issues Results



Note: Chart depicts the percent of respondents who selected each answer option.
Percentages total more than 100% as respondents were asked to select 3 areas.

Why is this important?

- Community perceptions of environmental health issues may be used in conjunction with results of the 2011 Walton Environmental Public Health Performance Standards (EnvPHPS) results to prioritize goals and strategies to improve community health and the environment in Walton County.

What are the greatest strengths of Walton County? (Strengths)	**What would most improve the quality of life in Walton County?** (Opportunities for Improvement)

• Socioeconomic Characteristics
  ○ Income for those who choose to work
 	
• Health Resources Available
  ○ Elder and senior care
  ○ Emergency care services
  ○ Health care at Sacred Heart Hospital on the Emerald Coast
 	
• Quality of Life
  ○ Community that works together
  ○ Strong sense of community
  ○ Better education and schools
  ○ Strong law enforcement
 	
• Behavioral Risk Factors
  ○ Recreational opportunities
 	
• Environmental Health Indicators
  ○ Naturally beautiful beaches and parks
 	
Other:
• Demographics
  ○ Diverse geographical area, population and geography
  ○ Lower population
	• Socioeconomic Characteristics
	  ○ Quality jobs with growth potential
	  ○ Affordable housing
	
	• Health Resources Available
	  ○ Better access to health care options in North Walton
	  ○ Access to mental health facilities
	  ○ Access to primary care and dental providers
	
	• Quality of Life
	  ○ Better government
	  ○ Less emphasis on tourism
	  ○ Better public transportation options
	
	• Behavioral Risk Factors
	  ○ Address substance abuse issues, i.e., drugs, alcohol, tobacco
	
	• Environmental Health Indicators
	  ○ Increase recycling availability
	  ○ Improve 'built' environment
	  ○ Clean up trash receptacles, highways, streets
	
	Other
	• Maternal and Child Health
	  ○ Healthy activities for children and teenagers
	• Death, Illness, and Injury
	  ○ Helmet laws for motorcyclists of all ages

Why is this important?

- Findings from this survey (both strengths and opportunities for improvement) can be used to identify and understand the local issues that are critical to the success of the partnership and its vision for community health improvement.
- Strengths are foundations upon which strategies can be built.
- Critical issues are important; strategic issues, however, are important and forward-thinking and seize on current opportunities.

3. Walton Forces of Change Assessment Summary

The Forces of Change Assessment (FOCA) is designed to answer the questions: "What is occurring or might occur that affects the health of our community or the local public health system?" and "What specific threats or opportunities are generated by these occurrences?"

What are Forces of Change?

Forces are a broad all-encompassing category that includes trends, events, and factors.

- **Trends are patterns over time**, such as migration in and out of a community or a growing disillusionment with government.
- **Events are one-time occurrences**, such as a hospital closure, a natural disaster, or the passage of new legislation.
- **Factors are discrete elements**, such as a community's large ethnic population, an urban setting, or a jurisdiction's proximity to a major waterway.

In January 2012, a small group of community partners engaged in brainstorming sessions to identify forces of change that are or will be influencing the health and quality of life of the Walton community or the local public health system. The group was encouraged to consider any and all categories or types of forces, i.e., social, economic, political, technological, environmental, scientific, legal and ethical. Here are the responses.

1. **What has occurred recently that may affect our local public health system or community?**
   - Changes in the economy
   - Federally Qualified Health Center relocated to Freeport
   - Increase in different cultures in county, i.e., Asian and Spanish speaking communities
2. **What may occur in the future?**
   - Sacred Heart Hospital of the Emerald Coast has initiated a Health Information Network called CARESCOPE to track client referrals between the hospital and some local providers
   - Legislative changes – Though brainstorming session was held prior to legislative sessions, participants believe there will be changes to programs.
   - Economic and population growth in Walton County
   - Lack of jobs and unemployment benefits
   - Gaps in service
3. **Are there any trends occurring that will have an impact? Describe the trends.**
   - Participants acknowledged that many of our residents continue to engage in risky behaviors that affect health and well-being
   - Adult 'children' are returning home
   - Tuition costs increasing
4. **What forces are occurring locally? Regionally? Nationally? Globally?**
   - National Healthcare Reform
   - Medicaid Reform
5. **What characteristics of our county or state may pose an opportunity or threat?**
   - Walton is a large county geographically and very diverse from south (beaches, threat of hurricanes, tourism is positive and negative, reliance on tourism for jobs) to north (rural with no jobs and no job opportunities for growth, lack of interest in prevention.)
   - Lack of interest in preventative health care
   - Lack of trust in government agencies
6. **What may occur or has occurred that may pose a barrier to achieving a shared vision of a healthier future for the people of Walton County?** Participants briefly discussed challenges associated with informing and educating people about health issues on the north and south end of the county.

Complete list of factors, events, and trends from the Forces of Change brainstorming sessions:

- **Risky behaviors** – may lead to criminal behaviors
- **Economic downturn**
  - While unemployment rate for Walton not very high, many jobs offer little pay and no benefits.
  - Challenging to create new jobs in county.
  - Many of our residents need job training and/or training to become successful.
  - Criminal backgrounds are barriers to employment. Bonding program / services offered through JobsPlus for employers willing to employ those with criminal background.
- **Disillusionment with government**
  - Local government is focused on large problems and tends to overlook problems closer to home with people they might know. So, government misunderstands or misses community health. For example, the 331 Bridge is current focus because of importance for evacuation.
  - Gap in services between north and south Walton may be reflective of some in south Walton who indicate that their service needs are met. So there is no motivation to fund or support service needs in north Walton.
- **Government, legislation, and policies are barriers** to getting things done
- **Government distrust**
- **Difficult to get community groups to participate consistently.** Why?
  - Travel dollars require agencies to determine priorities. Group should reconsider the date, time and place for WCHIP meetings.
  - Needs to be a personal connection and possibly personal invitation to meetings.
  - Consider promoting a 'spokesperson' for various areas, i.e., Paxton, Mossy Head, others.
- **Multiple generations under one roof**
  - Grandparents are raising grandchildren; kids are moving home after losing job or home; elderly parents are moving in with children. This requires learning about services to support new living situations.
  - This kind of stress is occurring throughout the county!
- **Need for county grant writer(s)**
- **Geographic size of Walton County is a communication challenge**
- **Technological challenges social media**
- **No master resource guide for county**
- **WCHIP lacks direction;** this is a small group that needs unity and direction.
- **WCHIP - Lack of knowledge about each others organizations**
- **Health care awareness** – community doesn't realize the programs that are available
- **Homeless population**
- **Transportation issues**
- **Communication issues with migrants**
- **Increase in Asian population seeking services –** they bring translators but there is still a cultural difference
- **County split – north and south**
- **Lack of jobs**
- **Unemployment benefits** – welfare mentality of 'Why work?' Or, 'services and eligibility' do not apply to me, I am not poor.
- **Don't think about benefit of medicine and preventive care much less education to change lifestyle**
- **Technology** – some are well-versed in computers and others are not. Agency services have limitations.
- **Teen pregnancy numbers increasing** –many generations accept it even though teen pregnancies are harmful to young bodies.

4. Walton Local Public Health System Assessment Summary

The Local Public Health System Assessment (LPHSA) is a broad assessment, involving all of the organizations and entities that contribute to public health in the community. The LPHSA answers the questions, "What are the components, activities, competencies, and capacities of our local public health system?" "How are the Essential Services being provided to our community?"

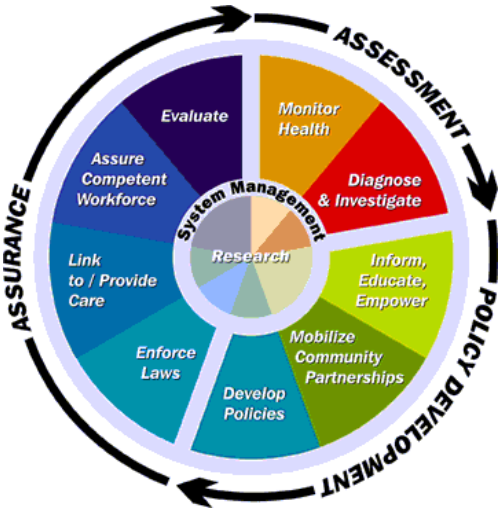
Though the Walton County Health Department is the natural leader in the development of a cohesive local public health system, no organization singularly provides public health services in a community. The MAPP process recognizes the important contributions of all entities involved in the local public health system and provides a process for coming together and planning how to provide public health services. Inclusion of the LPHSA results may lead to strategies that help strengthen and improve the local public health system and provision of public health services.

In August 2011, community partners representing most segments of the local public health system met to complete the LPHSA. Participants were provided an overview of the ten Essential Public Health Services (EPHS) and oriented to the LPHSA tool, which is based on the framework of the ten EPHS.

What are the 10 Essential Public Health Services?

The ten EPHS provide the framework for the National Public Health Performances Standards Program. [xi] The strength of a public health system rests on its capacity to effectively deliver these services:

1. **Monitor** health status to identify community health problems.
2. **Diagnose and investigate** health problems and health hazards in the community.
3. **Inform, educate, and empower** people about health issues.
4. **Mobilize** community partnerships to identify and solve health problems.
5. **Develop policies and plans** that support individual and community health efforts.
6. **Enforce** laws and regulations that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** a competent public health and personal healthcare workforce.
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to health problems.



Source: http://www.health.gov/phfunctions/public.htm

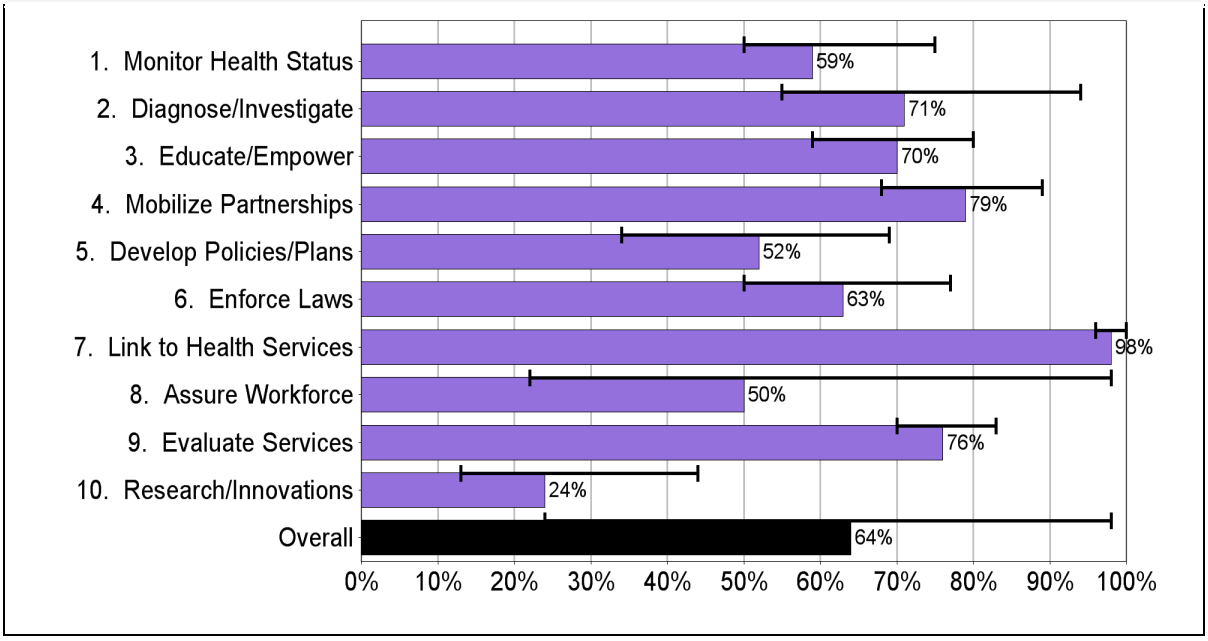
LPHSA Results

1. How well did the local public health system perform the ten Essential Public Health Services (EPHS)?

Table 1: Summary of performance scores by Essential Public Health Service (EPHS) – Provides a quick overview of the system's performance in each of the 10 Essential Public Health Services (EPHS). Each EPHS score is a composite value determined by the scores given to those activities that contribute to each Essential Service. These scores range from a minimum value of 0% (no activity is performed pursuant to the standards) to a maximum of 100% (all activities associated with the standards are performed at optimal levels).

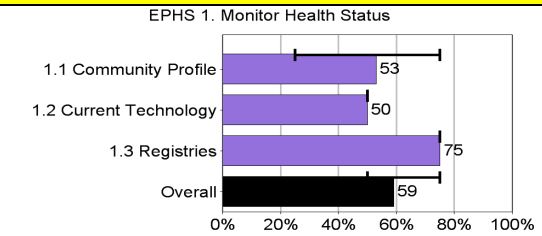
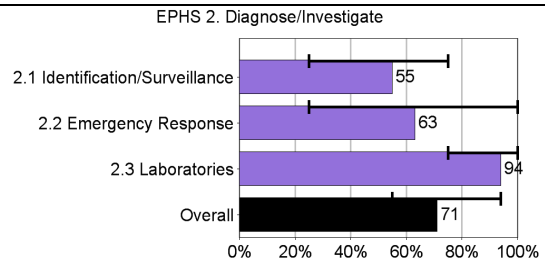
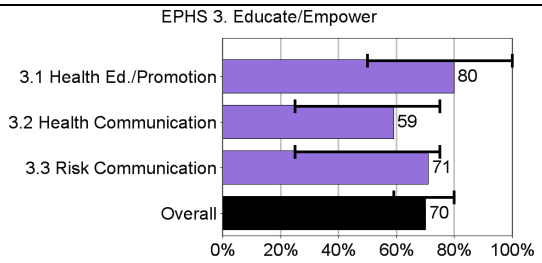
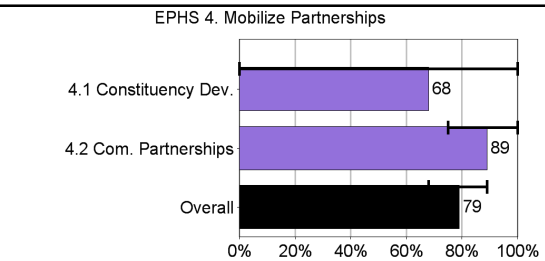
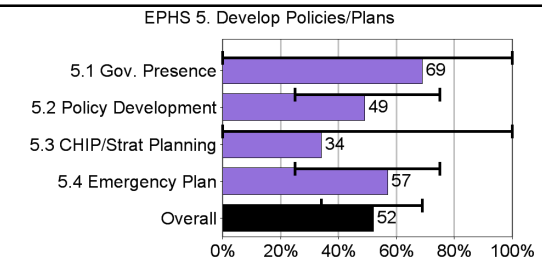
EPHS		Score
1	Monitor Health Status To Identify Community Health Problems	59
2	Diagnose And Investigate Health Problems and Health Hazards	71
3	Inform, Educate, And Empower People about Health Issues	70
4	Mobilize Community Partnerships to Identify and Solve Health Problems	79
5	Develop Policies and Plans that Support Individual and Community Health Efforts	52
6	Enforce Laws and Regulations that Protect Health and Ensure Safety	63
7	Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable	98
8	Assure a Competent Public and Personal Health Care Workforce	50
9	Evaluate Effectiveness, Accessibility, and Quality of Personal and Population-Based Health Services	76
10	Research for New Insights and Innovative Solutions to Health Problems	24
Walton - Overall Performance Score for Walton County		**64**

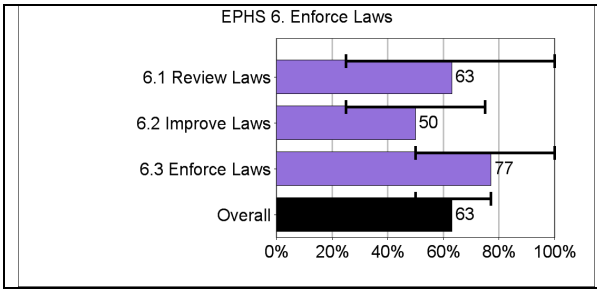
Figure 1: Summary of EPHS performance scores and overall score (with range) - Displays performance scores for each Essential Service along with an overall score that indicates the average performance level across all 10 Essential Services. The range bars show the minimum and maximum values of responses within the Essential Service and an overall score. Areas of wide range may warrant a closer look at the raw data.



2. How well did the system perform on specific model standards?

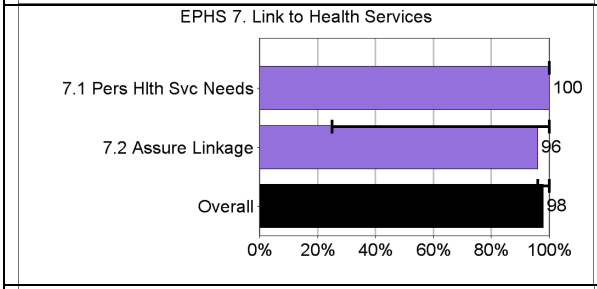
Figure 4: Provides performance scores for each model standard, by Essential Service. Sites can use these graphs to pinpoint specific activities within the Essential Service that may need a closer look. Note these scores also have range bars, showing sub-areas that comprise the model standard.

Walton Results	EPHS Simplified
	**Understand Health Issues At The State And Community Levels** • *What is going on in our county?* • *Do we know how healthy we are?*
	**Identify And Respond To Health Problems Or Threats** • *Are we ready to respond to health problems or threats?* • *How quickly do we find out about problems?* • *How effective is our response?*
	**Keep People Informed About Health Issues And Healthy Choices** • *How well do we keep all people and segments of our county informed about health issues?*
	**Engage People And Organizations In Health Issues** • *How well do we really get people and organizations engaged in health issues?*
	**Plan And Implement Sound Health Policies** • *What policies promote health in our county?* • *How effective are we in planning and in setting health policies?*



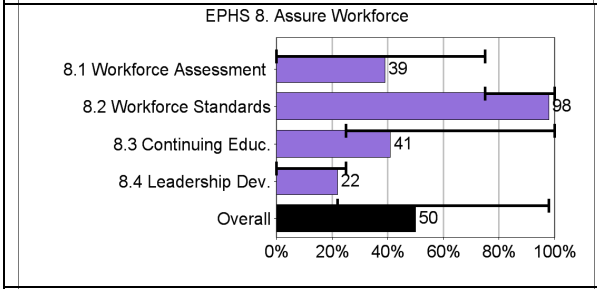
Enforce Public Health Laws And Regulations

- *When we enforce health regulations, are we up-to-date, technically competent, fair and effective?*



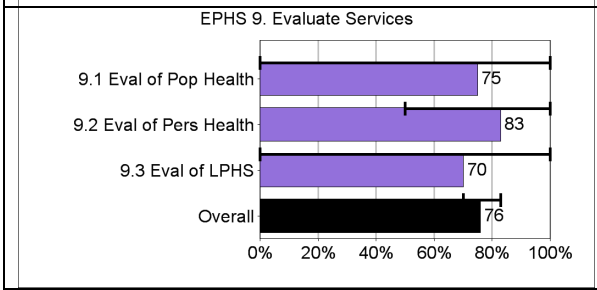
Make Sure People Receive The Medical Care They Need

- *Are people receiving the medical care they need?*



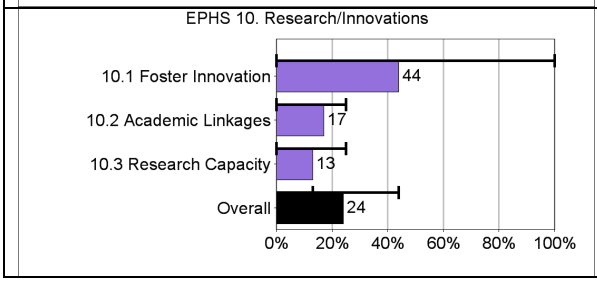
Maintain A Competent Public Health And Medical Workforce

- *Do we have a competent public health staff?*
- *How can we be sure that our staff stays current?*



Evaluate And Improve Programs

- *Are we doing any good?*
- *Are we doing things right?*
- *Are we doing the right things?*



Support Innovation And Identify And Use Best Practices

- *Are we discovering and using new ways to get the job done?*

Why is this important?

- The challenge of preventing illness and improving health is ongoing and complex. The ability to meet this challenge rests on the capacity and performance of public health systems.
- Public health performance standards are intended to guide the development of stronger public health systems capable of improving the health of populations.
- The development of high-performing public health systems will increase the likelihood that all citizens have access to a defined optimal level of public health services.

5. Walton Environmental Public Health Performance Standards Assessment Summary

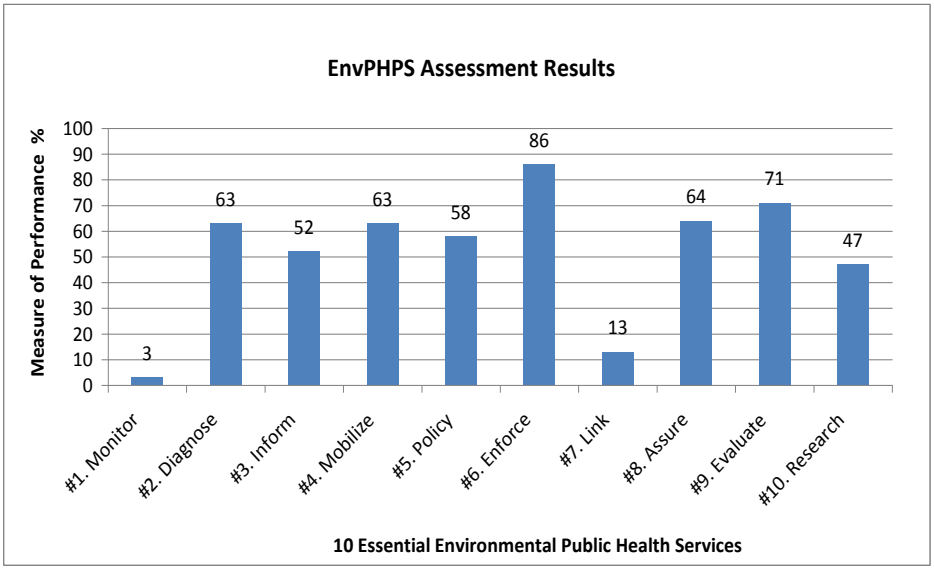
On July 20, 2011 the Walton County Health Department convened with community partners to use the Environmental Public Health Performance Standards (EnvPHPS) to conduct an assessment of the Walton County environmental public health service delivery system. These standards describe the level of performance and capacity to which all Environmental Public Health (EPH) systems and programs should aspire. The organizational framework for the standards is the ten Essential Environmental Public Health Services (EEPHS) which outline the services in an environmental public health system or program necessary to effectively protect and improve environmental and public health. The standards describe activities, actions, and processes that an EPH system or program performs to optimally provide the EEPHS. The assessment results were used to determine action needed to improve the Walton County Health Department capacity to perform the EEPHS. Results of the self-assessment are provided and described below.

What are the 10 Essential Environmental Public Health Services?

1. Monitor environmental and health status to identify and solve community environmental public health problems.
2. Diagnose and investigate environmental public health problems and health hazards in the community.
3. Inform, educate, and empower people about environmental public health issues.
4. Mobilize community partnerships and actions to identify and solve environmental public health problems.
5. Develop policies and plans that support individual and community environmental public health efforts.
6. Enforce laws and regulations that protect environmental public health and ensure safety.
7. Link people to needed environmental public health services and assure the provision of environmental public health services when otherwise unavailable.
8. Assure a competent environmental public health workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population based environmental public health services.
10. Research for new insights and innovative solutions to environmental public health problems and issues.

EnvPHPS Assessment Results

For each EEPHS, the assessment requires evaluation of the level of service for a number of activities that together account for the full provision of the essential service. Assessment scores for each essential service are displayed in the chart below. The full Environmental Public Health Performance Standards Assessment report is available from the Walton County Health Department Environmental Health Department upon request.



Walton

Most Effective - The Walton County Environmental Public Health System is most effectively providing Essential Environmental Public Health Service

- # 6: to enforce laws and regulations that protect environmental public health and to ensure safety.

- **Needs Strengthening -** The Essential Environmental Public Health services that need strengthening but did not score the lowest were
  - # 9: to evaluate effectiveness, accessibility, and quality of personal and population based environmental public health services
  - # 8: to assure a competent environmental public health workforce
  - # 4: to mobilize community partnerships and actions to identify and solve environmental public health problems
  - # 2: to diagnose and investigate environmental public health problems and health hazards in the community
  - #5: to develop policies and plans that support individual and community environmental public health efforts
  - #3: to inform, educate, and empower people about environmental public health issues

- **Least Effective -** The essential services determined to be most in need of strengthening include
  - #1: to monitor environmental and health status to identify and solve community environmental public health problems
  - #7: to link people to needed environmental public health services and to assure the provision of environmental public health services when otherwise unavailable

Summary

After community partners completed the EPHPS assessment, an Environmental Public Health Council was formed. Detailed recommendations, prioritizations and implementation plans will be developed as the newly formed council works through each essential service.

Note: The Walton Community Health Improvement Partnership was formed from the community contacts initiated during completion of the Environmental Public Health Performance Standards and Local Public Health Performance Standards assessments in 2011.

Protocol for Assessing Community Excellence in Environmental Health

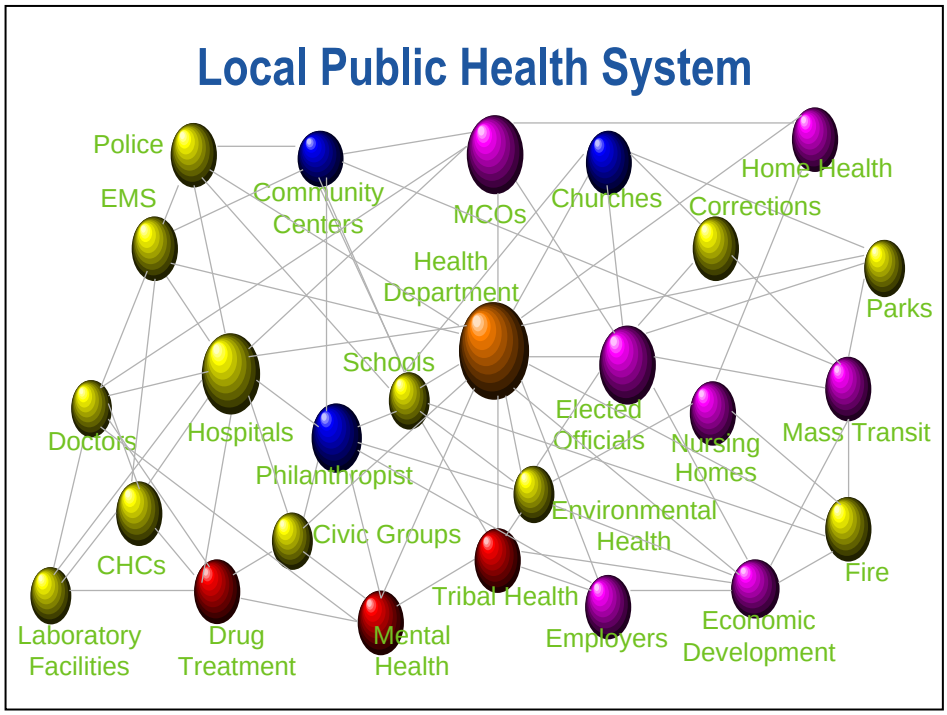
In 2012, the Walton County Health Department will receive funding from the Florida Department of Health to integrate the Environmental Public Health Council activities with the Walton Community Health Improvement Partnership and Improvement Plan. The Protocol for Assessing Community Excellence in Environmental Health (PACE EH) model and process will be used by the Walton Environmental Public Health Council to continue community involvement and improvement. PACE EH offers a method for engaging communities to identify their health concerns, take action on their environmental health problems and improve their health and quality of life.

COMMUNITY PARTICIPATION

Mobilizing for Action through Planning and Partnerships (MAPP) is intended to result in the development and implementation of a community-wide strategic plan for community health improvement. For the plan to be realistically implemented, it must be developed through broad participation by persons who share the commitment to and responsibility for the community's health and overall well-being. When people with different points of view come together they develop solutions to problems that may be better and more creative. A key element of the MAPP process is that it is a community driven process which includes:

- Mobilizing and engaging the community
- Action with and by the community
- Planning driven by the community
- Partnership to strengthen the community

The Local Public Health System diagram below depicts another key element of the MAPP process; an emphasis on system-wide involvement and a broader definition of public health. The local public health system includes all public, private and voluntary entities, as well as individuals and informal associations that contribute to public health services. MAPP brings all of these diverse interests together. MAPP recognizes the important contributions of all entities and through the Walton Community Health Improvement Partnership (WCHIP) provides a process for coming together and planning how to improve the health of our community.



There have been challenges in development of a truly community-driven initiative. It is often difficult to engage populations and individuals that traditionally may not have had the opportunity to participate in such a process. Walton County Health Department as lead agency for the MAPP process is working to assure that we are truly listening to the discussions of our partners. The process is time-consuming and resource-consuming; but even basic issues have been clarified and the group has developed a shared understanding. Attendance fluctuates and is at times inconsistent. Our intent remains constant: to mobilize community partnerships to identify and solve health problems. Our vision is clear:

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

KEY HEALTH ISSUES

During March 2012, the Walton Community Health Improvement Partnership (WCHIP) hosted a Health Summit to begin development of a Community Health Improvement Plan leading to a healthier future for the people of Walton County. Nearly 40 community partners were engaged in this community-wide, strategic planning process to identify and prioritize public health and medical issues in Walton County. After development of a vision statement for the partnership and data review and analysis, participants identified the most important issues facing the community and listed these strategic opportunities to improve the health of our community.

1. Promote Healthy Behaviors
2. Increase Access to Care
3. Link People to Needed Services through Increased Communication and Information Sharing
4. Improve Capacity to Perform Environmental Public Health Services

WALTON COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

Community health improvement planning is a long-term, systematic effort to address health problems on the basis of the results of community health assessment activities and the community health improvement process. The plan is used by health and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A community health improvement plan is critical for developing policies and defining actions to target efforts that promote health.

The Walton County Community Health Profile and Report is a critical step in identifying community health needs and problems, and will serve as the basis for establishing priorities in the Community Health Improvement Plan, a community-wide plan that identifies health priorities and community-wide goals and objectives for addressing those priorities.

During the 2012 calendar year, WCHIP will further develop a written improvement plan that includes:

1. Findings from community health assessment
2. Statements of strategic priorities or strategic issues
3. Goal statements related to each strategic priority (issue)
4. Strategy statements for each goal
5. SMART objectives (Specific, Measurable, Achievable, Relevant and Timed) for strategies under each goal to be used to measure progress and success
6. Timeline for implementation
7. Accountable person/agency identified for goals/strategies/objectives
8. Evidence of involvement of community partners in the community health improvement process

SUMMARY

Next steps for the Walton Community Health Improvement Partnership will include dissemination of the Walton County Community Health Profile and Report and the Walton County Community Health Improvement Plan to community partners and to the public at large. Distribution venues will include: presentations at community meetings, electronic copies via established distribution lists, posting on the county health department website, press releases, and limited printed documents.

Participant organizations within the community will be encouraged to show support for the Walton Community Health Improvement Partnership and Improvement Plan by continued engagement and activity in the local partnership. This will be especially important during the Action Cycle of the MAPP process. This may prove to be the most satisfying phase; when results occur through the implementation of the action plan. This may also represent a challenging phase as it requires substantial effort to sustain the process.

INFORMATION RESOURCES AND LINKS

- **Centers for Disease Control and Prevention**: www.cdc.gov
- **Centers for Disease Control and Prevention (CDC) Vital Signs**: http://www.cdc.gov/vitalsigns/AboutVitalSigns.html - This program is a call to action each month concerning a single, important public health topic. CDC believes that by focusing on a single topic using multiple media devices, the states might better identify these health problems in their area and work towards their improvement. Vital Signs will be released the first Tuesday of every month.
- **Community (Health) Assessment: And Health Improvement Planning**: http://www.doh.state.fl.us/Planning_eval/CHAI/index.htm
- **Community Guide to Preventive Services:** http://www.thecommunityguide.org/index.html - Free resource to help you choose programs and policies to improve health and prevent disease in your community.
- **County Health Rankings:** www.countyhealthrankings.org
- **Florida Charts:** www.floridacharts.com
- **Florida Department of Health**: http://www.doh.state.fl.us/
- **Health Finder:** http://www.healthfinder.gov/default.aspx - Home to reliable health and wellness information.
- **Health News Florida:** http://www.healthnewsflorida.org
- **Health Status Indicators**: www.floridacharts.com
- **Healthy People 2020**: http://healthypeople.gov/2020/
- **Leading Health Indicators**: http://www.cdc.gov/nchs/healthy_people/hp2010/hp2010_indicators.htm - Leading health indicators are a set of objectives created to help identify sentinel measures of public health, and to encourage wide participation in improving health.
- **National Association of City and County Health Officials Health Reform Resources:** http://www.naccho.org/advocacy/healthreform/resources.cfm
- **National Public Health Performance Standards Program:** http://www.cdc.gov/nphpsp/overview.html
- **Roadmaps to Health Action Center** - http://www.countyhealthrankings.org/roadmaps/action-center/ - Tools and guidance to help you and your community take action.
- **Social Determinants of Health**: http://www.doh.state.fl.us/Planning_eval/CHAI/index.htm. Social determinants are circumstances into which people are born or circumstance in which they grow up, live, work, and age, as well as the systems put in place to deal with illness.

END NOTES

[i] Walton County Economic Development Alliance. Retrieved February 8, 2012 from http://wcedafl.com/at_glance/walton_county_facts/ .
[ii] Walton County Coastal Dune Lakes. Retrieved February 8, 2012 from http://www.co.walton.fl.us/index.aspx?nid=97.
[iii] Walton County Economic Development Alliance. Retrieved February 8, 2012 from http://wcedafl.com/at_glance/population/.
[iv] http://www.floridacharts.com/charts/viewrpt.aspx?ID=17013671&Prompt0=66&Prompt1=2011
[v] http://www.floridacharts.com/charts/viewrpt.aspx?ID=17013671&Prompt0=66&Prompt1=2011
[vi] http://www.floridacharts.com/charts/viewrpt.aspx?ID=17013671&Prompt0=66&Prompt1=2011
[vii] Walton County Quick Facts from the US Census Bureau. Retrieved February 8, 2012 from http://quickfacts.census.gov/qfd/states/12/12131.html
[viii] Source: U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA) Shortage Designation website located at http://bhpr.hrsa.gov/shortage/index.html
[ix] www.countyhealthrankings.org
[x] http://www.floridatracking.com/HealthTrackFL/Default.aspx
[xi] http://www.apha.org/programs/standards/performancestandardsprogram/resexxentialservices.htm