

MINUTES

Purpose: Engage Okaloosa County community members in a health improvement process through an open, two-way dialogue.

Welcome & Introductions – Elizabeth “Beth” Smith

- Beth opened the meeting and welcomed attendees.
- Beth reviewed the meeting's purpose and agenda.

Overview of the Community Health Assessment – Beth Smith, Trisha Dall, Amanda Colwell, & Lynn Wadsworth

- DOH-Okaloosa staff members provided a summary of the Community Health Assessment (CHA) data.
- Beth Smith presented the Introduction, Drivers of Health, Community Profile, Active and Healthy Living, Chronic Disease portions of the CHA. Key data points included:
 - 21% of our Black male students do not graduate high school, compared to 11% of our White male students.
 - In Okaloosa, 21% of our renters are considered severely cost burdened. This means that their rent costs take up over 50% of their household income. And 39% of our households led by moms are living in poverty.
 - In Okaloosa, 67% of adults are overweight. We know our residents view this as a concern. 39% of residents ranked obesity as one of the top three health issues in our community survey.
 - Only 18% of adults in our county eat the recommended 5 servings of fruits and vegetables per day.
 - Lung cancer is the leading type of cancer death in Okaloosa. Cigarette smoking is the number one risk factor for lung cancer. In our county, 19% of adults smoke.
- Trisha Dall provided an overview of the Environmental Health, Infectious Disease, and Sexual Health portions of the CHA. Key data points included:
 - About 14% of our county is located within a FEMA designated flood hazard zone.
 - 34% of homes in our county are over 40 years old.
 - Only 57% of our residents receiving optimally fluoridated water, as compared to 78% of Florida residents as a whole.
 - There are some pockets of Okaloosa where the percentage of children with religious exemptions for vaccines is over 13%.
 - In 2020, COVID reduced the overall life expectancy in our country by 1.5 years. White residents saw a 1.2 year drop in life expectancy, while Black and Hispanic residents lost more than three years.
 - The rate of syphilis cases in Okaloosa has been steadily increasing since 2015. We also rank 14th out of 67 counties for the highest number of chlamydia infections.
- Amanda Colwell presented the Substance Abuse and Mental Health and Injury and Violence portions of the CHA. Key data points included:

- In 2020, the total number of drug-related deaths in Florida increased by 17%. Of those deaths, opioid-related deaths increased by 28%.
- The rate of unintentional poisoning, which is most commonly due to overdoses or excessive use of drugs jumped from 6 per 100,000 in 2011-2013 to 28 per 100,000 in 2018-2020.
- 23% of Okaloosa men and 15% of Okaloosa women say they engage in binge drinking. We also know that our youth are impacted by drugs and alcohol. 15% of Okaloosa high school students report being driven in a car by someone under the influence of alcohol, and 22% say they've been driven by someone under the influence of marijuana.
- Our state ranks 40th out of 50 states for access to mental health care.
- Our leading causes of injury death in Okaloosa by age group are suffocation (due to unsafe sleeping practices like putting blankets in cribs), drowning, poisoning (which is most commonly due to overdose or excessive use of drugs), and falls.
- From 2018 to 2020, 4 bicyclists and 18 pedestrians were killed in our county by motor vehicles.
- Over 4,000 instances of domestic violence occurred in Okaloosa from 2018 to 2020. This is 30% higher than the state of Florida as a whole.
- Our children are also the victims of violence. Over 15,000 children aged 5 to 11-years-old are abused in Florida each year. Okaloosa children in that age group are 49% more likely to experience child abuse than other children of the same age in Florida.
- Lynn Wadsworth shared a summary of the Social Health, Older Adult Health, and Maternal and Child Health sections of the CHA. Key data points included:
 - In Florida, 6% of those experiencing homelessness are domestic violence survivors, 19% are children, and 10% are Veterans.
 - 606 of our children in the Okaloosa County School District experienced homelessness during the 2020-2021 school year.
 - In Okaloosa County, we match the state's number with 6 infant deaths per 1,000 births. However, our Black babies born in Okaloosa are over twice as likely to die before their first birthday than our White babies.
 - Pregnant women in Okaloosa are also twice as likely to smoke than all other pregnant women in Florida.
 - ACEs, or Adverse Childhood Experiences, are traumatic events that happen before a child turns 18-years-old. ACEs include trauma like emotional abuse, sexual abuse, mental illness in the household, and physical neglect. Okaloosa high school students average 2.2 ACEs. 27% of Okaloosa high school students have been exposed to at least four ACEs.

Overview of the 2017 Cycle CHIP Groups Success – Sydney Harper

- Sydney Harper shared an overview of the accomplishments made by the 2017 cycle of CHIP groups.
- Key highlights from the Preventing Injuries CHIP Group include:

Okaloosa Health Summit

Location: Crosspoint Church – Niceville, North Okaloosa Medical Center – Crestview, United Way Emerald Coast – Fort Walton Beach & Microsoft Teams

Date: September 8, 2022 **Time:** 8:30 a.m. – 10:30 a.m.

- Training hundreds of Okaloosans in Stop the Bleed, a program that teaches everyday bystanders how to respond in bleeding emergencies.
- Hosting two trainings for community members to become Certified Helmet Fitters, leading to hundreds of Okaloosans receiving free, properly fitted helmets.
- Developing magnets for local hotels and condos that feature beach flag safety and rip current information.
- Hosting an annual event on fall prevention for those at risk.
- Accomplishments made by the Promoting Healthy Lifestyles CHIP Group include:
 - Developing a new health promotion program for faith-based populations called Healthy Okaloosa Faith-Based.
 - Promoting the Healthy Okaloosa sectors, leading to new sites joining as participants.
- Successes by the Strengthening Families CHIP Group include:
 - Conducting a housing assessment for all current, affordable options in Okaloosa and Walton Counties.
 - Organized training by the Florida Housing Coalition to educate local organizations on securing funding for affordable housing.
 - Hosting Landlord Lunch-n-Learns to provide local landlord, realtors, and property managers to learn about the housing programs and how they could benefit from them.
- Key highlights from the Reducing Infant Mortality CHIP Group include:
 - Developing the Recipe for a Healthy Baby program, which focuses the four “ingredients” included safe sleep for baby, quit tobacco for baby, never shake a baby, and breastfeed your baby.
 - Assisting local workplaces and childcare centers in creating breastfeeding policies and developing breastfeeding rooms.
 - Creating life-size crib displays to educate parents about safe sleep.
- Accomplishments made by the Drug Endangered Children (DEC) and Communities CHIP Group include:
 - Okaloosa County leaders received training to become National DEC Train-the-Trainers.
 - Implementing the Handle with Care policy, helping to provide trauma-informed care to students.
 - Partnering with Sesame Street for a webinar highlighted how first responders can help young children in situations of parental addiction and substance abuse.

Ranking of the Priority Areas – Sydney Harper

- Sydney Harper shared the following priority areas and topics, as decided by the CHA Leadership Team:
 - Healthy Moms & Babies: Breastfeeding, infant mortality, Neonatal Abstinence Syndrome, prenatal care, safe sleep, tobacco use

Okaloosa Health Summit

Location: Crosspoint Church – Niceville, North Okaloosa Medical Center – Crestview, United Way Emerald Coast – Fort Walton Beach & Microsoft Teams

Date: September 8, 2022 Time: 8:30 a.m. – 10:30 a.m.

- Healthy Children: Access to after school programs, access to childcare, ACEs, drowning, graduation disparities, teen pregnancy, vaping, violence against children
- Healthy Adults: Domestic violence, falls, living wage disparities, older adults health
- Healthy Behaviors: Alcohol & drug use, nutrition, overweight & obesity, physical activity, sexual health & STDs, tobacco use, vaccinations & herd immunity
- Healthy Places: Access to housing, age of homes & schools, flooding & drainage issues, fluoridated water, littering & illegal dumping
- Healthy Communities: Access to healthcare, animal bites & rabies, areas/zip codes with high rates of health issues, homelessness, injuries, mental health, social support, suicides
- Attendees completed a survey via SurveyMonkey to rank the priority areas in order of most to least important for Okaloosans.

Top Priority Areas – Amanda Colwell

- Amanda Colwell announced the top four priority areas. These areas are the 2022 Cycle OCHIP Groups:
 - Healthy Behaviors
 - Healthy Children
 - Healthy Communities
 - Healthy Moms & Babies
- Attendees moved to breakout groups for each of the chosen areas. Attendees discussed the following topics:
 - OCHIP Group Champion nominations
 - Unaddressed issues within the chosen areas that are most important to address
 - Work that is already being conducted in the chosen areas
 - People and organizations who should be involved in the group

Closing – Amanda Colwell

- Amanda Colwell thanked participants for attending.
- Amanda asked attendees to complete the meeting evaluation form to provide feedback.

*Next Meeting – September 27, Time/Location TBD
Meeting adjourned at 10:15 a.m.*