

WAKULLA COUNTY

COMMUNITY HEALTH ASSESSMENT 2022—2025



Florida
Department
of Health in
Wakulla County

Submitted by:



ASCENDANT
HEALTHCARE PARTNERS

Transforming communities for healthier lives



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Executive Summary

In 2022, through the Community Health Assessment-Community Improvement Plan Initiative, the Florida Department of Health in Wakulla County launched a major initiative to better understand the health needs of the community and develop programs and policies to address these needs. This collaborative, participatory process has several overarching goals, including:

1. Complete a comprehensive Community Health Assessment (CHA) that will identify the county's strengths and challenges in providing a healthy environment for all residents and workers;
2. Develop a Community Health Improvement Plan (CHIP) that will serve as a blueprint for improving the health of the county over the next three years;
3. Engage partners, organizations, and individuals in creating a vision for a healthy Wakulla County and making that vision a reality, and;
4. Position the Florida Department of Health in Wakulla County to continue being a nationally accredited health department.

The CHA provides the first goal of this process, which examined the current health status of Wakulla County residents and explored the health-related challenges, experiences, and priorities within the social context of their community.

Methods

The CHA utilizes a participatory, collaborative approach to look at health in its broadest context, specifically the larger social and economic factors that have an impact on health as well as how these characteristics disproportionately affect certain populations. Community health assessment methods includes the Mobilizing for Action through Planning & Partnerships (MAPP) process which was utilized to conduct the CHA. The MAPP process is a community-driven strategic planning process for improving community health and is comprised of four individual assessments.

2022 Health Priority

The Florida Department of Health in Wakulla County (FDOH Wakulla), community partners, and residents have come together to identify the health priority. Wakulla County includes a significantly high overweight and obesity rate (74.5%) which is the gateway to hypertension (35.5%), and Type 2 Diabetes (13.4%). Obesity will coincide with the strategic focus of the community.

Obesity, with its overwhelming prevalence is now recognized as a chronic disease by several organizations, including the American Medical Association and the Centers for Disease Control and Prevention (CDC).

Once someone has become obese, it has a significant impact on the health of an individual as they are more likely to develop additional chronic health conditions such as heart disease, cancer, hypertension, and Type 2 Diabetes.

The community adopted **OBESITY**, a chronic disease, as the 2022 health priority. Areas of continued focus are substance abuse, mental health, hypertension, and age related concerns.

The FDOH Wakulla is dedicated to the community it serves. The CHA is conducted every three years to understand and plan for the current and future health needs of residents in the communities.

The CHA informs the development of strategies designed to improve community health, including initiatives designed to address social determinants of health. These assessments are conducted using widely accepted methodologies to identify the significant health needs of a specific community.

Key Assessment Findings of the Community

- A significantly high overweight and obesity rate (74.5%) which is the gateway to hypertension (35.5%), and Type 2 Diabetes (13.4%)
- More than 34% of adults have been told they had hypertension which is the leading cause of death in Wakulla effecting all races and ethnicities. The trend for the County is residents with low income, residents with less than a high school education, and residents who are elderly are most effected by hypertension, according to Florida Charts.
- It is important to note, the elderly account for 15% of the population and 64.4% of them are overweight or obese
- Residents have a higher commute time of 32.7 minutes due to travelling outside county for work (Leon County) than the national average of 26.4 minutes.



Introduction

In 2022, through the Community Health Assessment-Community Improvement Plan Initiative, the Florida Department of Health in Wakulla County launched a major initiative to better understand the health needs of the community and develop programs and policies to address these needs. This collaborative, participatory process has several overarching goals, including:

1. Complete a comprehensive Community Health Assessment (CHA) that will identify the county's strengths and challenges in providing a healthy environment for all residents and workers;
2. Develop a Community Health Improvement Plan (CHIP) that will serve as a blueprint for improving the health of the county over the next three years;
3. Engage partners, organizations, and individuals in creating a vision for a healthy Wakulla County and making that vision a reality, and;
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The CHA provides the first goal of this process, which examined the current health status of Wakulla County residents and explored the health-related challenges, experiences, and priorities within the social context of their community.

Advisory Structure and Engagement Process

The CHA is Wakulla's opportunity to engage the community and stakeholders in gathering information and input on a wide range of issues that have an impact on health.

Collaborating partners in the completion of this report include the FDOH Wakulla, local non-profit organizations, and local government agencies. This multi-sector representation of community partners and stakeholders was formed during the CHA. The Community Health Advisory Group (CHAG) will be instrumental in FDOH Wakulla developing the county's CHIP.

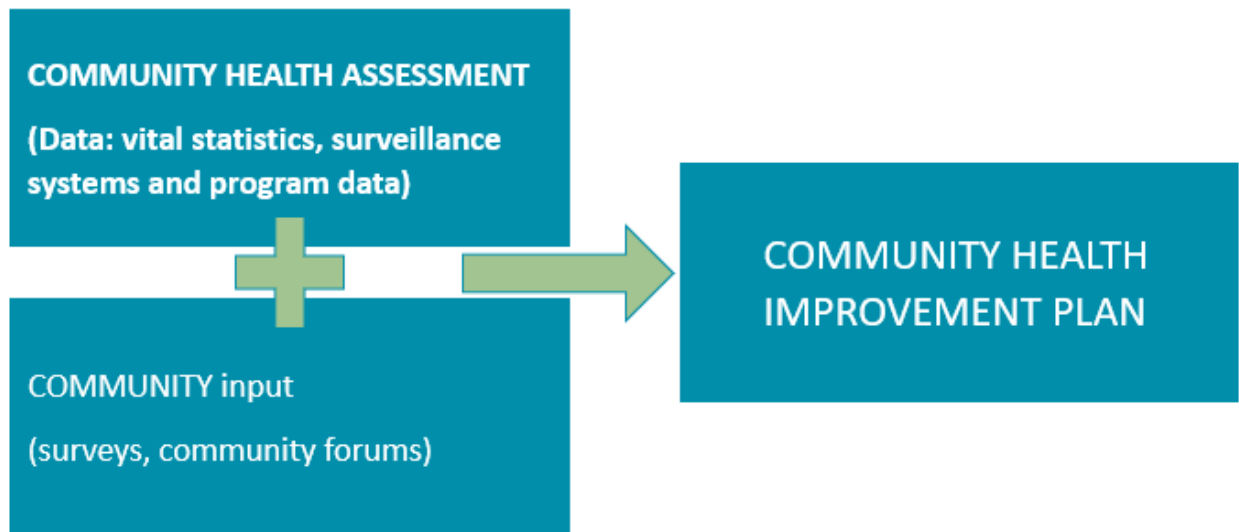
The CHA process was conducted under the direction of the FDOH Wakulla and facilitated by Ascendant Healthcare Partners, a healthcare consulting firm. Ascendant Healthcare Partners consultants work on the 'people and culture' to provide a forum for collaborative planning, resource allocation and implementation of programs to address health needs. Ascendant Healthcare Partners has more than 25 years of experience and considerable expertise in strategy execution and community transformation.

What is a Community Health Assessment?

A Community Health Assessment, CHA, is used to identify key health needs and issues related to a State, tribal, or local community. This is a process that uses mixed methods to systematically collect and analyze data to understand the current state of health of its residents within a specific community. The data obtained from a CHA is used to inform community decision making, prioritize health problems, and develop, implement, and evaluate the Community Health Improvement Plan (CHIP).

The CHA is an important piece in the development of a CHIP as it helps the community understand the health and health-related issues that need to be addressed. It also provides the most current and

reliable information about the health status of a community and identifies where gaps may exist in achieving optimal health. The CHA is a collaborative effort based on the community's intimate knowledge of its health issues and identified needs that drive the efforts of the local health department, community partners, and residents in determining specific health improvements to target. The illustration below, shows where the CHA fits into the CHIP process.



Data Collection

The data collected and presented within this CHA are a direct result of the FDOH Wakulla's commitment to the residents. The data presented in this CHA accurately represents the population served by the FDOH Wakulla. This CHA includes data collected by Ascendant Healthcare Partners that reflect county data, data from the Florida Department of Health that represents all individuals living within the Wakulla County regardless of race or ethnicity, and National datasets that represent all individuals living within the Wakulla County. To achieve this overarching data presentation, both qualitative and quantitative data collection methods were used.

Data Limitations

Please note: In creating a community profile with data specific to a county there are some limitations that Ascendant Healthcare Partners would like to acknowledge:

- 1) Zip code level populations are determined by the U.S. Census data every 10 years through statistical methods, data during years outside of the official census at the zip code level tends to be population estimates because zip codes were originally created to facilitate mail delivery.
- 2) Zip codes can cross city or county boundaries which is why some of the counts are higher than city estimates. Rates and percentages used in this profile are calculated as approximations based upon this knowledge and final counts.
- 3) Data only represents the population during a specified period. Therefore, some of the rates were calculated based specifically on the census, and estimated population counts where complete data is

available. We are not able to account for certain years when the full data is not available or is preliminary.

4) Limited resources of the Florida Department of Health Bureau of Statistics in the collection of representative population-based data hindered the ability to collect all data at the county level. Data from trusted partners were utilized to supplement the document and provide a more thorough analysis of the community's health.

Health Department Accreditation

The CHA and CHIP process are essential elements of the public health accreditation process. The Florida Department of Health has received first-in-the-nation national accreditation as an integrated department of health through the Public Health Accreditation Board (PHAB) in 2016. This seal of accreditation signifies that the unified Florida Department of Health, including the state health office and all 67 county health departments, has been rigorously examined and meets or exceeds national standards for public health.

National public health accreditation consists of an adoption of a set of standards, a process to measure health department performance against those standards, and recognition for those departments that meet the standards. National public health accreditation involves a rigorous peer-review process and is bestowed by the PHAB, a non-profit organization that was developed in 2007 as a result of strategic discussions among national foundations such as the Robert Wood Johnson Foundation and federal agencies such as the Centers for Disease Control and Prevention on the importance of developing a public health department accreditation process.

Adherence to national standards will benefit the FDOH Wakulla County and the community in multiple ways, including identifying the needs of residents and how to address them, providing a framework for the health department to provide the highest quality services possible, and positioning the county for future public health funding opportunities. Accreditation provides a means for a public health department to identify performance improvement opportunities, enhance management, develop leadership, and strengthen relationships with members of the community.

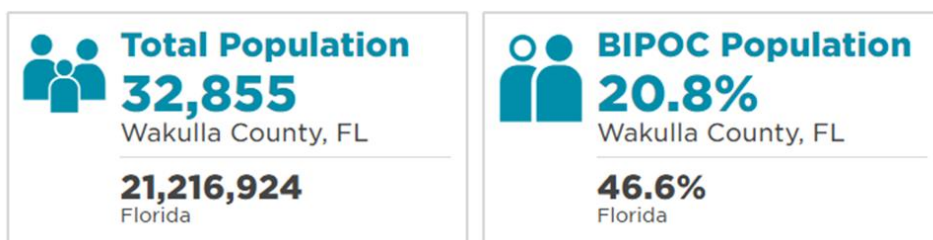
Community Definition

Wakulla County is a rural, sparsely populated county. Wakulla County is bordered by Jefferson County (east), Liberty County (west), Franklin County (southwest), and Leon County (north). The county seat and largest city is Crawfordville. Wakulla County's greatest natural attraction and resource, Wakulla Springs, is one of the world's largest freshwater springs.

The scarcity of population contributes to many barriers to improving health outcomes including lack of access to health care, lack of mental health resources and lack of available options to promote healthy behaviors. Without public transportation available in the county, have great difficulty accessing health care. Must rely on friends or family to bring them to a health care provider or pay an individual to bring them to their health care provider, drug store or other essential functions. Wakulla County encompasses 736 square miles in the Panhandle of Northwest Florida.



The county's population comprised an estimated 32,855 residents, less than 1% of the estimated population for the State as a whole.



Sources: US Census ACS 5-year Note: BIPOC Population is calculated by taking the total population minus the white (not Latino, not Hispanic) population.

The median age of the population is 42.3 years old; children (i.e., individuals ages 17 and under) make up one-fifth (21%) of the population and adults ages 65 and older comprise 15%. Males make up 55% of the population while women are 45%.

Demographic and Socio-Economic Characteristics

Demographics

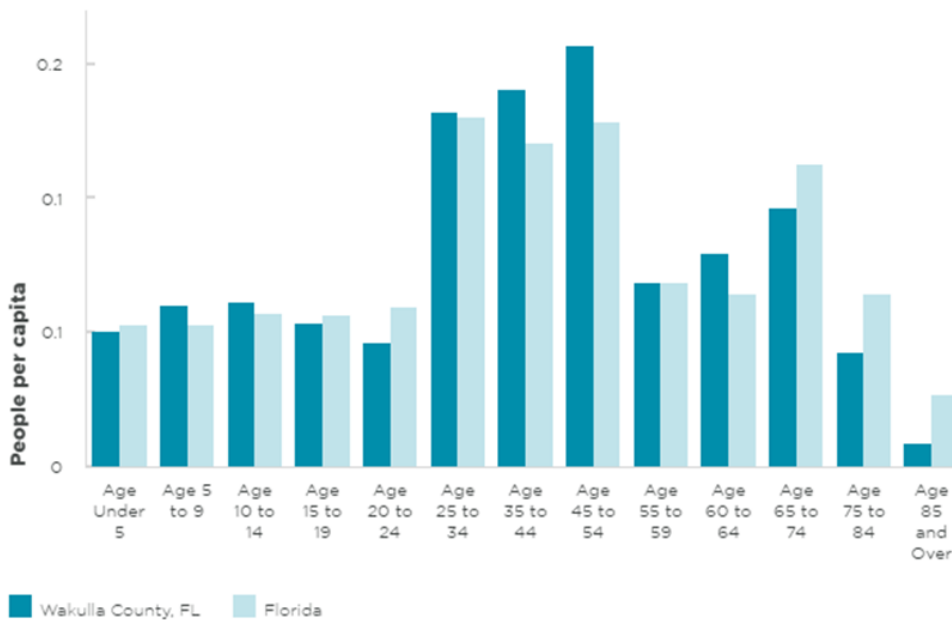
Numerous factors are associated with the health of a community including the availability of resources and services (e.g., safe green space, access to healthy foods, transportation options) as well as who lives in the community. While individual characteristics such as age, gender, race, and ethnicity have an impact on a person's health, the distribution of these characteristics across a community is also important and can affect the number and types of services and resources available.

Population and Age Distribution

Age

The ages across Wakulla County are similar to those of the State with those who are middle aged exceeding the State average.

Age Totals

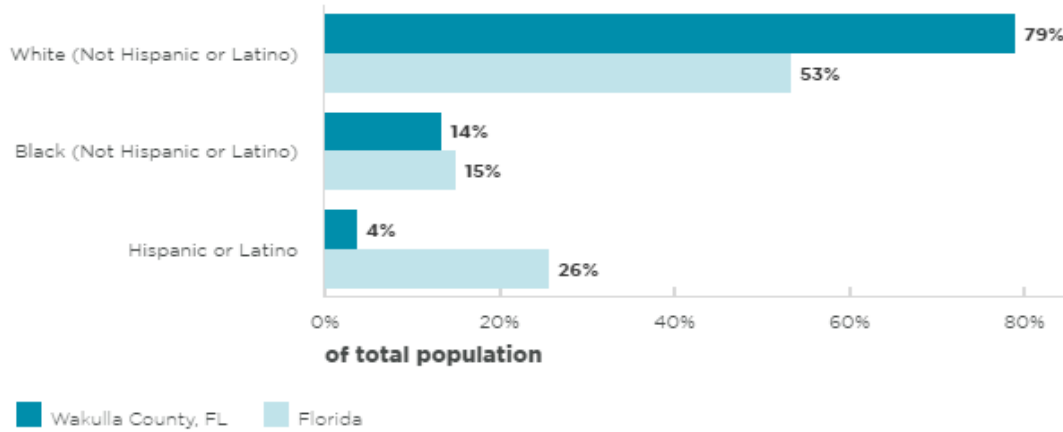


Sources: US Census Bureau ACS 5-year 2016-2020

Race and Ethnicity

The population has shifted from the last assessment in 2016 from 78% of the county residents identified as White to 79.2% in 2020. People of color make up 20.8% of the overall populations, with African American (13.6%) being the largest race, followed by Hispanics (3.9%) and the remainder were either American Indian, Asian, or combination of races.

Race/Ethnicity Totals



Sources: US Census Bureau ACS 5-year 2016-2020



Black (non-Hispanic) Population

13.6%

of total population
Wakulla County, FL

15.2%
of total population
Florida

Black/White Dissimilarity Index

0.36

out of 1
Wakulla County, FL

0.59
out of 1
Florida

Sources: US Census Bureau ACS 5-year 2016-2020



Hispanic Population

3.9%

of total population
Wakulla County, FL

25.8%
of total population
Florida

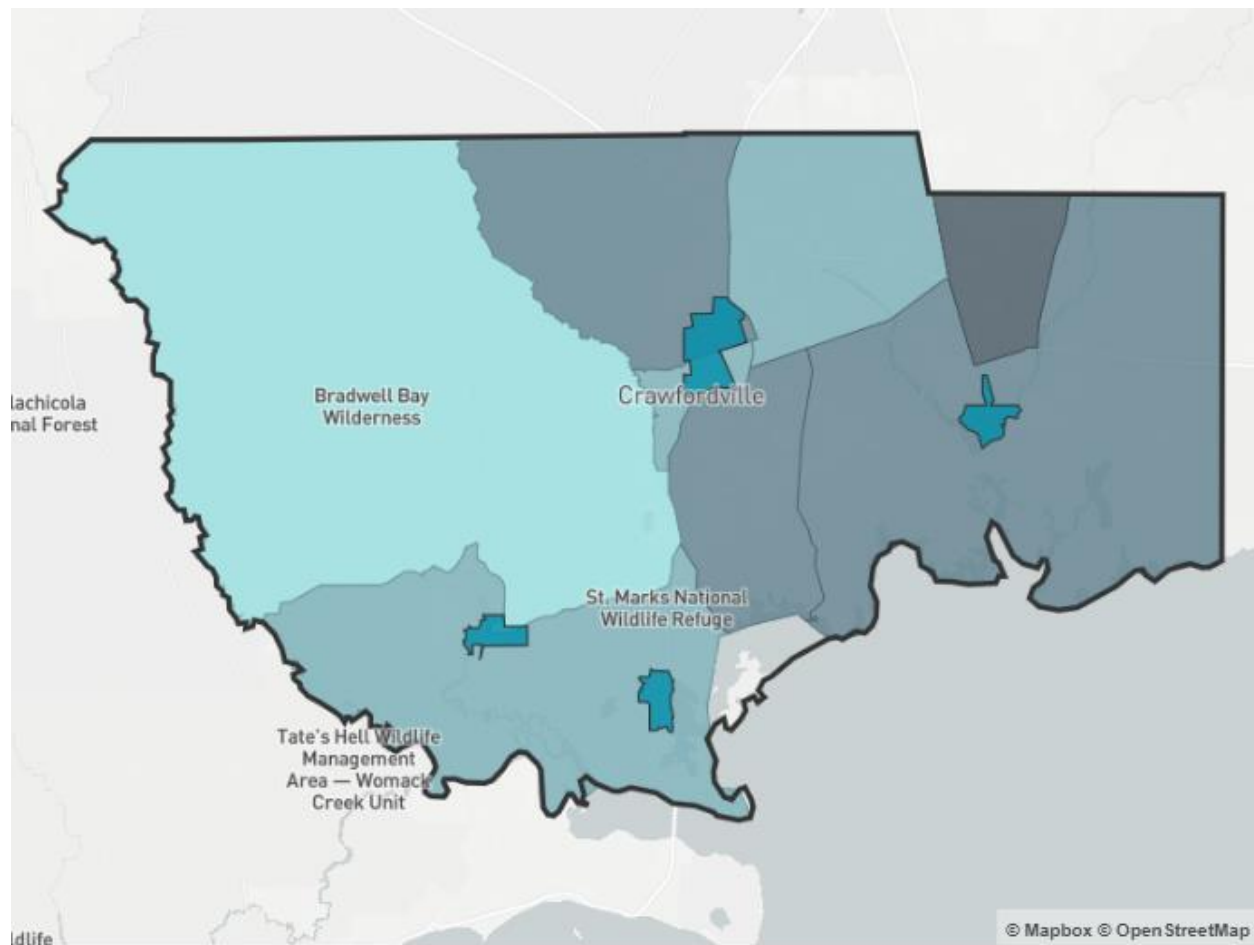
Hispanic or Latino/Not Hispanic or Latino Dissimilarity Index



0.38





out of 1
Wakulla County, FL

0.49
out of 1
Florida

Sources: US Census Bureau ACS 5-year 2016-2020



 Places inside Wakulla County, FL
 Wakulla County, FL

Race/Ethnicity - Black (non-Hispanic) per capita
 0% - <4.9%
 4.9% - <11.8%
 11.8% - <42.4%
 42.4%

Sources: EPA Smart Location Database 2019; US Census Bureau ACS 5-year 2016-2020

Sources: US Census ACS 5-year

Mobilizing for Action through Planning and Partnerships

In March 2022, the FDOH Wakulla, along with public and private partner organizations, engaged in a state health-improvement planning process using a State-level adaptation of the National Association of City and County Health Officials' (NACCHO) Mobilizing for Action through Planning and Partnership (MAPP) strategic planning model. MAPP is a community-driven strategic planning process for improving community health by identifying strategic issues from four assessments and setting priorities and implementing evidence-based initiatives to advance health (see figure below). Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness and ultimately the performance of local public health systems.

MAPP Assessments

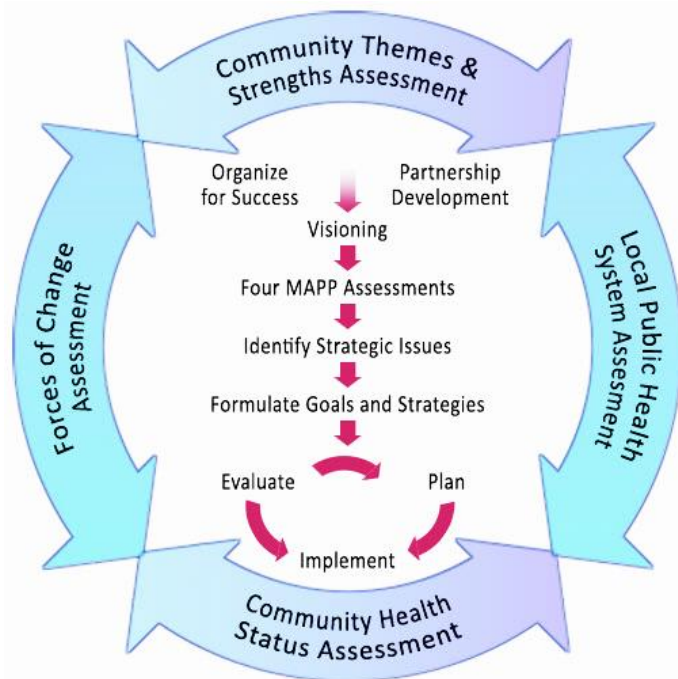
Achieving health equity requires collaboration, coordination, and collective action. Through this guided process, it can help communities develop a culture of continuous collaborative health improvement.

Accomplishing health equity involves identifying, preventing, and reversing the effects of patterned decisions, policies, investments, rules, and laws that have caused social and economic inequities that affect people's abilities to live healthy lives.

A shared community vision provides an overarching goal for the community by the CHAG.

Subject matter experts from a diverse group of partners conducted the four types of assessments indicated by the MAPP process. The four assessments taken together contribute to a comprehensive view of health and quality of life in Wakulla County and constitute Wakulla's CHA. Individually, the

assessments yielded in-depth analyses of factors and forces that impact population health. The background and methodology for the four MAPP assessments will be described in the following order: the Community Health Status Assessment (CHSA), the Local Public Health System Assessment (LPHSA), the Forces of Change Assessment (FOCA), and the Community Themes and Strengths Assessment (CTSA). Each of the assessments resulted in a written report and a briefing to the CHAG, which endorsed the findings.



Visioning

A shared vision guides the Community by providing focus, purpose, and direction to the MAPP process. Visioning of the MAPP process, the CHAG reviewed shared Mission, Vision, and Value statements. To do so, CHAG members participated in a Visioning Session led by the Ascendant Healthcare Partners. After the CHAG reviewed the following questions, it chose to align with the State.

- What are the important characteristics of a healthy community for all who live, work, and play in Wakulla County?
- How do you envision the local public health system in the next five or ten years?
- What does a healthy Wakulla County mean to you?

Following a review of the results, CHAG decided to preserve its existing Vision, Mission, and Value statements.

MISSION: To promote, protect, and improve the health of all people in Wakulla County.

VISION: The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

VALUES: Innovation, Collaboration, Accountability, Responsiveness, and Excellence.

Community Health Status Assessment

The Community Health Status Assessment (CHSA) identifies priority health and quality of life issues. Questions include: “How healthy are our residents?” and “What does the health status of our State look like?” The CHSA is a crucial component in the MAPP process, and it is during this stage that specific health issues are identified (e.g., high cancer rates or low immunization rates). A broad range of data serves as the foundation for analyzing and identifying community health issues and determining where the community stands in relation to peer communities, state data and national data. To better communicate findings, the County Health Rankings and Roadmaps model (see figure below) was used to group and frame information for the health status assessment. The County Health Rankings measure the health of nearly all counties in the nation and rank them within the State.² 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.

Indicators

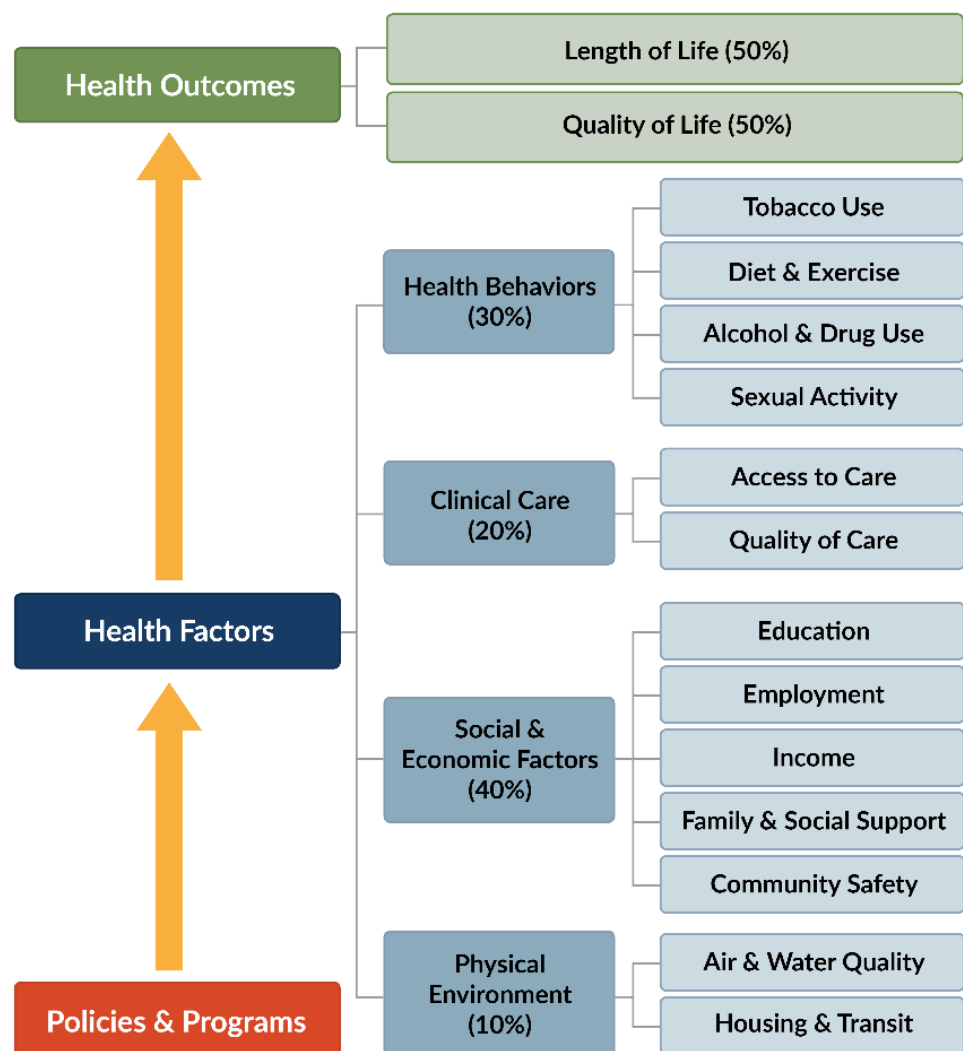
From this cross section, state and county data for health status indicators and demographic indicators were collected.

Data Sources

A review of health status assessments from the following organizations: Healthy People 2030, Community Commons, University of Wisconsin and Robert Wood Johnson’s County Health Rankings, and previous assessments revealed a cross section of many common indicators.

Framework of Analysis

To identify the issues that hold the greatest priority for the



County Health Rankings model © 2014 UWPHI

² Robert Wood Johnson Foundation. (2017). County Health Rankings and Roadmaps. Retrieved from <http://www.countyhealthrankings.org/our-approach>.

community, the indicator results were evaluated within the framework of the County Health Rankings Model created by the University of Wisconsin Population Health and the Robert Wood Johnson Foundation. The framework emphasizes factors, that when improved, can help improve the overall health of a community. This model is comprised of three major components:

Health Outcomes

This component evaluates the health of a community as measured by two types of outcomes: how long people live (**Mortality/Length of Life**) and how healthy people are when they are alive (**Morbidity/Quality of Life**).

Health Factors

Factors that influence the health of a community including the activities and behavior of individuals (**Health Behaviors**), availability of and quality of health care services (**Clinical Care**), the socio-economic environment that people live and work in (**Social and Economic Factors**) and the attributes and physical conditions in which we live (**Physical Environment**). Although an individual's biology and genetic play a role in determining health, the community cannot influence or modify these conditions and therefore these factors are not included in the model. These factors are built from the concept of *Social Determinants of Health (SDoH)*.

Programs and Policies

Policies and programs to local, State, and federal level have the potential to impact the health of a population as a whole (i.e., smoke free policies or laws mandating childhood immunization). As illustrated, Policies & Programs influence Health Factors which in turn causes the Health Outcomes of a community. Health Outcomes are improved when Policies & Programs are in place to improve Health Factors.

Health Equity Lens

In addition to considering what the SDoH are, it is important to understand how they disproportionately affect underserved populations. Health equity is defined as all people having "the opportunity to 'attain their full health potential' and no one is 'disadvantaged from achieving this potential because of their social position or other socially determined circumstance.'"³

A robust assessment of the larger social and economic factors affecting a community (e.g., housing, employment status, the built environment, etc.) should capture the disparities and inequities that exist for traditionally underserved groups.

According to Healthy People 2030, a science-based platform that provides 10-year national objectives for improving the health of all Americans, achieving health equity requires focused efforts at the societal level to address avoidable inequalities, especially among those who have experienced socioeconomic disadvantage or historical injustices. A health equity lens guided the community health assessment process to ensure data comprised a range of social and economic indicators and were presented for specific population groups.

Within the CHSA, strategies were used to identify patterns of health inequity within the community.

³ Braveman, P.A., Monitoring equity in health and healthcare: a conceptual framework. *Journal of Health, Population, and Nutrition*, 2003. 21(3): p. 181

Benchmarking

America's Health Rankings transitioned to a new model in 2020 that incorporates the social determinants of health. The model reflects the need for collaboration and action by stakeholders across sectors such as education, environment, housing, and transit to reduce inequities and improve health outcomes.

The America's Health Rankings model⁴ was developed under the guidance of the America's Health Rankings' advisory council and committees, with insights from other rankings and health models, namely *County Health Rankings & Roadmaps* and Healthy People. The model serves as a framework for identifying and quantifying health drivers and outcomes that impact State and national population health.

America's Health Ranking – Florida 2021	
Dimension	Rank
Social and Economic Factors	27
Physical Environment	30
Clinical Care	46
Behaviors	25
All Determinants – Annual	33
Health Outcomes	21

The America's Health Rankings model, shown below, includes four drivers, or determinants of health: social and economic factors, physical environment, clinical care, and behaviors all of which influence the five-model category, health outcomes.

Florida ranks 21 in the **social & economic factors** category represents the broader impact the society and economy have on an individual or community's ability to make healthy choices. Topics in this category are community and family safety, economic resources, education and social support and engagement.

Florida ranks 30 in the **physical environment** category represents where individuals live, work and play, and their interaction with this space. Topics in this category are air and water quality, climate change, and housing and transit.

Florida ranks 46 in **clinical care** category represents access to quality health care and preventive services, such as primary care providers, immunizations, and preventable hospitalizations.

Florida ranks 25 in **behaviors** category represents actions that influence health and have individual, community, system, and policy components. Topics in this category are sleep health, physical activity and nutrition, sexual health, and tobacco use.



⁴ America's Health Rankings analysis of America's Health Rankings composite measure, United Health Foundation, AmericasHealthRankings.org, Accessed 2022

Florida ranks 21 in **health outcomes** category which represents what has already occurred regarding a population’s physical and mental wellbeing. Topics in this category are behavioral health, mortality, and physical health.

Florida Findings

Strengths

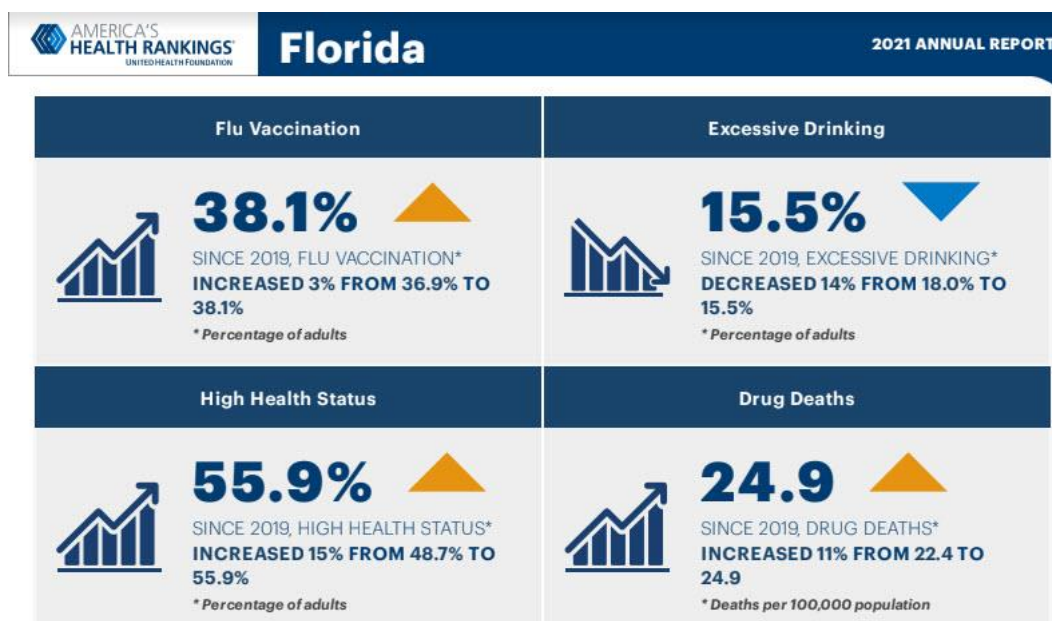
- Low prevalence of excessive drinking
- Low prevalence of frequent mental distress
- Low prevalence of obesity
- High prevalence of exercise
- Low racial gap in high school graduation
- Low percentage of housing with lead risk

Challenges

- High prevalence of high-risk HIV behaviors
- High prevalence of non-medical drug use
- High prevalence of physical inactivity
- Low flu vaccination rate
- High uninsured rate

Highlights

- Frequent physical distress decreased 25% from 13.8% to 10.3% of adults between 2019 and 2020.
- Adults who avoided care due to cost decreased 20% from 17.6% to 14.0% between 2014 and 2020.
- Drug deaths increased 11% from 22.4 to 24.9 deaths per 100,000 population between 2018 and 2019.



County Health Rankings produces a similar report ranking the counties in each state and county, the findings for Wakulla County are in Appendix II.

Local Public Health Assessment

The Local Public Health Assessment (LPHSA) involves a broad range of organizations and entities that contribute to public health in the community and answers the questions: "What are the components, activities, competencies, and capacities of our local public health system?" and "How are the Essential Services being provided to our community?" The assessment that was used was an abbreviated survey instrument that combines the 0-4 scoring system previously used in the NACCHO's LPHSA 3.0 with the Mobilizing and Organizing Partners to Achieve Health Equity Tool (April 2021). This assessment tool is intended to help health departments and public health system partners generate a snapshot of performance standards at their agencies and identify areas of strength and weakness. Integrating the Health Equity tool into this assessment allowed the opportunity for questions to be reframed about essential service delivery to identify how well the Local Public Health System acknowledges and addresses health inequities.

Wakulla County used a combination of leadership, and community stakeholders to engage in the survey. This assessment has been useful as a learning tool to assess Wakulla County's readiness to address agencies strengths and weaknesses as well as how they acknowledge and address health equity in the near future. The assessment emphasizes alignment with the essential public health services - those that experts agree will be most critical to protecting and promoting the health of the public in the future.

Each Essential Health Service was included in the survey using the Model Standards. The 10 Essential Public Health Services (*revised 2020*) provide a framework for public health to protect and promote the health of all people in all communities. To achieve equity, the Essential Public Health Services (EPHS) actively promote policies, systems, and overall community conditions that enable optimal health for all and seek to remove systemic and structural barriers that have resulted in health inequities. The survey instrument provided the opportunity to engage on areas of service that would impact their organization.

ESSENTIAL PUBLIC HEALTH SERVICE #1
Assess and monitor population health status, factors that influence health, and community needs and assets

ESSENTIAL PUBLIC HEALTH SERVICE #2
Investigate, diagnose, and address health problems and hazards affecting the population

ESSENTIAL PUBLIC HEALTH SERVICE #3
Communicate effectively to inform and educate people about health, factors that influence it, and how to improve it

ESSENTIAL PUBLIC HEALTH SERVICE #4
Strengthen, support, and mobilize communities and partnerships to improve health

ESSENTIAL PUBLIC HEALTH SERVICE #5
Create, champion, and implement policies, plans, and laws that impact health

ESSENTIAL PUBLIC HEALTH SERVICE #6
Utilize legal and regulatory actions designed to improve and protect the public's health

ESSENTIAL PUBLIC HEALTH SERVICE #7
Assure an effective system that enables equitable access to the individual services and care needed to be healthy

ESSENTIAL PUBLIC HEALTH SERVICE #8
Build and support a diverse and skilled public health workforce

ESSENTIAL PUBLIC HEALTH SERVICE #9
Improve and innovate public health functions through ongoing evaluation, research, and continuous quality improvement

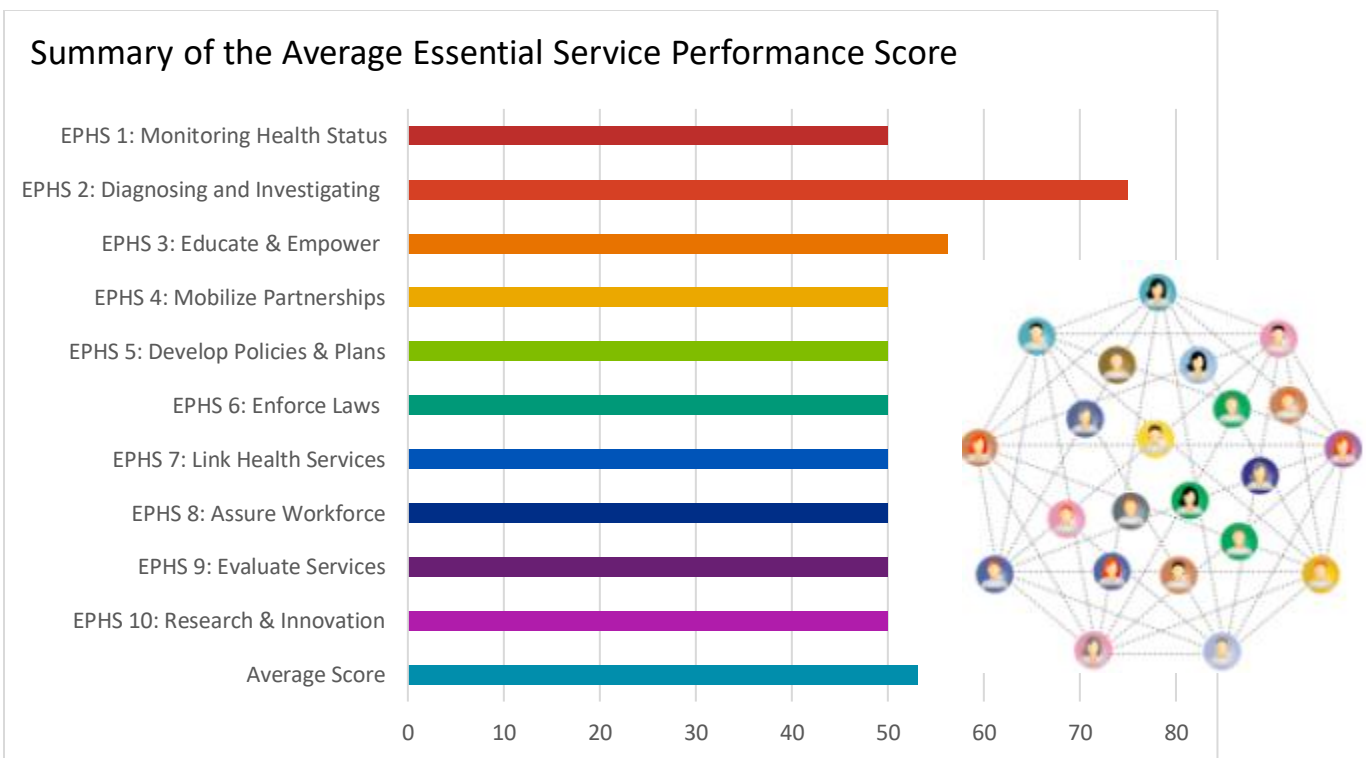
ESSENTIAL PUBLIC HEALTH SERVICE #10
Build and maintain a strong organizational infrastructure for public health

Assessment Results

The Ascendant Healthcare Partners' survey instrument which was a modified online version of the NACCHO's LPHSA 3.0 with the Mobilizing and Organizing Partners to Achieve Health Equity Tool was distributed to 96 partners and received 31 responses. The data that was created now establishes the foundation upon which Wakulla County may set priorities for performance improvement and identify specific quality improvement (QI) projects to support Wakulla County's priorities. Based on the responses provided by the partners in Wakulla County on the assessment, an average was calculated for each of the Ten Essential Services. Each Essential Service score can be interpreted as the overall degree to which Wakulla County's public health system meets the performance standards (quality indicators) for each Essential Service. Scores can range from a minimum value of 0% (no activity is performed pursuant to the standards) to a maximum value of 100% (all activities associated with the standards are performed at optimal levels).

The figure below displays the average score for each Essential Service, along with an overall average assessment score across all ten Essential Services. Examination of these scores immediately provides a sense of the local public health system's greatest strengths and weaknesses.

The proportion of performance measures that met specified thresholds of achievement for performance standards are shown in the figure below. For example, measures receiving a composite score of 76-100% were classified as meeting performance standards at the optimal level such as EPHS 2: Investigate, diagnose, and address health problems and hazards affecting the population.



Partners evaluated the method of delivery as optimal.

Forces of Change Assessment

The Wakulla Department of Health led a coordinated, comprehensive, and collaborative effort to conduct a Forces of Change Assessment (FOCA). The purpose of this process was to assess significant factors, events, and trends whose current or future occurrence might affect the health of Wakulla County or the effectiveness of Wakulla's public health system. Moreover, the challenges and opportunities associated with these forces are relevant to the creation of public health strategic priorities. Participants engaged in brainstorming sessions aimed at identifying trends, factors and events that influence the health and quality of life of the community, and the efficacy of the public health system, both currently and in the future.

Forces of Change Assessment (FOCA) focuses on identifying forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate. Forces of Change include trends, events, and factors.

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

During the FOCA, participants answer the following questions:

- What is occurring or might occur that affects the health of our community or the local public health system?
- What specific threats or opportunities are generated by these occurrences?

Assessment Results

Ascendant Healthcare Partners facilitated the Forces of Change Assessment. Participants first offered preliminary thoughts on Forces of Change from their individual professional perspectives and collaboratively participated in a digital whiteboard collaboration. They identified, clarified, and organized into a systematic framework at the meeting. Common themes were identified to contribute to health equity during the FOCA to identify forces, opportunities, and threats. Overall, they noted the presence of several significant facts affecting multiple areas of public health. These include:

- The continued increase of overweight and obesity rates among Wakulla's residents. And related concerns about diet and exercise among children and adults.
- The disproportionate lack of sustained access to quality health care among low-income populations.
- The increasing awareness that social and economic factors (education, employment, income, family and social support, community safety) exert significant influences on health, functioning, and quality of life outcomes and risks.

These factors continue to test the ability of the public health system to increase the length and quality of life for Wakulla County residents. Regarding the administration of the public health system in general, the Wakulla County’s advisory group advocated the pursuit of “health in all policies,” a recent trend that emphasizes the need for decision makers in non-health sectors at the to bear in mind the implications for health of policies in education, economic and community development, transportation, and food and agriculture. After much thoughtful and focused deliberation on numerous topics relevant to public health, the advisory group decided to focus on the following Forces of Change:

- Changes in the health-care environment;
- Changes in the physical environment; and
- Changes in social and family environments.

Each of the Forces of Change identified by the group is addressed, along with related opportunities and challenges, in the sections below:

Change in Healthcare Environment

Within the health care environment, the group identified several factors changing the health care system in Wakulla County. The health care landscape is changing rapidly. Technology has great potential to impact health care and the health care system. Recent trends toward automation and digitization have led to the introduction of new methods for documenting the patient-provider experience and for transmitting patient information. Tools, such as telemedicine to extend care and smart phone technology to assist in patient management, have the potential to revolutionize the delivery of health care services and health information. In addition, the amount of data available on numerous and diverse topics relating to public

health has resulted in what some consider a “data backlog,” with much information readily available for use in the management of public health functions not yet being fully utilized. This situation represents a distinct area of

Healthcare Environment	
Opportunities	Challenges
<ul style="list-style-type: none"> • Reaching people through telehealth • Utilizing the means learned through COVID to continue communication through multiple sources to spread information to residents 	<ul style="list-style-type: none"> • Assisting increased numbers of Hispanic clients • Limited Emergency vehicles to cover a large area • Lack of Doctors, Facilities, Labs • Increase use of technology in health care

opportunity for professionals in both the health care and technology industries.

Change in Physical Environment

Looking forward, there is an ongoing need for strategic planning of the organizational structures that will be required to accommodate future population growth. In addition, there is an increasing awareness about how modifications to the built environment can have a positive impact on public health. As more people and policymakers recognize that chronic diseases and poor health behaviors affect quality of life, more opportunities arise for interventions related to the design of a built environment that encourages healthy lifestyles.

Physical Environment	
Opportunities	Challenges
<ul style="list-style-type: none"> Incorporate sidewalks and playgrounds in new developments/ neighborhoods 	<ul style="list-style-type: none"> Access to broadband internet Increase public transportation

Change in in Social and Family Environments

The changing nature of domestic life, the increasingly stressful pursuit of a healthy work-life balance, the financial pressures associated with supporting a family, and the recognition that zip code or place of residence is a greater predictor of health than genetics pose significant risks for the mental, physical, and social health of Wakulla County. From the Forces of Changes session, an impact in needed to address the health and economic resources for certain groups across their life course.

Social and Family Environment	
Opportunities	Challenges
<ul style="list-style-type: none"> Institute education and training programs on life skills Enrolling grandparents/ single fathers in WIC Creation of a community event calendar Centralized resource list/ directory 	<ul style="list-style-type: none"> Means of communication with residents Food Deserts Hunger Providing food to students without identifying them Increased suicides/ attempts Recruiting faith community to assist with food distributions

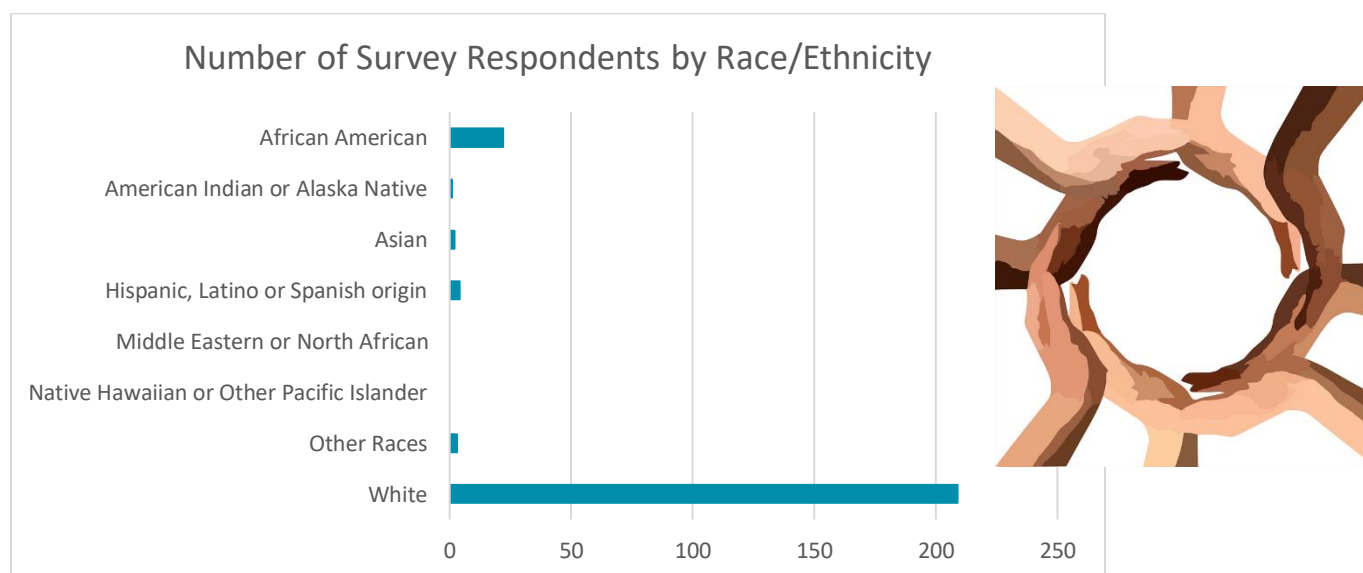
Community Themes and Strengths Assessment

The County Themes and Strengths Assessment (CTSA) answers key questions, drawing from a cross-section of the public health system that includes local county health departments, State and community public health partners, and residents. This assessment results in a strong understanding of community issues and concerns, perceptions about quality of life and a listing of assets. It answers the following questions:

- What health-related issues are important to our county?
- How is quality of life perceived in our county?
- What assets do we have that can be used to improve our county's health?

Assessment Results

A Community Health Survey was conducted in April 2022 with a total of **241** respondents. Those who responded were White 209 (87%), African American 22 (9%), Native American 1 (0%), and Hispanic 4 (2%).



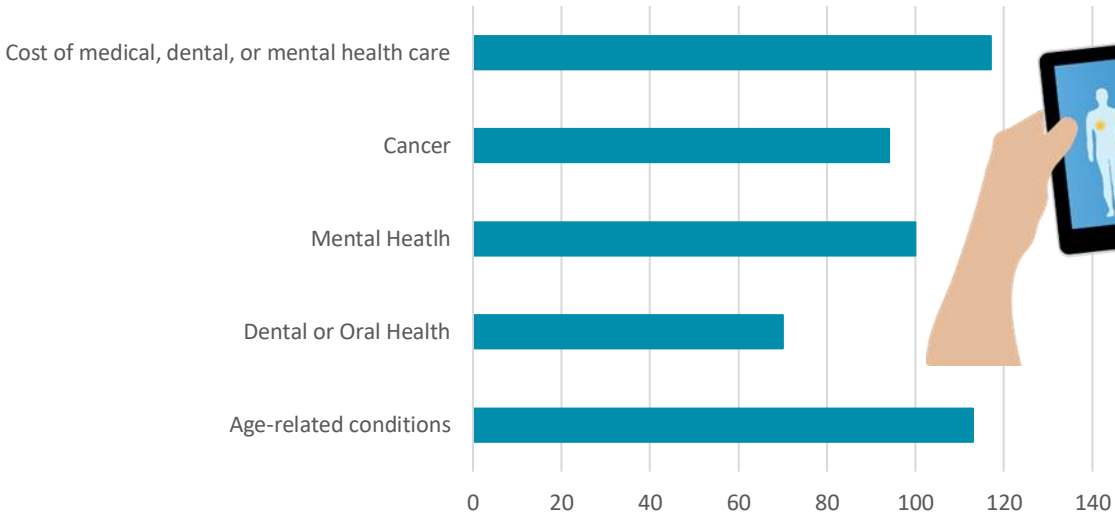
Quantitative Data Collection Method

A community survey was developed and administered to those who live, work, or spend time in Wakulla County to gather quantitative data that were not provided by secondary sources and to understand public perceptions around a range of health issues. The survey asked respondents about key social, economic, and health concerns, access to services, and experiences with the public health and health care system. The survey was available primarily online, with some hard copies distributed at FDOH Wakulla and community partners via outreach workers.

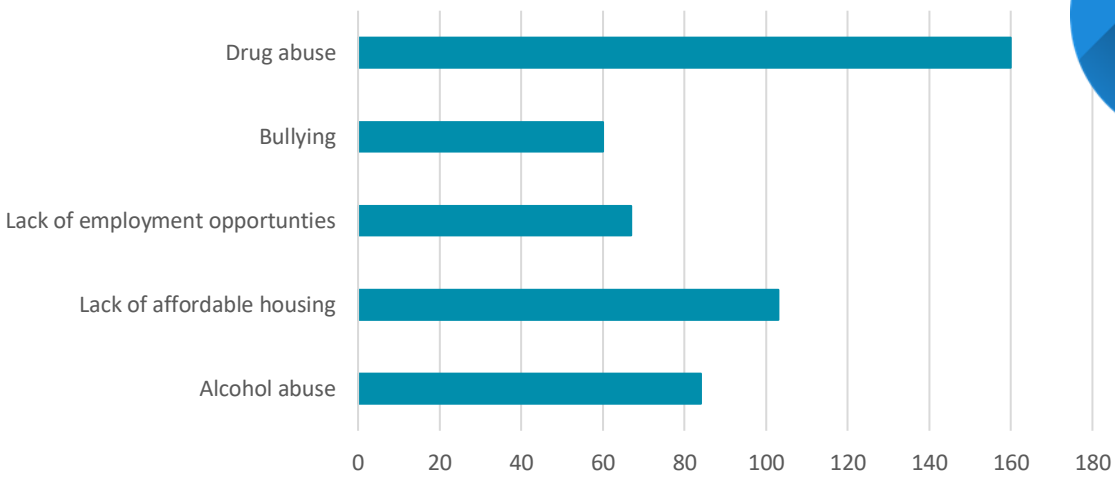
Perceived Community and Individual Health Status

In the community health assessment survey, respondents were asked to select the **top health concerns** that affect themselves, their families, and their social circles, respondents that the most important issues are: 1) health care cost; 2) age-related conditions: Alzheimer's, arthritis, hearing or vision loss, mobility; 3) mental health; 4) cancer; and 5) dental or oral health.

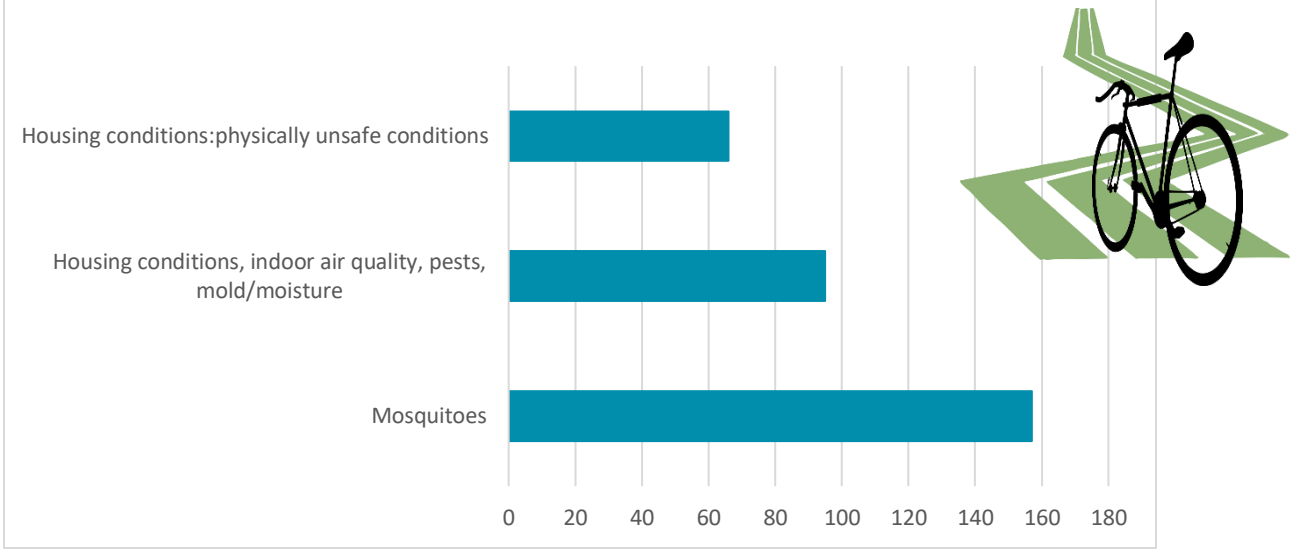
Top Health Concerns Identified as Affecting Survey Respondents, Their Families, or Their Close Social Circle



Top Social Concerns Identified as Affecting Survey Respondents



Top Three Environmental Health and Safety Issues Affecting Survey Respondents

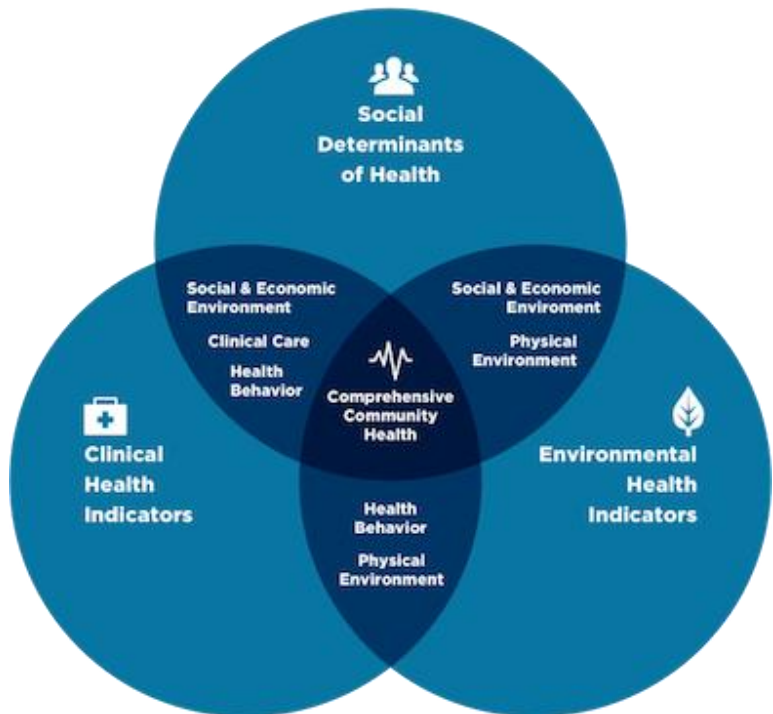


Social Determinants of Health

“Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.” Social determinants of health are commonly the root of health inequities experienced by populations. Healthy People 2030 organized the various social determinants of health into five overarching areas:

- 1) **Economic stability** includes employment, food insecurity, housing instability and poverty.
- 2) **Education** includes early childhood education and development, high school graduation, enrollment in higher education and language and literacy.
- 3) **Social and Community Context** includes civic participation, discrimination, incarceration, and social cohesion.
- 4) **Health and Health Care** includes access to health care, access to primary care, and health literacy.
- 5) **Neighborhood and Built Environment** includes access to foods that support healthy eating patterns, crime and violence, environmental conditions, and quality of housing.

The Drivers of Health



The following sections explore the various social determinants that are presented within Wakulla County that are impacting the overall health and well-being of the population.⁵

Key indicators for social determinants of health in the community:

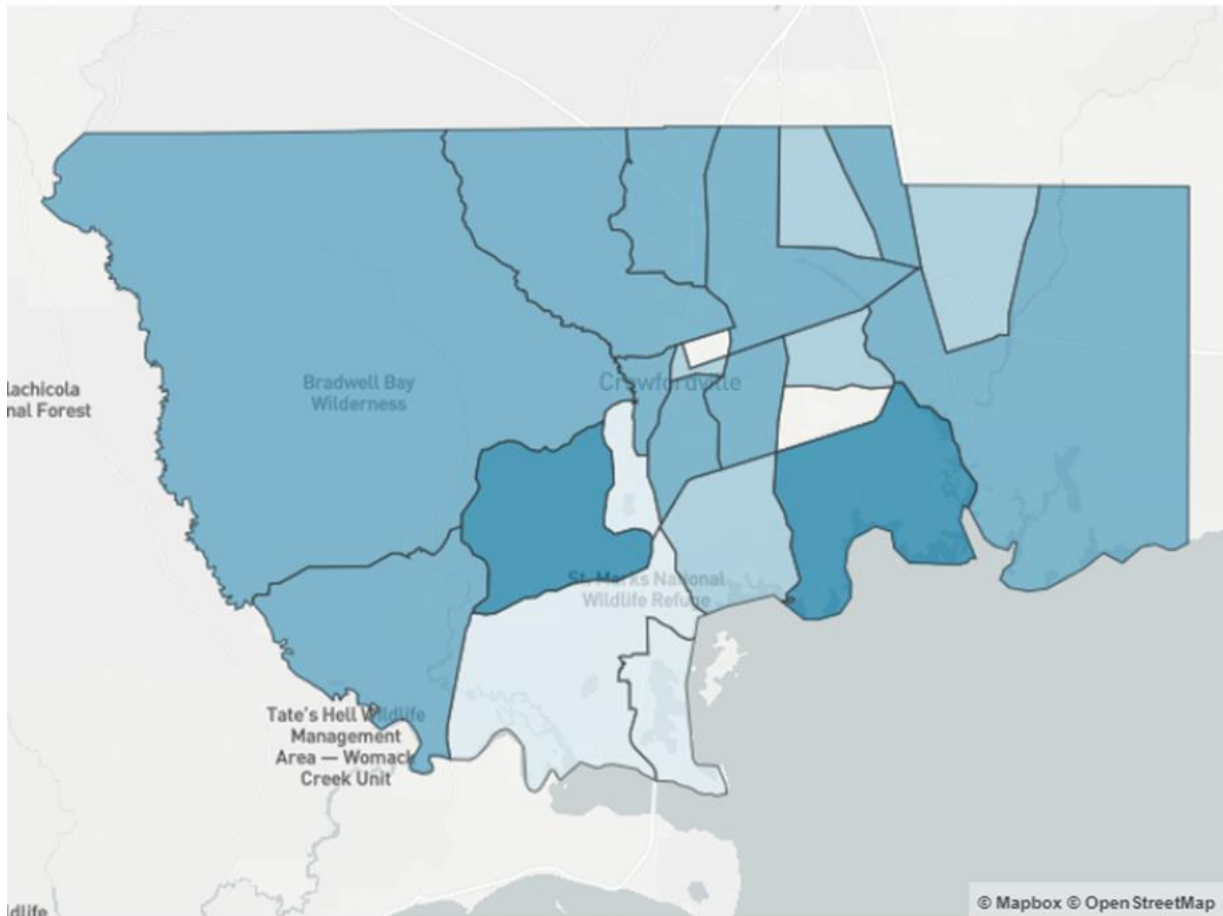
- Race-Related Barriers to Health
- Low Income Populations
- Access to Jobs
- Educational Attainment
- Additional Vulnerable Populations

⁵ Office of Disease Prevention and Health Promotion. Social Determinants of Health. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

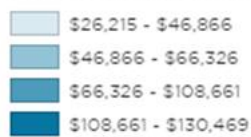
1. Economic Stability

People with steady employment are less likely to live in poverty and more likely to be healthy, but many people have trouble finding and keeping a job. People with disabilities, injuries, or conditions like arthritis may be especially limited in their ability to work. In addition, many employed people with steady work still don't earn enough to afford the things they need to stay healthy.

Median Household Income



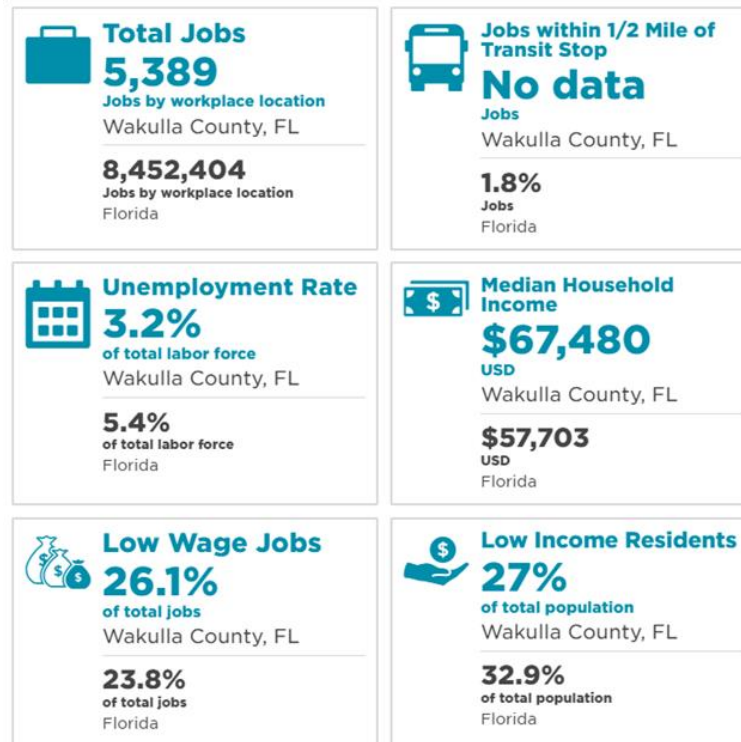
Median Household Income



Sources: US Census Bureau ACS 5-year 2016-2020

Unemployment

Employment is the very foundation of economic opportunity. Unemployment makes it difficult, if not impossible, to meet life's basic needs. Even a brief period of unemployment can negatively impact an individual's earnings for up to 20 years. Middle skill jobs often provide better wages than lower skill jobs, but also often require training or education beyond high school. Wakulla County has an unemployment rate of 3.2% which is better than the State (7%).



Sources: EPA Smart Location Database 2019; US Census Bureau ACS 5-year 2016-2020

Food Insecurity

Food insecurity increases the risk of adverse health outcomes, complicates the ability to manage illness, and is linked to higher health care costs. Nationally, close to 70% of Supplemental Nutrition Assistance Program (SNAP) participants are in families with children, and more than one-quarter are in households with seniors or people with disabilities.

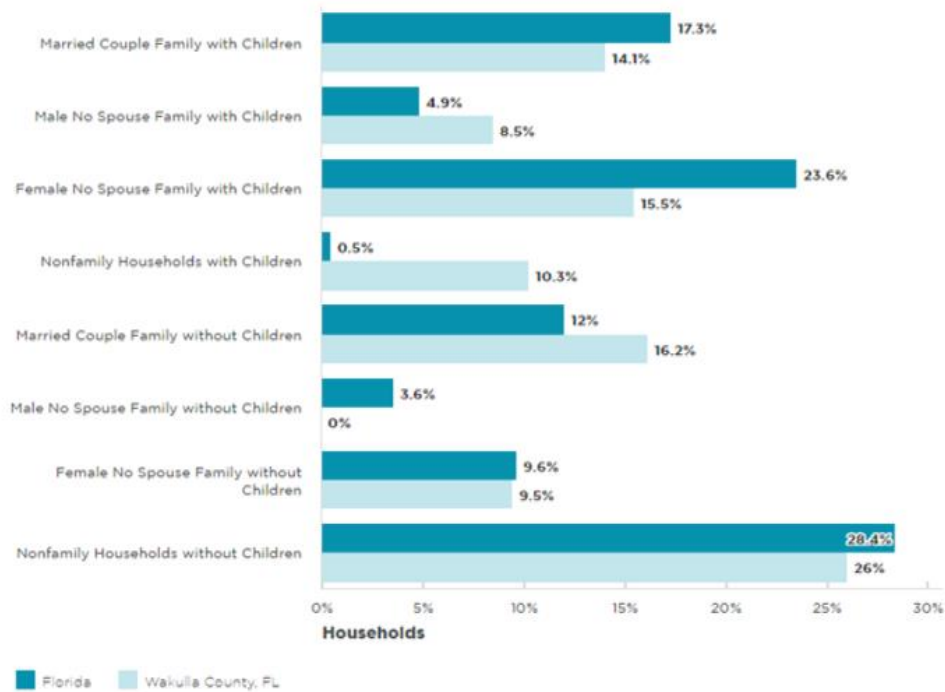
Food insecurity, which means having limited or uncertain access to adequate food, is associated with poorer health outcomes and higher odds of chronic illness. A person's access to healthy food can affect — and is affected by — mental health. **In Wakulla County, people overall have access to healthy food.** Low-income residents also have more access to healthy food than the State. Seniors with limited or uncertain access to healthy food are 4% less than the State. Children at school are 15.5% better than the State in having low access to healthy food – 25.8%.



Sources: USDA ERS 2019

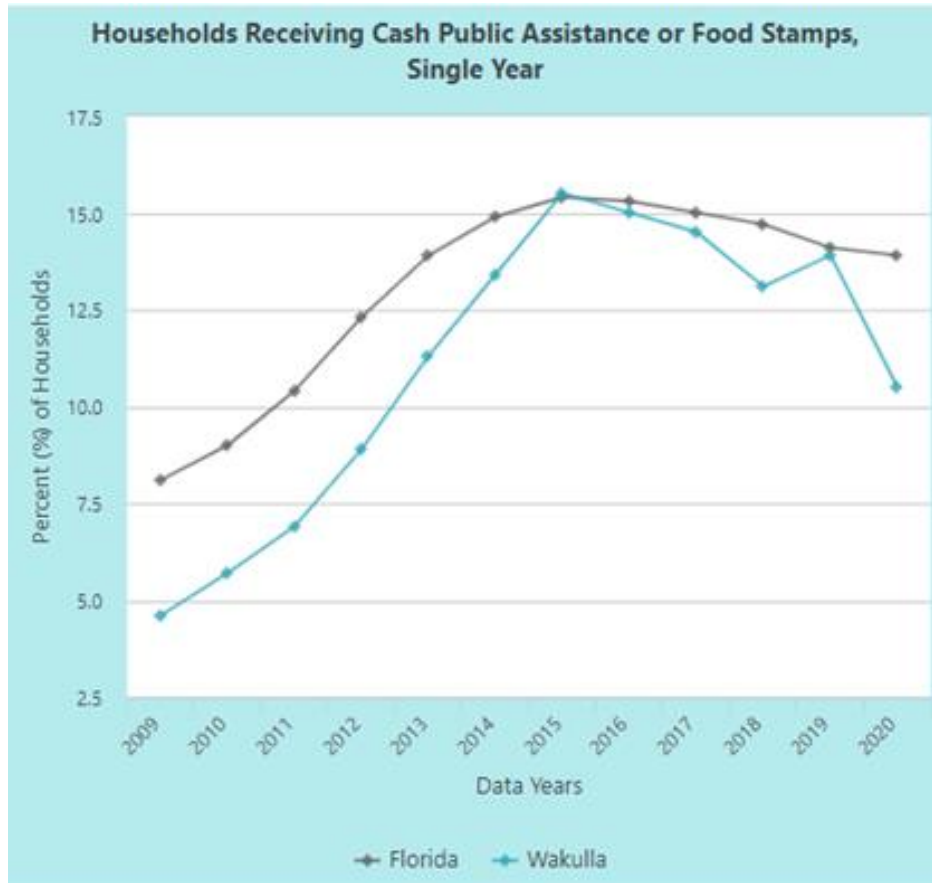
In Wakulla County, households with no children represent the highest proportion of government assistance for food. Food stamps can benefit households through decreasing nutritional fluctuation in quantity and quality of food, which results in fewer emergency department visits for hypoglycemia.

Households Receiving SNAP Benefits by Household Type



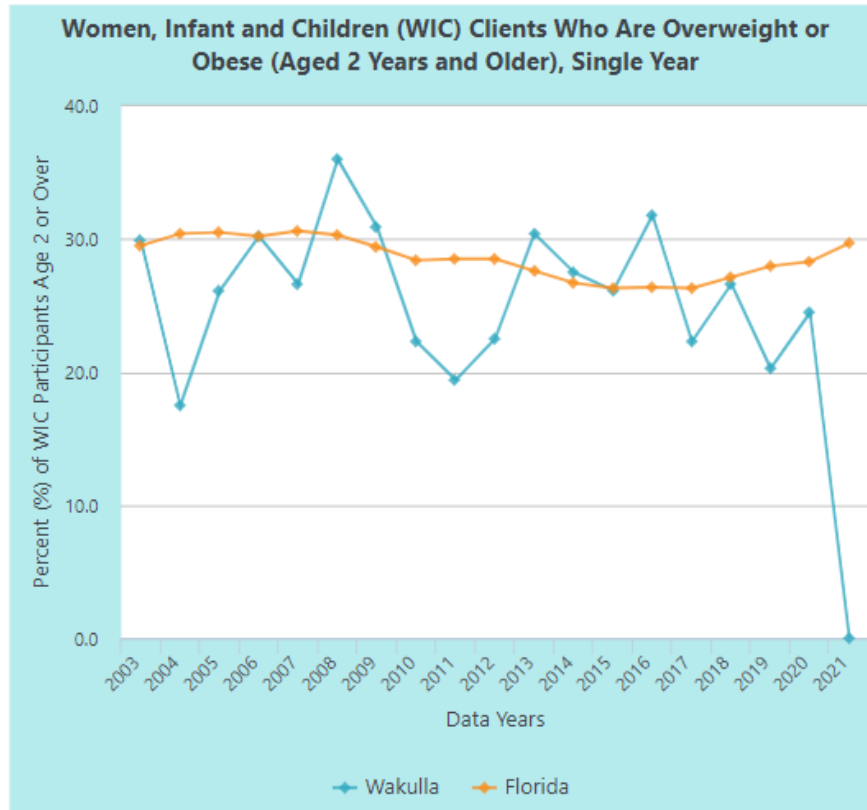
Sources: US Census Bureau ACS 5-year 2016-2020

Households receiving cash public assistance or food stamps in Wakulla County is at 10.5% in 2020, which is lower than the State.



Click on county name or "Florida" in the legend to hide or show the county or state.

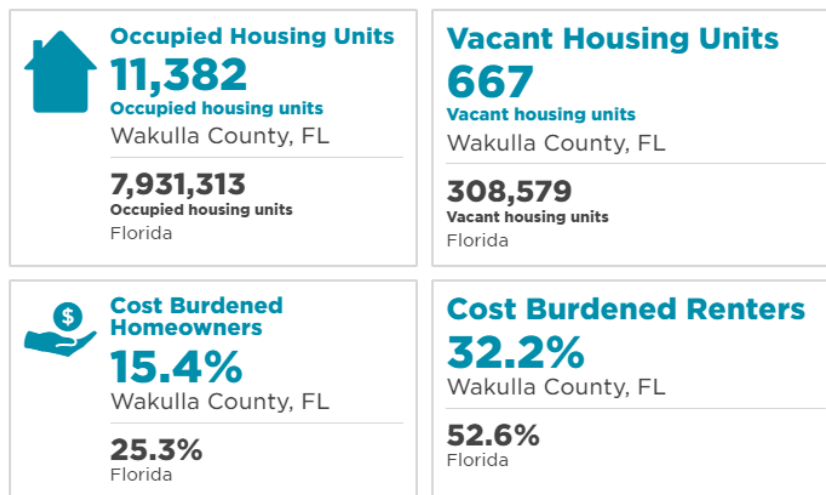
The graph below shows the trends in women, infants, and children over 2 years old in Wakulla County and Florida who are overweight or obese in a single year from 2003 to 2021. The drastic drop in 2021 is the result of a statistical anomaly due to the pandemic year of COVID-19. While the State of Florida is consistently around 30%, Wakulla fluctuates significantly with it approaching 25% in 2020. Obese children are more likely to be obese adults.



Click on county name or "Florida" in the legend to hide or show the county or state.

Housing and Health

Healthy homes promote good physical and mental health. Good health depends on having homes that are safe and free from physical hazards. In contrast, poor quality and inadequate housing contributes to health problems such as chronic diseases and injuries and can have harmful effects on childhood development.⁶ Within Wakulla County 84.4% of residents own their home, while 15.6% are renters.

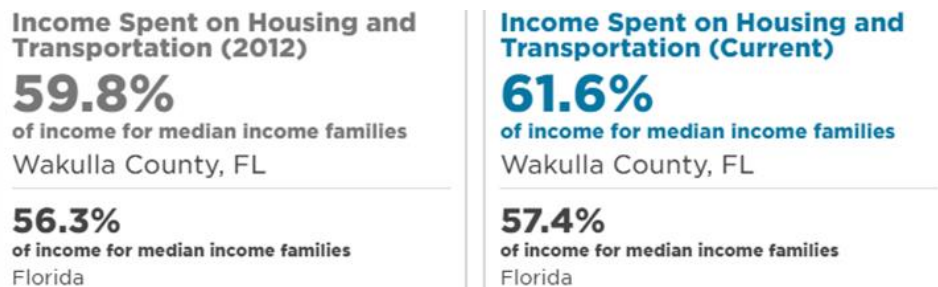


Sources: US Census Bureau ACS 5-year 2016-2020

Where we live is at the very core of our daily lives.

Housing is commonly considered to be “affordable” when a family spends less than 30% of its income to rent or buy a residence. The shortage of affordable housing limits families’ and individuals’ choices about where they live, often relegating lower-income families to substandard housing in unsafe, overcrowded neighborhoods with higher rates of poverty and fewer resources for their health. The lack of affordable housing affects families’ ability to meet other essential expenses, placing many under tremendous financial strain. High housing-related costs place a particular economic burden on low-income families, forcing trade-offs between food, cooling/heating, and other basic needs.

In Wakulla County the **income spent on housing and transportation for medium income families is 59.8%**. While the expenditure has only risen .8% in 10 years, this housing burden is nearly double the economic standard of 30% with 77 cents spent on transportation for every dollar spent on housing. This contributes to the financial burden placed on families in Wakulla County more at risk than others.



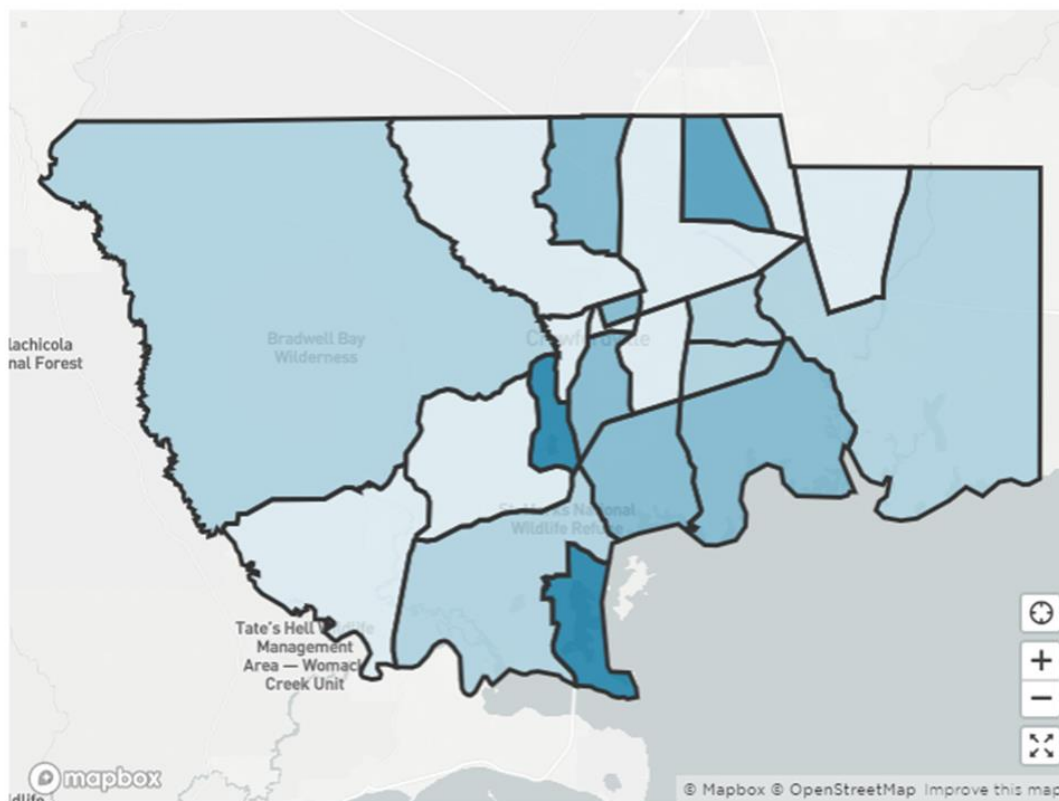
⁶ [How Does Housing Affect Health? - RWJF](#)

Poverty Levels

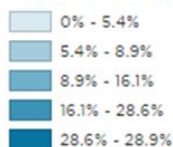
The U.S. Census identifies individuals with a household income of up to 200% of the poverty level as low income, Wakulla County's lower income population is **27% which is better than the State, 32.9%**. In addition, the percent of the population below the poverty level within the County is 7.5%.

Low-income residents in communities with high income inequality face greater health risks. They are more likely to face barriers to healthy choices, such as longer distances to healthy food or affordable healthcare and are more likely to be exposed to environmental risks, such as low-quality housing.

Both Wakulla County's African American and Hispanic population suffered significant periods of unemployment in the 2015-2020 period. Providing better training and job referral services to get members of these populations better jobs would stabilize their median incomes at a higher level which improves their ability to get access to health care services.



People Below Poverty Level per capita



Sources: US Census Bureau ACS 5-year 2016-2020

2. Education

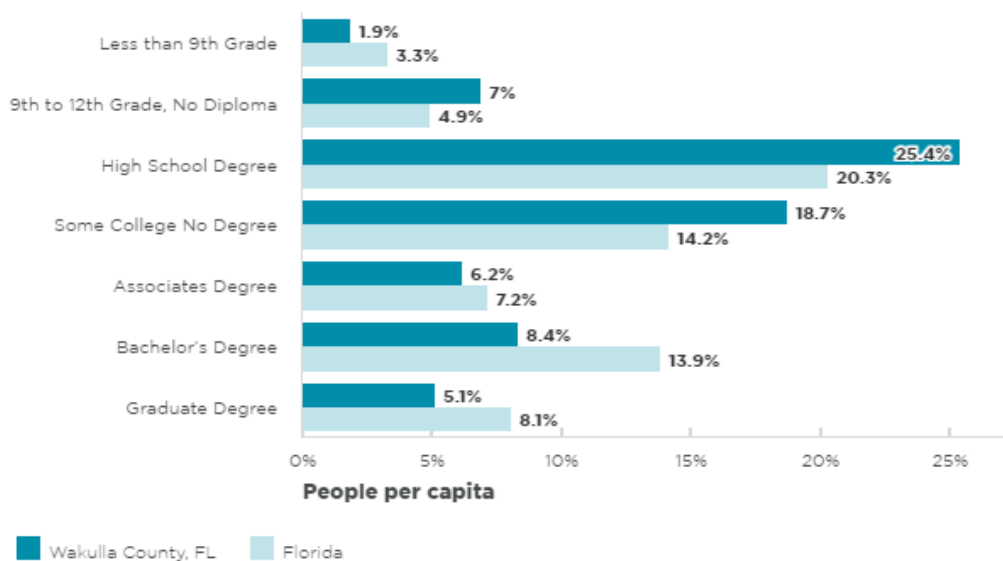
Education is one of the most powerful drivers of wellness, particularly with regard to life expectancy and healthy behaviors. A Robert Wood Johnson Foundation Health Policy Snapshot makes this clear: four additional years of education **reduces an individual's risk of diabetes by 1.3%, heart disease by 2.2%, obesity by 5%, and smoking by 12%.**⁷

A more educated community builds a stronger foundation for economic success, and directly impacts the overall well-being of a place. Educational attainment shows the knowledge and skills of residents and identify areas where efforts to increase educational attainment would be most impactful.

**The level of educational attainment is the strongest predictor
of long-term health and quality of life.**

In Wakulla County the high school attainment has a higher high school graduation rate than the State. Further education, such as college is lower than the State.

Educational Attainment

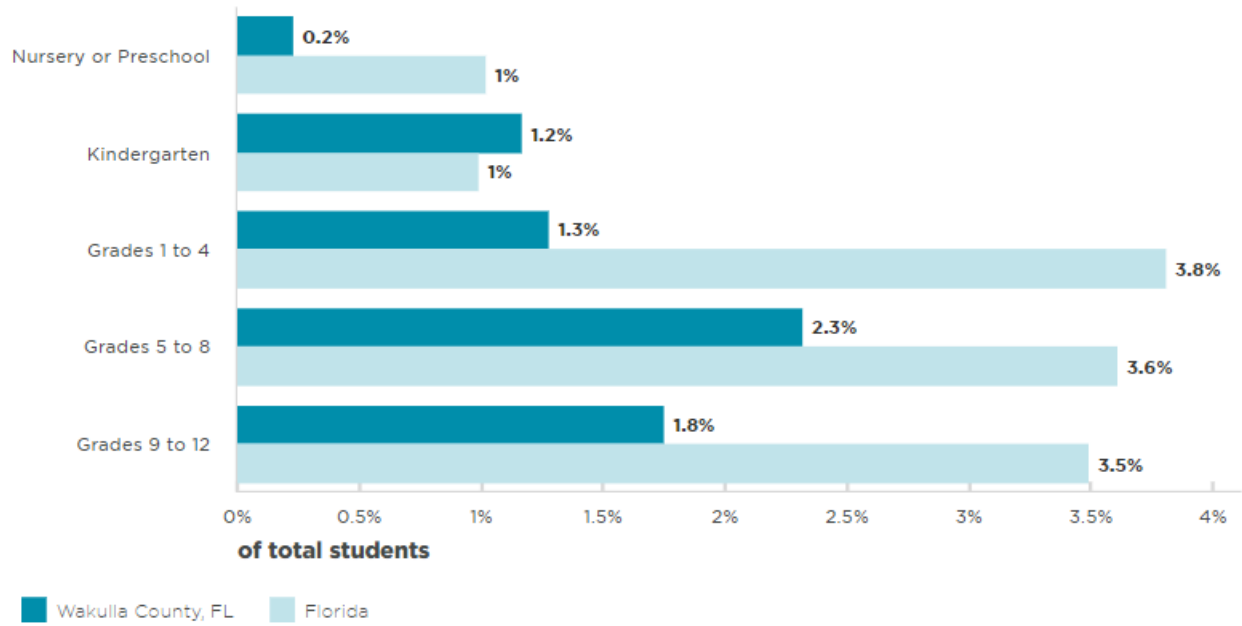


Sources: US Census Bureau ACS 5-year 2016-2020

⁷ [Education as a Social Determinant of Health - Public Health Post](#)

In Wakulla County students below poverty by grade is substantially less than the State except for kindergarten.

Below Poverty Level by Grade



Sources: US Census Bureau ACS 5-year 2016-2020

3. Social and Community

Social and community context is feeling a sense of community and belonging which is critical to having a positive experience and better health overall. In particular, racial and ethnic discrimination can strongly influence one's sense of social cohesion and affect health outcomes in the future. Not feeling supported and safe can negatively impact one's well-being and continually set individuals behind if they continue to face similar conditions. The life expectancy at birth of Wakulla County resident is 75.5 years where the State's average is 79.7⁸.

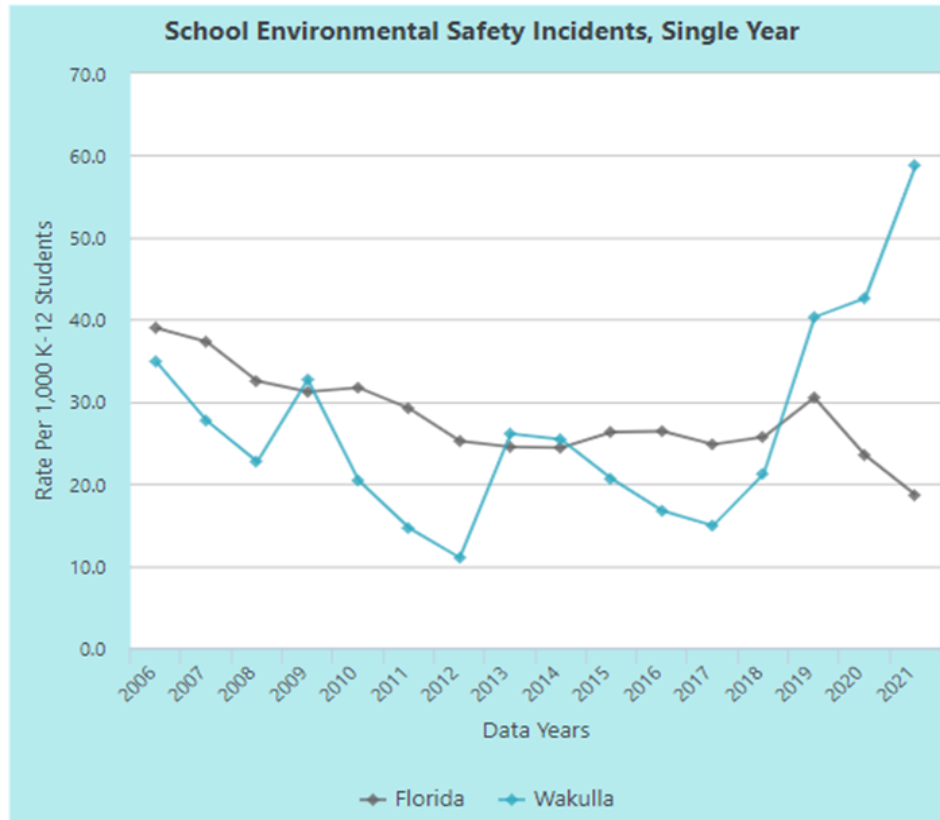
People's relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.

The social and community context in which people live includes the relationships formed between neighbors and their social and civic connections. Social associations and memberships are higher than the State within Wakulla County leading to social cohesion with the community. Racial segregation in Wakulla County has decreased significantly since 2017 and is substantially lower than the State.



⁸ Florida Charts, Florida Bureau of Vital Statistics 2015-2019.

Wakulla County school environment safety incidents identifies how safe students are on the way to school or in school. The graph below shows as a whole Wakulla County had a lower proportion of school environmental safety issues historically. However, beginning in 2017 the pattern shifted to a higher proportion of cases.



4. Health and Health Care

The architecture of risk known as the social determinants of health identifies predisposed populations to poor mental and physical health with an increased risk for many mental and physical illnesses. All of these factors lead to poorer outcomes of illnesses when they occur.



Access to health services is an important step toward reducing health disparities.

- The number of physicians (11) grants the ability for residents to find a physician that meets their needs and health care goals.
- Residents identified dental and oral health as a top health concern and with only 5 dentists (increased by 1 in last 10 years), this can be alarming as poor dental health also affects overall health, employment, and well-being.
- Currently the county does not have any pediatricians.
- The pediatrician's role often extends into advocacy. Children are among society's most vulnerable, and they need people in their lives who are willing to advocate on their behalf. Without pediatricians, parents might make healthcare decisions that put both their children and entire communities at risk.
- Health care system walk in clinics are accessible for residents enabling timely access to care.
- Wakulla County School district contracts with Florida State University, Multidisciplinary Center for psychology interns to provide mental health counseling
- This program has seemed to enhance residents' ability to have access to 31 behavioral and mental health professionals

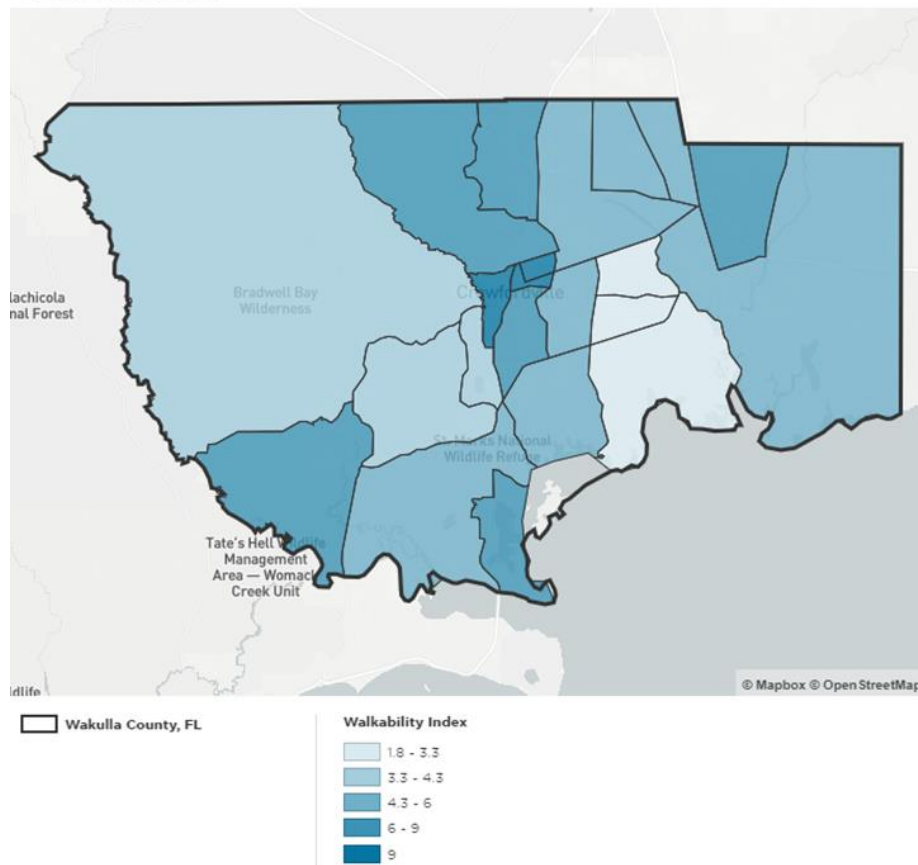
5. Neighborhood and Built Environment

Walkability is a measure used to indicate the ease of pedestrian travel in an area. Scores start out at 1 and go up to 20, with scores closer to 1 indicating lower walkability and scores closer to 20 indicating higher walkability. Once a resident knows which areas of the community are walkable and which are struggling, Wakulla County can make more informed decisions about what kind of pedestrian improvements are needed and where. Wakulla County has a walkability index score of 5.4.

Walkability has a relationship with health benefits (by providing the active lifestyle), sustainable environment (by decreasing air pollution from less driving), and lead to efficiency in time and cost (residents of mixed-use walkable communities spend less time commuting to the shopping, dining, recreation, entertainment and even work destinations when they have the option of walking wherever they need to go). The factors that make a neighborhood walkable are:

- **A center:** Walkable neighborhoods have a center, whether it's the main street or a public space.
- **People:** Enough people for businesses to flourish.
- **Mixed-income, mixed-use:** Affordable housing located near businesses.
- **Parks and public space:** Plenty of public places to gather and play.
- **Pedestrian design:** Buildings are close to the street and parking lots are relegated to the back.
- **Schools and workplaces:** Close enough that most residents can walk from their homes.
- **Complete streets:** Streets mostly designed for cyclists and pedestrians.

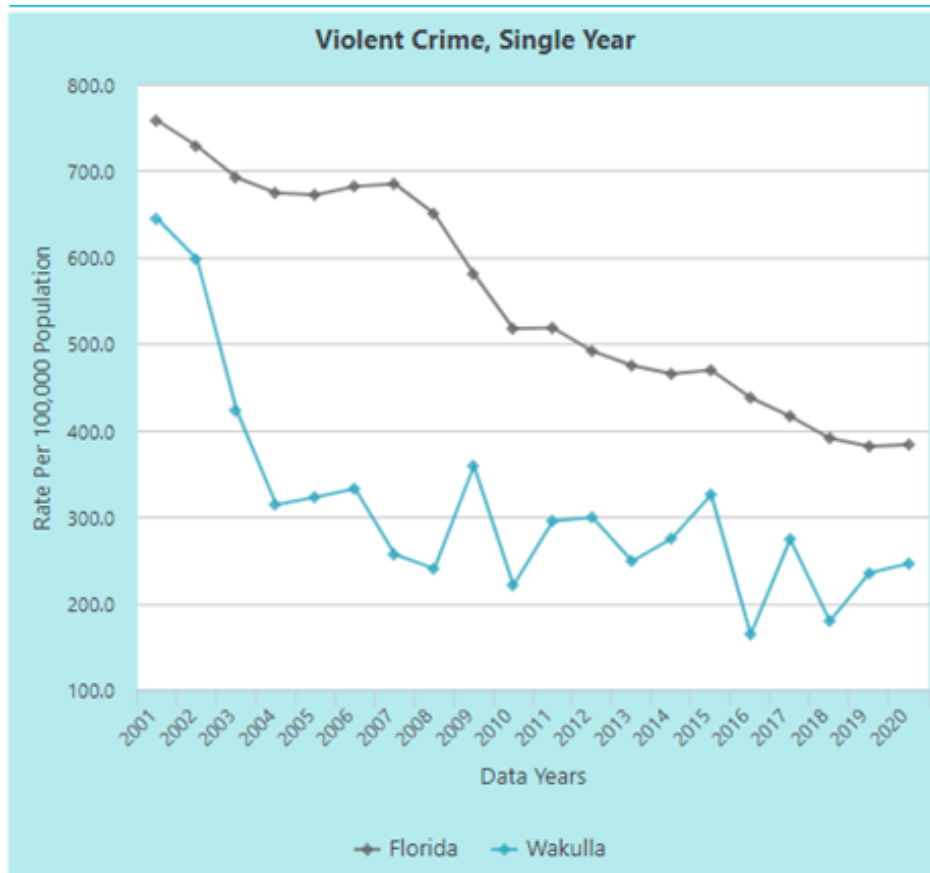
Walkability Index



Only one percent of Wakulla County residents walk to work. The workers who are walking to work over the age of 16 accounts for approximately .5% of the population.



There is a correlation between inactivity associated with violent crime. The rate of crime in Wakulla County has remained lower than the State consistently.



Causes of Death

The leading cause of death is heart disease, exceeding the State's rate. Males and females individually surpass the State in heart disease deaths, while affecting all races and ethnicities, Whites followed by African Americans are the highest groups effected. The second leading cause of death in Wakulla County is cancer, exceeding the State average. Over the years cancer in Wakulla County has affected all ethnicities. Males individually surpass the State in cancer deaths. The third cause is stroke.

Selected Causes of Death, Wakulla County, Florida						
3-Year Age-Adjusted Resident Death Rates	Data Year	County				
		County Quartile 1=most favorable 4=least favorable	White	Black	Hispanic	All Races
Total Deaths	2018-20	4	962.8	969.8	731.8	939.3
Cancer	2018-20	3	184.9	99.4	81.5	169.9
CLRD*	2018-20	3	63.1	57.2	0.0	61.4
Cirrhosis	2018-20	3	19.1	0.0	0.0	16.6
Diabetes	2018-20	2	21.0	24.5	0.0	20.8
Motor Vehicle Crashes	2018-20	4	36.4	53.8	0.0	36.1
Stroke	2018-20	4	56.6	45.4	0.0	54.1
Pneumonia/Influenza	2018-20	1	6.1	0.0	0.0	5.3
Heart Disease	2018-20	4	201.2	176.7	148.8	194.1
HIV/AIDS	2018-20	1	0.0	5.3	0.0	1.0

Data Source: Florida Department of Health, Bureau of Vital Statistics.
*Chronic Lower Respiratory Disease

Wakulla County includes a significantly high obesity rate (74.5%), which is the gateway to hypertension (34.5%), and Type 2 Diabetes (13.4%). Obesity, with its overwhelming prevalence is now recognized as a chronic disease by several organizations, including the American Medical Association and the Centers for Disease Control and Prevention (CDC). Obesity has a significant impact on the health of an individual as they are more likely to develop additional chronic health conditions such as heart disease, cancer, hypertension, and stroke.

Community Health Priorities

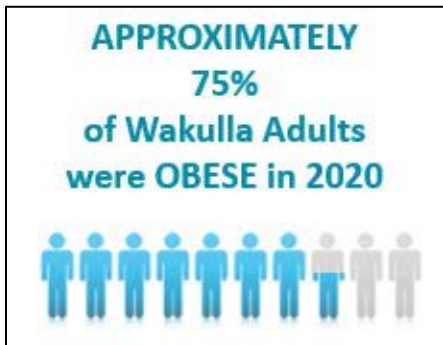
The health issue prioritization process was a three-step process:

Step 1: Identify potential health issues.
Ascendant Healthcare Partners reviewed data collected in the CHSA to identify issues in which Wakulla County performed worse than the state of Florida. Consideration was given to issues that had a worsening trend, even if county performance was better than the state.
Step 2: Use results from other assessments to validate health issues revealed.
The team used the other assessments to determine: 1) common issues across multiple assessments and 2) community attitudes towards the health issues. This helped determine whether the community saw the issue as important.
Step 3: Narrow priorities by considering the following guiding questions:
<ul style="list-style-type: none">• Are resources currently available within the community to address the issue?• Are there opportunities to achieve collective impact through partnerships?
<p>The responsibility to improve the health of the community does not and should not fall to the shoulders of one person, one community group, or one organization. It will take a coordinated community effort across all sectors (education, health care, business, government, etc.) to improve the health of Wakulla County. Success depends on the ability to work collaboratively with an intersectional approach address the selected priority.</p> <p>Preliminary findings of the assessment were presented to the community that sought their input for feedback and comments. The opportunity to review led to modifying two health issues identified (mental health and substance abuse) into one health priority. The change was made to effectively address need identified with the infrastructure of the community and their available resources.</p> <p>The team met regularly to discuss the remaining health issues and available resources to impact change. With public health officials, representatives from non-profits, health service providers as subject matter experts for the remaining health issues, the team formed a consensus around three priority areas.</p>

The responsibility to improve the health of the community does not and should not fall to the shoulders of one person, one community group, or one organization. It will take a coordinated community effort across all sectors (education, health care, business, government, etc.) to improve the health of Wakulla County. Success depends on the ability to work collaboratively with an intersectional approach address the selected priority.

2022 Health Priority Obesity

Obesity is associated with an increased risk of many chronic medical conditions, including type 2 diabetes, cardiovascular disease, stroke, cancer, and asthma, as well as reduced life expectancy.⁹



Across the nation, 32% of the adult population are considered obese compared to 28% of adults in Florida. Overall, Florida has approximately 5 million adults that are obese.

Wakulla County has **drastically increased** the overweight and obesity rate to 74.5% in the past ten years. The county remains one of the most obese counties in Florida, ranking 56th in the State according to Florida Charts. Over 13% have been told they have diabetes.

More than 34% of adults have been told they had hypertension which is the leading cause of death in Wakulla effecting all races and ethnicities. The trend for the County is those who are most affected are residents with low income, residents with less than a high school education, and residents who are elderly, according to Florida Charts. It is important to note, the elderly account for 15% of the population and 64.4% of them are overweight or obese. An additional important factor in the cardiovascular risk associated with obesity and hypertension is the role played by obesity in the development of type 2 diabetes.



Given the frequent concurrence of obesity and hypertension, it is no coincidence that, as the rate of obesity continues to rise, so too does the rate of hypertension. It is estimated that at least 75% of the incidence of hypertension is related to obesity. Poor lifestyle characteristics and health metrics often cluster together to create complex and difficult-to-treat phenotypes: excess body mass is such an example, facilitating a cascade of that create such as a direct obesity–hypertension link, which consequently increases cardiovascular risk.¹⁰

Behaviors such as consumption of calorie-rich foods, diets high in fat, physical inactivity, and excessive alcohol consumption in addition to genetics, stress, and poor emotional health contribute to a person’s risk for obesity. Furthermore, obesity increases a person’s risk of serious health conditions including hypertension, type 2 diabetes, heart disease, stroke, sleep apnea and breathing problems, some cancers, and mental illness such as depression and anxiety.

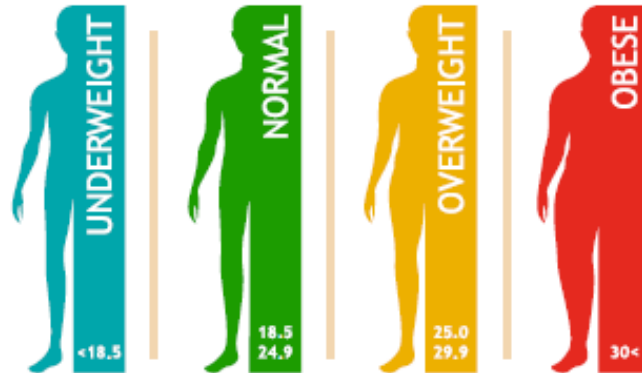
⁹ Hruby A, Hu FB. The epidemiology of obesity: a big picture. *Pharmacoeconomics*. 2015;33(7):673-89.

¹⁰ Leggio, M., Lombardi, M., Caldarone, E. et al. The relationship between obesity and hypertension: an updated comprehensive overview on vicious twins. *Hypertens Res* 40, 947–963 (2017). <https://doi.org/10.1038/hr.2017.75>

Determining Obesity

Body Mass Index

The measurement of overweight and obesity most used is Body Mass Index (BMI). BMI measures the weight to height ratio of both adults and children but does not measure body fat directly. Having a high BMI can indicate high body fat that may lead to health problems. A person is overweight or obese if their weight is higher than what is a healthy weight for a given height.



BMI Limitations

While BMI is easy to use and can provide some indication of a person’s weight status, it is inherently limited. For example, it is possible for a very lean and muscular individual with little body fat to weigh more than others of the same height due to the weight of increased muscle. As a result, some individuals who have a healthy amount of fat tissue would be inaccurately categorized as overweight or obese using BMI measurements. Body composition instruments such as skin calipers to measure skinfold thickness, bod pods, and DEXA machines are more precise at measuring the ratio of fat versus lean tissue, but are more costly, not widely available, and require training to use.

Adult BMI

In adults, a BMI of 25 to 29.9 is considered to be overweight and a BMI of 30 or greater is considered to be obese. In contrast, below 18.5 is considered to be underweight and 18.5 to 24.9 is normal.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal/Healthy Weight
24.0 - 29.9	Overweight
30.0 & Above	Obese

$$\text{BMI} = \frac{\text{Weight (lb)} \times 703}{(\text{Height In Inches})^2}$$

Adults may calculate BMI using a table such as the one below. To calculate BMI, find the appropriate height in the left-hand column labeled “Height”. Move across to the right until you find the appropriate weight. The number at the top of the column is the BMI at that height and weight. For example, a person who is 64 inches tall and weighs 128 pounds has a BMI of 22. This person is considered to be of normal weight. In contrast, a person who is 64 inches tall and weighs 151 pounds has a BMI of 26 and is considered to be overweight.

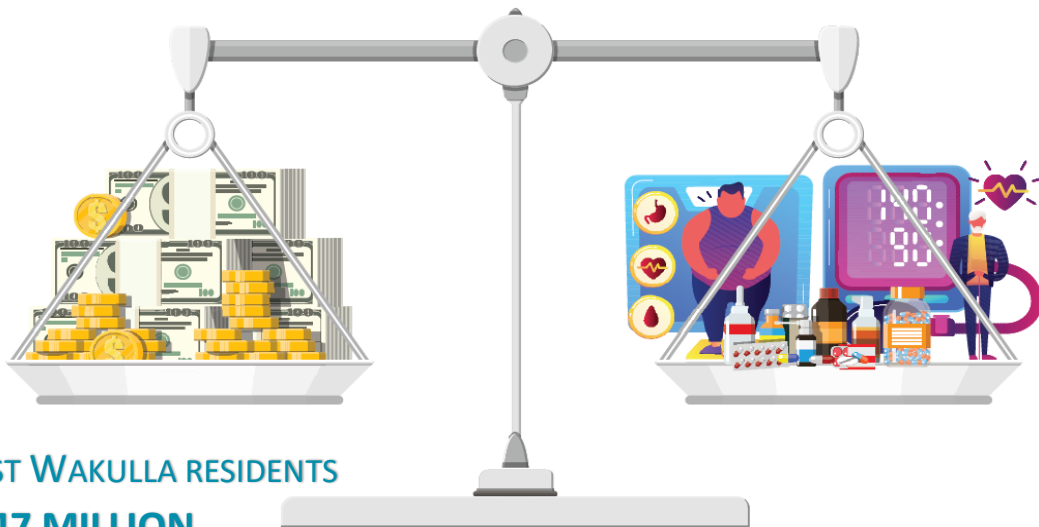
Scope of the Problem

Across the nation obesity is one of the leading causes of preventable life-years lost among adult Americans. However, obesity impacts humans across the lifecycle. At times, Wakulla County has seen its rate of increase surpass many other counties, consistently leaving Wakulla County as one of the most obese counties in the state. Future projections place Wakulla County on the path to becoming one of the most obese counties in the State by 2030 if the course is not altered through obesity prevention and reduction strategies.



Impacts

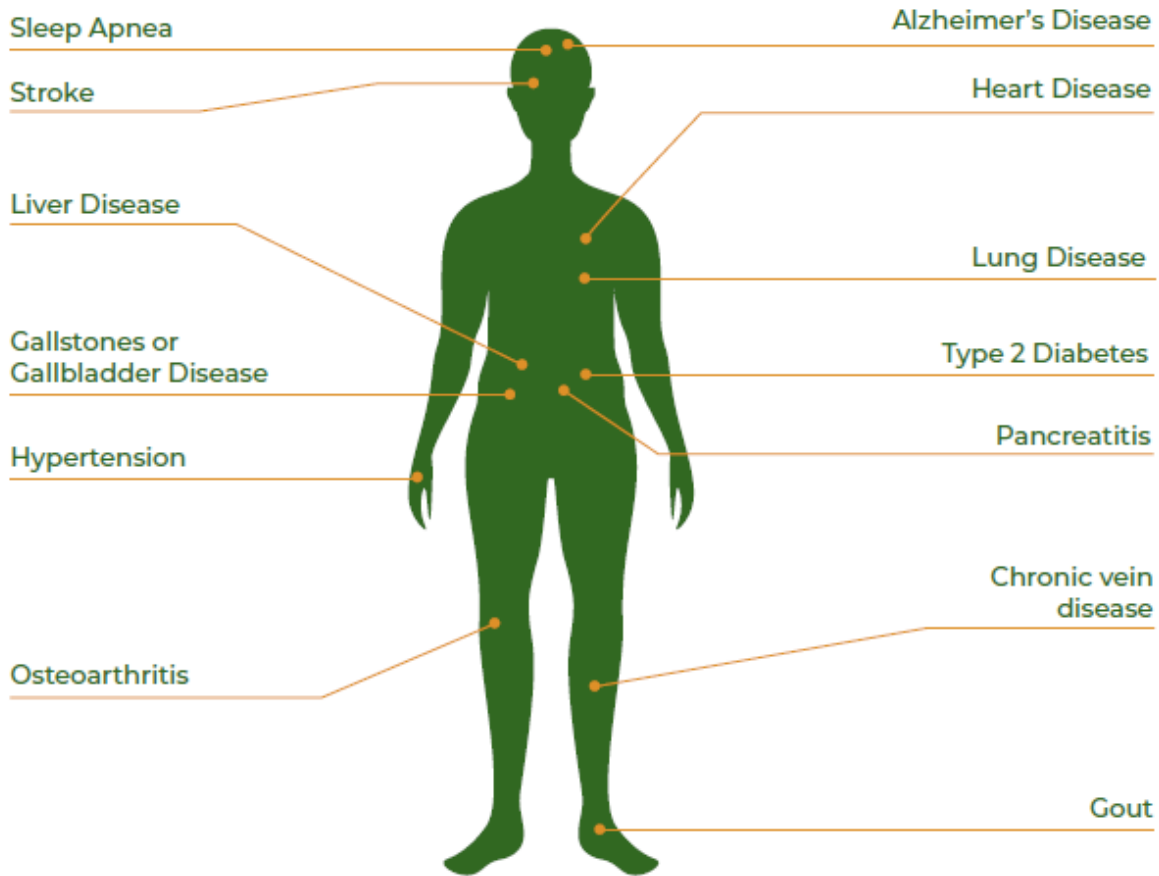
The impacts of obesity are serious and costly. According to the CDC, obesity is associated with poor mental health outcomes, reduced quality of life and an increased risk for developing chronic conditions such as hypertension, type 2 diabetes, heart disease, stroke, sleep apnea and breathing problems, some cancers, and mental illnesses such as depression and anxiety.



OBESITY COST WAKULLA RESIDENTS

\$47 MILLION

ANNUALLY IN EXPENDITURES



4 BEHAVIORS

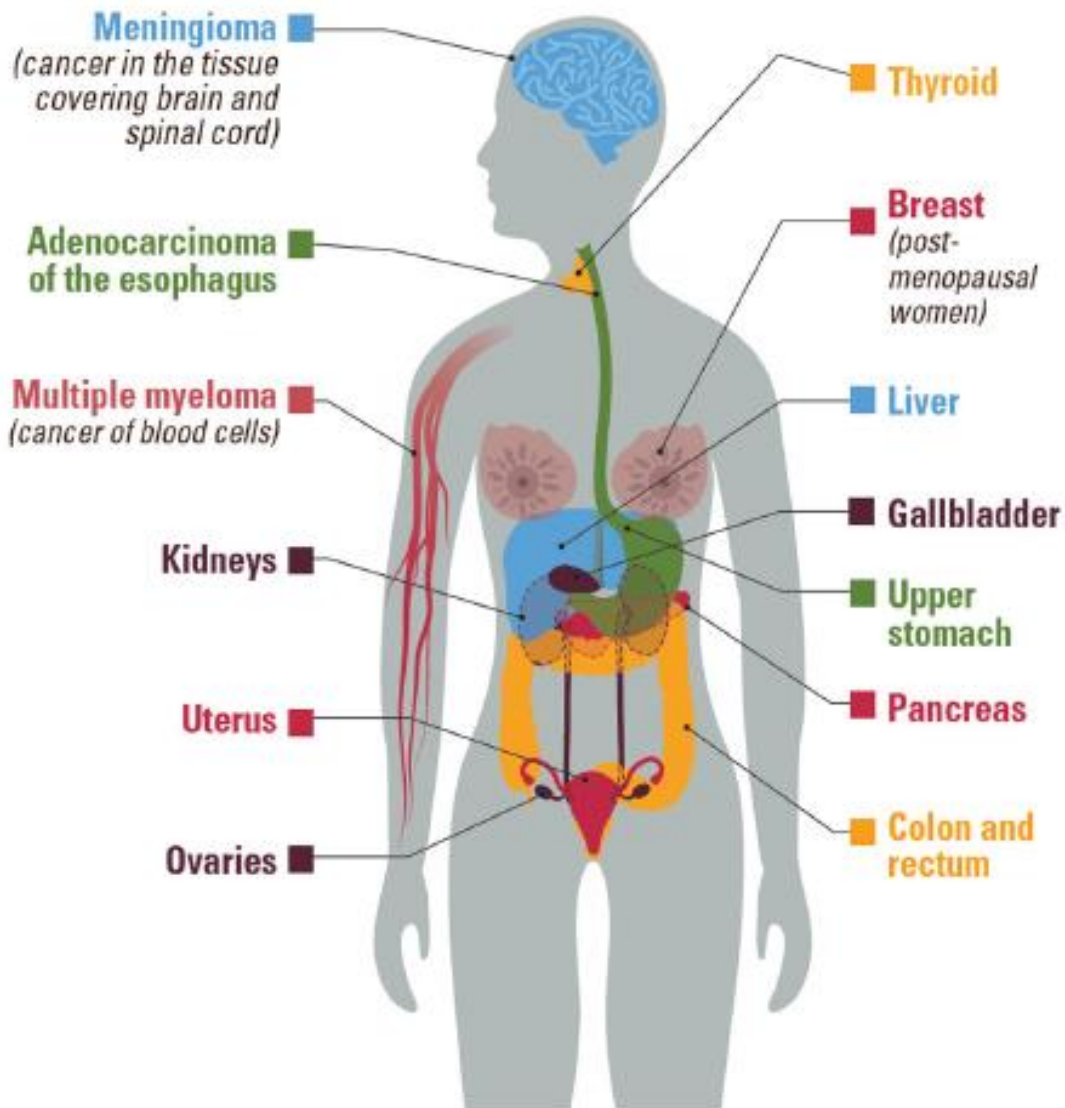


5 CHRONIC CONDITIONS



UNHEALTHY BEHAVIORS INFLUENCE FIVE CHRONIC DISEASE.
















13 cancers are associated with overweight and obesity










Being overweight or obese increases the risk for developing certain types of cancer due to excess body fat and the impact it has on:




- ▶ Immune system function and inflammation
- ▶ Levels of certain hormones (insulin and estrogen)
- ▶ Regulation of cell growth
- ▶ Proteins that influence how the body uses hormones.

Many Wakulla residents experience very poor health outcomes. Wakulla County ranks 50th in deaths due to cardiovascular disease and 55th in deaths due to cancer among the 67 counties in Florida. When looking specifically at deaths due to heart disease and cancer, Florida exceeds the national average.

	Wakulla		Florida
Life Expectancy			
Male Life Expectancy	74.4		76.9
Female Life Expectancy	79		82.6
Overall Life Expectancy	76.1		79.7
Overweight & Obese			
Adult	74.5%		64.6%
Men	33.7%		69.5%
Women	42.2%		59.7%
Elderly	64.6%		66.8%
Middle and High School	32.8%		30.4%
Childhood (WIC Ages 2-4)	32.2%		29.7%
Health Factors			
Physical Inactivity	28%		26%
Access to Exercise Opportunities	76%		89%
Sedentary Lifestyle	33.8%		26.5%
Insufficient Sleep	39%		37%
Adult Smoking	21%		15%
Limited Access Health Foods	3%		8%

Excessive Drinking	23%		20%
Diabetes prevalence	10%		9%
Hypertension	34.5%		33.5%
Clinical Care			
Primary Care Physicians	3,070:1		1,370:1
Preventable hospital stays	4,543		4,203
Age Adjusted Death Rate			
Cardiovascular Disease	337.6		205
Cancer	186.9		138.7

LEGEND

-  BETTER THAN FLORIDA OUTCOME
-  EQUAL TO FLORIDA OUTCOME
-  WORSE THAN FLORIDA OUTCOME

Obesity rates are generally higher for certain population groups than others. African Americans tend to have higher rates of obesity than Caucasians and other races, and several health conditions and chronic diseases reflect similar ethnic differences. The most consistent upstream social determinant of obesity is socio-economic status. In 2019, the highest prevalence of obesity was among those with a household income \$25,000-\$49,999 while those with more than a high school diploma continue to have the highest prevalence of obesity compared to other educational levels. Additionally, adults 45-64 years of age have the highest prevalence of obesity followed closely by the those over the age of 65. The tables below are the Wakulla County obesity demographics¹¹:

Obesity Demographics



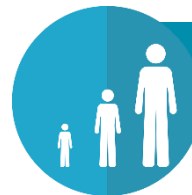
RACE/ETHNICITY	
White	33.8%
African American	No Data
Hispanic	No Data



INCOME	
Less than \$25,000	36.4%
\$25,000-\$49,999	41.5%
\$50,000 +	34.1%



EDUCATION	
Less than high school	No Data
High school or G.E.D.	27%
More than high school	36.1%



AGE	
18-44	33%
45-64	47.4%
65+	33.2%

Beliefs and socially imposed body image perceptions contribute to obesity in the aged. Knowledge, attitudes, and beliefs are behind lifestyle choices that cause obesity in the elderly.¹²

The percentage of food insecurity is 11% in Wakulla County and 12% in Florida. Food insecurity increases the risk of adverse health outcomes. When healthy food is not available consistently, the options are limited to unhealthy food which becomes part of the normal diet.

Contributing Factors

The complexity of obesity, with its many contributing factors, makes finding solutions more challenging than just telling people to “eat less and move more”. Obesity is a complex issue with many contributing factors. In general, obesity occurs when caloric intake exceeds caloric expenditures resulting in the body storing the excess calories as fat. While genetics may contribute to an increased risk of weight gain, most contributing factors (e.g., poor diet, sedentary lifestyle, excessive alcohol use) are within an individual’s control.

¹¹ Florida Charts

¹² [The social determinants of health influencing obesity for the aged in the Pakpoon community context: A qualitative study - ScienceDirect](#)

Poor Diet

The 2020–2025 Dietary Guidelines for Americans advise incorporating more fruits and vegetables into U.S. residents' diets as part of healthy dietary patterns. Adults should consume 1.5–2 cup-equivalents of fruits and 2–3 cup, equivalents of vegetables daily. A healthy diet supports healthy immune function and helps to prevent obesity, type 2 diabetes, cardiovascular diseases, and some cancers; having some of these conditions can predispose persons to more severe illness and death from COVID-19.

Sedentary Lifestyle

Obesity is a major public health condition that increases the risk of hypertension, type 2 diabetes, cardiovascular diseases, mental illness, certain cancers, and mortality.¹³ Adults in Wakulla County 65 and older are more sedentary. In fact, every age group within Wakulla is more sedentary than any age in the State.¹⁴

Lack of physical activity and an overall sedentary lifestyle are also contributing factors to obesity. Physical inactivity increases the risk of heart disease, diabetes, stroke, high blood pressure, osteoporosis, certain cancers, as well as contributes to stress.

Physical activity is bodily movement caused by your muscles. It's intentionally done and increases the number of calories you burn. When balanced with the recommended daily caloric intake, engaging in physical activity will help people maintain a healthy body weight. Physical activity decreases fat around the waist and total body fat, slowing the development of abdominal obesity. Weightlifting, push-ups, and other muscle strengthening activities build muscle mass, increasing the energy that the body burns throughout the day-even when it's at rest-and making it easier to control weight. Weight bearing exercises build bone mass and reduce the risk for osteoarthritis. Physical activity reduces depression and anxiety, and this mood boost may motivate people to stick with their exercise regimens over time.



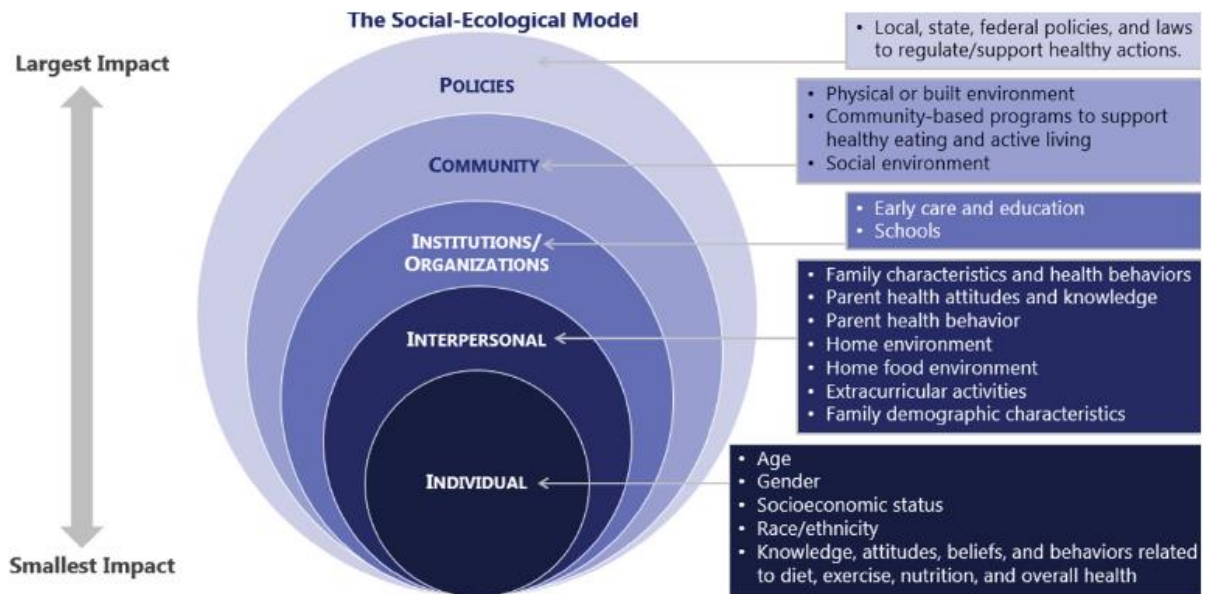
The Social- Ecological Model

Many factors influence our health from our social ties to where we live to our access to healthy food. All these factors, and many more, are interrelated and combine to create our individual lived experiences.

¹³ Centers for Disease Control and Prevention [Internet]. *Overweight & Obesity. Adult Obesity Causes & Consequences*. [Updated 05 March 2018; cited 27 September 2018]. Available from: <https://www.cdc.gov/obesity/adult/causes.html>

¹⁴ Florida Charts. www.FloridaCharts.com

They are also influenced by social norms; the environment in which we live, work, learn, and play; and public policies. The social-ecological model is one framework for understanding the multifaceted and interactive effects of the personal and environmental factors that determine behaviors and ultimately health outcomes. The model shows how various factors influence our diets, physical activity patterns, tobacco use, and ultimately health outcomes.





Recommendations Vision for the Future

Through the assessments respondents and attendees were asked about the gaps in current programs and services and their vision for a healthier Wakulla County. Some dominant themes emerged, specifically the need to address obesity and teen pregnancy. Several participants also reported a need to continue to monitor access to healthcare, while others saw a need for continued efforts to develop a collaborative process to strategically work on health communications and involvement across the various sectors of the community in advancing community health.

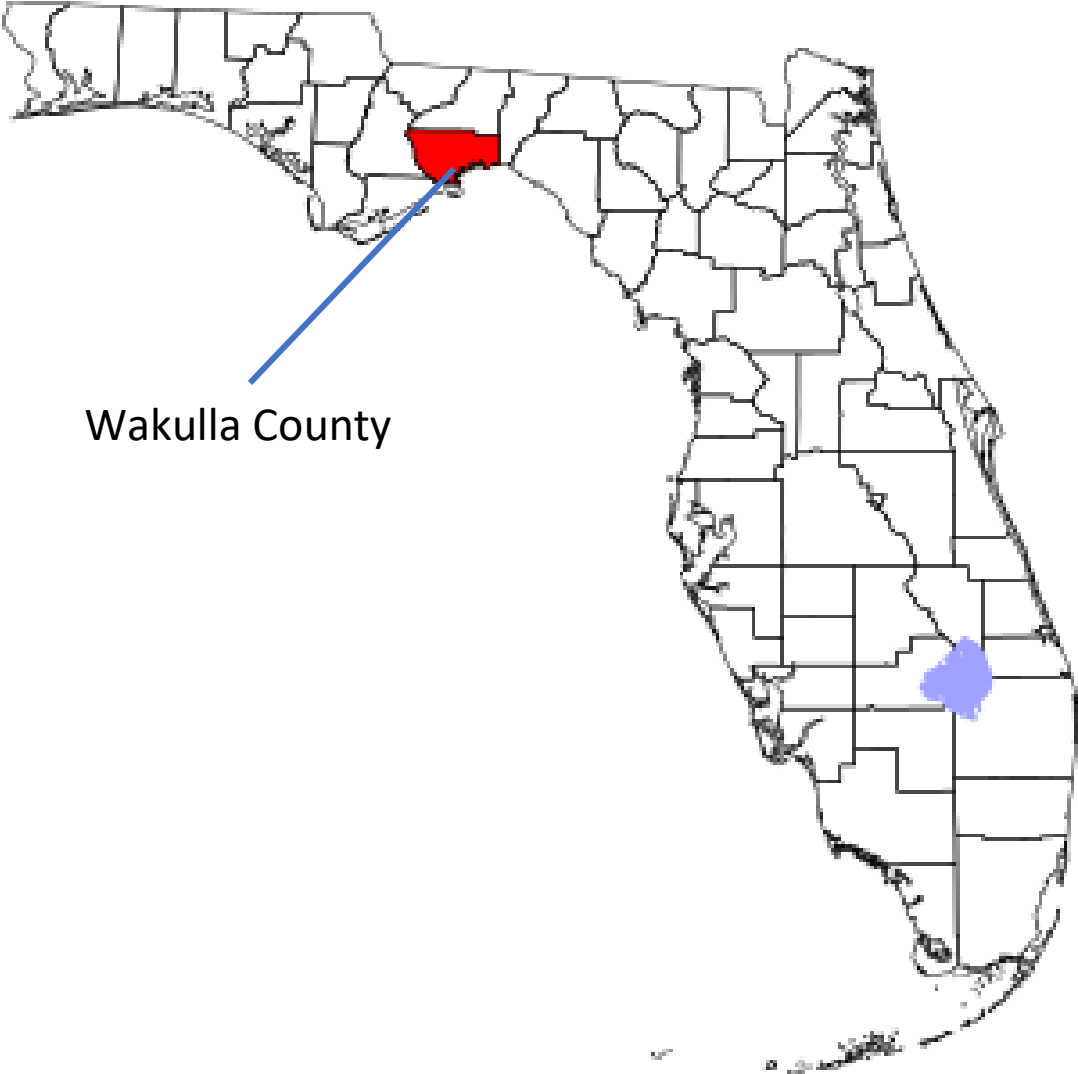
Key Overarching Themes

Based on secondary social, economic, and health data, and a community survey, this assessment report provides an overview of the social and economic environment of Wakulla County, the health conditions, and behaviors that most affect the county's residents, and the perceptions of strengths and gaps in the current health care and public health environment. Several overarching themes emerged from this synthesis:

- **Engage All Sectors of the Wakulla Community to Promote and Educate the Community on Health Equity.** County departments and community organizations were viewed as highly collaborative on their approaches to the county's challenges. Community organizations also were engaged and eager to be involved in all aspects of community initiatives. In particular, embedding and institutionalizing within the processes of government was specifically noted as important, as well as creating and sustaining intersectional collaborations and mechanisms in the decision-making process for future efforts.
- **Promote Health for a Lifetime.** County residents have an exceptionally high obesity and overweight (74.5%) rate. The partners' view is to address obesity by lifespan, ranging from the prenatal period to older adults, focusing on a comprehensive approach to obesity prevention and treatment during each lifespan category. The partnerships will collaboratively work together across the county to align programs and policies with the larger movement to create a more effective synergy of efforts to change the health outcomes by addressing obesity within community.
- **Enhance Efforts to Address Hypertension.** Assessment participants saw hypertension as important priorities for the county. Community health works play a significant role in a county wide approach to addressing health disparities, health inequities, and heart disease. Across the nation, health workers serve as linkages between patients and their social support. A key catalyst in addressing hypertension is the reduction of the patients' blood pressure by delivering free medicine, counseling them on how to eat better and exercise more, and enlisting family and friends to encourage them to take their pills and make lifestyle changes. Given the frequent concurrence of obesity and hypertension, it is no coincidence that, as the rate of obesity continues to rise, so too does the rate of hypertension. It is estimated that at least 75% of the incidence of hypertension is related to obesity. It is essential, therefore, to develop treatment strategies for the management of obesity in order to reduce the development of obesity-related hypertension, as well as to effectively manage high blood pressure, in the obese.¹⁵

¹⁵ Leggio, M., Lombardi, M., Caldarone, E. *et al.* The relationship between obesity and hypertension: an updated comprehensive overview on vicious twins. *Hypertens Res* **40**, 947–963 (2017). <https://doi.org/10.1038/hr.2017.75>

Appendix I: Map of Wakulla County, Florida



Wakulla County

Appendix II: County Health Rankings

It is important to note that the CHSA considers a cross section of indicators in the Community Health Assessment to include additional measures to ensure a holistic approach is used in addressing population needs and burdens on the community as well as on public health services.

Florida ranks 21st out of the 50 states,
Wakulla County ranks 30 out of 67 in health outcomes.

Health Outcomes represent how healthy a county is right now. They reflect the physical and mental well-being of residents within a community through measures representing not only the length of life but quality of life as well.

Wakulla County ranks 26 out of 67 counties in health factors.

Health Factors represent those things we can modify to improve the length and quality of life for residents. They are predictors of how healthy our communities can be in the future.

Wakulla (WK)



Health Outcomes

Wakulla (WK) is ranked in the higher middle range of counties in Florida (Higher 50%-75%)





































Health Factors





















Wakulla (WK) is ranked in the higher middle range of counties in Florida (Higher 50%-75%)















Wakulla County Demographics

Population	32,855
% Below 18 years of age	20.5%
% 65 and older	16.2%
% Non-Hispanic Black	13.4%
% American Indian & Alaska Native	0.8%
% Asian	0.7%
% Native Hawaiian/Other Pacific Islander	0.1%
% Hispanic	4.1%
% Non-Hispanic White	79%
% Not proficient in English	1%
% Females	46.1%
% Rural	61.7%




	Wakulla		Florida
Health Outcomes			
Length of Life			
Male life expectancy	74.4		76.9
Female life expectancy	79		82.6
Overall life expectancy	76.1		79.7
Premature Death <i>leading causes of death under age 75 annually</i>			
Malignant neoplasms	120		n/a
Diseases of heart	104		n/a
Accidents	52		n/a
Chronic lower respiratory diseases	27		n/a
Chronic liver disease and cirrhosis	22		n/a
COVID-19 age adjusted mortality	76		55
Frequent physical distress	14%		12%
Frequent mental distress	17%		14%
Diabetes prevalence	10%		9%
HIV prevalence <i>(cases per 100,000 population)</i>	360		315
Health Factors			
Health Behaviors			
Adult smoking	21%		15%
Adult obesity	35%		64.6%
Adult men	74.5%		69.5%
Adult women	33.7%		59.7%

Elderly (65 and over) overweight & obesity	42.2%		66.8%
Middle and High School overweight & obesity	64.6%		30.4%
Childhood (WIC Ages 2-4) overweight & obesity	32.8%		29.7%
Food environment index	8.3		7.0
Physical Inactivity	28%		26%
Excessive drinking	23%		20%
Alcohol driving deaths	49%		22%
Sexually transmitted diseases (STDs)	489.0		515.9
Access to Exercise Opportunities	76%		89%
Teen births	24		18
Sedentary Lifestyle	33.8%		26.5%
Insufficient Sleep	39%		37%
Food insecurity	11%		12%
Limited access to healthy foods	3%		8%
Motor vehicle crash deaths	26		15
Uninsured	12%		16%
Primary care physicians	3,070:1		1,370:1
Dentists	8,580:1		1,630:1
Mental health providers	1,430:1		550:1
Preventable hospital stays	4,543		4,203
Mammography screening	36%		44%
Flu vaccinations	37%		45%

Uninsured adults	15%		19%
Uninsured children	7%		8%
Other primary care providers	2,860:1		740:1
Social and Economic Factors			
High school completion	88%		89%
Some college	50%		64%
Unemployment	4.5%		7.7%
Children in poverty	16%		17%
Income inequality	3.6		4.6
Children in single-parent households	15%		28%
Social associations	8.9		7.0
Violent crime	219		484
Injury deaths	90		87
High school graduation	92%		87%
Reading scores	3.3		3.2
Math scores	3.3		3.3
School segregation	0.01		0.23
School funding adequacy	-\$1,247		-\$3,236
Gender pay gap	0.92		0.86
Median household income	\$64,700		\$61,700
Living wage (The hourly wage needed to cover basic household expenses plus all relevant taxes for a household of one adult and two children.)	\$34.80		\$39.24
Children eligible for free or reduced-price lunch	n/a		54%

Residential segregation - Black/white	24		56
Residential segregation - non-white/white	22		42
Childcare cost burden	21%		27%
Childcare centers	4		6
Juvenile arrests	25		24
Physical Environment			
Air pollution - particulate matter	8.0		7.8
Drinking water violations	Yes		
Severe housing problems	10%		19%
Driving alone to work	85%		78%
Long commute - driving alone	56%		43%
Traffic volume	37		552
Homeownership	84%		66%
Severe housing cost burden	7%		17%
Broadband access	84%		85%

LEGEND

-  BETTER THAN FLORIDA OUTCOME
-  EQUAL TO FLORIDA OUTCOME
-  WORSE THAN FLORIDA OUTCOME

Appendix III: Asset Inventory

Organization	Reach	Website	Phone	Address
Name	Reach	Website	Phone	Address
<i>A Woman's Place</i>	Support services, classes for women, new and expectant mothers, and breast cancer survivors. Breastfeeding support groups, retail store for supplies	http://www.tmh.org/AWomansPlace	(850) 431-4928	1301 E Sixth Ave, Tallahassee, FL 32308
<i>Alcoholics Anonymous</i>	Alcohol treatment program, counseling	https://findrecovery.com/aa_meetings/fl/wakulla/	866-518-4324	54 Ochlocknee St, Crawfordville, FL 32327
<i>America's Second Harvest of the Big Bend</i>	Food banks and distributions in Jackson, Leon, Wakulla, Jefferson, Gadsden, Madison, and Taylor counties	www.fightinghunger.org	850-562-3033	4446 Entrepot Blvd, Tallahassee, FL 32310
<i>Anchor</i>	Life skills classes provided to juvenile offenders who are assigned to complete the course by the Wakulla County courts to avoid incarceration, provided by DOH Wakulla SRAE program.		850-888-6100	48 Oak Street, Crawfordville, FL 32327
<i>Apalachee Center</i>	Addiction and recovery, outpatient treatment, substance abuse, mental health care, family, & individual counseling, mental health evaluation, emergency response services	https://apalacheecenter.org/outpatient-services/	866-472-3941	43 Oak Street, Crawfordville, FL 32327

<i>Authentic Life Church</i>	Food bank, food distributions	https://www.facebook.com/AuthenticLifeChurch/	(850) 745-6440	824 Shadeville Rd, Crawfordville, FL 32327
<i>Be A Hero to Our Heroes</i>	School supplies, A Seat at The Table discussion group, various events		850-545-5982	
<i>211BigBend</i>	Information clearing house	https://211bigbend.org/	(850) 617-6333	
<i>Big Bend AHEC</i>	Health education, tobacco cessation, and insurance navigation	https://bigbendahec.org/	(850) 224-1177	2815 Remington Green Cir Suite 100, Tallahassee, FL 32308
<i>Big Bend Hospice</i>	Family support, chaplains, grief support, end of life care, and counseling	www.bigbendhospice.org	850-926-9308	2889 Crawfordville Highway, Crawfordville, FL 32327
<i>Capital Area Community Action Agency</i>	Assists eligible families who need help paying their electric bill, locating stable housing, weatherization programs, Head Start to income eligible families, offers Getting Ahead program that works with individuals to teach more than living in crisis.	http://capitalareacommunityactionagency.com/	(850) 926-3122	Dubreja Plaza, 2889 Crawfordville Highway, Crawfordville, FL 32327
<i>Capital City Youth Services</i>	Provides access, linkages, and crisis intervention services to and on behalf of youth and families in crisis, provides a continuum, advocate for preventive, protective, counseling, and educational services to families, youth and children.	https://www.ccys.org/	(850) 576-6000	2407 Roberts Ave, Tallahassee, FL 32310

<i>Career Source</i>	Solutions for employers include recruitment assistance, skills assessments for applicants, customized training, and information on tax incentives. Solutions for career seekers, (16+) include career counseling, resume assistance, training, and skills development. Employers and career seekers are matched through Employ Florida. All solutions are provided at little to no cost.	https://www.careersourcecapitalregion.com/	(850) 926-0980	3278 Crawfordville Hwy suite g, Crawfordville, FL 32327
<i>Children's Home Society of Florida</i>	Post-Adoption Support, Children's Advocacy Center, Child Protection Team, Counseling, Community Partnership Schools, Early Steps, Healthy Start	https://chsfl.org/	(850) 488-0506	1801 Miccosukee Commons Dr, Tallahassee, FL 32308
<i>Disc Village</i>	Individualized substance uses and mental health treatment options for youth, addiction counseling, and services for adults.	https://discvillage.org/	(850) 926-2452	85 High Dr, Crawfordville, FL 32327
<i>Eden Springs</i>	Physical, occupational, speech therapies, care for elderly, disabled adults, Alzheimer's care	https://edenspringsrehab.com/	850-926-7181	4679 Crawfordville Highway, Crawfordville, FL 32327

<i>Farm Share</i>	Food distributions at local churches	Christ Church Anglican, Lake Ellen Baptist Church, Life of Christ Church, Ochlocknee Bay United Methodist, Pioneer Baptist Church, Promise Land Ministries, Shady Sea Missionary Baptist, Spirit Life Full Gospel Church, and Wakulla United Methodist		
<i>FDLE</i>	Law enforcement, investigations, information	www.fdle.state.fl.us	850-410-7000	2331 Phillips Rd, Tallahassee, FL 32308
<i>FL Department of Children & Families</i>	Abuse reporting for children and adults, adoption information, counseling, childcare locator, food assistance, medical care assistance	https://www.myflfamilies.com/contact-us/region/northwest.shtml	850-778-4045, Abuse hotline - 800-962-2873	2383 Phillips Road, Tallahassee, FL 32301
<i>Florida Dept of Health in Wakulla County</i>	Women's care, dental clinic, environmental health/inspection, community health services, youth life skills programs, health equity programs, tobacco cessation, death and birth certificate	https://wakulla.floridahealth.gov/	850-926-0400	48 Oak Street, Crawfordville, FL 32327
<i>Florida Wild Mammal Association</i>	Wildlife conservation, rescue, volunteer opportunities	www.wakullawildlife.org	850-363-2351	198 Edgar Poole Rd, Crawfordville, FL 32327
<i>Good Will</i>	Resale clothing items, household goods, toys, donations, employment	https://www.goodwillbigbend.org/	850-926-2253	2173 Crawfordville, FL 32327
<i>HCA-Capital - Wakulla</i>	Primary care	https://capitalregionalmedicalgroup.com/locations/capital-regional-medical-group-crawfordville/	850-926-6363	2382 Crawfordville Highway, Crawfordville, FL 32327
<i>Healthy Families</i>	Education, pre- and post-natal education, parenting skill building, child	http://www.healthyfamiliesfla.org/about_us.html	850-926-0400	48 Oak Street, Crawfordville, FL 32327

	development, serves families with children up to 5 yrs.			
Healthy Start	Education, pre- and post-natal education, parenting skill building, child development, serves families up to 3 years	https://capitalareahealthystart.org/	850-926-0400	48 Oak Street, Crawfordville, FL 32327
Judicial Circuit, Wakulla Public Defender's Office	Baker acts, juvenile offenders, offenders/ex-offenders' issues, public defender	https://www.flpd2.com/wakulla.php	850-926-0912	3056 Crawfordville Hwy, Crawfordville, FL 32327
Keep Wakulla Beautiful	Hazardous waste collection, beach, forest clean-up activities	www.kwcb.org	850-926-0830	
Lake Ellen Alzheimer's Respite Care Program	Respite daycare for adults with Alzheimer's & dementia	www.lakeellenbaptistchurch.org	850-926-5265	4495 Crawfordville Highway, Crawfordville, FL 32327
Lions Club - Crawfordville	Free or reduce fee eye exams, eye surgery, glasses, diabetes needs assistance	https://e-clubhouse.org/sites/crawfordvillefl/page-6.php	850-597-5300	
North FL Child Development/ Wakulla County Head Start	Educational services/childcare for income eligible families	https://www.facebook.com/pages/Bright-Beginnings-Preschool-Daycare/122099501180694	(850) 926-9949	360 Shadeville Rd, Crawfordville, FL 32327
North Florida Medical - Panacea	Family primary care, Medicaid, Medicare, sliding fee scale	https://www.northfloridamedicalcenters.org/locations/panacea/	850-984-4735	1328 Coastal Highway, Panacea, FL 32346
Operation Wakulla	Limited financial/utility assistance, Operation Santa, Wakulla Feeding Wakulla	https://www.facebook.com/OperationWakullaInc/	205-310-0942	
Patients First	Urgent care, physicals, travel medicine, testing	https://patientsfirst.com/	Opening soon	
Promise Land Ministries	Rehabilitation, intervention, food pantry, homeless assistance,	www.promiselandministries.org	850-926-3281	20 Churches Road, Crawfordville, FL 32327

	counseling, transitional housing/shelter, men only			
<i>Refuge House</i>	Provide direct services to victims of domestic violence and sexual assault, and to their children and families	https://refugehouse.com/	(850) 681-2111	1517 S Adams St, Tallahassee, FL 32301
<i>Salvation Army</i>	Emergency financial assistance, food pantry, disaster services, youth programs, worship services, holiday assistance	https://salvationarmyflorida.org/tallahassee/	850-222-0304	2410 Allen Road, Tallahassee, FL 32312
<i>SHINE Program</i>	Serving Health Insurance Needs of Elders	https://www.floridashine.org/	800-963-5337	4040 Esplanade Way, Suite 270 Tallahassee, FL 32399-7000
<i>Sopchoppy Senior Citizens Thrift Shop</i>	Resale of clothing items, household goods, donations			100 Municipal Avenue, Sopchoppy, FL
<i>Tallahassee Community College - Wakulla</i>	Education, nature conservancy, testing	https://www.tcc.fl.edu/workforce-development/about-wd/wakulla-center/	850-558-3525	2932 Crawfordville, Hwy, Crawfordville, FL 32327
<i>Tallahassee Memorial Diabetes Center</i>	Providing medical, educational, nutritional and exercise services to those who qualify.	https://www.tmh.org/location/tallahassee-memorial-metabolic-health-center	(850) 431-5404	2633 Centennial Blvd Ste 100, Tallahassee, FL 32308
<i>Tallahassee Memorial Health Care - Wakulla</i>	Primary care, pediatrics, family planning, pregnancy testing	www.tmh.org	850-926-7105	15 Council Moore Rd, Crawfordville, FL 32327
<i>The Alzheimer's Project</i>	Support, information and education about Alzheimer's, dementia	www.alzheimersproject.org	850-386-2778	301 E Tharpe St, Tallahassee, FL 32303
<i>UF/IFAS Wakulla County Extension Office</i>	4-H, consumer education, wildlife conservation, agriculture,	http://wakulla.ifas.ufl.edu	850-926-3931	84 Cedar Avenue, Crawfordville, FL 32327

	camps, family life, summer programs			
<i>VA Outpatient Clinic</i>	Primary care, mental health, specialty care, social programs and services, other services	https://www.va.gov/north-florida-health-care/	(850) 878-0191	2181 East Orange Ave, Tallahassee, FL 32311
<i>Wakulla Animal Shelter</i>	Animal control, rescue, pet adoptions, volunteer recruitment, wildlife conservation	https://www.mywakulla.com/departments/public_safety/animal_services/animal_control/index.php	850-926-0902	1 Oak Street, Crawfordville, FL 32327
<i>Wakulla County Chamber of Commerce</i>	Business directory, business-related counseling	www.wakullacountychamber.com	850-926-1848	23 High Dr, Crawfordville, FL 32327
<i>Wakulla County Christian Coalition</i>	Provides scholarships, elder and family assistance	https://www.facebook.com/wakullacoalition/		
<i>Wakulla County Coalition for Youth</i>	Community resource group	https://www.facebook.com/WakullaCCY/		
<i>Wakulla County Emergency Management</i>	Storm/disaster preparations, safety, special needs shelters, storm/disaster recovery	www.wcso.org	850-745-7100	15 Oak Street, Crawfordville, FL 32327
<i>Wakulla County Housing Department</i>	Utility assistance, home buying assistance, home rehab program, weatherization, low-income subsidized housing	www.mywakulla.com	850-926-7962	11 Bream Fountain Rd, Crawfordville, FL 32327
<i>Wakulla County Parks and Recreation</i>	Community sports, parks, facilities reservations	www.mywakulla.com	850-926-7227	318 Shadeville Road, Crawfordville, FL
<i>Wakulla County Public Library</i>	Summer programs, computer access, education, tax preparation, children's	www.wakullalibrary.org	850-926-7415	4330 Crawfordville Highway, Crawfordville, FL 32327

	programs, meeting rooms			
<i>Wakulla County Schools</i>	Education services for pre-k, kindergarten, elementary, middle, high schools, second chance program & GED/adult education, and exceptional student services	www.wakullaschooldistrict.org	850-926-0065	69 Arran Road, Crawfordville, FL 32327
<i>Wakulla County Sherriff's Office</i>	Law enforcement, counseling/mentoring students, crisis intervention, crime prevention advocacy	https://www.wcso.org/	850-745-7100	15 Oak Street, Crawfordville, FL 32327
<i>Wakulla County Transportation</i>	provide transportation to county residents, fees many apply	https://www.wakullaseniorcenter.com/transportation	850-926-7145	33 Michael Drive, Crawfordville, FL 32327
<i>Wakulla County Veterans' Services</i>	Offers a wide range of services, programs, and advocacy initiatives to assist and support veterans, spouses, and dependents navigate the VA system.	https://www.mywakulla.com/departments/veterans_services/index.php	850-926-0919, x. 751, 850-662-8231	3093 Crawfordville Hwy, Crawfordville, FL 32327
<i>Wakulla Feeding Wakulla</i>	Emergency food distribution on individual basis, free-standing food boxes	https://m.facebook.com/Wakulla-Feeding-Wakulla-104816615228797/?ref=py_c	850-597-5300	
<i>Wakulla Pregnancy Center</i>	Free pregnancy testing, maternity clothing, counseling, education, support group, etc.	www.wakullapregnancycenter.org	850-210-1276	886 Woodville Highway, Crawfordville, FL 32327
<i>Wakulla Senior Citizens Center</i>	Caregiver counseling, campion program, meals	https://www.wakullaseniorcenter.com/	850-926-7145	33 Michael Drive, Crawfordville, FL 32327

	on wheels, in home assistance, personal, care, respite care, support groups, on-site daycare for adults			
<i>Wakulla Senior Citizens Council Before/After School Program</i>	Before & after school childcare, some summer care offered	https://www.wakullaseniorcenter.com/	850-926-7145	
<i>Wakulla Urgent Care</i>	Primary care, x-rays, lab work, drug screens	www.wakullaurgentcare.com	850-926-3140	41 Feli Way, Crawfordville, FL 32327
<i>WIC</i>	Nutrition education, breastfeeding support, food supplementation	https://www.floridahealth.gov/programs-and-services/wic/	850-606-8300	48 Oak Street, Crawfordville, FL 32327
<i>OUR Florida Program - Relief for Past Due Rent and Utilities</i>	The Florida Department of Children and Families (DCF) has a program called OUR (Opportunities for Utilities and Rental Assistance). This is a federally funded emergency rental assistance relief program to support residents and businesses as they continue to recover and rebuild. This program is available directly from DCF (not through the Wakulla County BOCC).	www.ourflorida.com	833-493-0594	

Appendix IV: Acknowledgements

This report is a collaborate partnership of individuals, organizations, and agencies engaged in improving the health and quality of life in Wakulla County.

Rachel Pienta, 4H

Kenny Manning, A Seat at the Table

Shannon Larson, Amazing Mail Solutions

Mike Kemp, Apalachee Center - Wakulla

Amy Marcelja, Authentic Life Church

Kenny Manning, Be A Hero to Our Heroes

Stephanie Weems, Big Bend 211/Spirit & Truth

David Conn, Bevis Funeral Home

Emily Kohler, Big Bend AHEC

Kara Walker, Big Bend Hospice

Ashley Schilling, City of Sopchoppy

Jeff LaChapelle, COAST Charter

Joe Morgan, County Elections

Beverly Johnson, Disc Village

Sandra Porras-Gutierrez, FL Dept of Children & Families

Andrew Keith, Crawfordville Lions Club

Ellen MacMichael, FL DOH- Child Care Nutrition

Marva Preston, Grace Embraced Ministry

Angie Bozeman, Guardian Adjusting

Jim Needham, Honey Lake Clinic

James Wyllie, Kiwanis Club Wakulla

Rick Levin, Levin Lawn Care

Herb Donaldson, Palaver Tree

Shirley Howard, Crawfordville Lions Club

Dianne Woodard, Little Salem Primitive Baptist Church

Sabrina Zeagers, Myra Jean's Family Restaurant

Denise Colangelo, Operation Wakulla
Herb Donaldson, Palaver Tree Theatre
Brent Couch, Simply Health Healthcare Plans
Lisa McCloudy, Sodexo
Dave Pierce, Sopchoppy Community Dinner
Judy Harris, St Marks Powder Plant
Brian Miller, State Attorney's Office - Wakulla
Elaine Gary, Waypoint Realty
Cerrisa Fondo, Tallahassee Community College - Wakulla Campus
Tamara Metcalf, Tallahassee Memorial Healthcare - Wakulla
L Stokley, Tallahassee Orthopedic Sports & Physical Therapy - Wakulla
Chelsea Marshall-Hirvela, UF-IFAS Regional
Samantha Kennedy, UF-IFAS Wakulla
Lisa Rickert, Wakulla Urgent Care
Jessica Welch, Wakulla Board of County Commissioners
Debbie Fell, Wakulla Christian School
Evelyn Savary, Wakulla County Guardian Ad Litem program
Amy Bryan, Wakulla County School Board
Ray Johnson, Wakulla County Sheriff's Office
Robyn Drummond, Wakulla Public Library
Bill Snowden, Wakulla Sun
Juanise Hoover, Wakulla Wellness Task Force
Elaine Gary, Waypoint Realty
Dykibra Gaskin, WIC/FL DOH

