

# CALHOUN COUNTY

## COMMUNITY HEALTH ASSESSMENT 2022—2025



Florida  
Department  
of Health in  
Calhoun County

Submitted by:



**ASCENDANT**  
HEALTHCARE PARTNERS

Transforming communities for healthier lives

## Table of Contents

Executive Summary.....	3
Methods .....	3
2022 Health Priority .....	3
Key Assessment Findings of the Community.....	4
Advisory Structure and Engagement Process.....	5
What is a Community Health Assessment?.....	5
Health Department Accreditation .....	6
Demographic and Socio-Economic Characteristics.....	8
Mobilizing for Action through Planning and Partnerships.....	13
MAPP Assessments .....	13
Visioning .....	14
Community Health Status Assessment .....	15
Local Public Health Assessment.....	19
Forces of Change Assessment .....	21
Community Themes and Strengths Assessment .....	24
Social Determinants of Health .....	27
Health Priority Selection Methodology .....	45
Determining Obesity .....	46
Scope of the Problem .....	49
Key Overarching Themes .....	57
Appendix I: Map of Calhoun County, Florida .....	58
Appendix II: County Health Rankings .....	59
Appendix III: Asset Inventory .....	65
Appendix IV: Acknowledgements .....	70



## Executive Summary

In 2022, through the Community Health Assessment-Community Improvement Plan Initiative, the Florida Department of Health in Calhoun 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 Calhoun County and making that vision a reality.
4. Position the Florida Department of Health in Calhoun 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 Calhoun 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 Calhoun County (DOH Calhoun), community partners, and residents have come together to identify the health priority. Calhoun County includes a significantly high overweight and obesity rate (70.2%) which is the gateway to hypertension (35.5%), and Type 2 Diabetes (13.2%). 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.

The DOH Calhoun 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 and patients 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

- Calhoun County includes a significantly high overweight and obesity rate (70.2%) which is the gateway to hypertension (35.5%), and Type 2 Diabetes (13.2%)
- The African American population holds the highest obesity rate at 50%.
- Adults who are obese is significantly higher than the State of Florida in all age groups.
- In 2019, 45% of the middle and high school students were overweight or obese compared to 2010 when 27%.
- Food insecurity is highest among children in school from kindergarten to 12<sup>th</sup> grade.
- The elderly, which is defined as a resident at least 65 years old, make up 16% of the population, and 30% of them are considered obese.
- Cancer and heart disease effect all ethnicities in Calhoun County.
- The teen pregnancy rate is higher than the State with most occurrences occurring with African Americans.
- The U.S. Census identifies individuals with a household income of up to 200% of the poverty level as low income. Calhoun County's percentage is 42.6%. In addition, the percent of the population below the poverty level within the County is 16.3%.

# Introduction

## Advisory Structure and Engagement Process

The CHA is Calhoun’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.

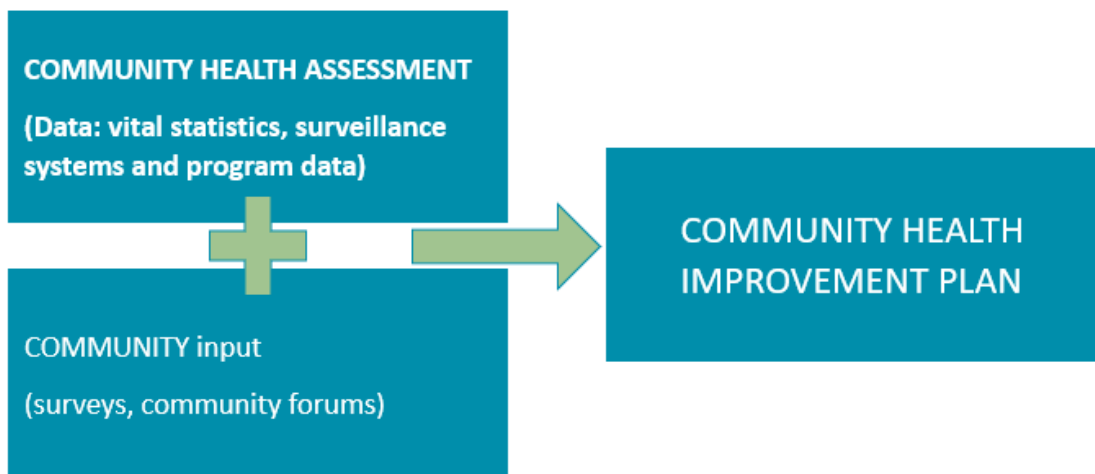
Collaborating partners in the completion of this report include DOH Calhoun, local non-profit organizations, and local government agencies. This multi-sector representation of community partners and stakeholders was formed during the CHA. The Community Health Advisory Group (CHAG) will be instrumental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

The CHA process was conducted under the direction of DOH Calhoun 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 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 Calhoun's commitment to the residents. The data presented in this CHA accurately represents the population served by DOH Calhoun. 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 Calhoun County regardless of race or ethnicity, and National datasets that represent all individuals living within the Calhoun 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 Calhoun County and 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 DOH Calhoun 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

Calhoun County is a rural, sparsely populated county in Northwest Florida. 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, those without transportation have great difficulty utilizing opportunities outside their local neighborhood, especially accessing health care. Often those without transportation must rely

on friends or family to bring them to a health care provider or pay a service to bring them to their health care provider, drug store or other essential functions. Additionally, the availability of healthy food choices is severely limited with only one grocery-store options in the county. Compounding these barriers is the lack of insurance, poverty and education level.



Calhoun County encompasses 567 square miles in the Panhandle of

Northwest Florida. Calhoun County is bordered by Jackson County (north), Gulf County (south), Bay County (west), and Liberty County (east). The Apalachicola River runs along the county's eastern border. The county seat and largest city is Blountstown.

The county's population comprised an estimated 14,324 residents, less than 0.1% 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 41.9 years old; children (i.e., individuals ages 17 and under) make up one-fifth (20%) of the population and adults ages 65 and older comprise 16%. 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.

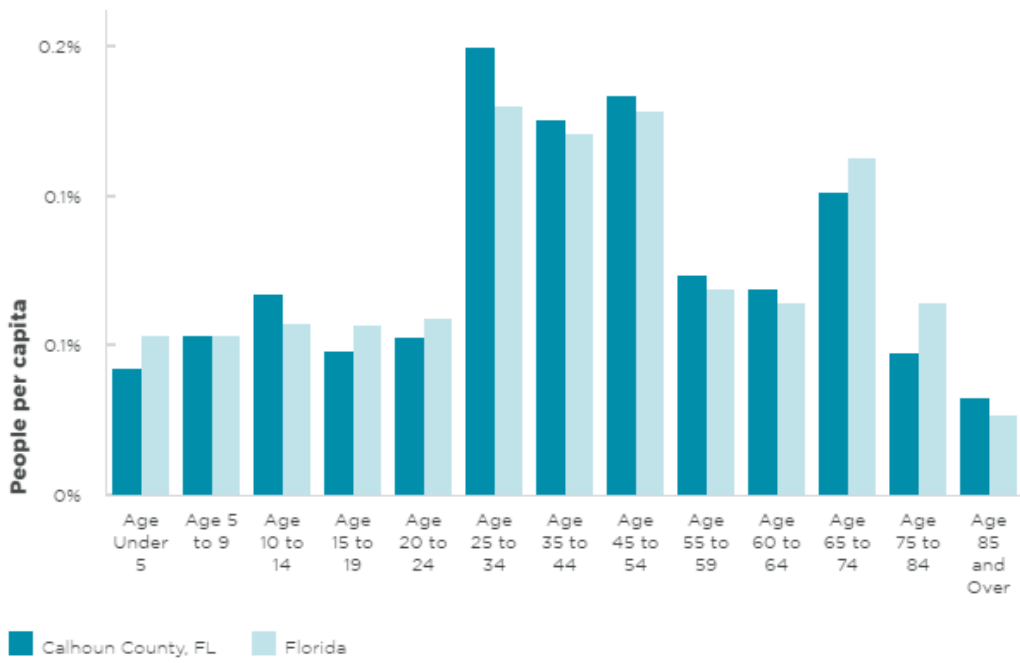
### Population and Age Distribution

#### Age

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



## Age Totals

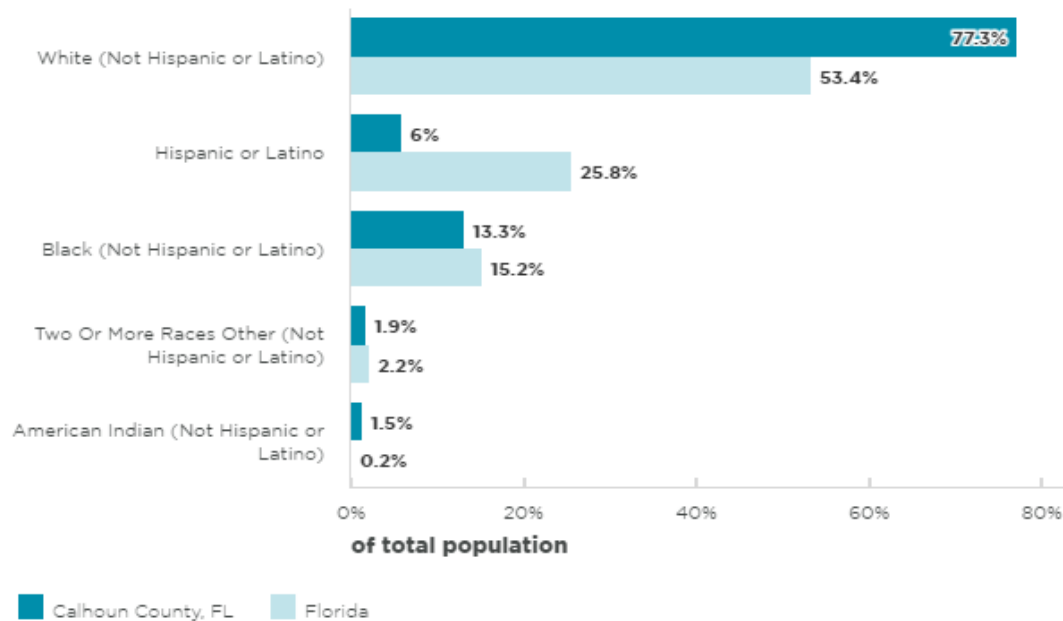


Sources: US Census Bureau ACS 5-year 2016-2020

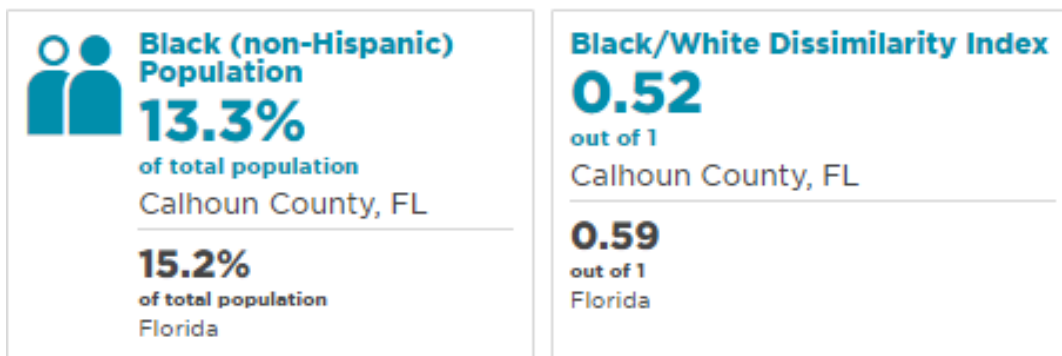
## Race and Ethnicity

The population has shifted from the last assessment in 2016 in which 84% of the county residents were identified as White to 77.3% in 2020. People of color make up 23% of the overall populations, with African American (13.3%) being the largest race, followed by Hispanics (6%) and the remainder are American Indian or not displayed below due to insufficient representation within the population.

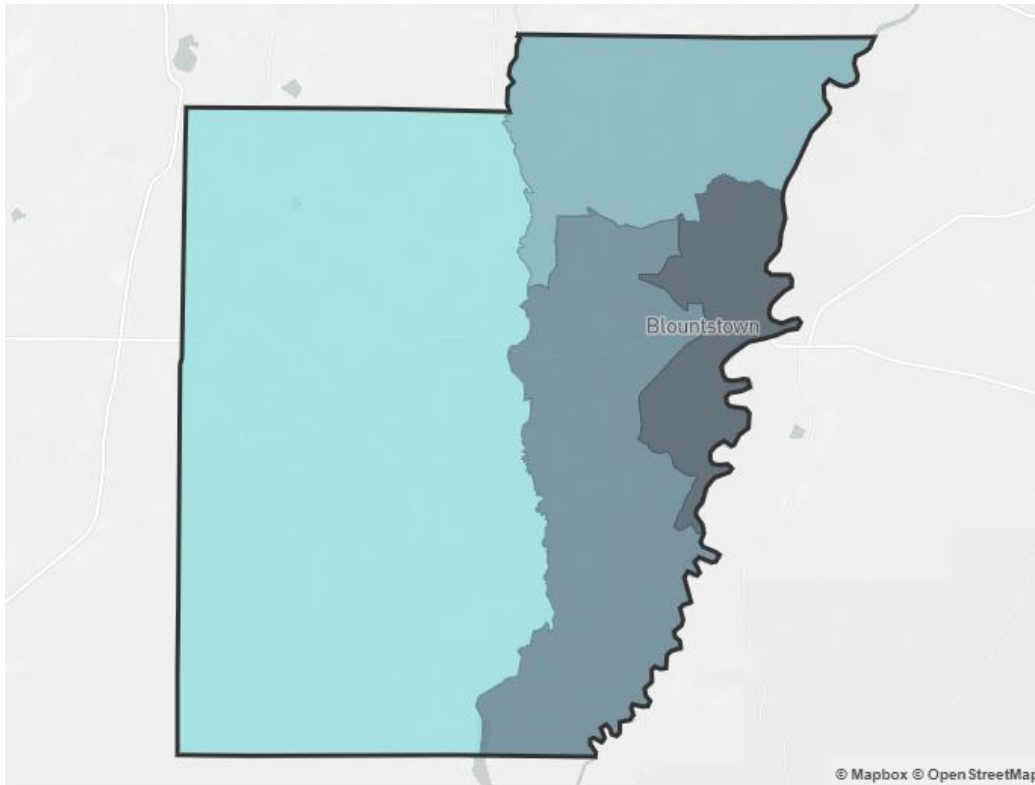
### Total Population by Race/Ethnicity



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

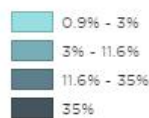


Sources: US Census Bureau ACS 5-year 2016-2020



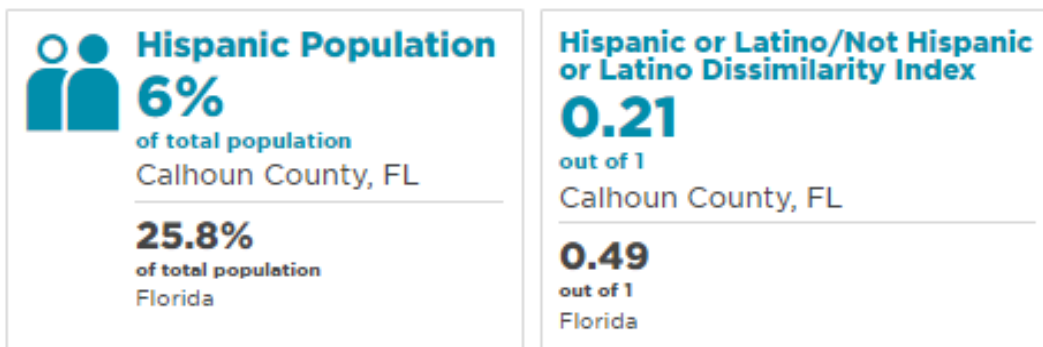
Calhoun County, FL

Race/Ethnicity - Black (non-Hispanic) per capita

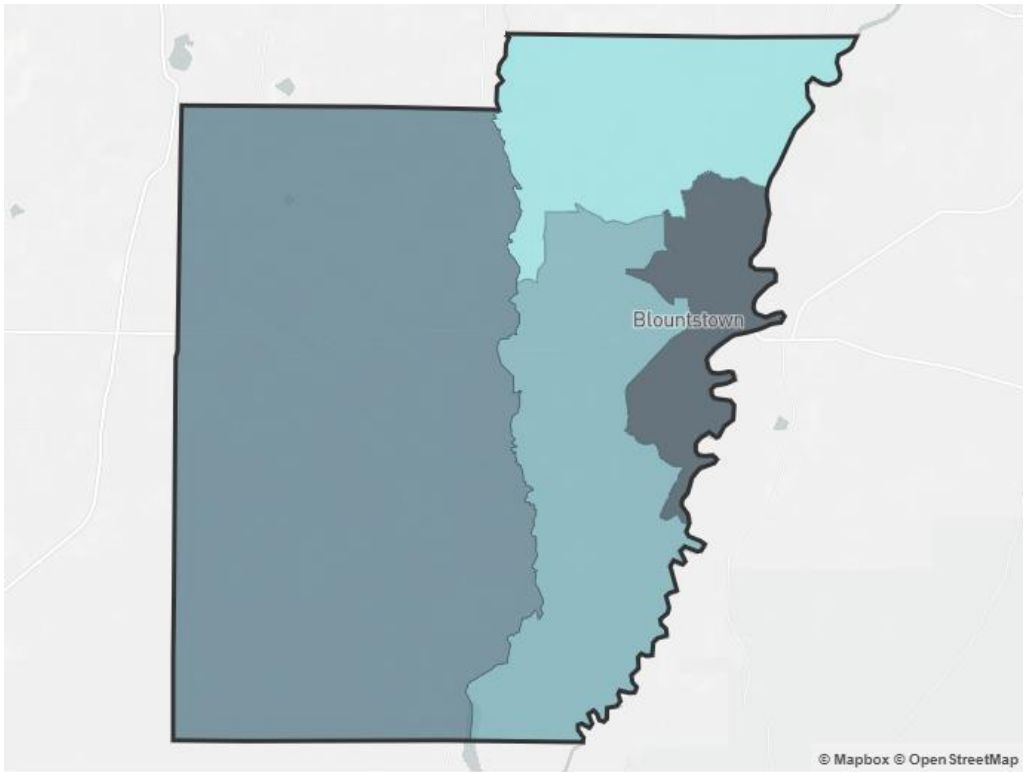


Sources: EPA Smart Location Database 2019; US Census Bureau ACS 5-year 2016-2020

Sources: US Census ACS 5-year



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



Calhoun County, FL

**Race/Ethnicity - Hispanic per capita**

- 1.2% - 5.1%
- 5.1% - 5.3%
- 5.3% - 10.4%
- 10.4%

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 DOH Calhoun, 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

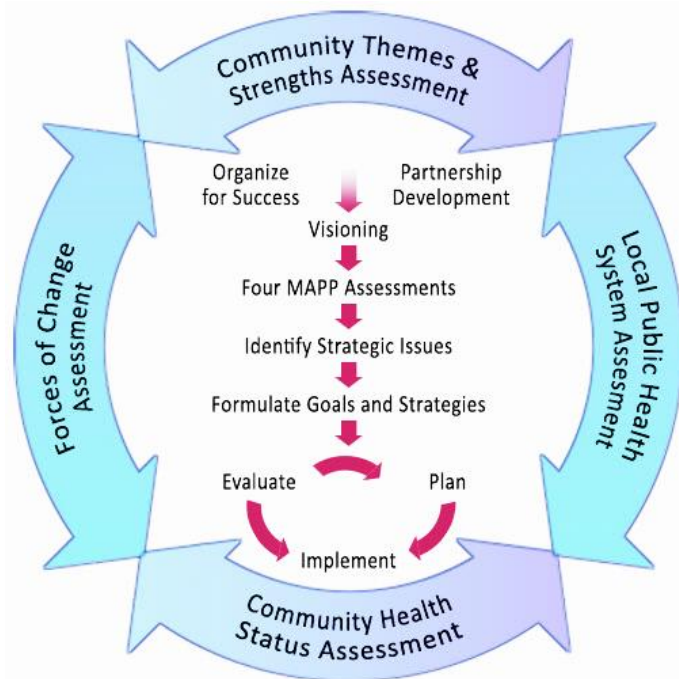
Achieving health equity requires collaboration, coordination, and collective action. Through this guided process, it can help communities develop a culture of continuous collaborative health improvement.

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 Calhoun County and constitute Calhoun'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 Calhoun County?
- How do you envision the local public health system in the next five or ten years?
- What does a healthy Calhoun 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 Calhoun County.

**VISION:** Calhoun County will be among the healthiest in the nation-a vibrant, well served community enjoyed by all, supported by a diverse and highly collaborative network of partners.

**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.<sup>1</sup> 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

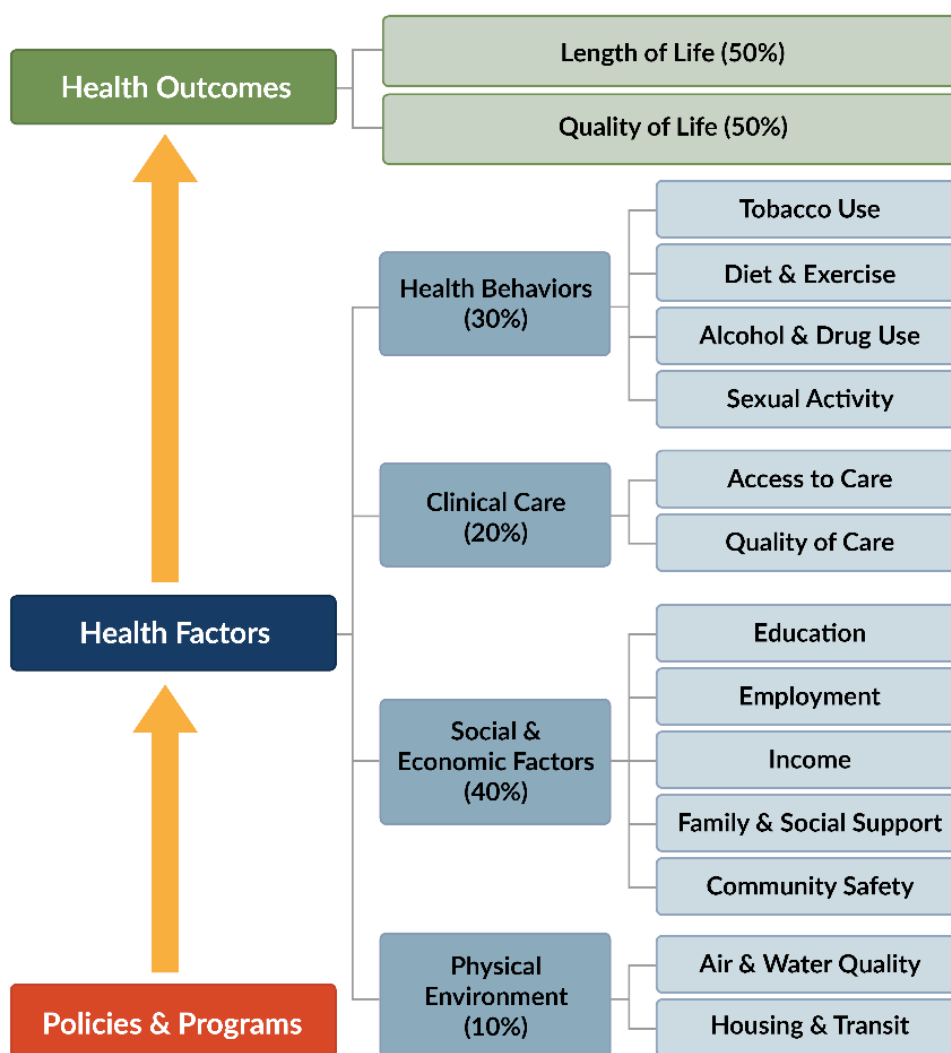
From this cross section, state and county data for health status indicators and demographic indicators were collected.

### 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

<sup>1</sup> 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 include 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 at local, state, and federal 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.'"<sup>2</sup>

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.

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<sup>2</sup> 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 model<sup>3</sup> 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

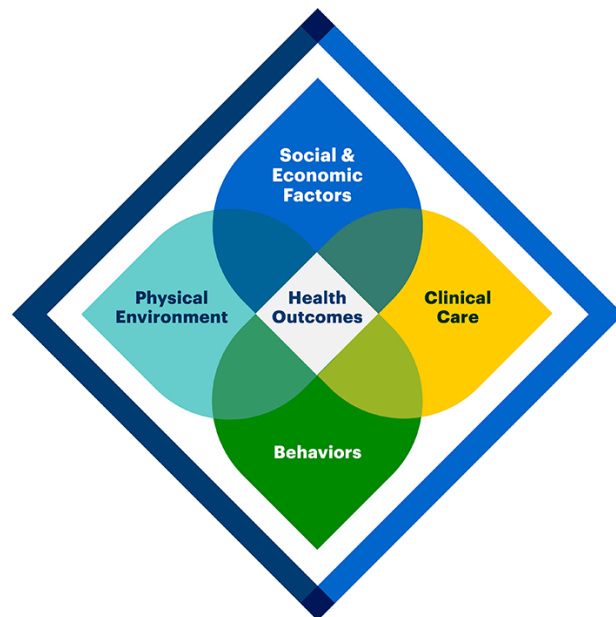
The America’s Health Rankings model, shown below, includes four drivers, or determinants of health: social and economic factors, physical environment, clinical care, and behaviors all of which influence the five-model category, health outcomes.

Florida ranks 21 in the **social & economic factors**. This 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 which 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** which 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 which 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.



<sup>3</sup> 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

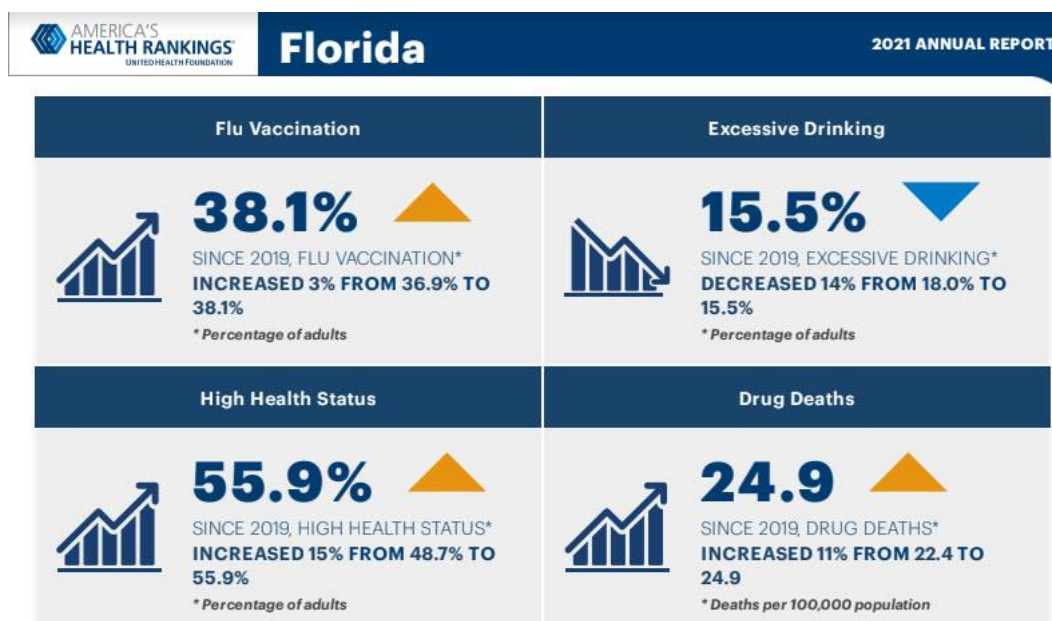
- Low prevalence of excessive drinking
- Low prevalence of frequent mental distress
- Low prevalence of obesity
- High prevalence of exercise
- Low racial gap in high school graduation
- Low percentage of housing with lead risk

### 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 Calhoun 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.

Calhoun 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 Calhoun 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

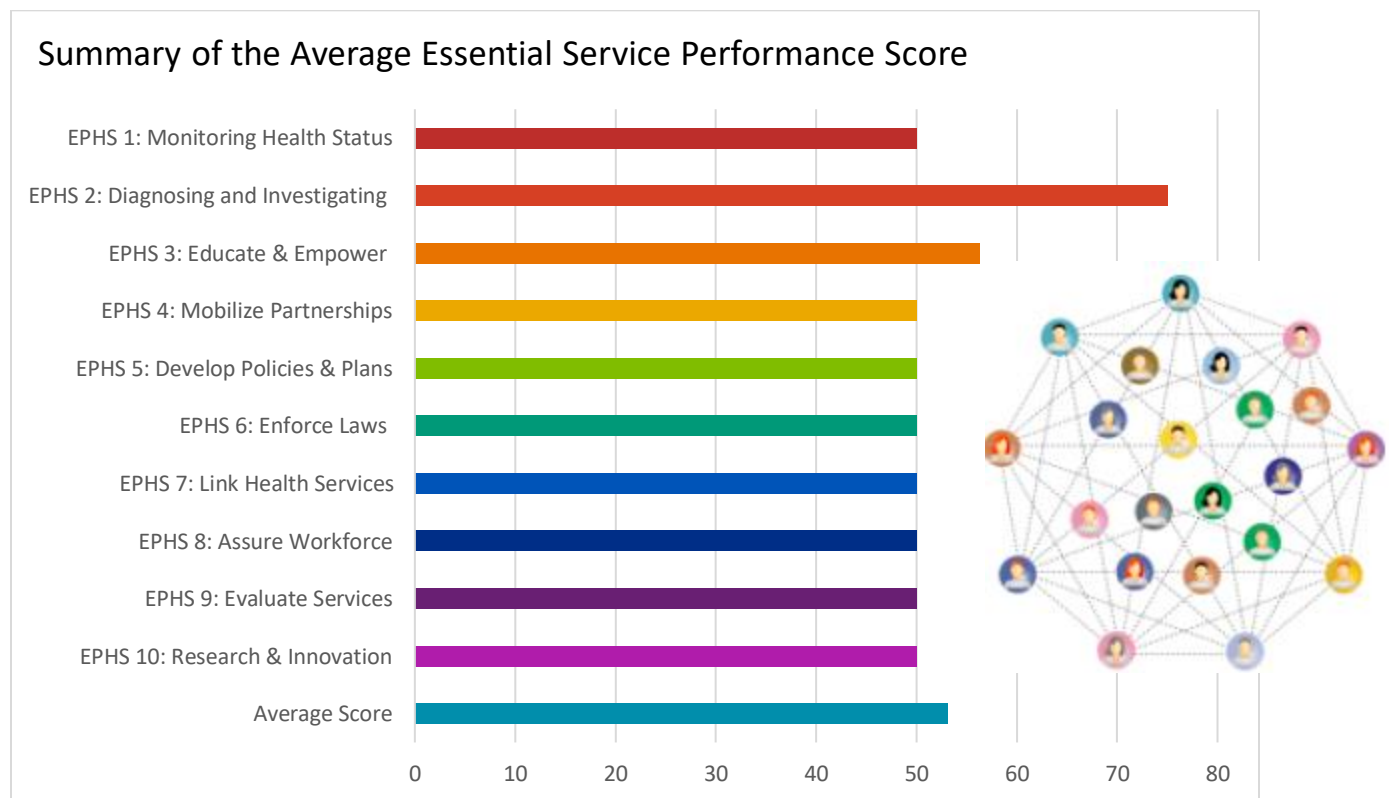


## Assessment Results

The Ascendant Healthcare Partners' survey instrument was distributed to 96 partners and received 31 responses. The data that was created now establishes the foundation upon which Calhoun County may set priorities for performance improvement and identify specific quality improvement (QI) projects to support Calhoun County. Based on the responses provided by the partners in Calhoun 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 Calhoun 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 Calhoun 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 Calhoun County or the effectiveness of Calhoun'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 completed 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/obesity rates among Calhoun'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 Calhoun County residents. Regarding the administration of the public health system in general, Calhoun 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 to consider 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.
- 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 Calhoun 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 opportunity for professionals in both the health care and technology industries.

Healthcare Environment	
Opportunities	Challenges
<ul style="list-style-type: none"> <li>• Strengthen equitable access to high quality and affordable healthcare</li> <li>• Shift on how healthcare is provided, more telemedicine</li> <li>• New hospital</li> </ul>	<ul style="list-style-type: none"> <li>• Number of uninsured</li> <li>• Access to health care</li> <li>• Ongoing risk associated with emergent events</li> <li>• Limited options for specialists and diabetic assistance</li> <li>• Healthcare staff assuming multiple roles in response efforts leading to staffing shortage</li> <li>• Proximity to healthcare providers</li> </ul>

### 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"> <li>• Encourage healthy lifestyles (sidewalks and bike trails, healthy food choices)</li> <li>• Ability to develop partnerships</li> <li>• Collaboration with other entities facing similar challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Housing affordability</li> <li>• Disaster preparedness</li> <li>• Hospital operating at lower capacity level providing less services</li> <li>• Lack of transportation</li> <li>• Rural and in two time zones</li> <li>• High rate of poverty</li> <li>• Lack of foster homes</li> </ul>

### 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 Calhoun 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"> <li>• Family centered workplace initiatives</li> <li>• Neighbors working together</li> <li>• Community events and awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Cultural and behavioral change is extremely difficult and requires sustained, multifaceted interventions</li> <li>• Increasingly obese population</li> <li>• Lack of physical activity; sedentary lifestyle</li> <li>• Lack of physical activity</li> <li>• Increased levels of stress</li> <li>• Food insecurities</li> <li>• Lack of resources for elderly</li> <li>• Limited childcare options</li> <li>• Job loss and plant closures</li> </ul>

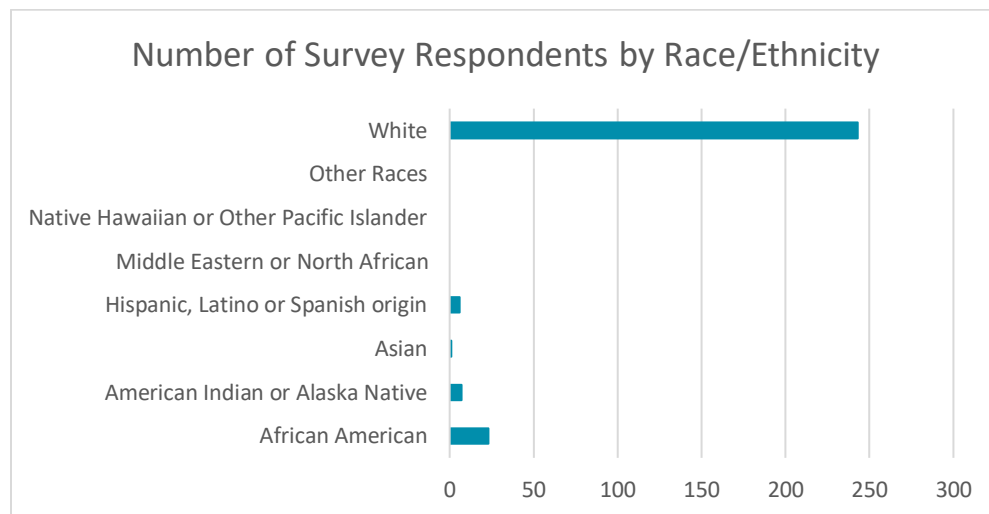
## Community Themes and Strengths Assessment

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 **292** respondents. Those who responded were White 243 (83%), African American 23 (8%), Native American (3%), and Hispanic (3)



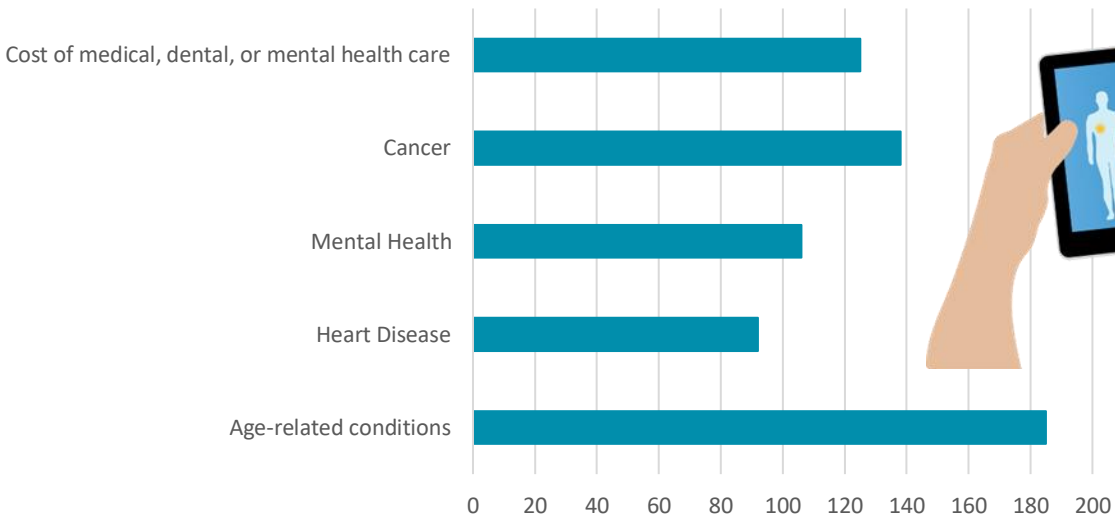
## Quantitative Data Collection Method

A community survey was developed and administered to those who live, work, or spend time in Calhoun 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 was available in English and Spanish. 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 DOH-Calhoun County and community partners via outreach workers.

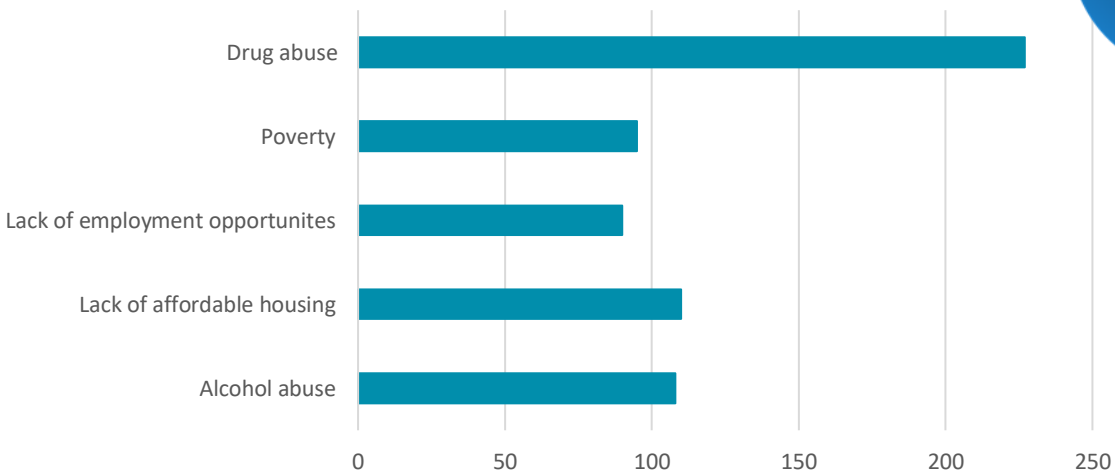
## Perceived Community and Individual Health Status

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) Age-related conditions: Alzheimer's, Arthritis, hearing or vision loss, mobility; 2) Cancer; 3) Health Care cost; 4) Mental Health; and 5) heart disease.

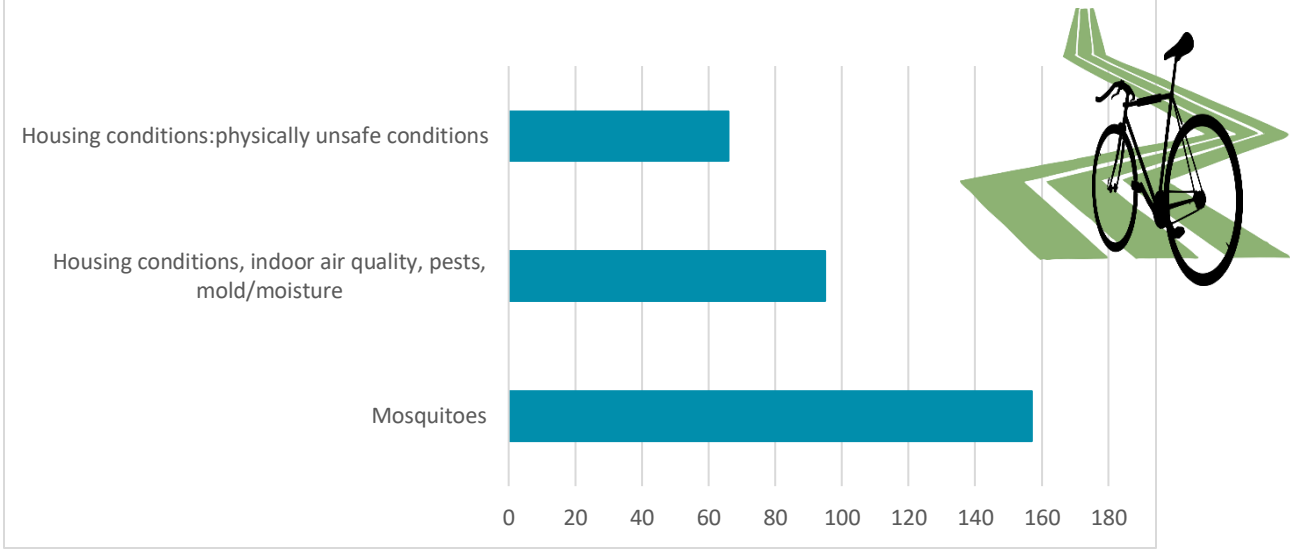
### Top Health Concerns Identified as Affecting Survey Respondents, Their Families, or Their Close Social Circle



### Top Social Concerns Identified as Affecting Survey Respondents



### Top Three Environmental Health and Safety Issues Affecting Survey Respondents



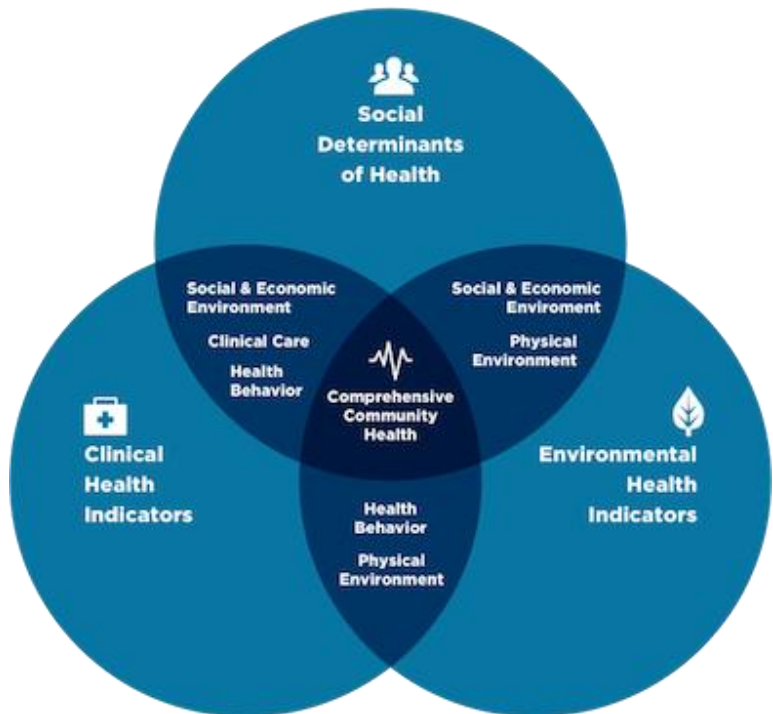


## Social Determinants of Health

“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 Calhoun County that are impacting the overall health and well-being the population.<sup>4</sup>

Key indicators for social determinants of health in Calhoun County’s community:

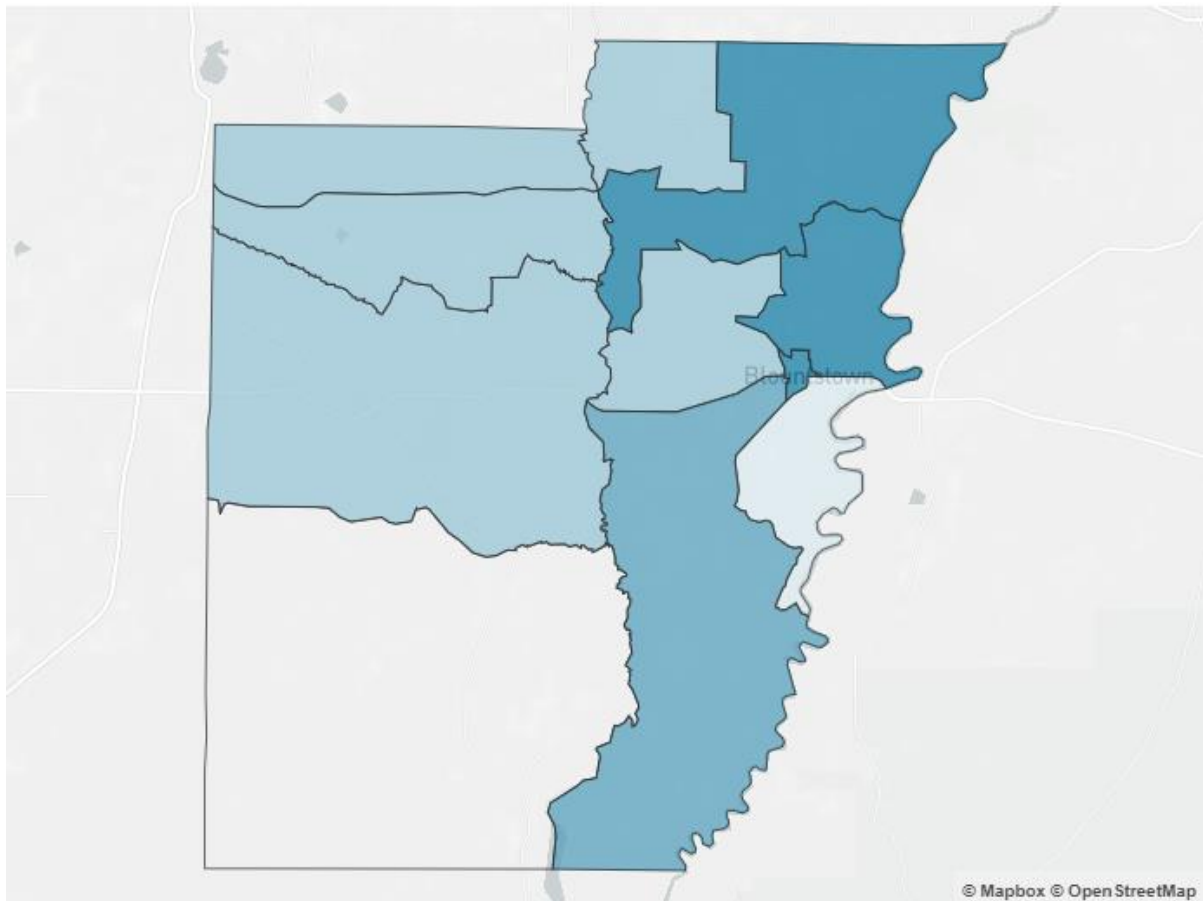
- Race-Related Barriers to Health
- Low Income Populations
- Access to Jobs
- Educational Attainment
- Additional Vulnerable Populations

<sup>4</sup> 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>

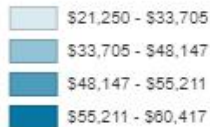
## 1. Economic Stability

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



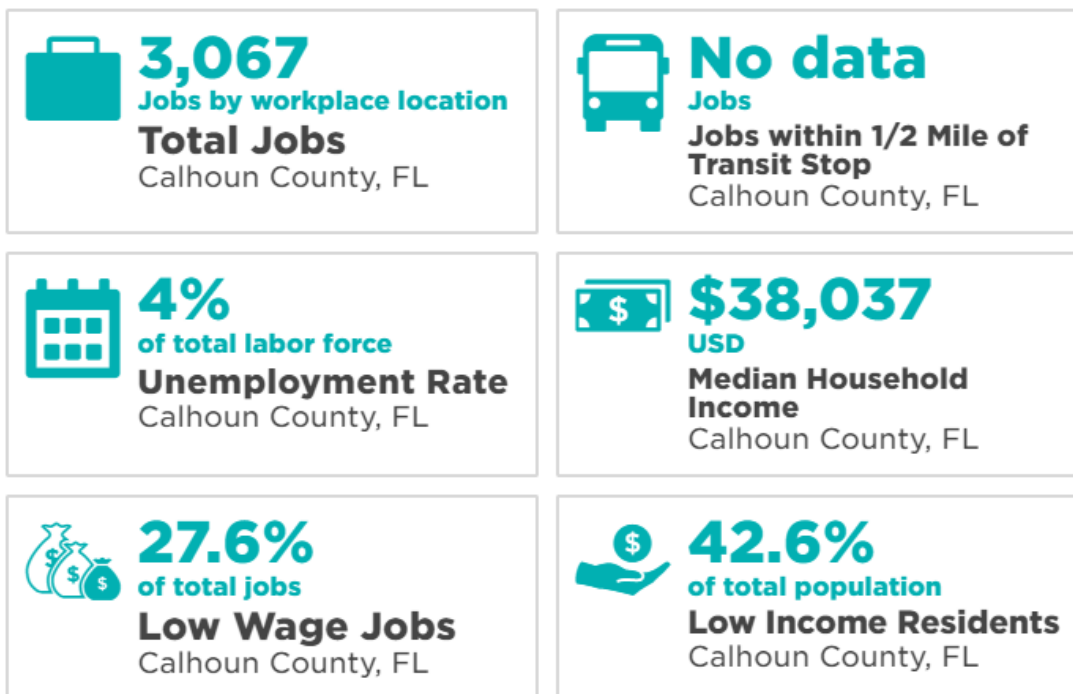
#### Median Household Income



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. Calhoun County has an unemployment rate of 4% which is better than the State (7%).



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

Note: Low wage jobs are as those where workers earn \$1250/month or less. Low income residents is defined as the population that is living 200% or below poverty level.

## 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 Calhoun County, people overall have a substantially high shortage of healthy food, more than 20% more than the State.** Low-income residents with low access to healthy food is 43% higher than the State. Seniors with limited or uncertain access to healthy food are almost 10% higher than the State. Children at school are 14.7% higher than the State in having low access to healthy food – 40.5%.

**People with Low Access to Healthy Food**

**45.4%**

of total population

Calhoun County, FL

**25.1%**

of total population

Florida

**Low Income People with Low Access to Healthy Food**

**63%**

of low income people

Calhoun County, FL

**20%**

of low income people

Florida

**Seniors with Low Access to Healthy Food**

**35.8%**

of seniors age 65 and over

Calhoun County, FL

**26.4%**

of seniors age 65 and over

Florida

**Children Low Access to Healthy Food**

**40.5%**

of children age 17 and under

Calhoun County, FL

**25.8%**

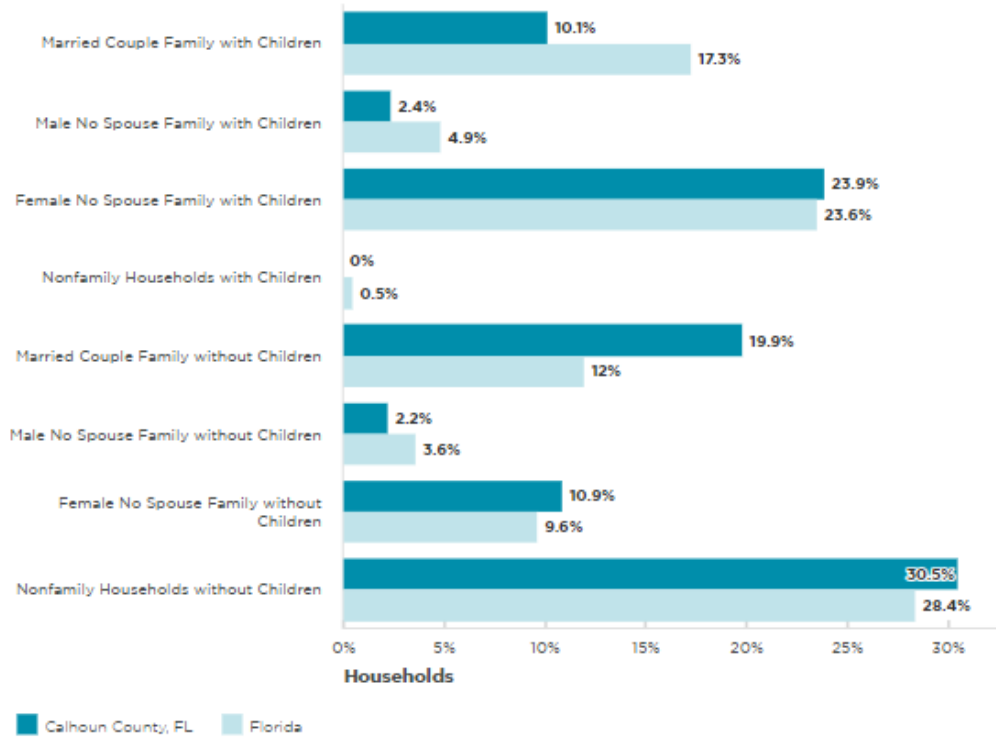
of children age 17 and under

Florida

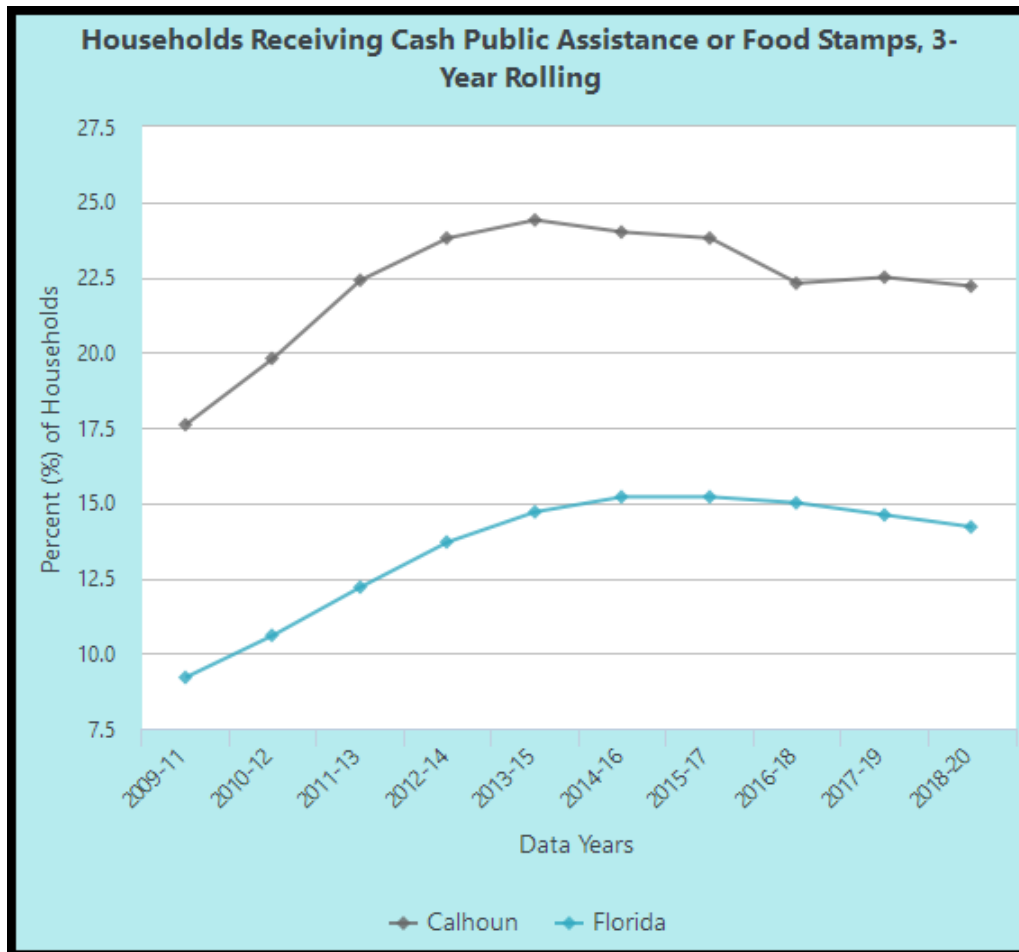
Sources: USDA ERS 2019

In Calhoun County, households with no children represent the highest proportion of government assistance for food. Generous 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



Households receiving cash public assistance or food stamps in Calhoun County is at 22.5% in 2018-2020, which is higher the State. This has been a continuous problem over ten years.



The graph below shows the trends in women, infants, and children over 2 years old in Calhoun County and Florida who are overweight or obese in a single year from 2003 to 2021. While the State of Florida is consistently around 30%, Calhoun fluctuates significantly with it approaching 40% in 2021. Obese children are more likely to be obese adults.

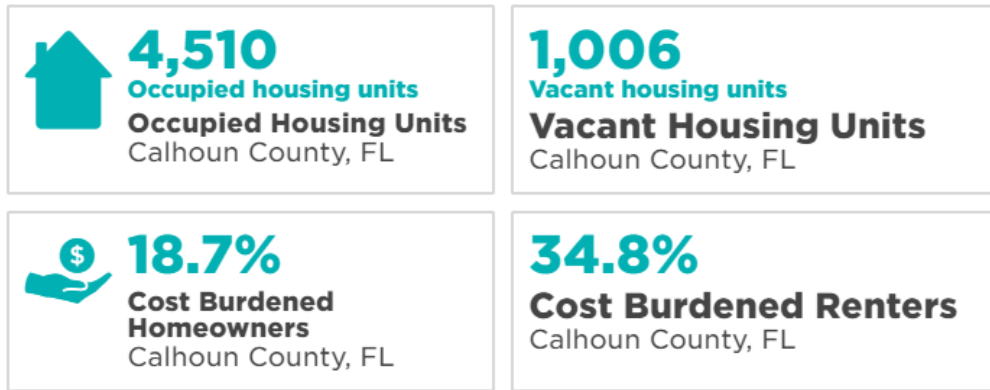


**Women, Infant and Children (WIC) Clients Who Are Overweight or Obese (Aged 2 Years and Older), Single Year**



## 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.<sup>5</sup> Within Calhoun County 78.2% of residents own their home, while 21.8% are renters.

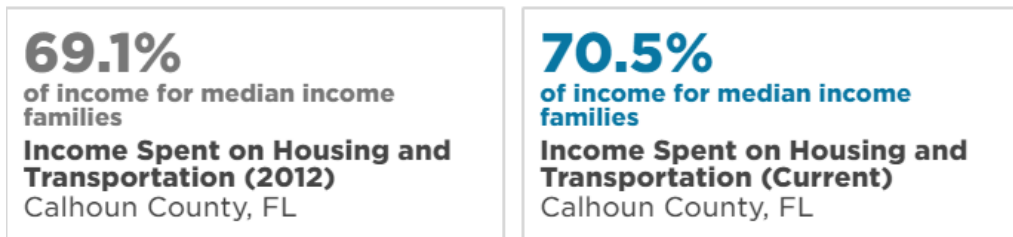


Sources: US Census Bureau ACS 5-year 2016-2020

### 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 Calhoun County the **income spent on housing and transportation for medium income families is 70.5%**. While the expenditure has only risen .14% in 10 years, this housing burden is over 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 Calhoun County more at risk than others.



Sources: US HUD & DOT LAI V2.0 2012; US HUD & DOT LAI V3.0 2016

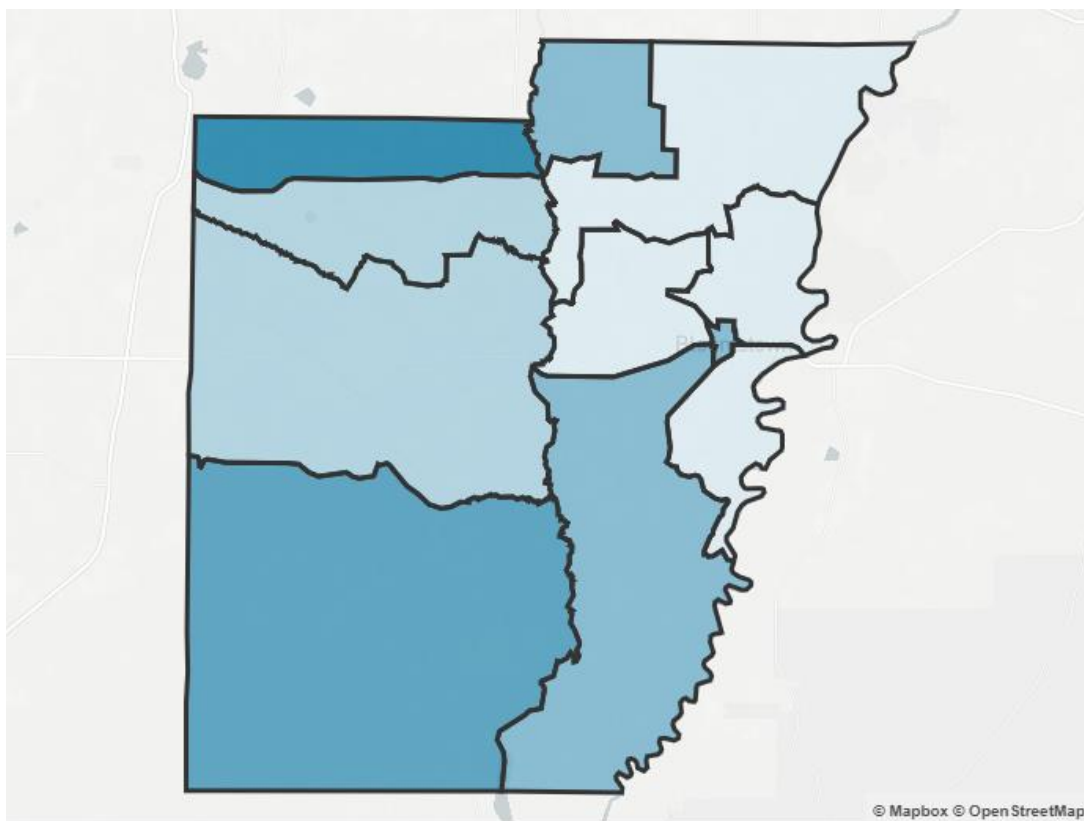
<sup>5</sup> [How Does Housing Affect Health? - RWJF](#)

## Poverty Levels

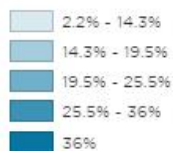
The U.S. Census identifies individuals with a household income of up to 200% of the poverty level as low income, Calhoun County's is **significantly high at 42.6%**. In addition, the percent of the population below the poverty level within the County is 16.3%.

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 Calhoun 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

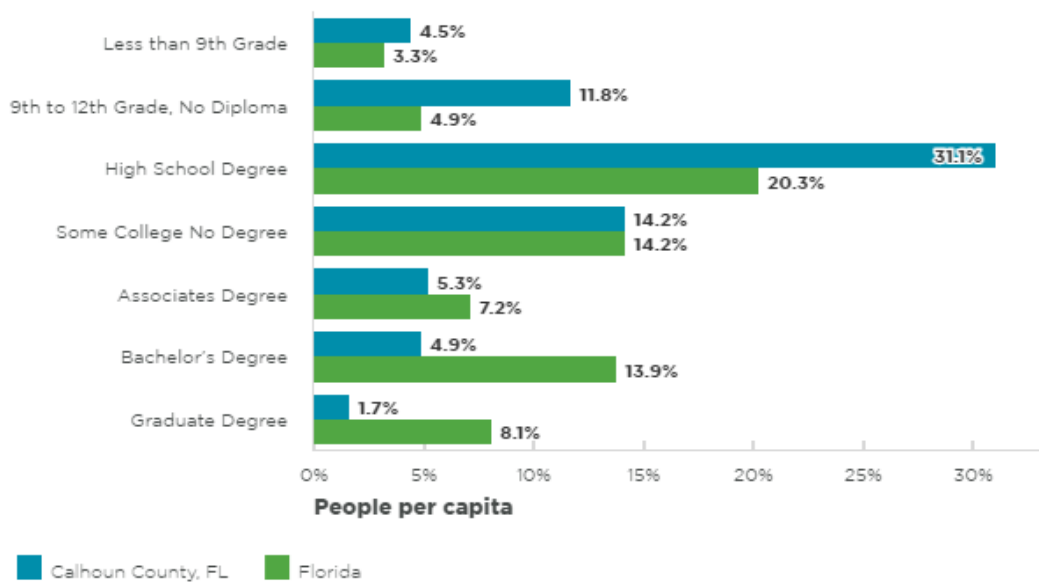
Education is one of the most powerful drivers of wellness, particularly with regard to life expectancy and healthy behaviors. A Robert Wood Johnson Foundation Health Policy Snapshot makes this clear: four additional years of education **reduces an individual's risk of diabetes by 1.3%, heart disease by 2.2%, obesity by 5%, and smoking by 12%.**<sup>6</sup>

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 Calhoun County the high school attainment has a higher proportion of those who have not completed twelfth grade; albeit they have a higher high school graduation rate than the State. Further education, such as college is lower than the State.

### Overview of Educational Attainment



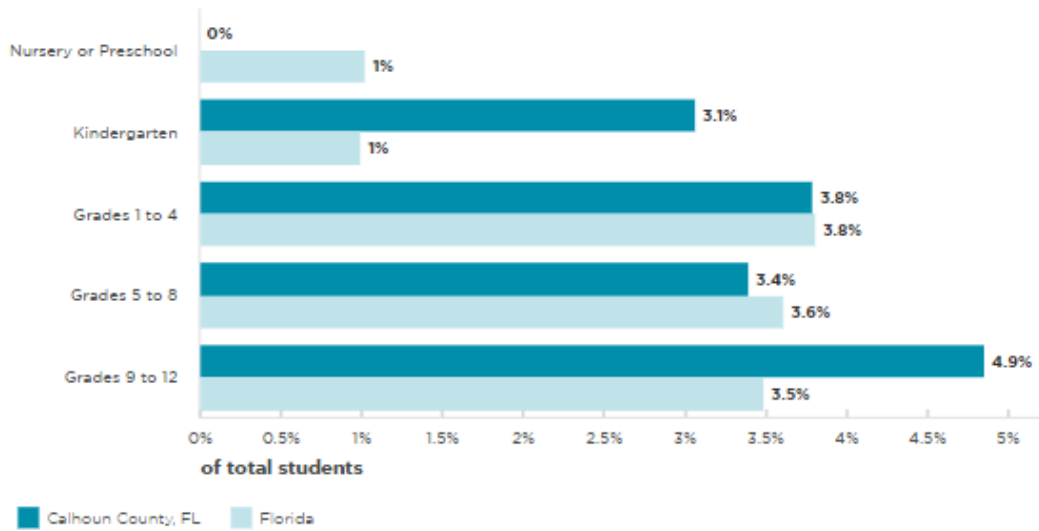
Sources: US Census Bureau ACS 5-year 2016-2020

Only individuals 25 and older are represented

<sup>6</sup> [Education as a Social Determinant of Health - Public Health Post](#)

In Calhoun County students below poverty by grade is substantially higher than the State in kindergarten and in 9th to 12th grade.

### Below Poverty Level by Grade



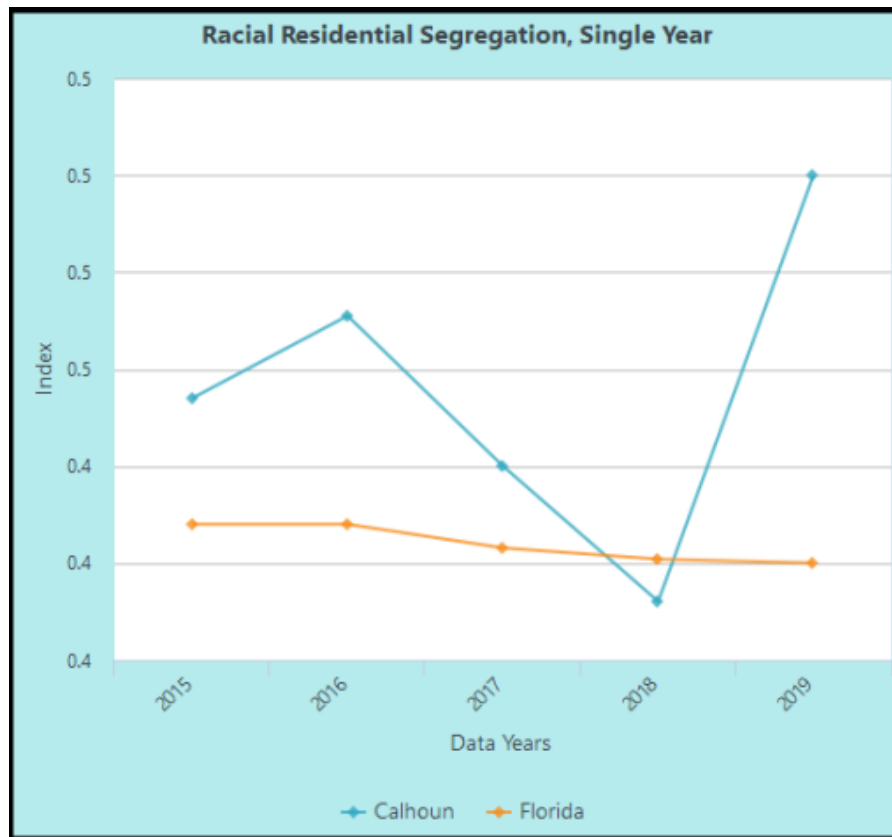
Sources: US Census Bureau ACS 5-year 2016-2020

### 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 Calhoun County resident is 75.5 years where the State’s average is 79.7<sup>7</sup>.

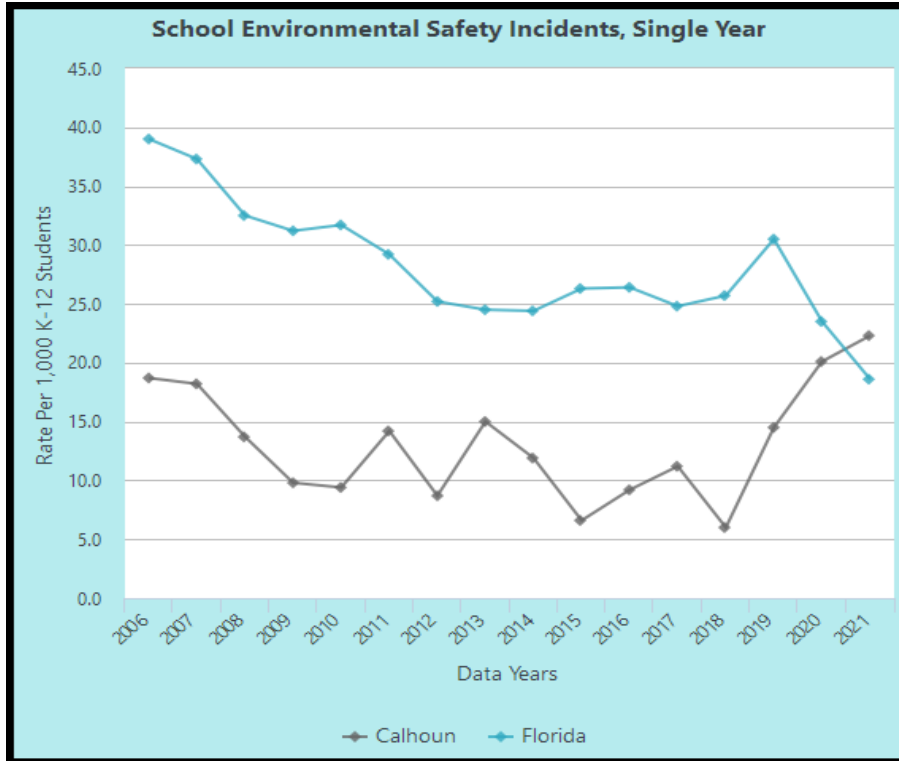
**People’s relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.**

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 Calhoun County leading to social cohesion with the community. Racial segregation in Calhoun County has increased significantly since 2018 and is substantially higher than the State.



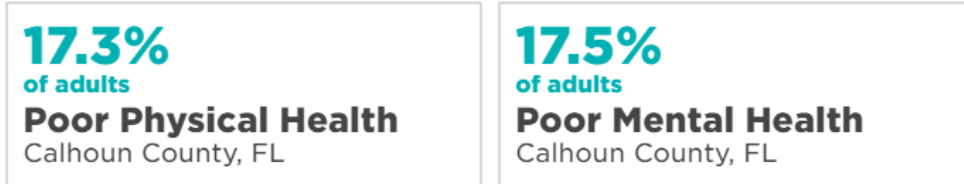
<sup>7</sup> Florida Charts, Florida Bureau of Vital Statistics 2015-2019.

People who live in the west part of the county consider it to be the safest. Calhoun County may need to improve ways to make students feel safe on their way to school or in school. The graph below shows as a whole Calhoun County had a much smaller proportion of school environmental safety issues historically. However, in 2021 it had 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.



Sources: CDC BRFSS PLACES 2018

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

- Licensed mental health counselors and social workers are less than 10
- Currently, zero licensed psychologists or marriage therapists
  - Concerning especially for residents who have no transportation to meet a counselor outside of the County
  - Shows little support in the public school system for students to address selfcare and awareness in a safe environment
- Family Practice Physicians are few, with around 8 at any given time
  - To note, possibly assumes the role of a mental health provider due to the lack of licensed psychologist and mental health providers
- Dental care is a determinant of overall health, the county has only 4
  - To note, Florida proportion of dentists is more than double that of Calhoun County
- Currently no licensed Florida Pediatricians
- The County's proportion of Licensed Practical Nurses is about one-third of Florida's
- 80% of Calhoun County's residents have insurance coverage



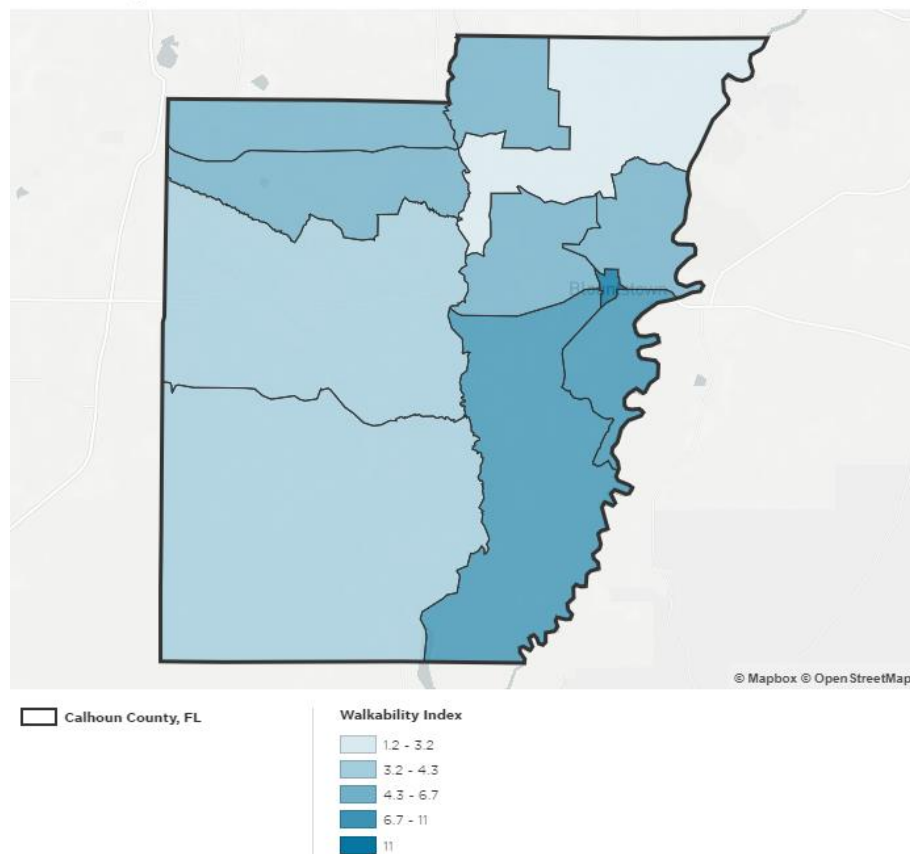
## 5. Neighborhood and Built Environment

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 you know which areas of your community are walkable and which are struggling, you can make more informed decisions about what kind of pedestrian improvements are needed and where. Calhoun County has a walkability index score of 5.1.

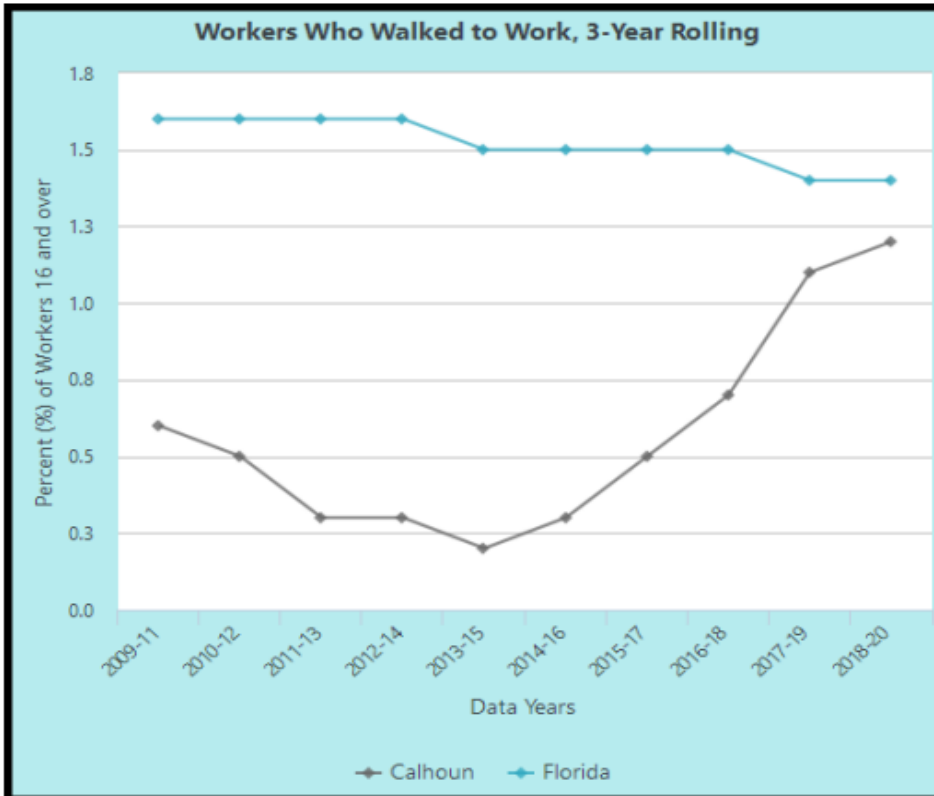
Walkability has a relationship with health benefits (by providing the active lifestyle), sustainable environment (by decreasing air pollution from less driving), and lead to efficiency in time and cost (residents of mixed-use walkable communities spend less time commuting to the shopping, dining, recreation, 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 and for public transit to run frequently.
- **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, pedestrians, and transit.

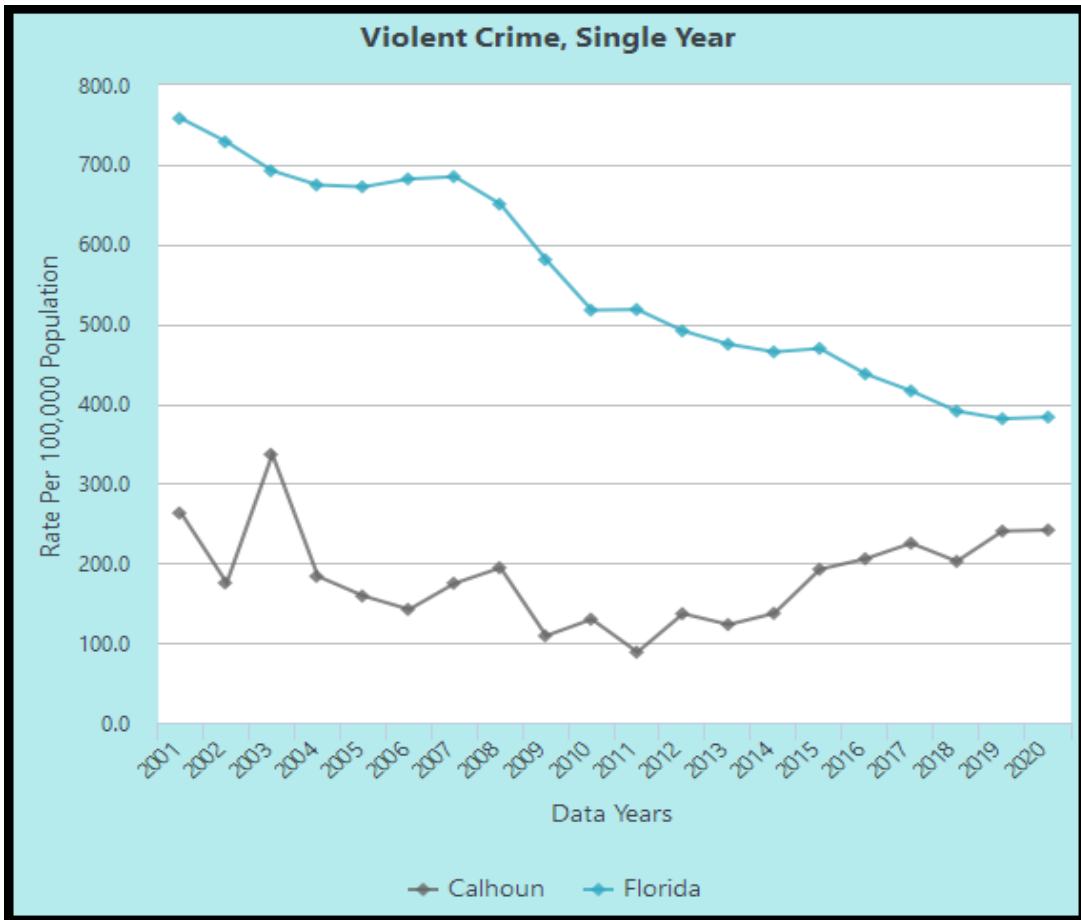
Walkability Index



Only one percent of Calhoun County residents walk to work. The workers who are walking to work over the age of 16 accounts for more than 1% of the population.



There is a correlation between inactivity associated with violent crime. The rate of crime in Calhoun 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 independently surpass the State in heart disease deaths, Hispanics are the highest ethnic group effected. The second leading cause of death in Calhoun County is cancer, exceeding the State average. Over the years cancer in Calhoun County has predominately affected African Americans as well as all other ethnicities. Males and females independently surpass the State in cancer deaths. The third cause is chronic lower respiratory disease, mainly chronic obstructive pulmonary disease (COPD). While tobacco smoke is the primary cause, 1 in 4 people with COPD have never smoked. Air pollutants at home (secondhand smoke), at work (fumes), and genetics can also cause COPD.

3-Year Age-Adjusted Resident Death Rates	Data Year	County				
		County Quartile 1=most favorable 4=least favorable	White	Black	Hispanic	All Races
<a href="#">Total Deaths</a>	2018-20	4	982.7	869.4	1,999.8	939.3
<a href="#">Cancer</a>	2018-20	3	172.7	250.3	291.8	172.7
<a href="#">CLRD*</a>	2018-20	4	95.9	56.6	50.1	88.1
<a href="#">Cirrhosis</a>	2018-20	1	14.0	0.0	0.0	11.8
<a href="#">Diabetes</a>	2018-20	4	42.7	19.1	0.0	38.9
<a href="#">Motor Vehicle Crashes</a>	2018-20	1	13.4	16.8	0.0	13.7
<a href="#">Stroke</a>	2018-20	2	36.9	37.8	0.0	37.0
<a href="#">Pneumonia/Influenza</a>	2018-20	1	7.2	0.0	70.3	7.6
<a href="#">Heart Disease</a>	2018-20	4	228.9	134.5	371.0	209.2
<a href="#">HIV/AIDS</a>	2018-20	1	0.0	0.0	0.0	0.0

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

Calhoun County includes a significantly high overweight and obesity rate (70.2%) which is the gateway to hypertension (35.5%), and Type 2 Diabetes (13.2%). 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.

## Community Health Priorities

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

<b>Step 1: Identify potential health issues.</b>
Ascendant Healthcare Partners reviewed data collected in the CHSA to identify issues in which Calhoun 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.
<b>Step 2: Use results from other assessments to validate health issues revealed.</b>
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.
<b>Step 3: Narrow priorities by considering the following guiding questions:</b>
<ul style="list-style-type: none"><li>• Are resources currently available within the community to address the issue?</li><li>• Are there opportunities to achieve collective impact through partnerships?</li></ul>
<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 Calhoun 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>

## 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.<sup>8</sup>

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.

Calhoun County has **doubled** the overweight and obesity rate to 70.2% in the past ten years. The county remains one of the most obese counties in Florida, ranking 44<sup>th</sup> in the State according to Florida Charts. Additionally, 45% of Calhoun County's children ages 10-17 are overweight or obese compared to the national average of 32.%.

APPROXIMATELY  
70%  
of Calhoun Adults  
were OBESE in 2020



That is 7 out of every 10 adults.

The low income 2-to-5-year-old population within the county, also has a high obesity rate. More than 35% of adults have been told they had hypertension and over 12% have been told they have diabetes. The elderly account for 16% of the population and 30% of them are obese.

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.

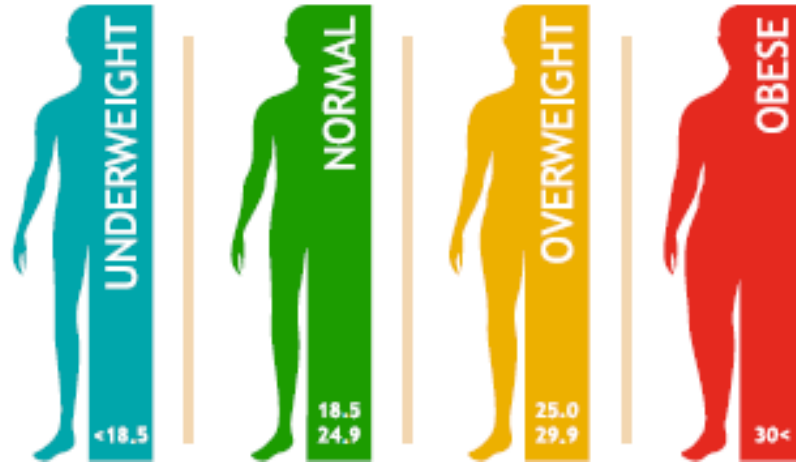
### Determining Obesity

#### 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.



<sup>8</sup> Hruby A, Hu FB. The epidemiology of obesity: a big picture. *Pharmacoeconomics*. 2015;33(7):673-89.



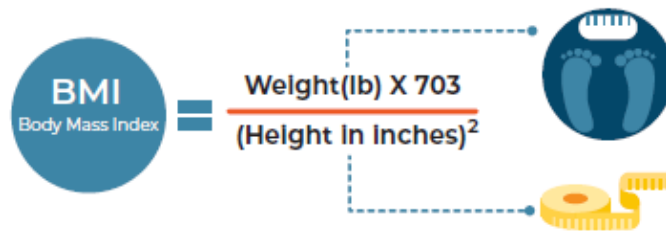
### BMI Limitations

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



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.



## BODY MASS INDEX TABLE

BMI	Normal					Overweight					Obese					Extreme Obesity																				
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	185	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	185	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	336	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

### BMI Children and Adolescents

For children and adolescents, BMI is calculated differently than with adults. Age and sex growth charts are used to determine BMI. This is due to the body fat changes with age and the sex-specific body fat differences in boys and girls.



Across the nation obesity is one of the leading causes of preventable life of years lost among adult Americans. However, obesity impacts humans across the lifecycle. Calhoun County, as well as many counties across the nation, has seen a steady increase in rates of obesity over the past two decades.

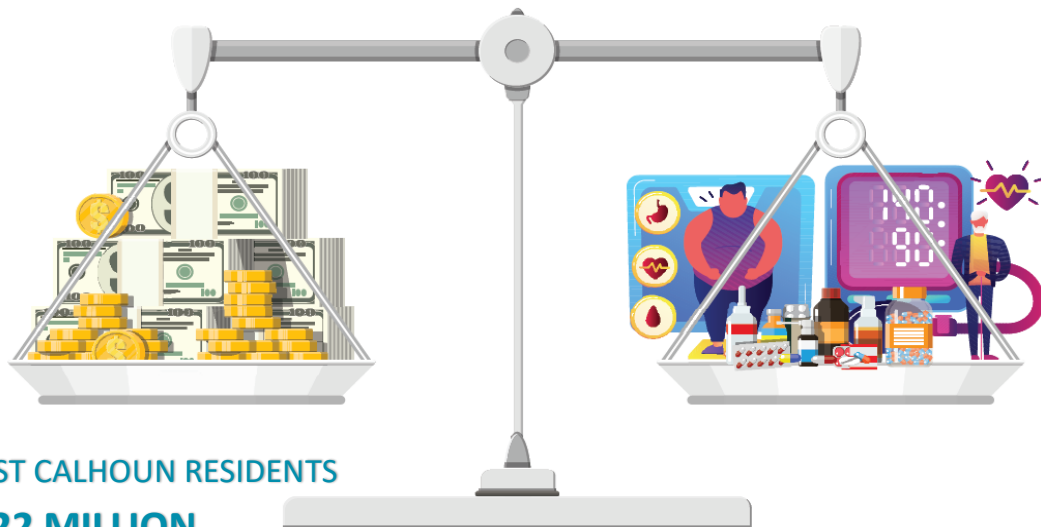
## Scope of the Problem

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, Calhoun County has seen its rate of increase surpass many other counties, consistently leaving Calhoun County as one of the most obese counties in the state. Future projections place Calhoun 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

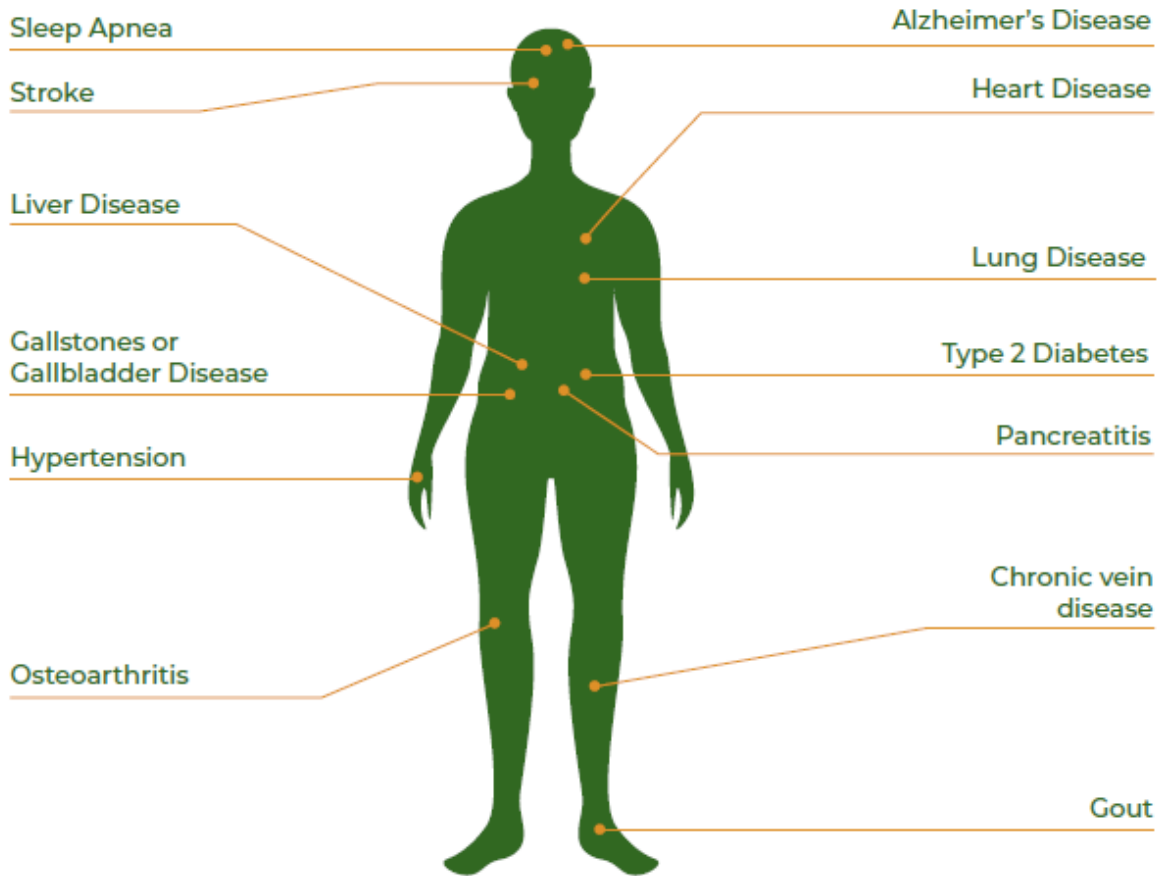
The impacts of obesity are serious and costly. According to the CDC, obesity is associated with poor mental health outcomes, reduced quality of life and an increased risk for developing chronic conditions such as hypertension, type 2 diabetes, heart disease, stroke, sleep apnea and breathing problems,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



**OBESITY COST CALHOUN RESIDENTS**

**\$22 MILLION**

ANNUALLY IN EXPENDITURES



**4 BEHAVIORS**

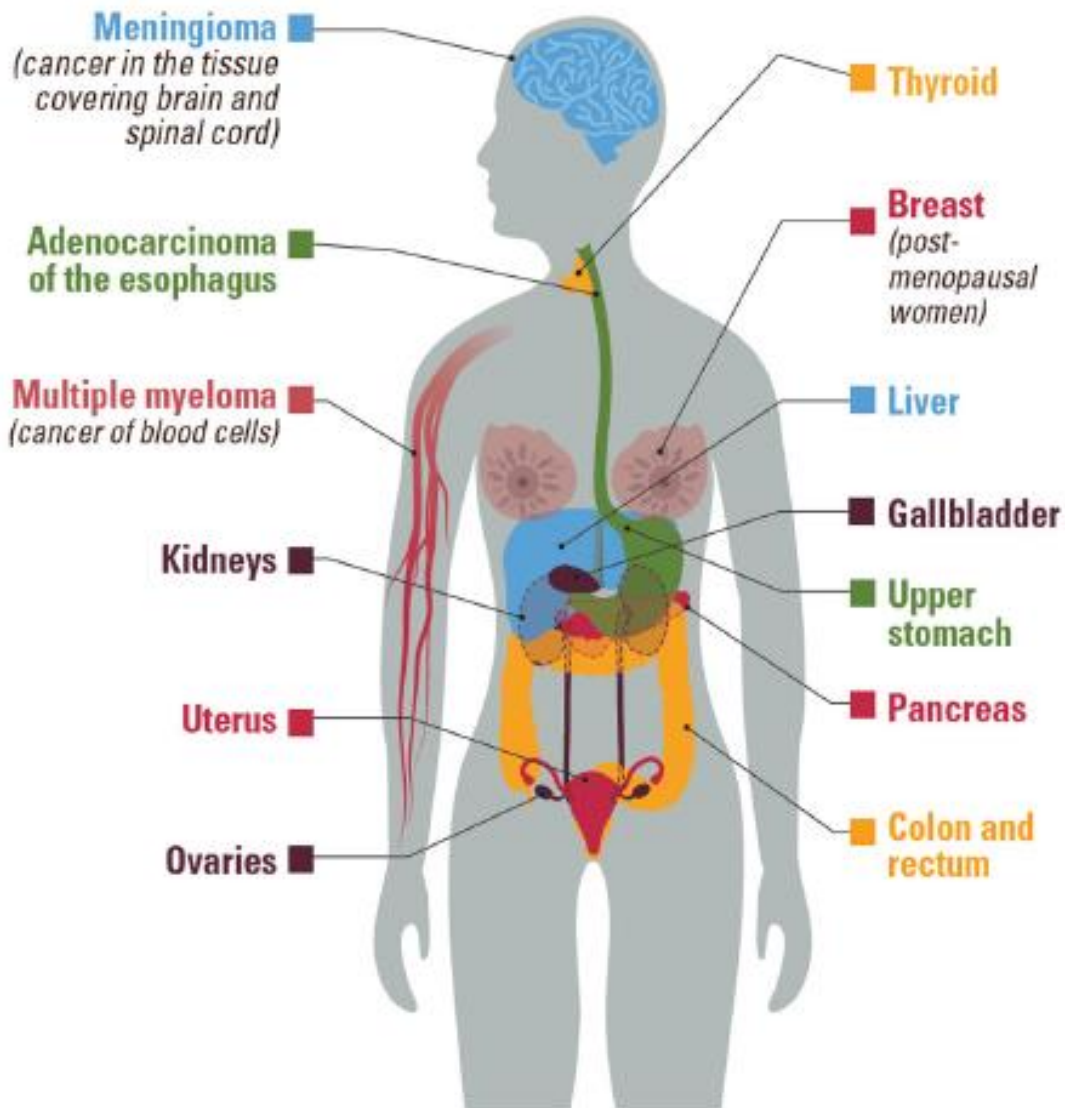


**5 CHRONIC CONDITIONS**



***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 Calhoun residents experience very poor health outcomes. **Calhoun County ranks 60<sup>th</sup> in deaths due to cardiovascular disease, 47<sup>th</sup> in deaths due to cancer, and 54<sup>th</sup> for premature death** among the 67 counties in Florida. When looking specifically at deaths due to heart disease and cancer, Florida exceeds the national average.

	Calhoun		Florida
<b>Life Expectancy</b>			
Male Life Expectancy	74.6		76.9
Female Life Expectancy	76.3		82.6
Overall Life Expectancy	75.5		79.7
<b>Overweight &amp; Obese</b>			
Adult	70.2%		64.6%
Men	74.5%		69.5%
Women	64.3%		59.7%
Elderly	70.3%		66.8%
Middle and High School	44.5%		30.4%
Childhood (WIC Ages 2-4)	37.9%		29.7%
<b>Health Factors</b>			
Physical Inactivity	41%		26%
Access to Exercise Opportunities	20%		89%
Sedentary Lifestyle	38.7%		26.5%
Insufficient Sleep	41%		37%
Adult Smoking	26%		15%

Limited Access Health Foods	20%		8%
Diabetes prevalence	17%		11%
Hypertension	35.5%		33.5%
<b>Clinical Care</b>			
Primary Care Physicians	2,820:1		1,370:1
Preventable hospital stays	5,017		4,203
<b>Age Adjusted Death Rate</b>			
Cardiovascular Disease	269.1		205
Cancer	176.6		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 college graduates 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 obesity demographics according to Florida Charts:

## Obesity Demographics



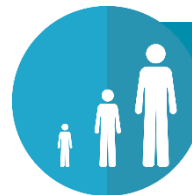
RACE/ETHNICITY	
White	32.3%
African American	51.7%
Hispanic	No Data



INCOME	
Less than \$25,000	32.3%
\$25,000-\$49,999	37.4%
\$50,000 +	35.9%



EDUCATION	
Less than high school	34.1%
High school or G.E.D.	34.1%
More than high school	36.4%



AGE	
18-44	32%
45-64	38.9%
65+	34.5%

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.<sup>9</sup>

The percentage of food insecurity is between 10-15% in both Calhoun County and 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.

<sup>9</sup> [The social determinants of health influencing obesity for the aged in the Pakpooon 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.<sup>10</sup> Adults in Calhoun County 45 and older are more sedentary. In fact, every age group within Calhoun is more sedentary than any age in the State.<sup>11</sup>

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.



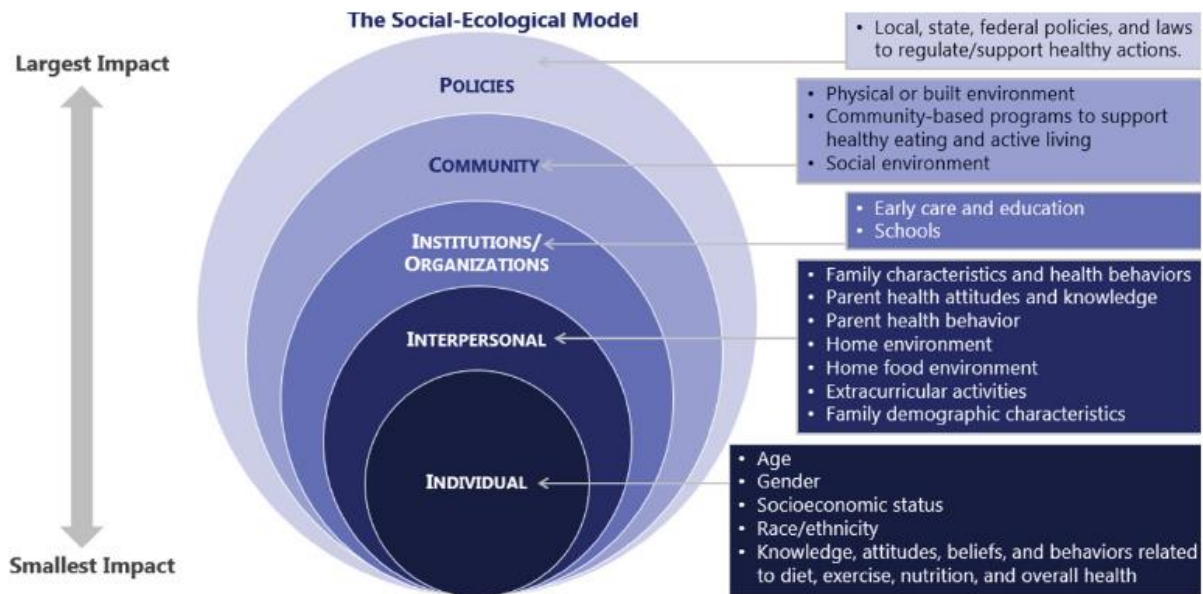
## The Social- Ecological Model

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.

<sup>10</sup> 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>

<sup>11</sup> Florida Charts. [www.FloridaCharts.com](http://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 Calhoun 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 Calhoun 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 Calhoun 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 (70.2%) 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 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 Teen Pregnancy.** Assessment participants saw teen pregnancy as important priorities for the county. Healthy relationships and sexuality education are essential to effectively preventing teen pregnancy. Unfortunately, many young people never receive the information they need to make healthy choices. As in other counties, teen-birth rates in Calhoun County are higher than in the state, particularly among minorities in some years. The reasons for these disparities are unclear, but social determinants of health – like access to care, opportunities for youth involvement, and income and educational inequality – likely play a role. Eliminating racial and ethnic disparities and continuing the downward trend in teen pregnancies requires coordinated efforts from government agencies, community-based organizations and local citizens. According to the CDC, the most effective way to reduce rates of teen pregnancy and birth is through a combination of education and preventive care. Access to either, despite recent improvements, remains a challenge for many Calhoun youth.

Appendix I: Map of Calhoun County, Florida



## 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.

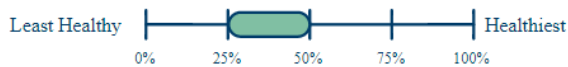
Florida ranks 21<sup>st</sup> out of the 50 states,  
Calhoun County ranks 35 out of 67 in health outcomes.

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.

Calhoun County ranks 52 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.

### Calhoun (CA)



#### Health Outcomes

Calhoun (CA) is ranked in the lower middle range of counties in Florida (Lower 25%-50%)






































#### Health Factors

Calhoun (CA) is ranked among the least healthy counties in Florida (Lowest 0%-25%)






















## Calhoun County Demographics














Population	14,078
% Below 18 years of age	19.8%
% 65 and older	19.1%
% Non-Hispanic Black	12.3%
% American Indian & Alaska Native	1.4%
% Asian	0.9%
% Native Hawaiian/Other Pacific Islander	0.2%
% Hispanic	6.1%
% Non-Hispanic White	77.5%
% Not proficient in English	0%
% Females	46.1%
% Rural	67.5%

	Calhoun		Florida
<b>Health Outcomes</b>			
<b>Length of Life</b>			
Male life expectancy	74.6		76.9
Female life expectancy	76.3		82.6
Overall life expectancy	75.5		79.7
<b>Premature Death</b> <i>leading causes of death under age 75 annually</i>			
Malignant neoplasms	75		
Disease of heart	54		
Chronic lower respiratory disease	30		
Diabetes mellitus	13		
COVID-19 age adjusted mortality	99		55
Frequent physical distress	16%		12%
Frequent mental distress	19%		14%
Diabetes prevalence	11%		9%
HIV prevalence <i>(cases per 100,000 population)</i>	214		315
<b>Health Factors</b>			
<b>Health Behaviors</b>			
Adult smoking	25%		15%
Adult obesity	70.2%		64.6%
Adult men	74.5%		69.5%
Adult women	64.3%		59.7%
Elderly (65 and over) overweight & obesity	70.3%		66.8%

Middle and High School overweight & obesity	44.5%		30.4%
Childhood (WIC Ages 2-4) overweight & obesity	37.9%		29.7%
Food environment index	5.9		7.0
Physical Inactivity	41%		26%
Excessive drinking	21%		20%
Alcohol driving deaths	21%		22%
Sexually transmitted diseases (STDs)	467.9		515.9
Access to Exercise Opportunities	20%		89%
Teen births	37		18
Sedentary Lifestyle	38.7%		26.5%
Insufficient Sleep	41%		37%
Food insecurity	15%		12%
Limited access to healthy foods	20%		8%
Motor vehicle crash deaths	23		15
<b>Clinical Care</b>			
Uninsured	16%		16%
Primary care physicians	2,820:1		1,370:1
Dentists	1,760:1		1,630:1
Mental health providers	2,820:1		550:1
Preventable hospital stays	5,017		4,203
Mammography screening	33%		44%
Flu vaccinations	25%		45%
Uninsured adults	19%		19%



Uninsured children	9%		8%
Other primary care providers	1,280:1		740:1
<b>Social and Economic Factors</b>			
High school completion	78%		89%
Some college	32%		64%
Unemployment	4%		7.7%
Children in poverty	29%		17%
Income inequality	4.8		4.6
Children in single-parent households	25%		28%
Social associations	7.8		7.0
Violent crime	174		484
Injury deaths	78		87
High school graduation	88%		87%
Reading scores	3.3		3.2
Math scores	3.6		3.3
School segregation	0.09		0.23
School funding adequacy	-\$1,822		-\$3,236
Gender pay gap	0.94		0.86
Median household income	\$38,037		\$61,700
Living wage	\$34.13		\$39.24
Children eligible for free or reduced-price lunch	51%		54%
Residential segregation - Black/white	52		56

Residential segregation - non-white/white	26		42
Childcare cost burden	32%		27%
Childcare centers	7		6
Juvenile arrests	14		24
<b>Physical Environment</b>			
Air pollution - particulate matter	8.0		7.8
Drinking water violations	No		
Severe housing problems	13%		19%
Driving alone to work	78%		78%
Long commute - driving alone	41%		43%
Traffic volume	22		552
Homeownership	78%		66%
Severe housing cost burden	9%		17%
Broadband access	72%		85%

#### LEGEND

 BETTER THAN FLORIDA OUTCOME

 EQUAL TO FLORIDA OUTCOME

 WORSE THAN FLORIDA OUTCOME

## Appendix III: Asset Inventory

<b>Organization</b>	<b>Reach</b>	<b>Website</b>	<b>Phone</b>	<b>Address</b>
<i>Innovative Charities of Northwest Florida, Inc.</i>	Calhoun, Liberty, Jackson. Food, household goods, general benevolence, homelessness, disaster relief & recovery.	<a href="http://www.innovativecharities.org">www.innovativecharities.org</a>	(850) 573-5526	1994 Hwy 71 South Marianna, FL 32448
<i>Calhoun Liberty Ministry Center</i>	Food, clothing, counseling, and other physical or spiritual ministry to people who are going through crisis.	<a href="http://www.agingresources.org/shine">www.agingresources.org/shine</a>	(800) 262-2243	21754 SR 20 E Blountstown, FL 32424
<i>Blountstown Church of God</i>	Church	<a href="http://www.blountstowncog.com">www.blountstowncog.com</a>	(850) 674-3599	19304 NW N Ave. Blountstown, FL 32424
<i>Blountstown Drugs</i>	Pharmacy	<a href="http://www.blountstowndrugs.com">www.blountstowndrugs.com</a>	(850) 674-2222	20370 W Central Ave. W. Blountstown, FL 32424
<i>Blountstown Fire Dept</i>	Fire Department for the City of Blountstown	NA	(850) 674-5600	17262 Angle St Blountstown, FL 32424
<i>Blountstown Health &amp; Rehab Center</i>	Rehab/retirement home	<a href="http://www.blountstownhealthandrehab.com">www.blountstownhealthandrehab.com</a>	(850) 674-4311	16690 Chipola Rd Blountstown, FL 32424
<i>Blountstown Main Street</i>	Economic vitality back to the downtown area	<a href="http://www.mainstreetblountstownfl.com">www.mainstreetblountstownfl.com</a>	(850) 841-0359	16453 SW Mimosa St Blountstown, FL 32424
<i>Blountstown Police Dept.</i>	Police Department	<a href="http://www.blountstownpd.com">www.blountstownpd.com</a>	(850) 674-5987	16908 NE Pear St Blountstown, FL 32424
<i>Blountstown Rotary Club</i>	Foster the idea of service as a basis of worthy enterprise	<a href="http://www.blountstownrotarty.com">www.blountstownrotarty.com</a>	(850) 793-8386	PO Box 161 Blountstown, FL 32424
<i>Blountstown United Methodist Church</i>	Church	<a href="http://www.blountstownumc.org">www.blountstownumc.org</a>	(850) 6748254	20500 W Central Ave Blountstown, FL 32424

<i>Boys &amp; Girls Club of Tabula Rasa</i>	Help enable young people to reach their full potential	<a href="http://www.bgctr.org">www.bgctr.org</a>	(850) 4053910	In various schools.
<i>Calhoun Co. Board of County Commissioners</i>	Control, maintenance and supervision of county property, county finance, etc.	<a href="http://www.Calhouncountygov.com">www.Calhouncountygov.com</a>	(850) 643-8251	20859 Central Ave. Blountstown, FL 32424
<i>Calhoun Co. Children's Coalition</i>	Creating communities where children and families thrive	<a href="http://www.flhealth.gov">www.flhealth.gov</a>	(850) 674-5645	17773 NE Pear St. Blountstown, FL 32424
<i>Calhoun County Chamber of Commerce</i>	Promoting the economy of Calhoun County	<a href="http://www.Calhounco.org">www.Calhounco.org</a>	(850) 674-4519	20816 Central Av. E Blountstown, FL 32424
<i>Calhoun County Community Foundation</i>	Community preservation, restoration, and community outreach	<a href="http://www.Calhouncountycf.org/">www.Calhouncountycf.org/</a>		4919 SW John Daniels Rd Kindard, FL 32449
<i>Calhoun County Public Library</i>	Library	<a href="http://www.ccpl-fl.net">www.ccpl-fl.net</a>	(850) 674-8773	17731 NE Pear St. Blountstown FL 32424
<i>Calhoun County Schools</i>	Public School System	<a href="http://CalhounCountyPublicLibraryHome(ccpl-fl.net)">Calhoun County Public Library Home (ccpl-fl.net)</a>	(850) 674-8773	17731 NE Pear St Blountstown, FL 32424
<i>Calhoun County Senior Citizens</i>	Senior Center	<a href="http://www.Calhouncountyseiors.org">www.Calhouncountyseiors.org</a>	(850) 674-4163	16859 Cayson St Blountstown, Fl 32424
<i>Calhoun Liberty Credit Union</i>	Bank	<a href="http://www.clecu.org">www.clecu.org</a>	(850) 674-4527	17394 NW Charlie Johns St. Blountstown, Fl 32424
<i>Calhoun Sheriff's Office</i>	Provides Law Enforcement	<a href="http://www.Calhouncsheriff.com">www.Calhouncsheriff.com</a>	(850) 674-5049	20776 Central Av E, Blountstown Fl 32424
<i>Calhoun-Liberty Hospital</i>	Local Hospital	<a href="http://www.Calhounlibertyhospital.org">www.Calhounlibertyhospital.org</a>	(850) 674-5411	20370 Burns Ave Blountstown, Fl 32424
<i>Calhoun-Liberty Journal</i>	Newspaper	<a href="http://www.cljnews.com">www.cljnews.com</a>	(850) 643-3333	11493 Summers Rd Bristol, Fl 32321

<i>Chipola Healthy Start</i>	Working with mothers, families and the community to make sure every child thrives	<a href="http://www.chipolahealthystart.org">www.chipolahealthystart.org</a>	(850) 482-1236	2994 Penn Avenue Plaza, Del Rio Ste A, Marianna, FL 32448
<i>City of Blountstown</i>	City Hall	<a href="http://www.blountstown.org">www.blountstown.org</a>	(850) 674-5488	20591 W Central Ave Blountstown, FL 32424
<i>Clerk of Court Calhoun</i>	Calhoun County Courthouse	<a href="http://www.Calhounclerk.com">www.Calhounclerk.com</a>	(850) 674-4545	20859 Central Ave Blountstown, FL 32424
<i>Community Actions</i>	Services and resources for reducing poverty, empowering low-income citizens with skills and motivation to become self-sufficient, and improve the overall quality of their lives, and our community.	<a href="http://www.capitalareacommunityactionagency.com">www.capitalareacommunityactionagency.com</a>	(850) 674-5067	309 Office Plaza Dr. Tallahassee, FL 32301
<i>Department of Juvenile Justice</i>	Increase public safety by reducing juvenile delinquency through prevention, intervention, and treatment services	<a href="http://www.djj.State.fl.us">www.djj.State.fl.us</a>	(850) 488-1850	2737 Centerview Dr. Tallahassee, FL 32399
<i>Disability Resource Center, Inc.</i>	Works to promote independent living for and individuals with disabilities	<a href="http://www.floridasilc.org/disability-resource-center-inc">www.floridasilc.org/disability-resource-center-inc</a>	(850) 488-5624	1882 Capital Circle NE Suite 202 Tallahassee, FL 32308
<i>DOH</i>	Protect, promote & improve the health of all people in FL	<a href="http://www.Calhoun.floridahealth.gov">www.Calhoun.floridahealth.gov</a>	(850) 674-5645	19611 Sr 20 W Blountstown, FL 32424
<i>Early Learning Coalition of NW Florida, Inc.</i>	A team ensuring NW FL children have access to affordable, high quality early learning experiences	<a href="http://www.elcnwf.org">www.elcnwf.org</a>	(850) 385-0504	2639 N Calhoun St C-300 Tallahassee, FL 32303

<i>Emergency Management</i>	Respond to all types of hazards	<a href="http://www.calouncountygov.com">www.calouncountygov.com</a>	(850) 674-8075	20859 Central Ave E Ste G40 Blountstown, FL 32424
<i>Fiddler's Oyster Bar &amp; Steakhouse</i>	Restaurant	NA	(850) 237-1243	17415 Main St. N Blountstown, FL 32424
<i>First Baptist Church of Blountstown</i>	Church	<a href="http://www.fbcblountstown.com">www.fbcblountstown.com</a>	(850) 266-7535	16693 SW Pear St. Blountstown, FL 32424
<i>Gateway Child Care</i>	Childcare Center	NA	(850) 674-2412	17667 Main Street Blountstown, FL 32424
<i>Golden Pharmacy, Inc.</i>	Pharmacy	<a href="http://www.stores.healthmart.com/goldenpharmacy">www.stores.healthmart.com/goldenpharmacy</a>	(850) 674-4557	17324 Main St. N Blountstown, FL 32424
<i>Gulf Coast Children's Advocacy Center</i>	Child Protective Services	<a href="http://www.gulfcoastcac.org">www.gulfcoastcac.org</a>	(850) 872-7760	210 East 11th Street Panama City, FL 32401
<i>Gulf Coast Sexual Assault Program</i>	Sexual Assault Awareness	<a href="http://www.gulfcoast.org">www.gulfcoast.org</a>	(850) 872-7760	3109 Minnesota Ave Ste 130 Lynn Haven, FL 32444
<i>House United Ministries</i>	Women's resource center	<a href="http://www.houseunitedministries.com">www.houseunitedministries.com</a>	(478) 955-3323	17019 Main St. N Blountstown, FL 32424
<i>McClellan Chiropractic Center</i>	Chiropractic	<a href="http://www.mcclellanchiropracticcenter.com">www.mcclellanchiropracticcenter.com</a>	(850) 674-2555	17390 Main St. N Blountstown, FL 32424
<i>North Florida Child Development Center</i>	Daycare	<a href="http://www.floridachildren.org">www.floridachildren.org</a>	(850) 674-4337	20382 NW Pennington Ave Blountstown, FL 32424
<i>Oglesby Plants International, Inc.</i>	Ornamental plant industry	<a href="http://www.oglesbytc.com">www.oglesbytc.com</a>	(850) 762-8617	26664 State Rd 71 N Altha, FL 32421
<i>PAEC - Green Dot</i>	Create a safe campus environment through the power of community	<a href="http://greendotpaec.wordpress.com/">greendotpaec.wordpress.com/</a>	(866)795-7597	PO Box 5100 Pasadena, CA 91117

<i>Pancare</i>	Provide medical services	<a href="http://www.pancarefl.org/blountstown">www.pancarefl.org/blountstown</a>	(850) 674-2244	16875 N Cayson St. Blountstown, FL 32424
<i>Panhandle Rural Health - Primary Care</i>	Physician	<a href="http://www.prhandpc.com">www.prhandpc.com</a>	(850) 353-7689	20274 Central Ave W Blountstown, FL 32424
<i>Panhandle Therapy Center</i>	Behavioral, Emotional/Mental Health and Substance Abuse Counseling	<a href="http://www.panhandletherapycenter.com">www.panhandletherapycenter.com</a>	(850) 228-1399	20274 Central Ave W Blountstown, FL 32424
<i>River Valley Rehabilitation Center</i>	Rehab/retirement home	<a href="http://www.rivervalleyrehab.com">www.rivervalleyrehab.com</a>	(850) 674-5465	17884 NE Crozier St. Blountstown, FL 32424
<i>Rivertown Community Church</i>	Church	<a href="http://www.rivertown.cc">www.rivertown.cc</a>	(850) 482-2477	19359 SR 71 N Blountstown, FL 32424
<i>TMH Physician Partners</i>	Physician	<a href="http://www.tmh.org/location/tmh-physician-partners-primary-care-in-blountstown">www.tmh.org/location/tmh-physician-partners-primary-care-in-blountstown</a>	(850) 674-4524	17808 NE Charley Johns Street Blountstown, FL 32424
<i>The County Record</i>	Newspaper	<a href="http://www.thecountyrecord.net">www.thecountyrecord.net</a>	(850) 674-5041	20311 Central Ave W, Blountstown, FL 32424
<i>TMH Rehab of Blountstown</i>	Rehab	<a href="http://www.tmh.org/services/rehabilitation">www.tmh.org/services/rehabilitation</a>	(850) 674-4300	17352 Main St N Blountstown, FL 32424
<i>Town of Altha</i>	Town Hall	<a href="https://www.countyoffice.org/altha-town-hall-altha-fl-4b6/">https://www.countyoffice.org/altha-town-hall-altha-fl-4b6/</a>	(850) 762-3280	25586 Main Street Altha, FL 32421
<i>WYBT &amp; 98.1 FM</i>	Radio station	<a href="http://www.wybtradio.com">www.wybtradio.com</a>	(850) 674-5101	20872 NE Kelley Ave Blountstown, FL 32424
<i>Yoder's Septic Service</i>	Install new septic systems	<a href="http://www.yoderseptic.com">www.yoderseptic.com</a>	(850) 647-2716	15646 SW Abe Springs Rd Blountstown, FL 32424

## Appendix IV: Acknowledgments

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

Rachel Bryant, DOH Health Officer

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Megan Hoff, DOH Minority Health/Health Equity Liaison

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Kim Smith, Tobacco Prevention

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Sean Golder, Pan Care of Florida, Inc., Regional Operations Manager,

Johnette Wahlquist, Gold Star Private Academy, Co-Founder

Ladona Kelley, Calhoun County School District, Student and Family Liaison,

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JoAnn Andrews, Ascendant Healthcare Partners, President

Kristine Miller, Ascendant Healthcare Partners, Operations Manager

Stephanie Brogden, Safety Director- Alternative Education Calhoun County Schools

Garrett Maneth, Director, Fusion Church

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Dustin Malphurs, Pastor, Rivertown Community Church

Laura Davis, Physician, TMH Partners

Kyle Peddie, Superintendent, Liberty County Schools





Wendy Eubanks, Director, Calhoun County Public Library

Lakisha Patterson, Member, Prayer Chainers Mission of God Inc.

Aisha Chambers, Member, St Mary's Missionary Baptist Church

Kenneth Speights, Head of Mayhaw Community Association, MCA



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