



HEALTHY OKALOOSA

Lives Here



The Healthy Okaloosa Collaborative

In 2011, the Florida Department of Health in Okaloosa County began working in collaboration with more than 40 community agencies to identify priorities for improving the health of our county.

The group determined the three most pressing health concerns for Okaloosa County are:

- **Nutrition and Physical Activity**
- **Tobacco Cessation**
- **Access to Care**

In 2012, the Healthy Okaloosa Collaborative was formed to establish goals and develop action plans to address each health issue.

Access to Care

Increasing coordination of healthcare resources in Okaloosa County.

Over the past year, the Healthy Okaloosa Collaborative-Access to Care Team hosted quarterly roundtables. These roundtables helped increase service provider knowledge about health and human service resources available in Okaloosa County. Thirty-four community partner organizations came together to share information in an effort to increase access to care through client referrals.

Healthy Lifestyles

Promoting healthy habits for children and adults through improved nutrition and physical activity.

Launched in February 2014, the Healthy Okaloosa Collaborative-Healthy Lifestyles Team assisted in the development of the Healthy Okaloosa 5210 initiative. 5210 is an evidenced-based initiative focused on four healthy habits. Eat at least 5 fruits and vegetables every day, limit recreational screen time to two hours or less each day, be physically active at least one hour every day, and cut back on sugar sweetened beverages.

(www.letsgo.org)

In addition, our local 5210 initiative includes supporting and encouraging breastfeeding and a tobacco/nicotine-free environment.



The Healthy Okaloosa 5210 initiative works across several areas of our community to implement policy and environmental changes to support healthy lifestyles. In 2015, thirteen early childhood education centers, ten K-12 schools and nine worksites participated in the initiative!

Want your children to participate in a healthy summer program? Look for summer programs that are participating in the Healthy Okaloosa Summer Care initiative by visiting www.HealthyOkaloosa.com!

Tobacco

Decreasing the number of Okaloosa County residents who use or initiate the use of tobacco products.

This year, Healthy Okaloosa Collaborative-Tobacco Team members worked diligently to make sure moms and babies have the best possible start in life. Working closely with the Healthy Start Community Coalition of Okaloosa-Walton Counties, the team developed a system to refer expectant moms who indicate they use tobacco during a prenatal visit to available tobacco cessation services in Okaloosa County.

Did you know?

Healthy Lifestyles

- 65.3% of Okaloosa County adults are at an unhealthy weight
- Less than 20% of adults consume the recommended 5 servings of fruits and vegetables each day
- 27.9% of Okaloosa County middle and high school students are at an unhealthy weight
- Only 1 in 5 middle and high school students in Okaloosa County get the recommended 60 minutes of physical activity each day
- Approximately 1/3 of obese preschool children will grow up to be obese adults
- About 1/2 of obese school-age children will grow up to be obese adults

Tobacco

- 12.6% of mothers in Okaloosa County smoke during their pregnancy
- 22.4% of Okaloosa County adults are current smokers
- Almost 11% of Okaloosa County high school students have smoked a cigarette in the past 30 days

Special Thanks to Our Dedicated Partners!

Ambient Healthcare
Boys & Girls Club of the Emerald Coast
Brain Injury Association of Florida
Bridgeway Center
Catholic Charities of Northwest Florida
Early Learning Coalition of Okaloosa-Walton Counties
Eglin Family Advocacy Center
Eglin Sexual Assault Response Program
Eglin Youth Center
Florida Department of Elder Affairs
Fresh Start for Children and Families
Fort Walton Beach Medical Center
FWB Chamber of Commerce
Gold's Gym
Good Will Easter Seals
Health Source of Fort Walton Beach
Healthy Day Healthy Life
Healthy Start Coalition of Okaloosa-Walton Counties
Is Disease Hereditary
Joe Viseitsky
Mental Health Association
Northwest Florida 211
Northwest Florida Area Agency on Aging
Northwest Florida State College
Northwest Florida State College CDC
Okaloosa County School District
Okaloosa County Sheriff's Office
Okaloosa-Walton Child Care Services
Opportunity Place, Inc.
Panhandle Nutrition Lactation Services
Panhandle Animal Welfare Society
Panhandle Warrior Connection
PT Solutions
Rocky Bayou Christian School
Sharing & Caring, Inc.
Shelter House, Inc.
The Nutrition Group
The Total Wellness Doc.com
Twin Cities Hospital
United Way of Okaloosa & Walton Counties
UF/IFAS Extension
University of West Florida
US Army Public Health Command
USAF-Eglin AFB
USAF-Hurlburt Field
Veteran's Affairs-Medical Foster Home Program
Walton-Okaloosa Council on Aging
West Florida AHEC

We Need Your Input!

Make a difference in the health of Okaloosa County today! The Florida Department of Health is currently working on the 2016-2020 Community Health Assessment and we need your input. **Please take a moment to visit our website at www.HealthyOkaloosa.com and complete the 10-15 minute Community Themes and Strengths Survey.** Your responses are very important, completely voluntary and anonymous. The information you provide will help guide Okaloosa County health improvement efforts. If you have any questions, please contact the Florida Department of Health in Okaloosa County at (850) 833-9240 ext. 2387.

