

# WALTON COUNTY HEALTH PROFILE UPDATE

April 2011

TOPICS: Major Causes of Death, Injury and Violence Prevention, National Public Health Week

## “HOW HEALTHY ARE WALTON COUNTY RESIDENTS?”

Walton County Health Department continually monitors the health status of our county. Ongoing collection, analysis and review of public health data which describes population health status gives us a better understanding of the health of our community and helps us to ensure that limited resources target specific health status issues.

To learn how you can be involved in improving our community’s health, contact [Laura.Brazell@doh.state.fl.us](mailto:Laura.Brazell@doh.state.fl.us) or 850-892-8040 x 1163.

County Health Rankings 2011 released March 30, 2011. For more information: <http://www.countyhealthrankings.org/>

## WALTON COUNTY HEALTH SCORECARD – MAJOR CAUSES OF DEATH (2009)

Major Causes of Death for 2009		Walton	State
<i>“In 2009, Walton County deaths from all causes accounted for 10,035 Years of Potential Life Lost per 100,000 people.”</i>		3-year age-adjusted death rate per 100,000	
Total Deaths from all causes	494 deaths in Walton	648.4	666.7
1. Cancers	130 deaths in Walton	154.7	160.7
2. Heart Diseases	111 deaths in Walton	151.1	155.0
3. Unintentional Injuries	39 deaths in Walton	67.0	44.0
4. Chronic Lower Respiratory Diseases	26 deaths in Walton	37.6	37.1

## COMPARING MAJOR CAUSES OF DEATH

Walton	2009	Florida
2	<i>Heart Diseases</i>	1
1	<i>Cancers</i>	2
4	<i>Chronic Lower Respiratory Diseases</i>	3
3	<i>Unintentional Injuries</i>	4

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

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

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

**Unintentional injuries are the leading cause of death for Floridians ages 1 to 44, and the fourth leading cause of death for all ages.**

Unintentional injuries include, but are not limited to, those that results from motor vehicle crashes, falls, fires, poisonings, drowning, suffocations, choking, animal bites, and recreational and sports-related activities.

## WALTON COUNTY HEALTH SCORECARD – INJURY AND VIOLENCE PREVENTION

Social and Mental Health Indicators r/t Injury and Violence Prevention	Walton		State	
<i>“Walton County rates for ALL of these indicators are higher than state rates.”</i>	Average Number of Deaths / Rate per 100,000			
Alcohol – related Motor Vehicle Traffic Crash Deaths	8	13.9	1,139	6.1
Alcohol – related Motor Vehicle Traffic Crash Injuries	87	151.2	15,358	81.7
Total Domestic Violence Offenses	369	638.4	114,940	611.8
Age – Adjusted Suicide 3-year Deaths / Rate	10	17.2	2,716	13.7

## “SAFETY IS NO ACCIDENT!”

## NATIONAL PUBLIC HEALTH WEEK IS APRIL 4 – 10, 2011

**Injuries are not “accidents,” and we can prevent them from happening.** The misperception of injuries as simply accidents undermines its seriousness as a public health threat. Injuries are understandable, predictable, and preventable as are many other health problems. Effective interventions include the use of seat belts and bicycle helmets; laws establishing lower legal blood alcohol levels (0.08 rather than 0.10) for drunk driving; and residential smoke alarm and fire safety education programs.

**Creating a healthier nation starts with creating a safer nation** – and that means taking steps to protect neighbors, families and communities from harm. Injuries, unexpected events and violence affect people at home, at work, in their communities, on the move and even at play.

**Unintentional injuries, such as motor vehicle crashes, poisonings and burns, rank among the top 10 causes of death for people ages 1 – 44.**

### For more information on Injury and Violence Prevention

CDC Injury, Violence and Safety <http://www.cdc.gov/InjuryViolenceSafety/>

Florida DOH / Office of Injury Prevention <http://www.doh.state.fl.us/injury/>

**Since 1995, communities across the country have celebrated National Public Health Week (NPHW) during the first full week of April to highlight issues which are important to improving the public’s health.**

**For more information: [www.nphw.org](http://www.nphw.org)**