

ST. LUCIE COUNTY PUBLIC HEALTH OVERVIEW 2017-2018



**PARTNERSHIPS
MATTER**



www.stluciecountyhealth.com





PUBLIC HEALTH: PARTNERSHIPS MATTER

Clint Sperber, MPA
Administrator and Health Officer

Dear St. Lucie,

Last year I highlighted several initiatives we have been working on to make St. Lucie healthy and I would like to take this opportunity to provide a brief update.

■ We collaborated with the United Way of St. Lucie on their Health Vision Council assisting in setting priorities to achieve measurable change related to four health goals: improving resident’s physical health, reducing unintentional injuries, improving quality of life for mothers, infants and children and improving children’s mental health.

■ We received funding to examine and address the disparities in infant mortality rates between black and white babies. A very dedicated community response team reviewed all cases of fetal demise and infant deaths from 2014 to 2017. Recommendations were generated, compiled and disseminated to the agency best suited to address the issue. Fetal and infant death rates are key measures of our community’s health and vitality, and overall social and economic well-being.

■ Our school health nurses took the lead in addressing the percentage of overweight/obese children in St. Lucie County. We partnered with the Early Learning Coalition and St. Lucie Public Schools to implement an evidence-based program called 5-2-1-0 to 644 children in 3rd and 4th grades, child care centers and afterschool programs. 5-2-1-0 represents four recommendations for healthy eating and physical activity each day: “eat five or more servings of fruits and vegetables,” “limit of two hours or less of recreational screen time,” “engage in one hour or more of physical activity,” and “zero sugary drinks.” Pre and post surveys showed an increase of fruits and vegetables daily from 76% to 81% and decrease of video games/computer daily from 55% to 51%.

■ We continue our partnership, with Ray and Cheryl Laloo of the Jessica Clinton MVP Foundation which is now at 7 years, to prevent sudden cardiac arrest in youth. The goal of the Know Your Heart Event is to reduce the risk that a child will die from an undiagnosed heart condition. On November 4, 2017, 262 children were screened, an increase of 74% from the previous year. We are the only health department in the United States that provides a one-stop shop, for a complete heart screening at no cost to the family. Special thanks to the St. Lucie County Fire District, Martin Health System, St. Lucie Medical Center, Nicklaus Children’s Palm Beach Gardens cardiologists for volunteering services and staff. The estimated value of donated services on this one day was \$601,250!

Improving public health is most successful through grassroots education and advocacy. I know if we work together, we can build the healthiest county in Florida, but we need your help to get there.

2 www.stluciecountyhealth.com

FLORIDA DEPARTMENT OF HEALTH IN ST. LUCIE COUNTY LOCATIONS

FORT PIERCE

714 Avenue C • Fort Pierce, FL 34950
(772) 462-3800 (772) 462-3900 (WIC)

GWENDA THOMPSON TRADES CAREER CENTER

3855 S. U.S. 1
Fort Pierce, FL 34982
(772) 462-3800

PORT ST. LUCIE

LARRY J. LEE PUBLIC HEALTH BUILDING

5150 NW Milner Drive • Port St. Lucie, FL 34983
(772) 462-3800

ST. LUCIE WEST

WIC Program
531 NW Lake Whitney Place, Suite 101
Port St Lucie, FL 34986
(772) 785-6124 or (772) 462-3900

ST. LUCIE WEST PEDIATRIC DENTAL CLINIC (FOREVER SMILES)

537 NW Lake Whitney Place
Suite 101
Port St. Lucie, FL 34986
772-462-3800

www.stluciecountyhealth.com

PARTNERSHIPS LEADING THE WAY



2018

Healthy St. Lucie



Billion Steps Challenge



Above are proclamations issued by the City of Port St. Lucie, St. Lucie BOCC, and the City of Fort Pierce in support of the Billion Steps Challenge.



See back cover for how to join.

EDITOR: Arlease Hall, Public Information Officer and Community Relations Director

CREATIVE SERVICES:
Comet Media Group www.cometmg.com 772-480-3414



WIC SUCSESSES

Women, Infants, and
Children (WIC)

Why apply for WIC? Research shows WIC makes a difference! Health benefits include:

- Prenatally, lower risk of: preterm birth, low birth weight and perinatal death.
- Women and children participating in WIC have healthier diets.
- Higher rate of breastfeeding initiation.
- Lower levels of anemia, failure to thrive and nutritional deficiency.

You may qualify if you are a pregnant, breastfeeding or post-partum woman, infant or child under age 5 who meets eligibility criteria. WIC provides nutrition counseling, breastfeeding support, nutritious foods and referrals to healthcare. Call Ft Pierce at (772) 462-3900 or St Lucie West at (772) 785-6124 to apply.

CENTER:

Anne Alexander, Peer Counselor, Breastfeeding Advocate of the Year in 2017 Award from Healthy Start St. Lucie



TREASURE COAST OPIOID COALITION

The Treasure Coast has not been spared the Opioid Crisis that is ravaging our nation. At the end of 2016 and beginning of 2017, several interested community members and representatives of several organizations met to discuss the scope and severity of the opioid problem in St. Lucie County. By mid - 2017, as reports indicated that the numbers of overdose deaths had reached crisis proportions, it was decided by this group that the community needed a broader and more integrated response.

Over 60 individuals from law enforcement, first responders, justice and legal professions, hospitals, addiction treatment facilities, health departments, local and state officials from all four counties of the Treasure Coast, including Indian River, Martin, Okeechobee and St. Lucie Counties attended that first meeting and many of the monthly meetings held since. Subcommittees were developed based on task forces of other communities.



FETAL & INFANT MORTALITY REVIEW (FIMR) IN ST. LUCIE COUNTY

In 2014, after noticing black infants were dying at a higher rate than white infants, we secured funding from Allegany Franciscan Ministries to initiate a Fetal & Infant Mortality Review (FIMR) program. FIMR is a national program whose goal is to enhance the health and well-being of women, infants and families by improving community resources and the delivery of services available to them.

Twenty-six cases of fetal demises and infant deaths, from 2014 to the present, were reviewed by health care providers and community members. The Team assessed case abstracts, which included medical records and family interviews, and provided a multitude of recommendations for a newly formed Community Action Team to translate into action.

The Team recognized Sudden Unexpected/unexplained Infant Deaths (SUID) were occurring due to unsafe sleep practices. To help prevent these deaths, we are partnering with St. Lucie Fire District to provide Direct On Scene Education (DOSE). First responders will be trained to identify infant safe sleep hazards while responding to emergency and non-emergency calls. If responders find an expectant mother or infant less than one year of age, they will initiate an "environmental check" and distribute a Baby Safe Sleep Kit and pack and play (while supplies last). First responders are on scene to help, giving their message more of an opportunity to make a lasting impression.



Serving Area 15 the Treasure Coast and Okeechobee County as Lead Agency for HIV/AIDS programs and services, we continue a positive trend of community collaboration to broaden the system of care for individuals both infected and affected by HIV/AIDS.

- We adopted the Test and Treat program, if an individual has a reactive test for HIV they are immediately given a free 30-day supply of antiretroviral medication to immediately start suppressing the virus and help with adherence to care.
- The pre-exposure Prophylaxis (or PrEP) was implemented to reduce the risk of HIV infection in HIV-negative individuals. PrEP is a form of prevention if taken correctly, it minimizes contracting HIV.

JOIN TODAY!



On January 1, the Healthy St. Lucie Coalition launched a Billion Steps Challenge to encourage all residents in St. Lucie County to be active.

The challenge will run through December 31, 2018 and is in support of strategies identified by community stakeholders in the 2016-2019 Community Health Improvement Plan, overseen by the Florida Department of Health in St. Lucie County.

Registration is open to residents all year long. When you register, you will set up your individual account. From there you can fly solo, or form a team with your friends, neighbors, family, or work buddies. **Together we can reach the one billion steps in 2018!**

MOBILE PHONE REGISTRATION

Download the app & create an account.
Enter our URL, healthystlucie.walkertracker.com



DESKTOP COMPUTER REGISTRATION

Go to www.healthystlucie.walkertracker.com/ click on "Register Now."



RESPONSE TO HURRICANE IRMA

Our Public Health Preparedness Program works toward improving St. Lucie County's ability to prepare and respond to public health threats including natural, biological, chemical, radiological and nuclear incidents.

2017 was an eventful year in our response to Hurricane Irma, an extremely dangerous and powerful hurricane. In conjunction with the Division of Emergency Management we operated a Special Needs Shelter (SpNS) with, community partners and volunteers. We were operational for 6 days. Our peak census was 326 clients (190 oxygen dependent, electronic dependent and dialysis), 165 caregivers, 194 staff and 71 other (family, children, volunteers), 46 clients were from (Okeechobee and the west coast).

A Special Needs Shelter (SpNS) is a place to go when there is no other sheltering option. Shelters are activated during an emergency event to provide mass care for people who cannot safely remain in their home. **For more information or to register for the SpNS contact Public Safety (772) 462-8100.**



PEDIATRIC DENTAL



Now providing healthier smiles for children at our St. Lucie West location up to the age of 20 years old. Our dental program provides services to Medicaid recipients, Healthy kids and Children Medical Services. Please call to verify your insurance. **SERVICES MAY INCLUDE:** exams, x-rays, cleanings, sealants, fillings, extractions and more.

Through our School Based Sealant Program, our hygienist can visit your child's school, provide a screening and apply sealants to prevent cavities and decay. Ultimately, the key to a healthier smile is preventive care.

We hope to see you soon!

For more information please call: 772- 462-3800.



Safe Kids St. Lucie Coalition provided education to over 19,000 students, parents and professionals participating in trainings, school events, community events and summer programs

SAFETY EDUCATION PROGRAMS AND NUMBER OF PARTICIPANTS

Home Safety-1200 Bike Safety 8091 Pedestrian Safety 6500 Water Safety 2416 Car Seat Inspections /Installs 535 Medication Safety 400

Safe Kids Worldwide is working with the International Road Assessment Programme (iRAP), which previously created the globally recognized Star Ratings measurement system to provide simple, comparable and objective measurements of built-in safety of road segments for vehicle occupants, motorcyclists, bicyclists, and pedestrians. The iRAP Star Rating for Pedestrians tool using this approach has now been adapted to create the Star Rating for Schools (SR4S) mobile application, which can be used to measure and communicate road safety risks that children and adolescents are exposed to on their journey to and from school. Safe Kids Worldwide is working with iRAP to field test the SR4S mobile application at schools across the US as a means of assessing pedestrian safety in school zones.

Safe Kids St. Lucie was selected to field test SR4S mobile application. SR4S will assess the strengths and potential risks to pedestrian safety at multiple locations within school zones (e.g., intersections, crosswalks, etc.), as well as share the assessment results and Star Ratings and offer suggestions and guidance for improved safety features for pedestrians.