



[www.stluciecountyhealth.com](http://www.stluciecountyhealth.com)

## PUBLIC HEALTH OVERVIEW 2016





Greetings St. Lucie,

Thank you for your interest and taking the time to get an overview of what we as public health professionals are doing in our county; to prevent you from getting sick or injured on a daily basis.

We know that a strong public health system is an important part of any healthy community, but it's probably not something that most people think about on a regular basis.

The Health Department in St. Lucie County works closely with local governments, non-profit organizations, businesses, and the public to build a system that supports health.

In fiscal year 2014-2015, we provided 843,948 services throughout the County. Over 2,000 reports of disease were investigated including Florida's first locally acquired case of measles in three years. We continued our efforts to reduce the rates of HIV infections. Working with numerous partners we developed a Community Health Improvement Plan and built a Coalition focused on reducing unintentional injuries in children. In building a healthier community, public health's infrastructure is of great value in helping to build a strong economy.

Throughout this publication you will read about the people and programs that make up your public health system in St. Lucie County. I invite you to get to know us better and to help us build a healthier community.

Our Public Health system works to ensure the health of the community by providing **10 essential services:**

- **Monitoring and reporting** St. Lucie's population health status to help decision makers identify problems and find solutions
- **Diagnosing and investigating** community health problems to protect people in the case of an outbreak like the Zika virus or determining the cause of unusually high rates of disease in a specific population
- **Mobilizing community partnerships** to identify and solve health problems like unhealthy weight, infant mortality, unintentional injury, or teen pregnancy
- **Developing plans and policies** based on scientific evidence and knowledge of the community
- **Enforcing laws and regulations** that protect health and safety
- **Linking people to services** and assuring health care
- **Assuring a competent work force** that is trained to prevent disease, maintain a safe environment, and respond during a disaster
- **Evaluating effectiveness, accessibility and quality** of services and programs
- **Researching innovative solutions** to health problems

St. Lucie County faces many health challenges, but I feel confident that we are working towards a healthier future.

## 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)

### PORT ST. LUCIE

#### LARRY J. LEE PUBLIC HEALTH BUILDING

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

### ST. LUCIE WEST

531 NW Lake Whitney Place  
Suite 106  
Port St. Lucie, FL 34986  
(772) 462-3800  
(772) 462-3900 (WIC)

### GWENDA THOMPSON TRADES CAREER CENTER

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

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## Healthiest Weight Community Award

Florida Department of Health  
2016 Healthiest Weight Community  
Champion Award - City of Port St. Lucie



**Pictured from left to right:**

Councilwoman Shannon Martin, City Manager Jeff Bremer, Councilwoman Michelle Berger, Councilman Ron Bowen, Vice Mayor Linda Bartz, County Health Officer and Administrator Clint Sperber, Mayor Gregory J. Oravec.

**EDITOR:** Arlease Hall, Public Information Officer and Donna Harris, Health Education Director

**PHOTOS:** Courtesy of St. Lucie County Media Relations and Florida Department of Health in St. Lucie County.

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Comet Media Group [www.cometmg.com](http://www.cometmg.com) 772-480-3414





**World Heart Day** is an annual event that takes place on the 29th of September to remind everyone that heart disease and stroke are the world's leading causes of death. The Florida Department of Health in St. Lucie promoted heart health by hosting Hands-Only CPR training.

Hands-Only CPR performed by a bystander has shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of sudden cardiac arrest.

Over 1,150 students participated in the Hands-Only CPR demonstration without mouth-to-mouth breaths.



On October 2, 2003, Jessica Clinton a seventeen year-old senior, died from an undiagnosed heart condition. The Jessica Clinton MVP Foundation created in her honor, has been working to prevent such tragedies.

The Florida Department of Health in St. Lucie County advanced a model which joins our infrastructure with the passion of the non-profit foundation to increase access to health care services; holding a one-day Know Your Heart screening for youth age 5-20.

The goal of the Know Your Heart event is to reduce the risk that a child will die from an undiagnosed heart condition.

**OBJECTIVES FOR THE EVENT:**

- ◆ Increase awareness of the risk of Sudden Cardiac Arrest in youth
- ◆ Increase awareness of A.E.D.s (Automated External Defibrillators) and the value of early screenings
- ◆ Increase the percentage of students that are screened for heart defects with EKGs, Blood Pressure, and Echocardiogram testing

Over 600+ students have been screened over a 3 year period. Partnering to Prevent Sudden Cardiac Arrest in Youth.



The school based dental sealant program's goal is to prevent decay and educate children on the importance of good oral hygiene. Dental sealants are a proven answer for preventing adolescent tooth decay.

Tooth decay is the single most common chronic condition affecting children. Dental sealants are thin plastic coatings applied to the grooves on the chewing surfaces of molar teeth and are 86 percent effective in preventing tooth decay.

**LEFT UNTREATED, DENTAL DECAY CAN RESULT IN:**

- ◆ Infection, pain, inadequate tooth function and tooth loss;
- ◆ Impaired nutrition and inadequate speech development;
- ◆ Costly emergency department visits; or
- ◆ Poor school performance.

St. Lucie is eliminating barriers to access dental care for children.



Dental disease is the most prevalent childhood disease in America. The Give Kids A Smile (GKAS) program was launched nationally by the American Dental Association (ADA) in 2003. GKAS in St. Lucie is a collaborative between the Department of Health School Nurses, HANDS Pediatric Dental Program, Indian River State College Dental Program, St. Lucie County Oral Health Coalition, GKAS Treasure Coast Coordinator, Dr. Reza Ardlan, volunteer dentists and hygienists.

**SERVICES PROVIDED:**

- ◆ 43 students from 12 schools received cleanings, x-rays, and a dental exam
- ◆ 32 students received restorative care from 6 volunteer dentists
- ◆ \$25,000 pro-bono dental services are given annually

The ultimate goal is to establish a dental home for each child.



## SAFE KIDS ST. LUCIE COUNTY

**Safe Kids St. Lucie Coalition** provided Safety education to over 8000 students and parents participating in summer programs, back to school events and community events. Education topics included home, bike, pedestrian, car seat, water, fire, medication and sports safety.

The Coalition is currently developing plans to build a multifaceted Children's Safety Village where children will actively participate in hands on safety lessons and more, such a facility will allow them the opportunity to demonstrate and apply the knowledge gained while visiting the Safety Village.

## WIC SUCCESSES

### Women, Infants, and Children (WIC)

- ◆ Provided WIC nutrition counseling and nutritious foods to 13,572 pregnant, breastfeeding and post-partum women, infants and children under age 5 who met eligibility guidelines.
- ◆ Breastfeeding: Dec. 2015 - 38.1% of mothers enrolled on WIC breastfed for six months. This is above the state rate of 33.4%.
- ◆ Breastfeeding Peer Counselors made 4,820 breastfeeding support contacts with mothers.
- ◆ WIC & La Leche League partnership offers monthly Mother's Support Group held at the St Lucie West WIC office. All mothers are welcome!
- ◆ WIC 's multi-user electric breastpump loan program assists WIC enrolled mothers returning to work, school or separated from baby at birth. Ask about WIC's manual breastpump for other support needs.



The Healthy St. Lucie Coalition is moving forward with a Community Health Improvement Plan that focusses on Eating Healthy from Birth, Eating Healthy for Life, Moving More, and Feeling Better! Coalition members from across the county are working with schools, non-profits, government agencies and private businesses to improve health for all residents.

Strategies include promoting breastfeeding, encouraging healthy diets, increasing access to physical activity, and decreasing tobacco use. To learn more go to the Healthy St. Lucie website at: [www.healthystlucie.org](http://www.healthystlucie.org)

## NOW ACCEPTING THE FOLLOWING HEALTH AND DENTAL PLANS

Florida Department of Health in St. Lucie providers are dedicated to providing patients with the highest quality of medical care. We look forward to establishing patient-staff relationships that foster trust, communication, and confidence. We strongly believe that communication and patient education are an integral part of effective healthcare.

**Call and schedule an appointment with one of our medical providers at 772.462.3800.**



## MEDICAL RESERVE CORPS

**JOIN MRC AND BE PREPARED FOR DISASTERS OF ALL KIND.**

MRC volunteers include health care professionals such as physicians, nurses, pharmacists, dentists, veterinarians, and epidemiologists, Other community members such as interpreters, chaplains, office workers, and legal advisors can fill other vital support positions.

### MRC CAN ENHANCE PUBLIC HEALTH BY:

- ◆ Supplementing public health preparedness and response
- ◆ Eliminating health disparities
- ◆ Enhancing public health preparedness

### MRC EMERGENCY PREPAREDNESS VOLUNTEERS:

- ◆ Bolster public health and emergency response infrastructures by providing supplemental personnel
- ◆ Train with local emergency response partners

To learn more visit [www.servfl.com](http://www.servfl.com) or contact the St. Lucie County Medical Reserve Corps. **772-873-4911**

