A Message from the Director

To the residents of Polk County and our partners in public health:

It is indeed a new day in public health. There have been many changes at the Florida Department of Health in Polk County over the past year, as well as changes in leadership at the state level, with a new state surgeon general, Dr. John Armstrong. On a local level, I was honored to be appointed as interim director in November of 2012, replacing Dr. Daniel Haight, who served as the director of the health department for sixteen years. During his tenure, Dr. Haight built a strong foundation of public health in our community. I plan to continue his work and move forward on new initiatives. As director, I would like to take this opportunity to highlight some of the year’s accomplishments and challenges in our 2012 Annual Report to the community.

One of the strengths of Polk County has always been community partnerships. It is through mutual collaboration that we have accomplished a lot of positive changes, and will continue to do so. A perfect example of a successful community effort is the Building a Healthier Polk Initiative coordinated by Polk Vision. A community assessment conducted in 2011 determined that obesity and chronic disease were the major health issues in Polk. The Building a Healthier Polk Initiative is a group comprised of the school board, wellness professionals, colleges, hospitals, primary care physicians, and the health department with the shared goal of reducing the obesity rate of 37.6% in Polk County to less than the state average of 27.2%. I am committed to working towards this goal in the upcoming year.

Our new Haines City clinic opened in December 2012, replacing a much smaller health department clinic that closed in October of 2011. We welcomed back all of our patients, and are happy to once again provide services to the residents of northeast Polk County. Services provided at the new location include obstetrics, dental care, immunizations, family planning, adult health, Healthy Start, and WIC.

Yes, it is definitely a new day in public health. As we move forward, there will be more changes to come, including the implementation of the Affordable Care Act, managed healthcare, and completing our transition to electronic health records. I am confident that the hard-working staff of the Florida Department of Health in Polk County will continue to provide our community with a consistent level of service as we strive to protect, promote, and improve the health of all Floridians through integrated efforts of the state, county, and community.

I greatly appreciate your continued support, and look forward to working with each of you in the coming year.

Sincerely,
Ulyee Choe, DO
Director, Florida Department of Health in Polk County
Assistant Professor, University of South Florida, College of Medicine
# Table of Contents

Message from the Director ........................................................................................................... 2  
Public Health Accreditation ........................................................................................................ 4  
Vital Statistics, Teen Birth Rates ............................................................................................... 6  
Epidemiology, Reportable Diseases ............................................................................................ 7  
Sexually Transmitted Diseases ................................................................................................. 8  
Communicable Diseases ........................................................................................................... 9  
Environmental Investigations .................................................................................................... 10  
Tobacco Program, Public Information ....................................................................................... 12  
Medical Reserve Corps ............................................................................................................. 13  
Building a Healthier Polk .......................................................................................................... 14  
Administrative Services, Student Internships .......................................................................... 15  
Water Programs ...................................................................................................................... 16  
Septic Tanks, Swimming Pools, X-ray Machines ..................................................................... 17  
Specialty Care, Adult Health Services ..................................................................................... 18  
Dental Services ........................................................................................................................ 19  
WIC & Nutrition Program, Mary Sand Chronic Lung Disease Clinic ................................... 20  
Immunizations .......................................................................................................................... 21  
Staff Training & Development ................................................................................................. 22  
Leadership Council, Quality Assurance ................................................................................ 23  
Research .................................................................................................................................. 24  
Fiscal Accountability ............................................................................................................... 25  
Acknowledgements .................................................................................................................. 26  
Accomplishments .................................................................................................................... 27
The Public Health Accreditation Board, or PHAB, administers the national public health department accreditation program. National public health department accreditation has been developed because of the desire to improve service, value, and accountability to stakeholders. The goal of PHAB’s accreditation program is to advance the quality and performance of all public health departments in order to protect and improve the health of the nation.

The Florida Department of Health, as an integrated public health agency, is pursuing accreditation through the Public Health Accreditation Board. Their goal is to be awarded accreditation status by September 30, 2014. Each of the state’s 67 county health departments will contribute to this effort.

The Florida Department of Health in Polk County has been preparing for accreditation for several years. Staff have been reviewing accreditation materials and gathering documentation to demonstrate our capacity to provide important core public health functions and essential services to the residents and visitors of Polk County.

The accreditation process challenges health departments to think about what they do and how they do it in order to accomplish their mission. Health departments seeking to become accredited use PHAB standards and measures as a framework for evaluating their processes and services, their outcomes, and progress towards specific goals and objectives to help them achieve performance excellence.

The accreditation process encompasses a wide range of core public health programs and activities, such as environmental public health, health education, health promotion, community health, chronic disease prevention and control, communicable disease, injury prevention, maternal and child health, emergency preparedness, access to clinical services, public health laboratory services, management/administration, and governance.

Accreditation standards define the expectations for all public health departments. For each standard there are measures that provide a way of evaluating if the standard is met. All of the standards and measures fall under 12 Domains. Throughout this report, accreditation domains are used to correspond with the core public health functions and essential services the health department provides.

We are proud of the work performed by the dedicated staff at the Florida Department of Health in Polk County as they work to protect, promote, and improve the health of all people in Polk through integrated state, county, and community efforts.
Core Functions of Public Health
- Assessment
- Policy development
- Assurance

10 Essential Services of Public Health
- Monitor health status to identify community health problems
- Diagnose and investigate public health problems and hazards
- Inform, educate, and empower people about health issues
- Mobilize community partnerships to identify and solve problems
- Develop policies/plans that support individual or community efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people to needed health services and assure provision of healthcare when otherwise unavailable
- Assure a competent public health and personal healthcare workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- Research for new insights and innovative solutions to health problems.
**Domain One**

**Vital Statistics:**
Birth and Death Certificates

Birth and death records provide valuable information about health issues that affect Polk County. This information allows the health department to decide what programs and services are needed to help the people in Polk County live healthier lifestyles.

In 2012, the health department issued 24,958 birth certificates and 37,041 death certificates.

*Source: E-Vitals*

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**Polk Births**

<table>
<thead>
<tr>
<th>Year</th>
<th>Count</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>922</td>
<td>23.9</td>
</tr>
<tr>
<td>2011</td>
<td>792</td>
<td>20.6</td>
</tr>
<tr>
<td>2012</td>
<td>737</td>
<td>19.1</td>
</tr>
</tbody>
</table>

*Source: Florida CHARTS*

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**Polk Deaths**

<table>
<thead>
<tr>
<th>Year</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>19,392</td>
</tr>
<tr>
<td>2011</td>
<td>17,320</td>
</tr>
<tr>
<td>2012</td>
<td>16,142</td>
</tr>
</tbody>
</table>

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**Top Causes of Death in Polk County**

- Heart Disease
- Cancer
- Chronic Lower Respiratory Disease
- Unintentional Injuries
- Stroke

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**Teen Birth Rates**

The teen birth rate in Polk County has been steadily declining over the last decade. In addition, there were no repeat births to girls in either the 10-14 or 15-19 age groups during 2012.

The fact remains that teen birth rates in Polk are still higher than the state, so efforts to reduce teen pregnancy continue to be critical.

Teen pregnancy affects everyone. The costs to society as a whole are estimated at $11 billion annually.
Some infectious diseases are required by law to be reported to the health department. Our trained staff monitor and investigate all incidents of reportable diseases.

Polk County saw an increase in enteric illnesses during 2012. These are caused by germs spread through not washing your hands correctly and often.

Statistics for Polk County during 2012 for some of the more familiar reportable diseases are included in the chart below.
Domain Two

Sexually Transmitted Disease Trends in Polk

- 3% of statewide total
- Over 3,450 clients served
- 522 pregnant women diagnosed with an STD
- Bacterial STD rate in females age 15-34 was higher than the state.

### Syphilis

- Reported cases decreased 9% in 2012.
- The ratio of male to female infection was 5-to-1.
- 92% of reported syphilis and HIV+ cases were among men who have sex with men.

### Chlamydia

- Reported cases decreased 1% in 2012.
- The ratio of male to female infection was 3-to-1.
- 71% of cases were among those 15-24.
- 134 re-infections within 12 months.


**DOMAIN TWO**

**Hepatitis Prevention Program**

This program serves adults 18 and older who are at-risk for hepatitis, providing screening, education, and vaccines free of charge. In order to reach those within our community most at risk, we actively partner with local community support services, such as homeless shelters, drug and alcohol treatment centers, and the jails.

**Tuberculosis Cases**

2012

- **15**
- or
- **2.4 cases per 100,000 Polk residents**

**Tuberculosis (TB) Control Program**

In 2012, Florida had 679 reported cases of TB, which made us the 4th highest state in the nation. Polk County had **15** of those reported cases.

**Hepatitis Prevention Program Statistics**

**2012**

- **1,509** residents screened and educated
- **736** doses hepatitis A, B vaccine given
- **726** total cases reported, of which:
  - **14** were acute hepatitis B
  - **68** were chronic hepatitis B
  - **13** were perinatal hepatitis B
  - **7** were acute hepatitis C
  - **624** were chronic hepatitis C
DOMAIN TWO

Environmental Investigations

Sanitary Nuisance Complaints

Situations which may threaten or impair the health of the public are considered sanitary nuisances. The health department is responsible for responding to and investigating all complaints received from the public.

Lead Contamination

Lead is a naturally-occurring metal that is used in many products we use every day. Environmental Health staff identify and educate at-risk people about lead poisoning hazards and prevention. Staff also assess living environments of children who have been diagnosed with elevated levels of lead in their blood.

Food-borne Illnesses

Illness complaints from the public that may be related to food products or water sources are investigated by Environmental Health staff. If there is an outbreak related to a particular facility, health department staff work with the owner to take steps necessary to protect public health and prevent further outbreaks.
Investigate health problems and environmental public health hazards to protect the community

**Domain Two**

### Environmental Investigations

#### Radiological Incidents

Members of our radiological health team are specially trained to protect the public from accidental exposure to radiation. They investigate complaints involving radioactive materials licensees, transport accidents involving radioactive materials, reports of lost or stolen radioactive sources, and incidents of contamination of facilities or the environment caused by radioactive materials. This team also provides training to the public on the proper handling and disposal of radioactive materials.

#### Indoor Air Quality

Indoor pollution sources that release gases or particles into the air are the primary cause of indoor air quality concerns for the people in Polk County. Inadequate ventilation and high temperature and humidity can increase indoor pollutant levels.

Health issues caused by indoor pollutants include respiratory diseases, heart disease, and cancer. It is important that people take steps to improve the indoor air quality in their homes, even if they are not experiencing symptoms of disease. One step residents can take is to have a radon test of their home. Kits are available through the health department.
DOMAINE THREE

Tobacco Program

Tobacco Free Polk is a program funded through a grant from the Florida Department of Health’s Bureau of Tobacco Free Florida. It’s mission is to engage local adults and youth in working together to prevent tobacco use among young people, eliminate second-hand smoke exposure for everyone, and promote smoking cessation.

Accomplishments for 2012

- Flavored tobacco resolutions passed by the cities of Mulberry and Bartow
- Assisted in the implementation of several worksite tobacco-free policies and employee cessation programs
- Worked with local property managers to encourage tobacco-free multi-unit residential communities, such as condos and apartments
- Hosted 3 educational forums: asthma, COPD, and facts about hookah smoking
- Worked with the Polk County School Board to develop a campus-wide tobacco-free policy
- Increased SWAT club participation by local schools to 56 student members
- Participated in Kick-Butts Day, Through with Chew Week, Tobacco Free Florida Week, and the Great American Smoke Out

Public Information

Information about health issues is available at all times to the residents of Polk County through the Public Information Office. We create and issue press releases, public service segments, newspaper articles, and other messaging to ensure that Polk County residents are kept informed. Website inquiries are also handled through this office.

| Press Releases Sent | 24 |
| Media Inquiries Handled | 59 |
| Website Inquiries Handled | 39 |
DOMAIN FOUR

**Medical Reserve Corps (MRC)**

Begun in 2008, the Polk County MRC is a group of community-minded volunteers who donate their time, knowledge, and skills to prepare for and respond to local emergencies. Whether rolling up their sleeves to assist residents during disasters, supporting local fire-rescue in community events, or providing community wellness services, these dedicated volunteers are an irreplaceable asset to the health department and our community.

<table>
<thead>
<tr>
<th>Total Membership</th>
<th>341</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer Hours</td>
<td>813+</td>
</tr>
<tr>
<td>$ Value of MRC Contributions</td>
<td>$111,000</td>
</tr>
</tbody>
</table>
Domain Four

Building a Healthier Polk

The Florida Department of Health in Polk County is proud to be a key member of Building a Healthier Polk, a group of community partners brought together by Polk Vision who are working towards the goal of reducing the obesity rate in Polk County. This effort began with a community forum that included over 70 community stakeholders and was based on a comprehensive community assessment.

The Building a Healthier Polk initiative is a three-year plan to reduce obesity, based on the following six key strategy areas:

- School-based
- Worksite-based
- Higher education
- Primary care physicians
- Neighborhood/community-based
- Communication

The call to action, “A Habit Today = A Lifestyle Tomorrow”, encourages people to take a realistic one-step-at-a-time approach to maintaining a healthy weight. It also challenges communities to make a commitment to improve the quality of life in Polk County.

A Habit Today = A Lifestyle Tomorrow

The goal of the initiative is to reduce the obesity rate (defined as a Body Mass Index of 30 or higher) of 37.6 % in Polk County to be less than or equal to the state average of 27.2%.
The efforts of health department staff are supported from our Administrative Services location in Bartow.

- Facilities Management
- Finance and Accounting
- General Services
- Human Resources
- Information Security
- Information Technology
- Legal Services
- Quality Assurance
- Vital Statistics

Student Internships help educate future leaders in the healthcare field and develop our reputation within the academic community. Academic partners include:

- Everest University
- Florida International University
- Florida Southern College
- Georgetown University
- Keiser University
- Nova Southeastern University
- Polk State College
- Ridge Career Center
- South University-Tampa
- Southern Technical College
- State University of New York
- Traviss Career Center
- University of Northern Colorado
- University of South Florida
- University of Tampa
- Utah State College
- Walden University

47 student internships completed in 2012
## Water Programs

Ensuring the safety of local drinking water is one of the most important responsibilities of any public health department. To do this, our Environmental Engineering Division provides the following services:

### Public Drinking Water Program
- Ensures compliance with federal and state safe drinking water standards for over 430 public water systems
- Issues permits for water treatment plants
- Inspects and monitors public water systems

### Water Toxins Program
- Conducts well surveillance in areas impacted by chemicals
- Collects samples and provides information on potential health impacts
- Offers assistance for treatment or alternate water source

### Water Laboratory
- Tests drinking water samples to ensure compliance with bacterial contamination standards.

### Storage Tank Regulation Program
- Covers Polk and Hardee Counties
- Regulates retail gas stations, fuel, industrial, and agricultural (diesel fuel and pesticides) storage facilities

### SUPER Act Program
- Identifies areas with water contaminated as a result of surface spills, leaking storage tanks, and other discharges.
- Educates and assists residents in affected communities

### Petroleum Clean-up
- Monitors clean-up of petroleum that has leaked into the soil and groundwater, potentially contaminating drinking water sources
- 31 formerly contaminated sites closed in 2012.

### Environmental Inspections

<table>
<thead>
<tr>
<th>2012</th>
<th>82 Water system issues resolved</th>
</tr>
</thead>
<tbody>
<tr>
<td>447</td>
<td>447 Water toxin tests</td>
</tr>
<tr>
<td>2700</td>
<td>2700 Water quality tests</td>
</tr>
<tr>
<td>905</td>
<td>905 Storage tank inspections</td>
</tr>
<tr>
<td>197</td>
<td>197 SUPER Act Inspections</td>
</tr>
</tbody>
</table>
Swimming Pools and Bathing Places

Environmental staff inspect public swimming pools and bathing places to make sure these facilities meet health and safety standards. They also review construction plans and assist the county building department with permitting new pool construction.

X-ray Machines

There are 1,131 x-ray machines in 413 facilities in Polk County. Environmental staff perform regular inspections to ensure machines are being operated safely by qualified individuals. These inspections also serve to reduce avoidable exposure to radiation for those working with the machines and the patients who rely on them for diagnostic testing.

Septic Tanks

Because sewage contains bacteria, viruses, and parasites that can cause severe illness, septic systems must be installed and maintained in accordance with laws and regulations designed to protect public health.
Adult Health Services

Partnering with Lakeland Regional Medical Center, Peace River Center, and the Polk County Indigent Health Care Division, the Florida Department of Health in Polk County implemented an adult health program designed to provide primary care services and establish medical homes for residents who qualify. Adult Health Services are now provided at our Lakeland, Auburndale, and Haines City Health Clinics.

**Specialty Care: HIV/AIDS**

The Specialty Care Clinic in Bartow provides HIV education, counseling, testing, and treatment services to residents of Polk County. This program is supported through Ryan White grant monies and state funds. In 2012, we experienced a surge in new clients due to the number of residents who lost jobs or insurance coverage because of the economy. There is, however, no longer a waiting list for the AIDS Drug Assistance Program, or ADAP.

**500+ Adult Health patients seen in 2012**

<table>
<thead>
<tr>
<th>Active Clients</th>
<th>1,113</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Patients</td>
<td>153</td>
</tr>
</tbody>
</table>

**Promote Strategies to Improve Access to Healthcare Services**

**500+ Adult Health patients seen in 2012**
Domain Seven

Dental Services

The focus of our dental program is providing children with education about oral disease and helping them build dental hygiene skills needed to avoid dental issues later in life. Our four Polk County dental clinics provide limited services, such as:

- Exams
- Sealants
- X-rays
- Fillings
- Cleanings
- Urgent care for adults
- Fluoride treatments
- Oral hygiene information

Dental Sealants are provided through a school-based program and contracts with Head Start, as well as other community grants.
Domain Seven

WIC & Nutrition Program

The Women, Infants, and Children (WIC) Program is federally-funded and serves pregnant, breastfeeding, or post-partum women, and infants and children (up to age 5) who have low or moderate incomes and are at nutritional risk. WIC helps prevent low birth weight infants and infant deaths.

In addition, the program helps improve the health of participants by providing the following at no cost:

- Breastfeeding promotion and support
- Nutrition education and counseling
- Referral to healthcare, immunizations, and other vital community services
- Health foods, such as milk, eggs, cheese, fruit, vegetables, cereal, whole grain bread, brown rice, corn tortillas, peas and beans, peanut butter, and infant formula

Clients seen monthly

22,237

Value to the community

$17,308,387

Mary Sand Chronic Lung Disease Clinic

Since opening in 1971, the Mary Sand Clinic has served as an outpatient resource with a primary focus to continue the rehabilitation process begun in the hospital for patients with chronic lung disease. Services include exercise programs, support groups, blood pressure and oxygen levels monitoring.

2,018 patient visits in 2012
**Immunizations Program**

Immunizations are your first line of defense against diseases such as polio, measles, mumps, rubella, influenza, tetanus, diphtheria, and whooping cough.

**Child Immunizations**

Children and adolescents in Polk County who are uninsured or underinsured can receive free vaccinations at health department clinics or private VFC providers through the federally-funded Vaccines for Children Program.

**Adult Immunizations**

Adult immunizations available at health department clinics include tetanus, influenza, whooping cough, pneumonia, hepatitis A, and hepatitis B. There was an increase of 466 adult vaccines provided during 2012 compared to 2011.

**Traveler Immunizations**

Many of the diseases that have been eliminated in the U.S. are still common in other parts of the world. For that reason, the health department provides vaccines specific to the traveler’s destination, anti-malaria medication, and information on travel issues.

**Flu Shots**

The health department partners with agencies across the county to offer flu shots to the community during flu season. In 2012, there was a 9% increase in the number of flu vaccines given to health department clients.
Domain Eight

Staff Training and Development

The Training and Development office works to provide staff with opportunities throughout the year to enhance and update their skills and knowledge. Courses offered may include Continuing Education Units (CEUs) for licensed personnel. All staff are encouraged to participate in webinars, video conferences, and classroom sessions. Progress is monitored through our online learning management system, TRAIN Florida.

2012 Training Topics

- New Employee Orientation:
  - Information Security and Privacy Awareness
  - Blood-borne Pathogens
  - Safety in the Workplace
  - Diversity
  - Code of Ethics
  - Human Resources topics
  - Health department overview
- Basic Supervisory Training
- Emergency Preparedness (FEMA)
- CPR and Basic First Aid
- Nursing updates

Mandatory Staff Training

2012

99.6% Compliance Rate
Quality Assurance

One goal of the Florida Department of Health is to promote high performance and continuous quality improvement. Towards that end, the QA team accomplished the following in 2012:

- Designed and implemented a local performance-based management system, including an electronic dashboard
- Conducted a new cycle of strategic planning
- Established monitoring of quality measures for local programs
- Began review and revision of all standard operating procedures
- Revised and implemented customer satisfaction kiosks in lobbies
- Conducted a performance improvement project to standardize lab ordering using the most cost-effective lab tests to better serve client needs.

Leadership Council

Working towards its mission to advance the health department as an academic and research-based organization in pursuit of Public Health Accreditation, the Leadership Council brings together front-line and management staff interested in contributing their skills and knowledge to this team of leaders.

Subcommittee accomplishments for 2012 include:

- **Accreditation Committee**: Ended the year 24% complete in gathering required documentation for meeting the standards and measures for accreditation.
- **Academic Committee**: Published the Student Intern Process, complete with findings from the pilot year; piloted a Tallahassee program for workforce development; defined key and critical positions for succession planning.
- **Research Committee**: Received a Research Collaborative grant; created a storyline training that will improve research results; completed the Research Training Program, which will be published; submitted a grant application for statistical software to be used in research.

The Academics Committee received a Davis Productivity Team Award for their student intern processing map.

Quality Assurance
DOMAIN TEN

Research: Florida Public Health Training Collaborative Grant

The Research Committee of the Leadership Council worked with the University of South Florida (USF) to create a training program for research students. This project was funded through the Florida Public Health Training Collaborative Grant. Its purpose was to enhance the research capacity of the Communicable Disease Unit at the health department in Polk County.

USF College of Public Health masters-level students were used as evaluators and course developers, with all work supervised by health department staff. Information gathered in interviews with health department staff was used to create the training program. Practice-based learning modules were then created on the essential aspects of research and grant writing that is particularly relevant to the health department.

Project results:
- Demonstrated health department strengths that can be used to improve our information systems and increase awareness of external factors
- Allowed identification of a series of measures that will improve our decision-making and research capabilities
- Created tools that can be used by other health departments

Modules included:
- Intro to Research
- Ethics and IRB
- Statistics Simplified
- What is Research?
- Grant Writing Basics
- Populations and Sampling
- Engaging the Community
- Secondary Data Use
- Others

This project is to be converted into a scientific publication for advancing practice-based research methods and academic/public health practice collaboration.
Fiscal Accountability

The Florida Department of Health in Polk County is a state agency that relies on federal, state, and local county government funding to help support our public health programs and services. Additional revenue is generated through contracts and grants, state and county fees, and payments from Medicaid and Medicare. Revenue and expense break downs for 2012 are provided in the graphs below.

Revenue

The total revenue collected in fiscal year 2012-2013 was $27,482,978. The chart on the right provides a breakdown of the revenue sources.

Expenses

The approved operating budget for fiscal year 2012-2013 was $29,303,156. The chart on the left provides a breakdown of the expense categories.
One of the jobs of the local health officer is to interact with the Central Office in Tallahassee to keep them informed about what is happening in our communities and how the policies put into place in Tallahassee affect the lives of local citizens. In that capacity, Dr. Choe has met with officials several times this year to discuss important health issues and policies. He shares insight on the way programs are implemented at the local level, receives direction from the Surgeon General’s office, reports on the progress the local health department is making toward the mission and vision of the Florida Department of Health, and asks for assistance in implementing programs and services, if needed. Dr. Choe maintains open communication with our Central Office in order to share information and maintain accountability.
ACCOMPLISHMENTS

The National Association of County and City Health Officials (NACCHO) has recognized the Polk County Health Department for its ability to respond to public health emergencies. For the second time, the health department has achieved full recognition in the national Public Health Ready Project.

The Polk County Health Department received one of the first Livable Polk awards on October 18, 2012, which recognized the Lake Wales Health Department for using existing infrastructure to save money and reduce development impact on the community.

The Republican National Convention was held in Tampa, August 27 -30, 2012. There were 121 trained volunteers representing a combined effort by the Hillsborough, Manatee, Pinellas, and Polk/Hardee Counties MRC, who worked over 1,200 hours.

MRC volunteers, along with public health and community members, staffed medical aid, rehydration, detainee processing, and first responder check-in/out stations.

New Haines City Health Clinic opened December 2012.
FLORIDA DEPARTMENT OF HEALTH IN POLK COUNTY

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