

KEY FINDINGS

Demographics

Key Findings

- From 2000 to 2010, the population in all five counties increased. The largest increase was seen in St. Johns County. Generally speaking, the age distribution of all counties is similar to that of the state of Florida overall. Additionally, the difference in the percentage of men and women is very small in every county of the assessment region.
- The racial diversity of the region is most evident in Duval County. The Hispanic/Latino population in the five-county region is much lower than that of the state of Florida, as is the percentage of those who speak languages other than English at home.

Economic Conditions

Key Findings

- Poverty and unemployment increased from 2000 to 2010.
- Putnam County has very high poverty rates, both for families and children, as well as the highest unemployment rates for the past five years.
- In all five counties, unemployment is rising, but it is rising slower than over the past five years.
- Unemployment is lowest in St. Johns County.
- Most residents in the assessment region spend more than 35 percent of their income on rent.
- Duval County has the highest number of homeless individuals.

School and Student Population

Key Findings

- White students make up more than 50 percent of the student body in all counties except for Duval where there are more Black students than White.
- Nassau and St. Johns Counties have the highest graduation rates.

Public Safety/Crime

Key Findings

- Motor vehicle crashes have dropped in all of the counties in the region, as well as in the state.
- Unintentional injury and drownings in Putnam County are significantly higher compared to the other four counties and the state average.
- The rate of domestic violence in Putnam County is double the state average.
- Rates of aggravated assault have dropped throughout the assessment region.
- The rate of forcible sex offenses has increased in Duval County.
- Homicide rates have stayed about the same, with the exception of a small drop in Putnam County.
- Duval County has the highest number of visits for patients with TBI and St. Johns County has the highest proportion of those visits stemming from sports-related TBI

- Incidence of TBI hospital admissions increases overall with age. However, ages 12 and 14 have the highest proportion sports-related TBI.
- Males make many more emergency department visits for TBI.
- Shands sees the highest volume of patients with TBI, but Baptist Medical Center South sees the highest percentage of sports-related TBI patients.
- There has been an overall decline in juvenile arrests in the state of Florida, but for all indicators listed, Duval County percentages were higher than those at the state level.

Leading Causes of Death

Key Findings

- Heart disease, chronic lower respiratory disease, and stroke topped the list in every county.
- Suicide appeared on the list for St. Johns County, accountable for approximately 3 percent of deaths.
- Pneumonia is responsible for the same percentage of deaths in Nassau County

Built Environment

Key Findings

- All five counties in the assessment region scored higher than average in natural amenities, but Putnam and St. Johns Counties scored the highest with 5.
- Duval County was given grades of “B” in both aspects of air quality.
- St. Johns County was the only county in the assessment region with no incidences of elevated blood lead levels.
- All counties provide fluoridated water, however only 8 percent of the water system in Clay County is fluoridated, while over 90 percent of the system in Duval County receives fluoridated water.

Access to Food

Key Findings

- SNAP authorized stores have increased along with increased enrollment, but WIC authorized store rates have stayed the same.
- Residents in all five counties have limited availability of local food sources i.e. farmers’ markets. Additionally, there are high rates of convenience stores as food sources.
- In Putnam County specifically, there are three times more convenience stores than all of the other types of stores (supercenters, grocery stores, specialized food stores) combined.
- The data imply that a lack of personal transportation is a larger barrier than is being identified as “low income”

Healthcare Access

Quality of Care

Key Findings

- 65% of the survey respondents rated the quality of healthcare services in their county as “excellent or good”. Forty-seven of those percent was “good” responses
- St. Johns County respondents were most satisfied with the healthcare services in their county (79%) and submitted the highest level of “excellent” ratings. Duval County residents were least

satisfied and gave the highest percentage of “poor” ratings. Respondents from Clay County gave the fewest “excellent” ratings.

- African American respondents were the least satisfied overall (53%) but gave the highest level of “excellent” ratings. This signals a divide in beliefs; a high number of people rated their services as “excellent”, however an almost equally large number of people were displeased with the quality.

Healthcare Providers and Facilities

Key Findings

- Eighty-one percent of survey respondents did not have a time during the past 12 months when they or anyone in their household experienced difficulties getting or delayed receiving healthcare for any reason; Ten percent of respondents experienced a time during the past 12 months when they needed medical care, but had difficulty finding a doctor. Five percent of respondents with children had a time in the past 12 months when they needed medical care for a child in their care but could not get it.
- When disabled respondents were asked what their biggest issue they face, the four most common were don't have/can't get health insurance (11%), mobility in general (10%), walking (8%), and cost of care/medications/equipment (8%).
- For just under half of the respondents (49%), the most recent visit to the dentist or dental clinic was within the past 6 months. For 11% of respondents, this visit hasn't occurred in 5 years or more.
- Of those who had delayed healthcare services in the last 12 months, 73% had delayed a visit to a doctor or physician. The next most delayed service was medical test, exam, or screening (42%). The third most frequently delayed service was dental care (28%). Ten percent of respondents answered “other services”.
- The types of doctor or physician visits that the respondent or a household member delayed in the past 12 months were most frequently routine care (54%), chronic ongoing condition (47%), minor illness/injury (36%) and dental care (35%). Sixteen percent of respondents answered “other visits” (16%).
- Forty-eight percent of respondents with children visited a doctor for a routine checkup or general physical exam within the past 6 months. The percentage of children who hadn't been in 5 or more years was 0%.
- Sixteen percent of the survey respondents said their child has never visited a dentist or dental clinic.
- The three most frequently noted reasons for delaying healthcare treatment are inability to pay (38%), no insurance (35%), and concerned about spending in current economy (33%). Twenty-five percent of respondents answered “other reasons”.
- The main obstacle to getting medical care for children was the cost/no insurance/could not afford it (67%). The next most common issue was too long of a wait for an appointment (10%).
- Nineteen percent of the survey respondents or someone in their household needed a prescription medicine but did not get it because they could not afford it.

Health Insurance

Key Findings

- Overall, the vast majority of residents living in the five assessment counties have some form of health insurance

- According to the survey, ninety-two percent of households have at least one member covered by any form of insurance or health plan. When asked why no-one in their household had some form of insurance 69 percent said that it was because they can't afford the cost of insurance. 38 percent gave unemployment as the reason. Additionally, 11 percent can't buy insurance due to a preexisting condition.
- Fifty-one percent of respondents said their household's healthcare coverage comes from their own employer health insurance. Twenty-five percent utilize any kind of government-assistance healthcare coverage. The third most frequent source of healthcare coverage is from another family member's job (24%).
- The total number of children enrolled in KidCare in the assessment counties is considerably lower than the state average

Emergency Department Visits

Key Findings

- Of all of the residents visiting an ER in the assessment region, at least 30 percent and no more than 35 percent are self-pay. Approximately 36 percent have Medicare or Medicaid. Only 27 percent of ER patients have commercial insurance. Nassau County has the highest self-pay and Clay has the fewest self-pay.
- Putnam County, approximately 45% of all hospital inpatient visits were from Medicare beneficiaries and 19 percent were Medicaid beneficiaries. Outpatient emergency room payor source reveal that at least 36 percent of all patients have Medicare, Medicare HMO, Medicaid or Medicaid HMO. A minimum of 30 percent of all outpatient visits are “self pay”
- Payor source characteristics for ER visits for children look considerably different compared to adults visiting the ER. Of all of the children visiting an ER in the assessment region, at least 10 percent and no more than 15 percent are self-pay. However a minimum of 45% (St. Johns County) and a maximum of 75% (Putnam County) of all children visiting an ER have some form of Medicaid. More children have commercial insurance compared to adults. Nassau County has the highest self-pay and Putnam has the fewest self-pay.

Dental Care

Key Findings

- Generally, access to dental care declines as income declines. While the percentage of low income persons with access to dental care in all five counties is considered low, the percentage of low income accessing dental services is above the state of Florida
- Survey respondents indicated that dental care is the third most frequently delayed service (behind “visit to doctor” and “medical test, exam, or screening”).
- 11 percent of the survey respondents have not seen a dentist in 5 years or more
- While the number of dentists does play a part in the accessibility of dental care, focus group participants feel that insurance coverage dictates what health services are accessible to each person, especially dentists.
- According to the survey data, two-thirds (67 percent) of survey respondents have dental insurance coverage

Barriers to Care

Key Findings

- Affordability (a barrier to care) plays a role in the decisions for residents to take care of their health; Of those survey respondents who stated they had delayed health care services, the three most frequently noted reasons for delaying healthcare treatment were inability to pay (38%), no insurance (35%), and concerned about spending in current economy (33%).
- A common theme in the focus groups was the challenges that a lack of transportation leads to, especially when trying to obtain health care. A handful of participants mentioned that transportation needs extend beyond getting to and from medical centers, but that is all the public transportation assists them with. Upon initial evaluation of the survey data, it seems that access to public transportation is not as important as many of the other attributes of a healthy community. However, when the crosstabs were analyzed, it became evident that while it isn't important for everyone, it is very important for some.
- The importance placed on access to public transportation decreases overall with rise in income. The importance is highest for those making less than \$15,000 (96 percent) and lowest for those making \$100,000 or more (70 percent).

Caregivers

Key Findings

- Participants mentioned drop-in care, late afternoon hours and early evening hours as being very beneficial.
- Participants discussed starting mini-support groups or informal get-togethers with caregivers and their loved ones.
- Dental problems were identified as the major health problem, particularly with patients whose disease was more progressed. The patient tends to be non-cooperative, not liking someone in their mouth. Preventive dental care is difficult for caregivers. Dental care is expensive; many dentists don't accept Medicaid.

Healthy Lifestyle and Behaviors

Key Findings

- Physical or mental health act as barriers to physical activity in all counties of the region, but especially in Putnam.
- Children in middle and high school do not get enough physical activity, especially in Putnam County.
- High school physical activity levels are low across the board.
- Whites demonstrated high percentages of dental care and dental visits, while Blacks had higher percentages of tooth removal due to tooth decay and gum disease.
- Putnam County had the highest marked percentage of permanent tooth removal (because of tooth decay or gum disease) for both White and Black adult respondents and had the lowest percentages for dental visits and teeth cleanings.
- Putnam County displayed a high rate of improvement for tooth decay and gum disease for both adults and pediatrics.
- Many of the counties displayed a decrease in dental and gum problems in 2009, but increased the following year.

Immunizations and Screenings

Key Findings

- Duval marked the highest rate of immunization in kindergarten aged children.
- St. Johns County reported an improvement for immunizations in kindergarten aged children from 88.6 to 91.2 in 2008, but continued to be lowest rate for the region.
- Duval County demonstrated the lowest percentage of adults aged 65 years and older who have ever received a pneumonia vaccination.
- Duval and Putnam Counties had the lowest percentage of adults age 65 years and older who have ever received a flu shot in the past year, while St. Johns remained the highest.
- All counties reported that a higher percentage of White adult respondents are vaccinated compared to Black and Hispanic adults respondents.

Health Conditions and Diseases

Chronic Diseases

Key Findings

- Cancer rates have fallen since 2008 in all counties except for Putnam. Survey data indicate that respondents are not very concerned about cancer.
- Cancer rates across races vary by county.
- Putnam County is the only one in the region to see an increase in the rate of coronary heart disease from 2008-2010.
- Rates of coronary heart disease are higher for Black individuals than for White and Hispanic residents
- Rates of chronic lower respiratory disease have declined in all counties, but most still lie above the state level.
- Diabetes death rates are higher than the state level in Clay, Duval and Putnam Counties. The rates for Black citizens are far higher than those of White residents.
- Putnam County experienced the highest rates of hospitalizations from amputation of lower extremities and was significantly higher compared to the state averages.

Behavioral Health

Key Findings

- All five counties reported satisfaction with life above 85 percent (“satisfied” or “very satisfied”). Putnam County residents reported the lowest satisfaction with life, with 88.2 percent responding “satisfied” or “very satisfied”. Nassau County residents gave the highest percentage of these responses (96.4 percent).
- Twenty-eight percent of survey respondents said they have had two years or more in their life when they felt depressed or sad most days, even if they felt okay sometimes
- Suicide rates have increased across the board. Nassau County has seen the most drastic increase, and has the highest rate in the region; Nassau and Putnam Counties reported no adult psychiatric beds

Substance Abuse

Key Findings

- The percentage of current smokers is high in comparison to the state level in almost every county in the assessment region.
- High school cigarette use has increased since 2008 in Clay and Duval Counties, but has decreased in all other counties in the assessment region and the state of Florida.
- High school students use smokeless tobacco less than cigarettes however its use has almost doubled in Clay, Nassau and St. Johns Counties
- Binge drinking among adults had declined in all counties except for St. Johns. The levels in Clay, Duval, and St. Johns are above the state level of 15 percent.

Obesity

Key Findings

- The levels of overweight people in Clay, Putnam, and St. Johns Counties are above the state level of 37.8 percent
- Survey respondents viewed obesity as the most serious health problem in their communities
- In the region and in the state, percentages of teens at or above the 95th percentile in BMI fall between 10 and 15 percent. St. Johns County is the exception with percentages much lower
- Although focus group participants list eating right and exercising is the way people in their communities stay healthy, overweight and obesity rates are still over the state averages.

Sexually Transmitted Diseases

Key Findings

- The Duval County rate for infectious syphilis has been higher than the state level since 2008, and has been increasing. Levels of syphilis have dropped in Nassau, Putnam, and St. Johns Counties
- Chlamydia rates have been on the rise in all counties.
- The HIV/AIDS death rates have fallen or stayed the same in every county of the assessment region.

Infectious Diseases

Key Findings

- The rate per 100,000 of tuberculosis in Duval County is more than double that of the state level (4.6 percent). The rates in Clay and St. Johns Counties have increased, while Duval, Nassau, and Putnam Counties mirror the state in their decline.

Maternal and Child Health

Key Findings

- Putnam County had the lowest percentage of births with prenatal care in the first trimester.
- Putnam County had the lowest percentage of births with prenatal care for Hispanic residents.
- Duval County had the highest infant mortality rate for 2010.
- St. Johns and Clay counties had the lowest infant mortality rate for 2010.
- Infant mortality racial differences for the region were reported in Duval County only.

- A decrease in infant mortality was reported from 2006 to 2010 for Hispanics residents in Duval County.
- Duval County has a high rate of neonatal intensive care beds compared to the state
- The rate of low birth weight (less than 2500g) babies was the highest in Duval and Putnam counties
- The rate of low birth weight (less than 2500g) babies was the greatest in Black residents for all counties.
- The rate of low birth weight (less than 2500g) babies was highest in Nassau County for Black residents.
- Putnam County had the highest rate of births to young mothers aged 15-19 between 2008-2010.
- Putnam County had the highest rate of births to young mothers aged 15-19 between 2008-2010 for Black and
- Hispanic residents
- Putnam County had the highest rate of births to young mothers age 10-14.

Residents with Disabilities

Key Findings

- Putnam County has the largest percentage of adults with disabilities and people with disabilities living in poverty.
- Putnam County has the highest percentage of adults who use special equipment due to health problems.
- St. Johns County has the highest percentages of all disability difficulty indicators (cognitive, self-care, ambulatory, hearing and vision), with levels nearly three times the state average. Duval County consistently has the second highest levels—double the state levels. (See Chart 9-9 for a comparison of all indicators across counties.)