

# SUMTER COUNTY COMMUNITY HEALTH ASSESSMENT

April 2013

Sumter County Community Health  
Assessment



# TABLE OF CONTENTS

**INTRODUCTION.....3**

**PARTICIPATING AGENCIES.....5**

**MAPP STEERING COMMITTEE MEMBERS .....6**

**EXECUTIVE SUMMARY.....7**

**KEY ISSUES.....8**

**SUMTER COUNTY PROFILE.....9**

**METHODOLOGY.....11**

**LOCAL PUBLIC HEALTH SYSTEM ASSESSMENT.....14**

**COMMUNITY HEALTH STATUS ASSESSMENT.....17**

**COMMUNITY THEMES AND STRENGTHS ASSESSMENT.....21**

**FORCES OF CHANGE ASSESSMENT.....24**

**IDENTIFY STRATEGIC ISSUES.....27**

**CONTRIBUTING CAUSES.....30**

**NEXT STEPS.....34**

**REFERENCES.....35**

**APPENDIX 1 - COMMUNITY HEALTH ASSESSMENT SURVEY.....36**

**APPENDIX 2 - KEY ISSUES SIDE BY SIDE.....42**

# Sumter County Community Health Assessment

## INTRODUCTION

Community Health Assessment has been defined as: A process to...systematically collect, assemble, analyze, and make available information on the health of the community, including statistics on health status, community health needs, and epidemiologic and other studies of health problems. (*Adapted from Institute of Medicine*<sup>1</sup>).

There is a well understood and defined link between social and economic status and the health of a community and its members. This link is very well illustrated in the video “*Unnatural Causes*”<sup>2</sup>; a must-see for those seeking to better understand this relationship. Some of the factors affecting a community’s health are; education and jobs, access to and quality of healthcare, the environment, and individual behaviors. By implementing policies and programs targeting these health factors, we can improve the health of the community. This, however, requires broad community collaboration not only of healthcare providers and public health officials, but many others in the community who contribute to the well-being of individuals and populations.

This assessment is the product of an ongoing comprehensive strategic approach to community health improvement. The Mobilizing for Action through Planning and Partnerships (MAPP) process has been the tool

utilized throughout this process. This strategic planning tool is a community-wide strategy for improving community health developed by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention (CDC). The Sumter County MAPP Steering Committee was formed in October of 2011. The MAPP Steering Committee continues to meet on a quarterly basis to facilitate the project. The committee consists of a broad array of community participants who have been working collaboratively. These organizations and participants are listed on the following pages.

**PARTICIPATING AGENCIES**



**Wildwood, FL**



**Nature Coast Early Learning Coalition  
Sumter County Fire Services  
Pristine Cleaning Services, LLC  
Hope Center  
Rural Metro Ambulance Corp**

## MAPP STEERING COMMITTEE MEMBERS

**Joelle Aboytes**

*Florida Department of Children and Families*

**Bradley Arnold**

*Sumter Board of County Commissioners*

**Tim Camp**

*LifeStream Behavioral Center*

**Lee Cerovac**

*Sumter County Resident*

**William Cousins**

*Tobacco Prevention Advocate*

**Andrew Cripps**

*Sumter Chamber of Commerce*

**Sarah Doyle**

*Hope Center, First Baptist Church of Bushnell*

**Accreditation Task Force**

*Sumter County Health Dept*

**Leland Greek**

*Sumter County Fire Services*

**Julian Green**

*Pristine Cleaning Services/Wildwood City Council*

**Christine Hill**

*Rural Metro Ambulance*

**Jean Holstein**

*Sumter County School Board*

**Michelle Morley**

*Sumter County Circuit Judge*

**Nathan Overstreet**

*Langley Health Center*

**Phillip Scarpelli**

*Florida Department of Children and Families*

**Brenda Shrewsbury**

*Wildwood Rotary*

**Randall Thornton, Esq.**  
*Attorney*

**Barbara Wheeler**

*Mid Florida Homeless Coalition*

**Sandra Woodard**

*Nature Coast Early Learning Coalition*

*Special thanks to Cassie Lewis for her work on the Community Health Status Assessment and also to Junwei Jiang (“JJ”) for his expert analysis of the Community Themes and Strengths Assessment.*

## EXECUTIVE SUMMARY

The purpose for this community health improvement planning initiative has been to identify and prioritize community public health issues, their contributing causes and describe the resources that may be used in addressing them. This Community Health Assessment (CHA) report is a comprehensive analysis of the four MAPP assessments conducted over the previous two years. The CHA and its associated assessments identify prioritized health issues, outline specific goals to be used to address them, and describe the resources that may be used in realizing these goals. This document will help to inform the Sumter County Community Health Improvement Plan (CHIP). The CHIP will have very specific, measurable action steps focused on the issues identified that will ultimately lead to improved health and quality of life of the Sumter County community. The following page briefly describes the three key public health issues that were identified along with targeted goals.

## KEY ISSUES

As a result of this comprehensive Community Health Assessment, the following three key issues were identified. These are: Tobacco/Drug Use, Obesity and Poor Cardiovascular Health, and Access to Healthcare. Specific goals were identified targeting these health issues.

### HEALTH ISSUE A: TOBACCO/DRUG USE

**GOAL A1:** Reduce high rate of tobacco use among middle and high school students.

**GOAL A2:** Address increasing rates of alcohol and substance abuse.

### HEALTH ISSUE B: OBESITY AND POOR CARDIOVASCULAR HEALTH

**GOAL B1:** Reduce rates of obesity and associated health consequences.

**GOAL B2:** Raise awareness of obesity as a risk factor for poor cardiovascular health and associated morbidity and mortality.

### HEALTH ISSUE C: ACCESS TO HEALTHCARE

**GOAL C1:** Address need for specialized education/training for development of the public health and medical workforce.

**GOAL C2:** Decrease barriers to healthcare for residents of Sumter County.

## SUMTER COUNTY PROFILE

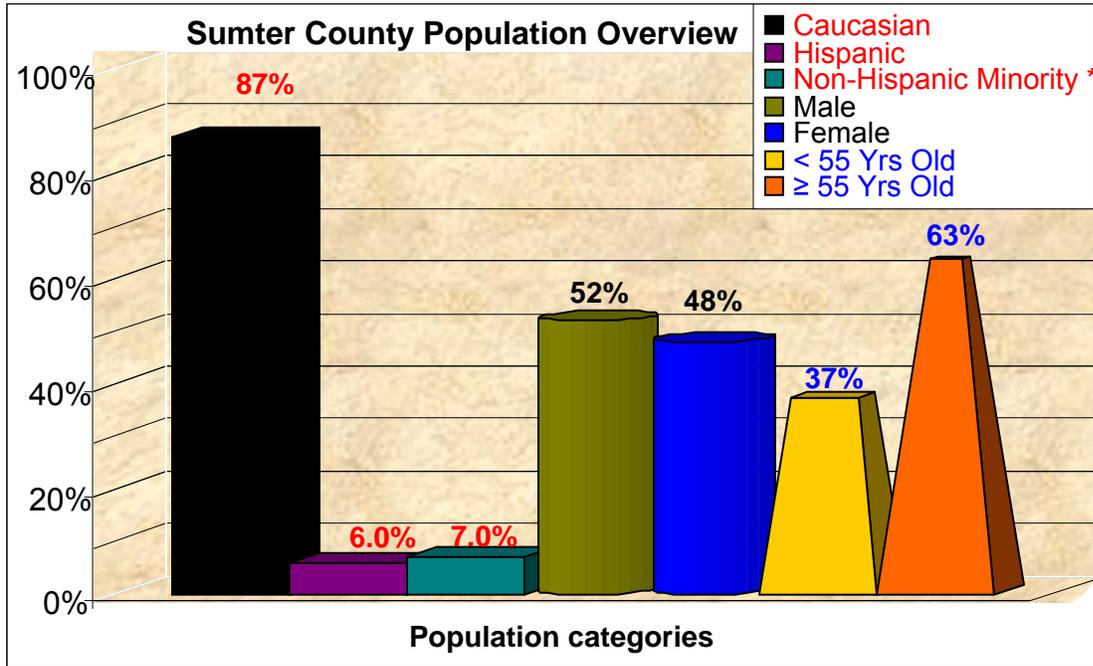
Sumter County is located in Central Florida, and is surrounded by the counties of Lake, Marion, Citrus, Hernando, Pasco, and Polk. The estimated population for Sumter County in 2010 was reported as 93,420 from the 2010 official U.S. Census. Sumter County has five incorporated cities including Bushnell, Center Hill, Coleman, Webster, and Wildwood. In addition, the county includes one of the largest self-contained retirement communities in the United States; The Villages.



Sumter County has a predominately Caucasian population. According to data from the 2010 U.S. Census about 87% of the Sumter county population is Caucasian while around 11% is African American, Asian, American Indian, Native Alaskan, Native Hawaiian, or Pacific Islander. The Hispanic population of Sumter County is reported from the 2010 U.S. Census as 5,605 (6%) and Non-Hispanic is reported as 87,815 (94%) for 2010.

According to the 2010 U.S. Census, the population in Sumter County has an older median age than Florida as a whole. Sixty-three percent (63%) of the

residents are age 55 or older as compared to thirty percent (30%) for the state. The median age is 63.5 years. Approximately 48% of the population is female and 52% is male.



## METHODOLOGY

The Mobilizing for Action through Planning and Partnerships (MAPP) model can be expressed graphically as follows.



This process involves organizations and individuals who partner together to work toward a shared vision of improved public health in their community. To identify strategic issues that need to be targeted to achieve that vision, a series of assessments are conducted. These assessments, shown on the outside of the model, largely drive the process. The four MAPP assessments are;

- Local Public Health System Assessment
- Community Health Status Assessment
- Community Themes and Strengths Assessment
- Forces of Change Assessment



The first phase of the MAPP process involves organizing for success and partnership development. The Sumter County Health Department initiated this phase in April, 2011 with the formation of the Accreditation Task Force (ATF). The committee's membership represents the various fields of the health department including public health administration, medical, nursing, epidemiology, health education, emergency preparedness, and environmental health. The ATF held (and continues to hold) weekly meetings to discuss the way forward and to keep up the momentum.

The ATF invited community partners to become part of a public health planning committee. In October, 2011, the MAPP Steering Committee was formed and met for the first time. The Steering Committee continues to inform the process with participation from a variety of community partners.

The MAPP Steering Committee began by developing a vision statement for the future of public health in Sumter County. Part of the Visioning process involves identifying other visioning efforts that the community is engaged in. This effort revealed the *Sumter 2030*<sup>3</sup> visioning process conducted by the Sumter County Planning Department in 2008. The following vision statement was agreed upon by the committee.

***A partnership-centered community focused on a safe and healthy family environment where citizens have access to a public health system that meets their needs.***

In the next phase of the MAPP process the four assessments are conducted. On the following pages, the procedures and results for each of the assessments can be found. The full versions can be found at <http://www.doh.state.fl.us/chdsumter/index.html>

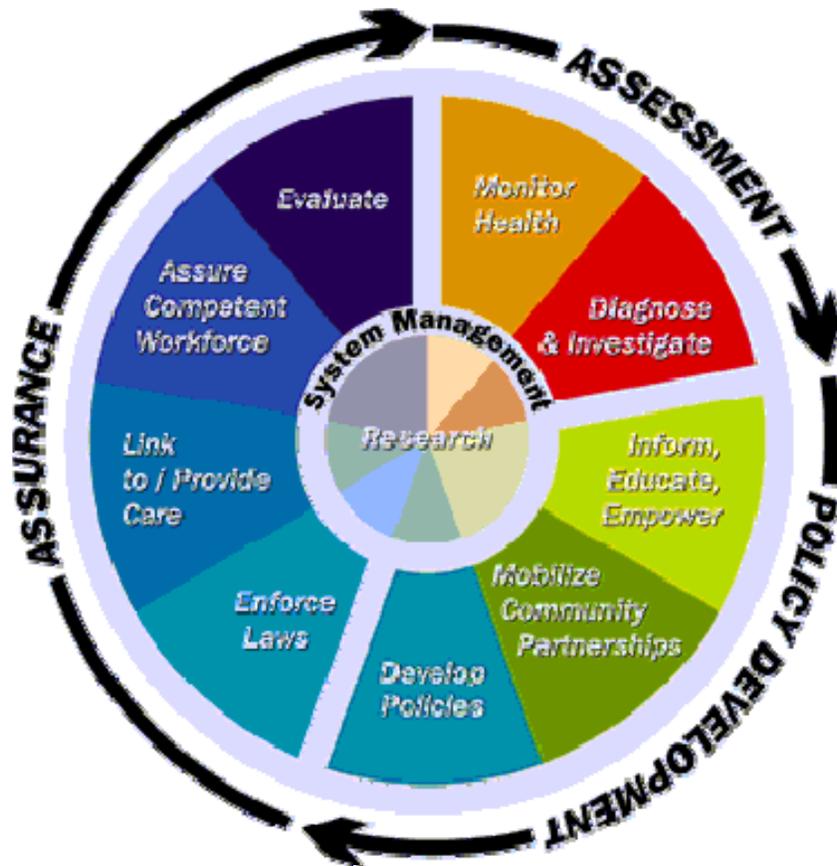
## LOCAL PUBLIC HEALTH SYSTEM ASSESSMENT

The Local Public Health System Assessment (LPHSA) was conducted first from April – July 2011. This assessment was accomplished with input from a wide variety of health and medical partners. The LPHSA seeks feedback about the ten Essential Public Health Services<sup>4</sup>.

These are:

1. Monitor health status to identify and solve community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships and action to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.

These ten essential services are linked to the three core functions of a public health agency; Assessment, Assurance, and Policy Development. The following figure illustrates this concept.



Osaki, Ten Essential Public Health Services

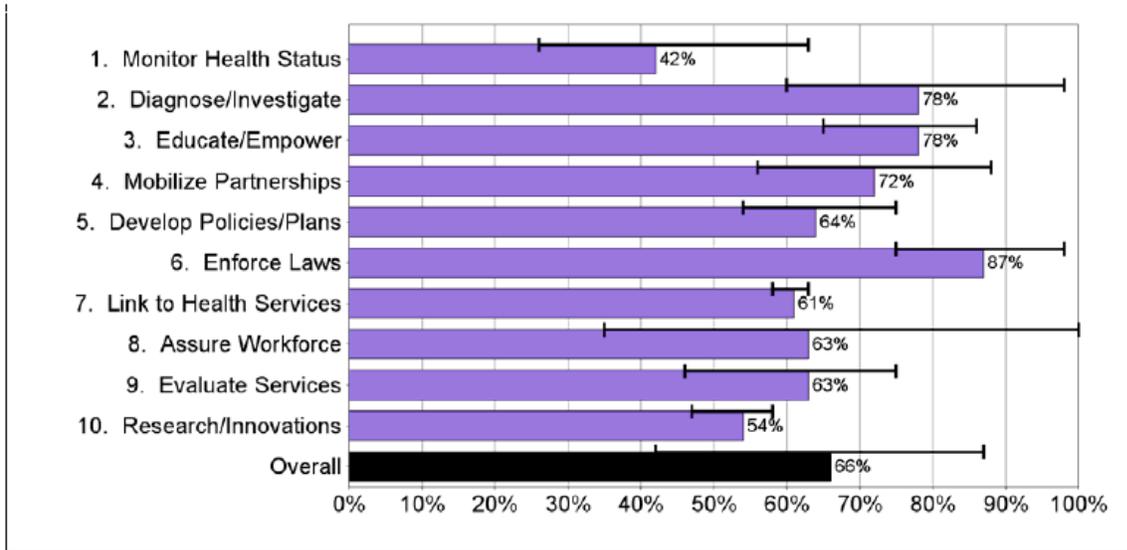
Feedback was solicited through e-mailed communication with partners as well as through telephone calls. Partners were asked to answer specific questions from the assessment tool. The survey responses were then submitted to the CDC and a LPHSA results report was returned. The following come directly from this report.

**I. How well did the system perform the ten Essential Public Health Services (EPHS)?**

**Table 1:** Summary of performance scores by Essential Public Health Service (EPHS)

EPHS	Score
1 Monitor Health Status To Identify Community Health Problems	42
2 Diagnose And Investigate Health Problems and Health Hazards	78
3 Inform, Educate, And Empower People about Health Issues	78
4 Mobilize Community Partnerships to Identify and Solve Health Problems	72
5 Develop Policies and Plans that Support Individual and Community Health Efforts	64
6 Enforce Laws and Regulations that Protect Health and Ensure Safety	87
7 Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable	61
8 Assure a Competent Public and Personal Health Care Workforce	63
9 Evaluate Effectiveness, Accessibility, and Quality of Personal and Population-Based Health Services	63
10 Research for New Insights and Innovative Solutions to Health Problems	54
Overall Performance Score	66

**Figure 1:** Summary of EPHS performance scores and overall score (with range)



**Table 1** (above) provides a quick overview of the system’s performance in each of the 10 Essential Public Health Services (EPHS). Each EPHS score is a composite value determined by the scores given to those activities that contribute to each Essential Service. These scores range from a minimum value of 0% (no activity is performed pursuant to the standards) to a maximum of 100% (all activities associated with the standards are performed at optimal levels).

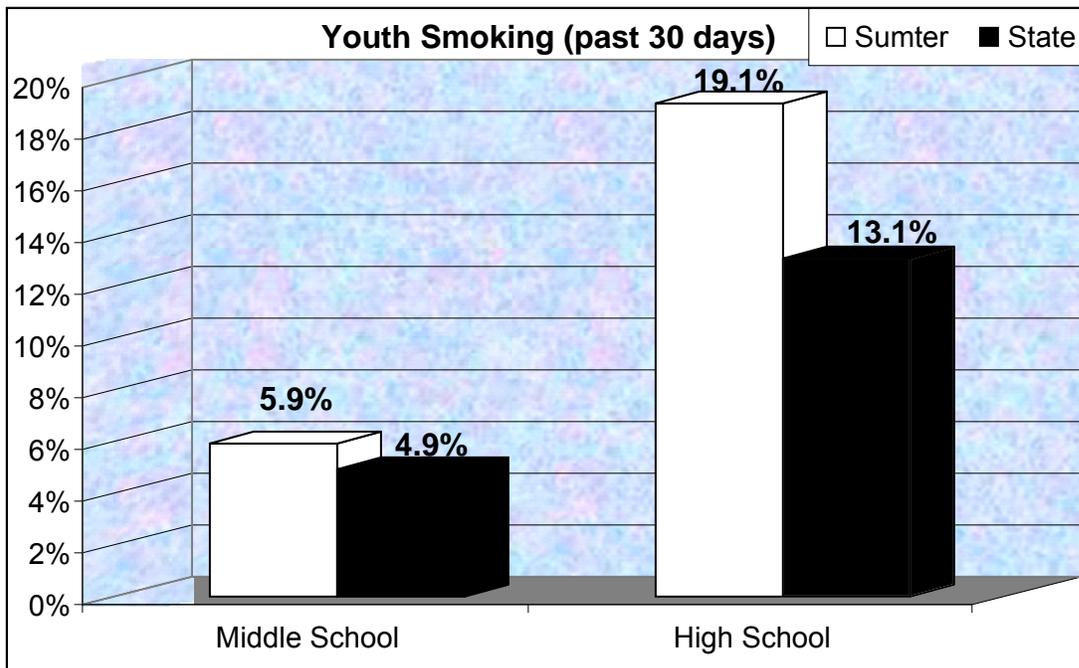
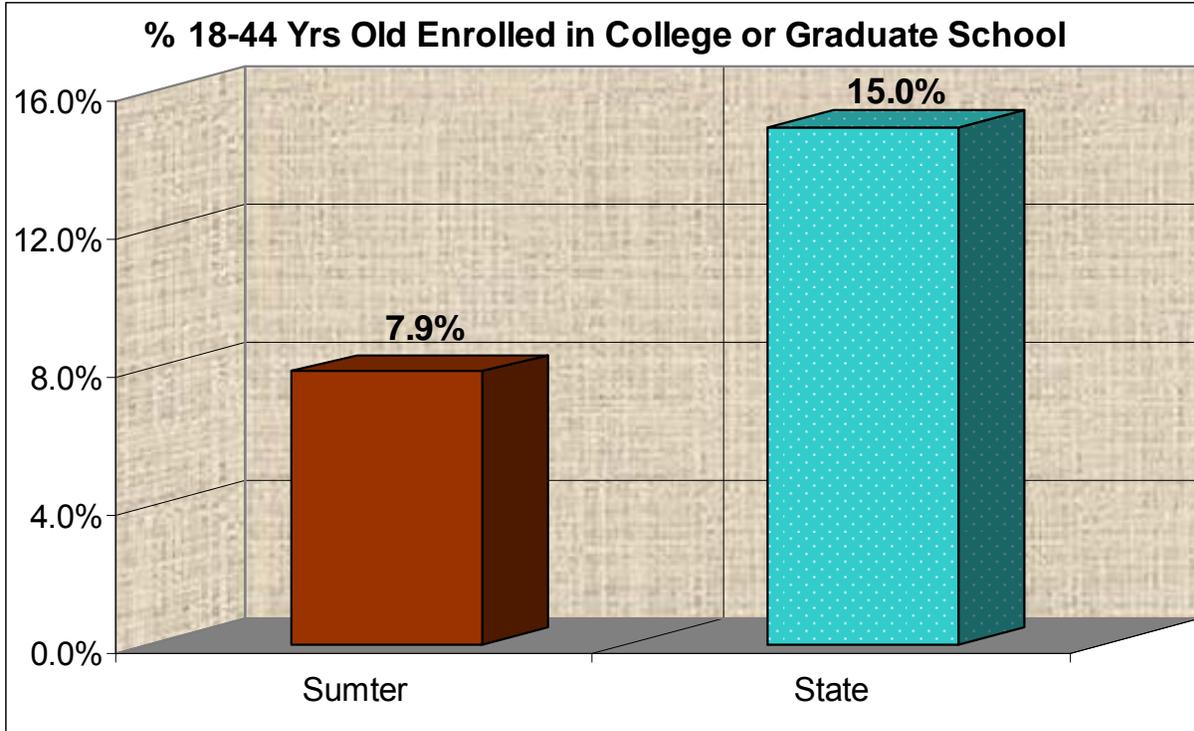
**Figure 1** (above) displays performance scores for each Essential Service along with an overall score that indicates the average performance level across all 10 Essential Services. The range bars show the minimum and maximum values of responses within the Essential Service and an overall score. Areas of wide range may warrant a closer look in **Figure 4** or the raw data.

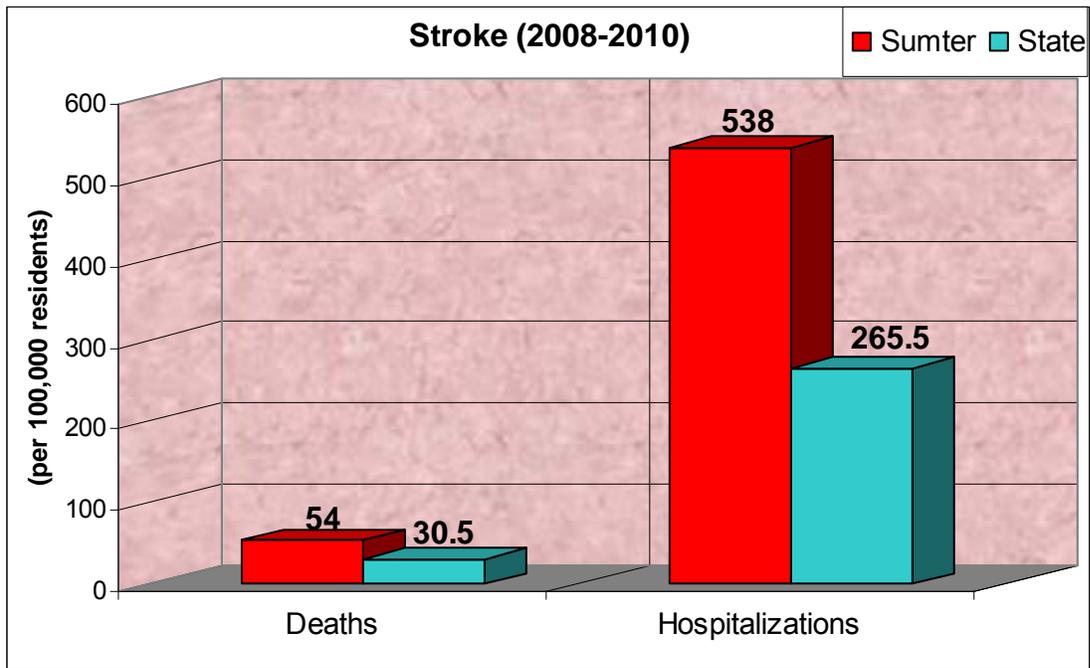
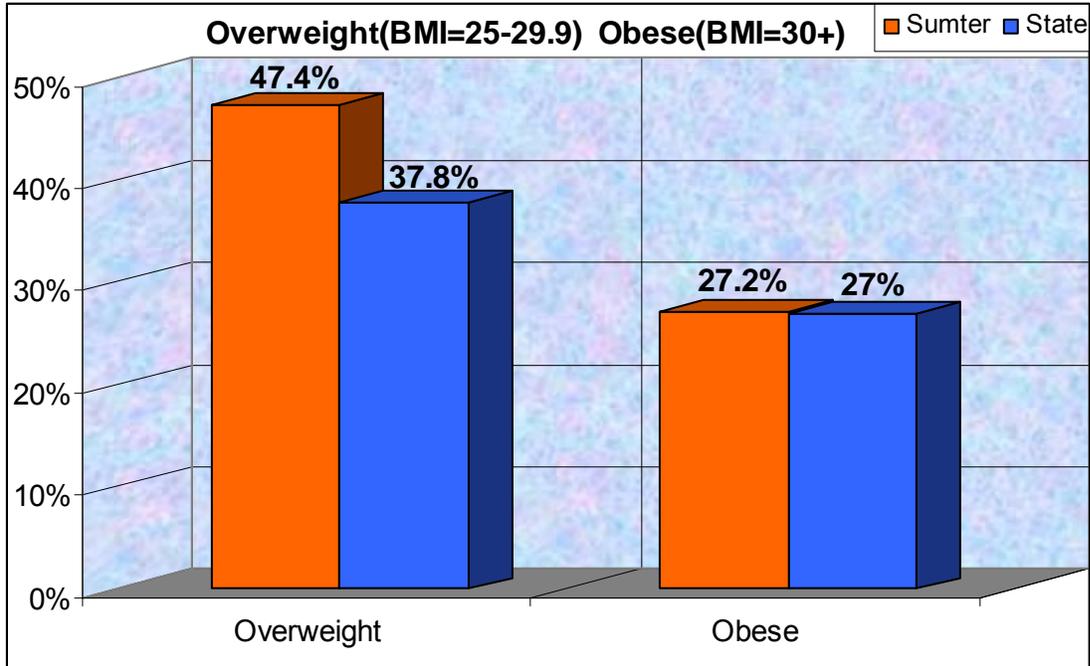
## COMMUNITY HEALTH STATUS ASSESSMENT

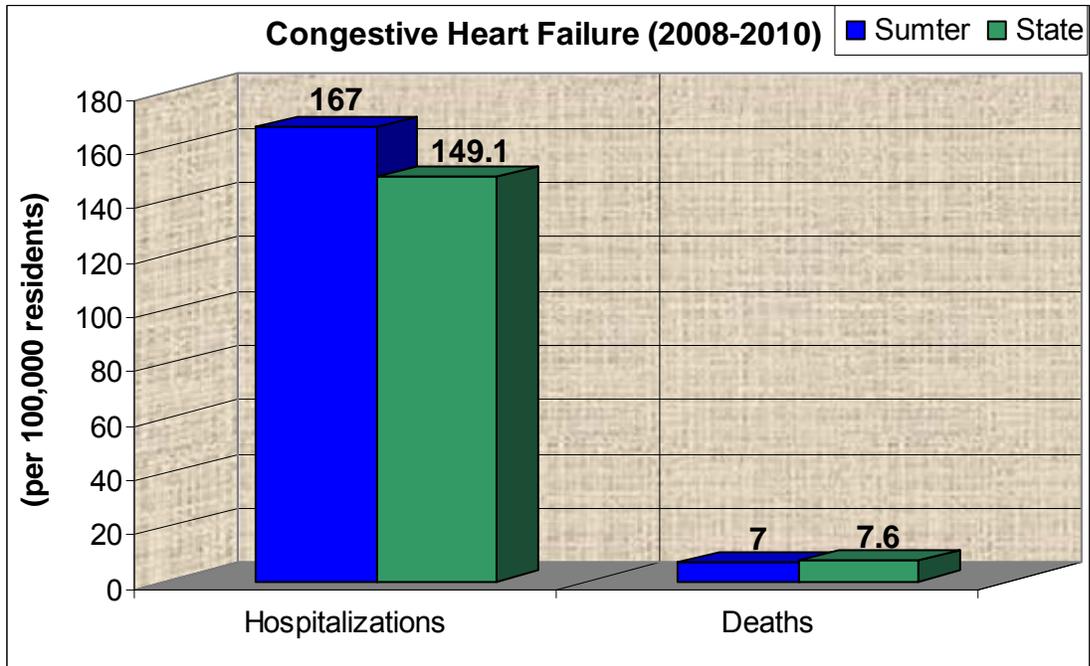
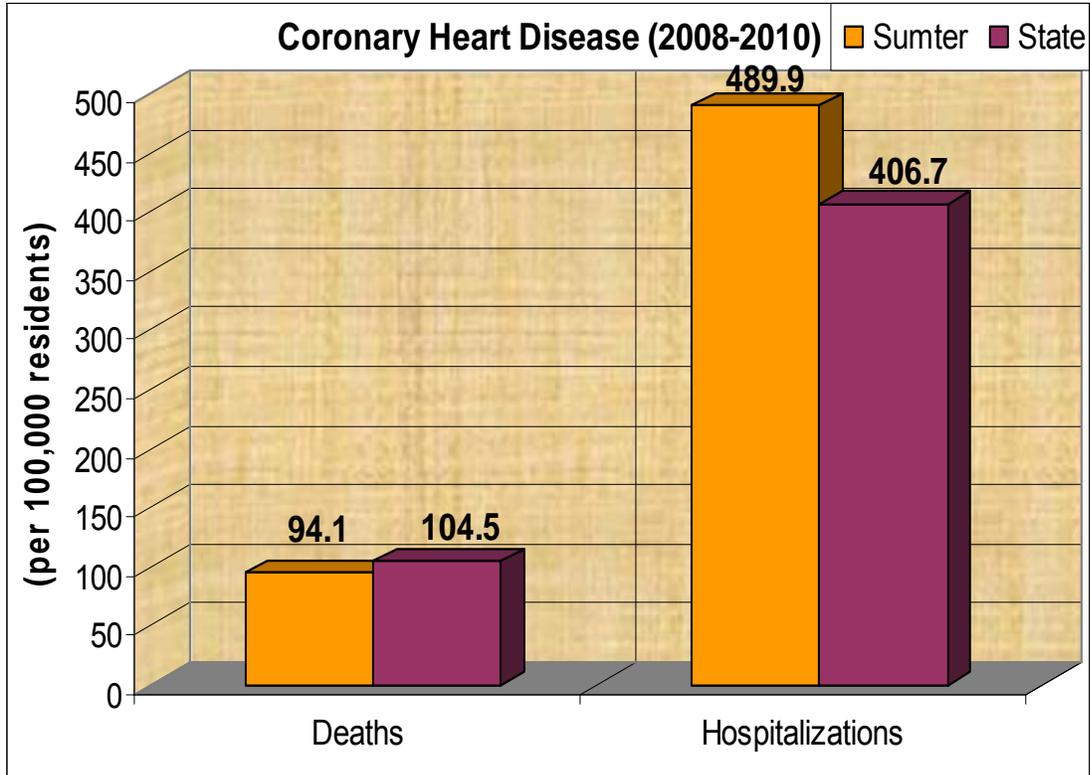
The Community Health Status Assessment was completed in December 2011. This assessment takes a snapshot in time of the local public health system. Information for the assessment was gathered from a variety of data sources including the U.S. Census Bureau<sup>5</sup>, the Florida Community Health Assessment Resource Tool Set (CHARTS<sup>6</sup>), the Behavioral Risk Factor Surveillance Survey (BRFSS<sup>7</sup>), the Florida Department of Health County Performance Snapshot and others.



Additionally, county-level results from the 2012 County Health Rankings<sup>8</sup> published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation were considered. The resulting analysis indicated four overarching health related concerns. These are; 1) Low enrollment in higher education, 2) A high percentage of smoking in middle and high school students, 3) A high percentage of overweight residents, and 4) Poor cardiovascular health among Sumter County residents. The following figures are taken from the Community Health Status Assessment.

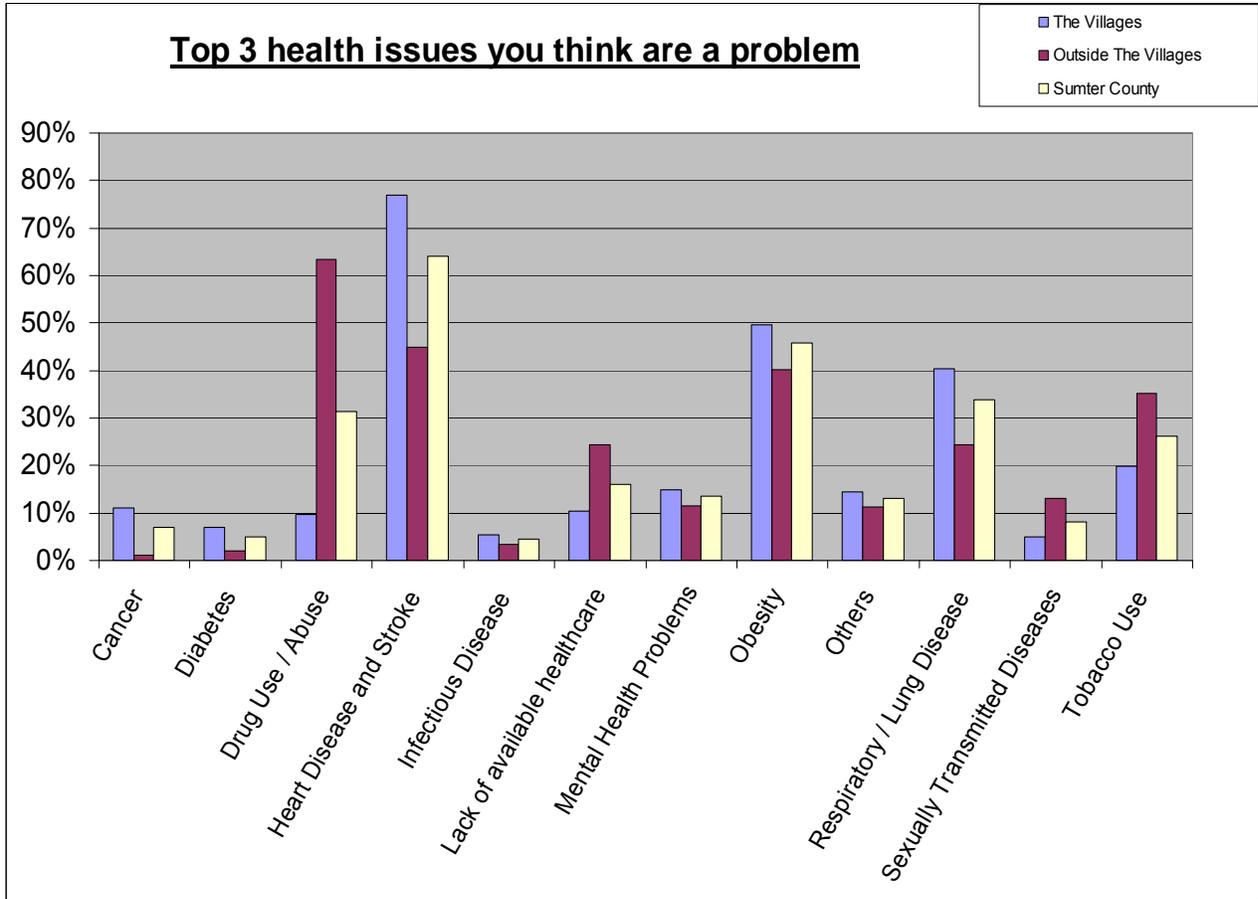




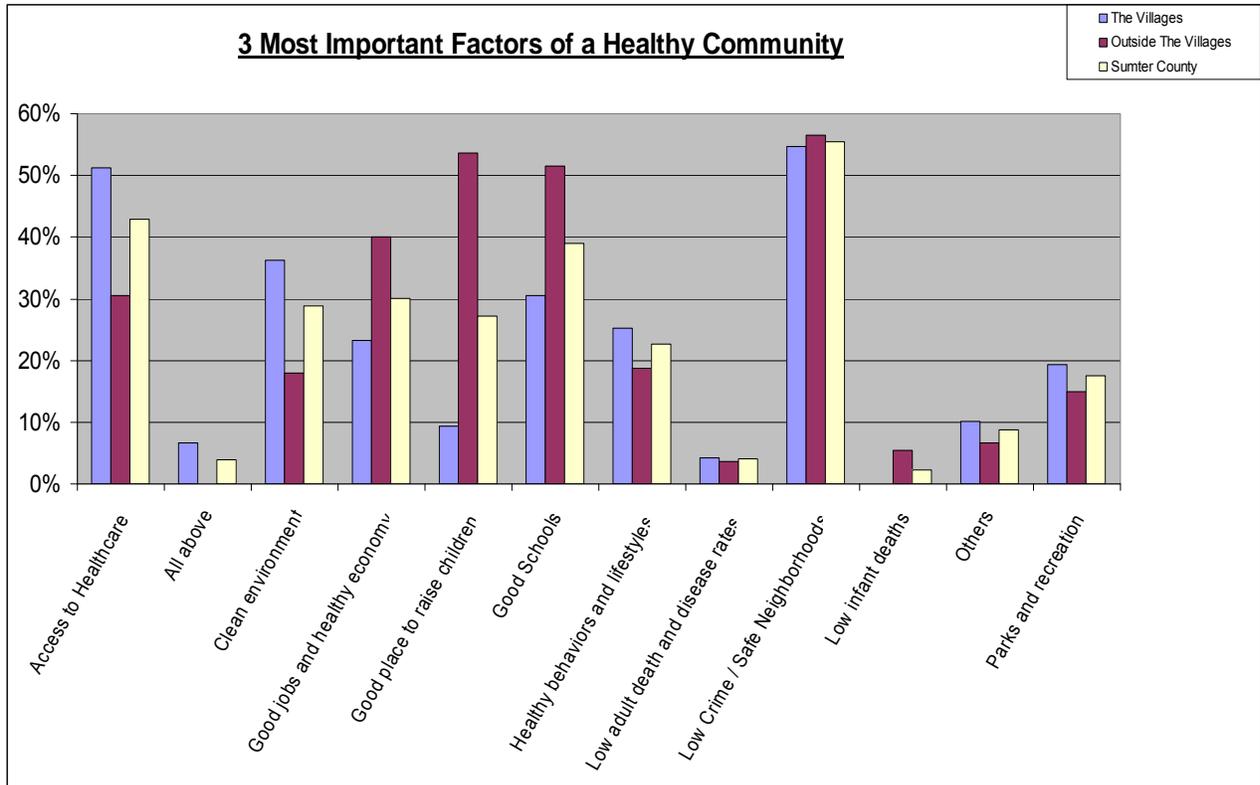


## COMMUNITY THEMES AND STRENGTHS ASSESSMENT

The Community Themes and Strengths Assessment was completed in August, 2012 and resulted in a comprehensive report detailing the issues that residents of Sumter County feel are most important. The Community Themes and Strengths Assessment answers the following questions. *“What is important to our community?”*, *“How is quality of life perceived in our community?”*, and *“What assets do we have that can be used to improve community health?”* The method for data collection was a Community Health Assessment Survey (Appendix 1). This 24 question telephone-based survey used a simple stratified sample design for data collection. As Sumter County consists of two distinct demographics; an affluent urban north (The Villages) and a rural central and southern part, the survey results compare the two. A total of 2734 phone calls were made resulting in 271 survey responses, approximately a 10% response rate. The assessment revealed a number of issues residents feel are very important. Among these are Heart Disease and Stroke, Obesity, Respiratory/Lung Disease, and Drug Use/Abuse as indicated in the following charts.



The top three health issues identified as a problem in The Villages were *Heart Disease and Stroke*, *Obesity*, and *Respiratory/Lung Disease*. Outside The Villages the top three identified were *Drug Use/Abuse*, *Heart Disease and Stroke*, and *Obesity*. Countywide, the top three health issues residents felt were most important were *Heart Disease and Stroke*, *Obesity*, and *Respiratory/Lung Disease*. It's noteworthy that *Heart Disease and Stroke* are considered extremely important within The Villages, while *Drug Use/Abuse* was identified as the top health issue outside The Villages.



Countywide, *Low Crime/Safe Neighborhoods* was considered the most important factor of a healthy community. More than half of the residents of The Villages identified *Access to Healthcare* as an important factor. Over 50% of residents of other areas of Sumter County identified a *Good place to raise children* and *Good Schools* as important components of a healthy community.

## FORCES OF CHANGE ASSESSMENT

The Forces of Change (FOC) Assessment was completed in September 2012. The Forces of Change Assessment focuses on the identification of forces that affect the context in which the public health system operates. These forces can be Trends, Events, or Factors. Trends are patterns over time such as a slow economy. Events are one-time occurrences such as the construction of a new hospital. Factors are discrete elements such as a rural setting. The FOC Assessment answers the questions *“What is occurring or might occur that affects the health of our community or the local public health system?”* and *“What specific threats or opportunities are generated by these occurrences?”* MAPP Steering Committee members participated in the FOC Assessment during two brainstorming sessions on August 2, 2012 and August 30, 2012; and also through an e-mail survey on August 21, 2012. The following is taken from the Forces of Change Assessment report.

TREND	Opportunities	Threats
Slow economy	<ul style="list-style-type: none"> <li>• Impetus to seek more cost efficient ways of delivering services</li> </ul>	<ul style="list-style-type: none"> <li>• Fewer people able to afford insurance/healthcare</li> </ul>
Build-out of The Villages residential housing	<ul style="list-style-type: none"> <li>• Opportunity for employment in support and caregiver roles for aging population</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of jobs in construction/housing industry</li> </ul>
Growth in chronic disease	<ul style="list-style-type: none"> <li>• Targeted programs</li> </ul>	<ul style="list-style-type: none"> <li>• Increased morbidity and mortality</li> </ul>
Significant drought across country	<ul style="list-style-type: none"> <li>• Raise awareness of drought-related health issues/concerns</li> </ul>	<ul style="list-style-type: none"> <li>• Increased incidence of diseases</li> <li>• Increased cost of food</li> <li>• Impact to potable water supplies</li> </ul>
Increased demand for Healthcare services due to aging population	<ul style="list-style-type: none"> <li>• Employment</li> <li>• Possible functional or structural improvements to healthcare system</li> <li>• Educational programs to fill these needs</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of trained workers</li> <li>• Rising costs</li> </ul>
Aging healthcare workforce/ Shortage of competent, skilled health professionals	<ul style="list-style-type: none"> <li>• Opportunities for young talent to join the workforce</li> </ul>	<ul style="list-style-type: none"> <li>• Insufficient workforce to handle demand</li> <li>• Loss of institutional knowledge</li> </ul>
Growing internet use	<ul style="list-style-type: none"> <li>• Increased patient knowledge/awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Patients self-evaluating through internet research</li> <li>• Illegal/improper use of prescription medications</li> </ul>
Shrinking budgets and increasing need for social programs	<ul style="list-style-type: none"> <li>• Opportunities for innovation</li> </ul>	<ul style="list-style-type: none"> <li>• Programs/services discontinued</li> <li>• Increased population based morbidity</li> </ul>

<b>FACTOR</b>	<b>Opportunities</b>	<b>Threats</b>
Socio-economic differences within Sumter County	<ul style="list-style-type: none"> <li>Targeted programs</li> </ul>	<ul style="list-style-type: none"> <li>Unequal access to care</li> <li>Disparate needs</li> </ul>
Undocumented workers	<ul style="list-style-type: none"> <li>Targeted programs</li> </ul>	<ul style="list-style-type: none"> <li>Utilization/payment of healthcare</li> <li>Disease surveillance challenges</li> </ul>
Drug use/abuse	<ul style="list-style-type: none"> <li>Targeted programs</li> </ul>	<ul style="list-style-type: none"> <li>Crime</li> <li>Increased disease prevalence</li> <li>Social disruption</li> </ul>
Electronic Health Records	<ul style="list-style-type: none"> <li>Easier access to patient information/better healthcare</li> <li>Better/faster sharing of information among providers</li> </ul>	<ul style="list-style-type: none"> <li>Confidentiality concerns</li> <li>Cost</li> <li>Misuse of aggregate data</li> </ul>
Mobility of population	<ul style="list-style-type: none"> <li>Expanded reach of targeted health information</li> </ul>	<ul style="list-style-type: none"> <li>Disease transmission</li> </ul>
Rural nature of Sumter County outside The Villages	<ul style="list-style-type: none"> <li>Improve access to care</li> <li>Targeted health education programs</li> <li>Preserve open spaces</li> </ul>	<ul style="list-style-type: none"> <li>Lack of access to care</li> </ul>
<b>EVENT</b>	<b>Opportunities</b>	<b>Threats</b>
Healthcare reform (Medicaid/Medicare)	<ul style="list-style-type: none"> <li>Expansion could lead to improved access to healthcare</li> </ul>	<ul style="list-style-type: none"> <li>Access to care</li> </ul>
New hospital east of Wildwood	<ul style="list-style-type: none"> <li>Increased access to care</li> <li>Employment</li> </ul>	<ul style="list-style-type: none"> <li>Non-emergency ER visits</li> </ul>

## IDENTIFY STRATEGIC ISSUES

From the four MAPP assessments, the highest priority issues were identified and a Key Issues Side by Side Document (Appendix 2) was created summarizing the main themes and issues from each assessment. The priority issues identified are not exclusive to Sumter County, but reflect health issues impacting the entire United States.

The first common theme that emerged from the assessments was Tobacco/Drug Use. Data from the Community Health Status Assessment indicates tobacco use among both youth and adults is higher compared to overall rates in Florida. Results from comprehensive surveillance systems show an increasing trend among adult smokers in Sumter County. In the Community Health Status Assessment Survey, Sumter County residents expressed concern regarding drug use, including tobacco, alcohol, and illicit drugs. The survey also identified drug use as a greater concern among those residing outside The Villages.

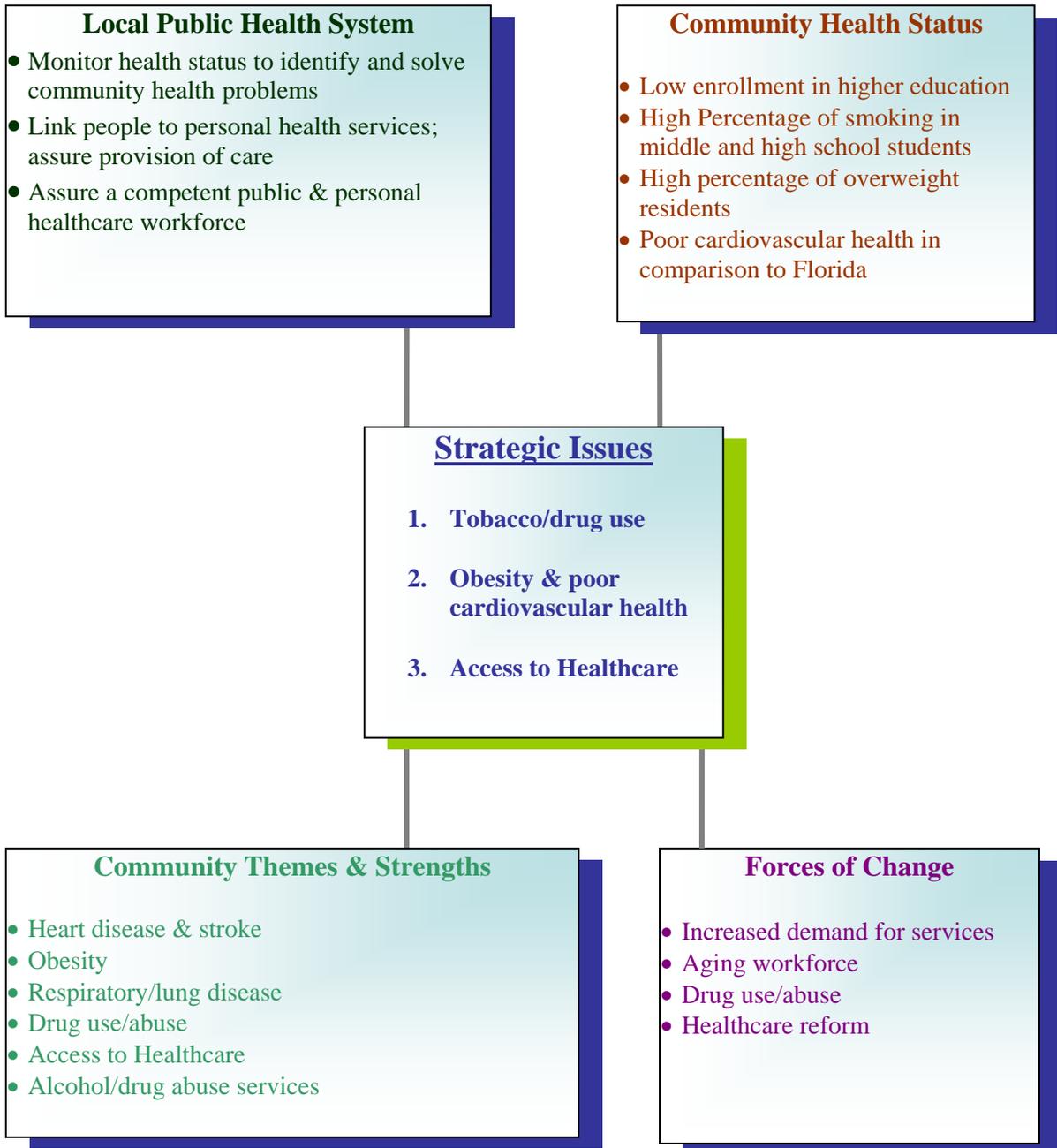
The second issue identified as a high priority from the four MAPP assessments was Obesity/Overweight and associated poor cardiovascular health. The Community Health Status Assessment revealed more Sumter County residents are overweight or obese compared to the state. This is likely associated with the higher hospitalization rate for conditions like, coronary heart disease and congestive heart failure in Sumter County. The Community Health Status Assessment identified obesity and associated conditions like heart disease, stroke, and diabetes as a top health issue

throughout Sumter County. By comparison, individuals residing in The Villages identified poor cardiovascular health as a critical issue more often than those living outside The Villages.

The last issue highlighted as high priority was Access to Care. Access to care is an overarching issue that impacts health outcomes and may contribute to other health issues, such as those previously identified. A theme that emerged from the Forces of Change Assessment was an increased demand for health services. The Community Themes and Strengths Assessment identified a specific need for drug and alcohol abuse services as a major issue to residents living outside of The Villages. Access to counseling and treatment are critical in addressing the issue of drug and alcohol abuse.

The distribution of these health issues is attributable to the contrast between the populations living within and outside of The Villages. These differing characteristics are discussed in further detail in the next section, “Contributing Causes”.

The following illustration summarizes the roles of the four MAPP assessments in the identification of the strategic issues.



## CONTRIBUTING CAUSES

There are a variety of contributing causes for these health issues. Among them are behavioral and socio-economic. For example, in Sumter County tobacco use is, in many cases, a cultural phenomenon. Smoking and smokeless tobacco use is a behavior that is normalized through generational consumption and lack of education on harmful effects. Obesity and poor cardiovascular health is often associated with behavioral and environmental factors. The availability of healthy food choices, nutritional education, as well as access to recreational areas can all play an important part. The issue of access to healthcare is related to the status of the public health and healthcare workforce as well as to health disparities. Access to healthcare in central and southern Sumter County is markedly different than in northern Sumter County where The Villages retirement community is located. There are socio-economic differences between the regions and a much greater number of healthcare providers serving northern Sumter County. However, the continued expansion of The Villages has resulted in an ever increasing percentage of elderly in the county's population which has generated an increased need for trained health professionals.

It is critical to note that there is a disparity in access to care for residents living outside of The Villages.

Health Disparities

There is a persistent gap between the least and most vulnerable in our society in terms of illness, injury, risky behaviors, and premature death<sup>9</sup>. These health disparities exist across a broad spectrum of socio-economic characteristics including age, sex, race, ethnicity, income, and education. As seen in the following chart, the percentage of adults in Sumter County who are current smokers is also influenced by education and income level.

2010 Florida BRFSS Data Report		Sumter						
Tobacco Use & Exposure								
Percentage of adults who are current smokers								
		2010 County			2010 State			2007 County
		Measure	95% CI		Measure	95% CI		Measure
ALL	Overall	19.0	9.0	29.1	17.1	16.1	18.1	16.2
SEX	Men	16.2	0.7	31.7	18.4	16.7	20.0	14.5
	Women	22.4	10.4	34.3	16.0	14.9	17.0	18.4
RACE/ETHNICITY	Non-Hisp. White	17.9	7.2	28.5	18.4	17.4	19.5	17.6
	Non-Hisp. Black				13.7	10.9	16.5	
	Hispanic				13.8	10.1	17.5	
SEX BY RACE/ETHNICITY	Non-Hisp. White Men	14.6	0.0	30.7	17.9	16.3	19.6	15.9
	Non-Hisp. White Women	21.8	8.9	34.7	18.9	17.6	20.2	19.7
	Non-Hisp. Black Men				19.0	13.4	24.5	
	Non-Hisp. Black Women				9.7	7.3	12.0	
	Hispanic Men				18.9	12.2	25.6	
	Hispanic Women				8.8	6.1	11.6	
AGE GROUP	18-44				20.5	18.4	22.5	20.9
	45-64	15.3	4.5	26.2	19.2	17.7	20.7	15.0
	65 & Older	3.4	1.3	5.6	8.4*	7.5	9.3	7.0
EDUCATION LEVEL	<High School				28.3	24.4	32.3	16.0
	H.S. / GED	20.4	3.1	37.8	24.3	22.2	26.4	19.7
	>High School	18.8	4.6	33.0	12.9	11.8	14.0	13.2
ANNUAL INCOME	<\$25,000	27.8	7.6	48.0	26.5	24.2	28.8	19.2
	\$25,000-\$49,999	13.7	0.0	30.9	18.0	15.9	20.2	16.8
	\$50,000 or More	21.3	0.0	42.9	11.7	10.3	13.0	18.5
MARITAL STATUS	Married/Couple	10.2	2.7	17.6	14.3	13.2	15.4	14.3
	Not Married/Couple	44.8	19.5	70.0	22.3	20.4	24.1	21.5

These disparities in education, income, and other socio-economic factors put people at increased risk of unhealthy behaviors. Additionally, they negatively affect access to and quality of healthcare, morbidity and mortality. In Sumter County there is a big difference in death rates between blacks and whites for major causes of death as shown below.

**Major Causes of Death**

Resident 3-Year Age-Adjusted Death Rates, 2009-11, by Cause	COUNTY					
	White	Quartile	Black	Quartile	All Races	Quartile
Total Deaths	595.6	1	835.9	3	593.6	1
Cancer	144.3	1	198.4	3	143.6	1
Heart Disease	130.3	1	220.8	3	133.2	1
Stroke	29.4	2	44.6	2	29.6	2
CLRD*	25.3	1	19.8	2	25.7	1
Motor Vehicle Crashes	21.3	3	18.7	3	17.7	3
Diabetes	16.0	1	27.0	1	16.1	1
Cirrhosis	15.1	4	4.9	2	13.5	3
Pneumonia/Influenza	7.9	2	13.8	3	8.3	2
AIDS/HIV	4.5	4	10.4	2	4.6	3

Data Source: Florida Office of Vital Statistics  
 \*Chronic Lower Respiratory Disease

As stated previously, Sumter County consists of two major populations. Approximately 60% of the population is retired adults who live in The Villages. The other 40% of the population resides outside The Villages. These two populations have very different characteristics. Residents of The Villages are a group of affluent retirees of similar age (over 55 years). This group is generally more educated and has very similar demographic characteristics including a shared lifestyle. On the other hand, the population in the rest of Sumter County has a more varied structure in terms of age, household income, education level and other demographic characteristics. Generally speaking, education levels and average incomes are lower for this rural populace. Because of the contrasting nature of these two populations, they face different kinds of health issues. For this reason, a dual approach is required involving both universal interventions impacting everyone as well as approaches targeted for specific populations.

## NEXT STEPS

This Community Health Assessment identified three overarching health issues. These are; 1) Tobacco/Drug Use, 2) Obesity and Poor Cardiovascular Health, and 3) Access to Healthcare. These issues were identified through a comprehensive MAPP process involving multiple community partners. This Community Health Assessment and the four MAPP Assessments were placed on the Sumter CHD internet site for the general public to review and provide input. Additionally, these documents were distributed by e-mail to Sumter County community agencies/organizations. All MAPP Steering Committee meetings were open to the public and were announced on the Sumter CHD internet site as well as in the Sumter CHD Newsletter.

Over the next few months, a Community Health Improvement Plan will be developed to address the identified health issues. There are resources available to us that provide information on evidence-based interventions such as, the Wisconsin Population Health Institute, County Health Rankings & Roadmaps, *What Works for Health*<sup>10</sup>, as well as the CDC *Guide to Community Preventive Services*<sup>11</sup>. Using these resources, in conjunction with broad community collaboration of healthcare providers, public health officials, and others in the community; goals, strategies and activities will be added. In this way an action plan will be finalized. The Steering Committee will then meet on an ongoing basis to monitor, update and evaluate implementation of the Community Health Improvement Plan.

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9. CDC Health Disparities & Inequalities Report (CHDIR)  
<http://www.cdc.gov/minorityhealth/CHDIRReport.html>
10. County Health Rankings, What Works For Health,  
<http://www.countyhealthrankings.org/what-works-for-health>
11. The Guide to Community Preventive Services,  
<http://www.thecommunityguide.org/index.html>

# APPENDIX 1

## Sumter County Health Department “Community Needs Assessment 2012”

**1. Strata** \* requires answer

- Strata 1
- Strata 2

**2. How many people reside in your home?**

- 1
- 2
- 3
- 4
- 5
- 6 or more

**3. Are you satisfied with the health care system in the community? (Consider access, cost, availability, quality, and options in health care)**

- Yes
- No

**4. Choose the top 3 health issues that you think are a problem in our community.**

- Heart Disease and Stroke
- Respiratory / Lung Disease
- Tobacco Use
- Drug Use / Abuse
- Lack of available healthcare
- Sexually Transmitted Diseases
- Obesity
- Infectious Disease
- Mental Health Problems
- Other (please specify)

**5. What services would you like offered or to be more available to residents of Sumter County?**

- Nutrition Education
- Smoking Cessation Classes
- Teen Pregnancy Prevention
- Mental Health
- Alcohol / Drug Abuse Services
- Disaster Preparedness
- Recreational opportunities
- Other (please specify)

**6. What do you think are the (3) three most important factors for a healthy community?**

- Good place to raise children
- Low crime / safe neighborhoods
- Clean environment
- Good schools
- Access to health care
- Parks and recreation
- Good jobs and healthy economy
- Healthy behaviors and lifestyles
- Low adult death and disease rates
- Low infant deaths
- Other (please specify)

**7. What do you think is the main cause of obesity in Sumter county?**

- Poor education on proper nutrition
- Not enough places to exercise
- Poor education on how to exercise
- Healthy food is too expensive
- Access to healthy food is unavailable
- People do not have time to exercise
- Other (please specify)

**8. Do you feel safe walking down the street in your neighborhood?**

- Yes
- No

**9. Are there enough recreational activities in your community?**

- Yes
- No

**10. In the past 7 days how many times have you eaten food from a restaurant?**

- 0 - 2
- 2 - 5
- 5 - 10
- 10 - 15
- More than 15

**11. Where would you go if you or a family member were sick or injured?**

- Emergency Room, in the county
- Emergency Room, outside the county
- Private physician
- Local Community Health Center
- I don't have any place or can't afford to go
- Other (please specify)

**12. How do you pay for your health care? (Check all that apply)**

- Pay cash (no insurance)
- Health insurance (e.g. private insurance, BC/BS, HMO)
- Medicaid
- Medicare
- Veterans' Administration
- Indian Health Services
- Other (please specify)

**13. Do you have pharmacy access to obtain all required prescription medications?**

- Yes
- No

**14. Do you have financial capability to obtain all required prescription medications?**

- Yes
- No

**15. Where do you get most of your information about health?**

- From the newspaper
- From watching TV
- From medical journals
- From family and friends
- From my doctor
- From the internet

**16. What do you consider to be the primary cause(s) of tobacco use in Sumter County?**

- Family members who use tobacco products
- Peer pressure
- Easy access to tobacco products
- Influence of tobacco company marketing
- Lack of understanding of the harmful effects of tobacco products
- Lack of enforcement for underage tobacco use
- Lack of parental influence / control

**17. When was the last time you visited the dentist?**

- Within the past year
- 1 to 2 years
- More than 2 years
- I don't go to the dentist

**18. What is your education level?**

- No high school diploma
- High school diploma or GED
- College degree or higher

**19. I am confident that I can take care of my family in the event of a natural disaster (a serious storm or hurricane).**

- Yes
- No

**20. What is the zip code where you live? \*requires answer**

- Bushnell - 33513
- Center Hill - 33514
- Coleman - 33521
- Lake Panasoffkee - 33538
- Oxford - 33484
- Sumterville - 33585
- Webster - 33597
- Wildwood - 34785
- The Villages - 32162
- The Villages - 32159
- The Villages - 32163

**21. What age range do you fall into?**

- 25 or less
- 26 - 39
- 40 - 54
- 55 - 64
- 65 or over

**22. What is your gender?**

- Male
- Female

**23. What is your race?**

- Caucasian (white)
- African American
- American Indian
- Asian
- Other (please specify)

**24. What is your ethnicity?**

- Hispanic
- Non-Hispanic

## APPENDIX 2

<b>MAPP Process- Identifying Strategic Issues</b>			
<b>Local Public Health System Assessment (NPHPSP):</b>	<b>Community Health Status Assessment (Community Profile):</b>	<b>Community Themes and Strengths (County Survey):</b>	<b>Forces of Change Assessment:</b>
How well the public health system is delivering essential services.	What The Data Says.	What The People Say.	What forces will impact our actions.
<p><b>Monitor Health Status – 41%</b></p> <p>Community Health Profile</p> <p>Use of Community Health Assessment or CHIP</p> <p>Community Health improvement process</p> <p><b>Assure Workforce – 63% (wide range)</b></p> <p>Identification of shortfalls and/or gaps in workforce</p> <p>Workforce assessment/gap analysis</p> <p>Recruitment/retention of new/diverse leaders</p>	<p>Low enrollment in higher education</p> <p>High Percentage of smoking in middle and high school students</p> <p>High percentage of overweight residents</p> <p>Poor cardiovascular health in comparison to Florida</p>	<p><b>Important issues:</b></p> <p>Heart disease &amp; stroke Obesity Respiratory/lung disease Drug use/abuse</p> <p><b>Important factors:</b></p> <p>Low crime/safe neighborhoods Access to Healthcare Good place to raise children Good schools</p> <p><b>Needed services:</b></p> <p>Alcohol/drug abuse services Nutrition education</p> <p><b>Causes of Obesity:</b></p> <p>Lack of nutrition education Healthy food too expensive</p> <p><b>Causes of tobacco use:</b></p> <p>Peer pressure Family members who use Lack of understanding of harmful effects</p> <p><b>Dental:</b></p> <p>&lt;50% outside The Villages visited dentist in last year</p> <p><b>Treatment:</b></p> <p>Emergency room</p> <p><b>Health information:</b></p> <p>Doctor, Internet</p>	<p><b>See Forces of change Threats/opportunities chart.</b></p>