Gadsden County 2018 - 2022 Community Health Assessment

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Gadsden County

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Special Acknowledgement

Thank you to the Gadsden County Health Council for your review and contribution to development of the survey instrument.

March 12, 2019

Dear Gadsden County Stakeholders:

The Florida Department of Health in Gadsden County (FDOH-Gadsden) thanks you for your continued support in moving public health forward! Since our inception, sustaining core public health service delivery has been at the forefront of our efforts. We are privileged to continue the fight in the prevention and control of infectious diseases, support of healthier mothers and babies, promotion of desired birth spacing and family size, and protection of the environments where we live, work, and play.

We are proudly anchored in the mission of the Florida Department of Health to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts. To reinforce our goals and measure the effectiveness of local resources, FDOH-Gadsden embarked upon a six-month assessment process to identify the unmet health needs of the Gadsden County community. Through the utilization of focus groups, forums and surveys, the 2018 Community Health Assessment (CHA) helped identify the strengths, weaknesses, challenges, and opportunities that exist in our community.

The key findings outlined in the CHA are reflective of our entire community and aligns well with previously captured data. The assessment process was inclusive of our county and municipal residents, and extended across age, race, and gender lines. The availability of jobs, public transportation, and a fully functional hospital continue to highlight the concerns of our residents. Of equal concern is the level of poverty in our community and the residual effects. In reviewing the key findings, our hope is that you will come to realize and appreciate the fact that we can make advancements in each of these areas through a collaborative response.

As we close out this assessment process, our next charge is to further engage you, our local stakeholders, in the development of our Community Health Improvement Plan (CHIP). The CHIP is a long-term, systematic effort to address the results of the Community Health Assessment activities and the community health improvement process. This plan will then be used by our local health, governmental, education and human service agencies, in collaboration with community partners, to set priorities and coordinate the available resources that will be instrumental in improving the health outcomes and quality of life for the residents of Gadsden County.

The call for robust prevention efforts and eradication of adverse social determinants of health in Gadsden County denotes the necessity of innovation, collaboration, accountability, responsiveness, and excellence as reflected in the Department of Health's Values (ICARE). We value your continued partnership and commitment to making Gadsden County the healthiest county in the nation.

Sincerely,

Adrian Cooksey, DrPH, MPH
Administrator

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EXECUTIVE SUMMARY

Introduction

The Robert Woods Johnson Foundation County Health Rankings ranked Gadsden County 64th out of 67 counties for overall health outcomes in 2018. Commissioned by the Florida Department of Health Gadsden County, the Gadsden Community Health Assessment (CHA) provides insight into the current health status and the health outcome indicators in Gadsden County. The CHA utilizes input from the community to identify key issues regarding health behavior and the environment. It also identifies strengths and weaknesses associated with the local health system such as access to health care.

Methods

The Gadsden Community Health Assessment (CHA) was a process of collecting, organizing and analyzing community health responses through focus groups, forums, surveys and survey interviews over the course of six months. The health information was obtained from residents that live, work or play in one of the six municipalities of Gadsden County, Florida - Midway, Quincy, Havana, Greensboro, Chattahoochee, and Gretna. The assessment also incorporated existing quantitative data on social, economic and health indicators for the county. The CHA explored *social determinants of health* such as health behaviors, access to care, social & economic factors, and environmental factors.

Key Findings

Stakeholders and the community identified many factors associated with the quality of life in Gadsden County:

- **Lack of adequate transportation** was voiced by all stakeholder and community focus groups
- Pre-existing data also show that at least 33% of Gadsden residents are **physically inactive**
- There were both stakeholder and community concerns that pre-existing data show Gadsden County to be the highest percentage in the state of adults who were **overweight or obese**
- Community focus groups revealed a **shortage of recreation facilities and activities for youth** that exacerbates the issue of physical inactivity and obesity in Gadsden county
- The ratio of population to **primary care physicians** is 5750:1
- **Mental health provider** ratio decreased from 890:1 in 2017 to 900:1 in 2018
- Along with concerns regarding the shortage of primary care and mental health providers, the community complained that the county does not have a "**fully operational hospital"**
- **Unemployment** due to lack of job opportunities was an important issue for the community
- Important key findings from pre-existing data show that 34% of children live in **poverty**
- The community is concerned that there is no **homeless shelter or transitional housing**
- Most Gadsden residents are **unaware of services available to them**

The results of the CHA will be instrumental in developing the county's Community Health Improvement Plan to include formulating goals, objectives, and activities with an overall goal of improving health outcomes and quality of life for the communities of Gadsden County.

I. INTRODUCTION

Background and Overview of the Community Assessment Process

In June of 1823 the fifth county, generally referred to as Middle Florida, was established and named Gadsden County. This area served as the territory's temporary capital until the annexing of East Gadsden to establish Leon County to hold the state's capital building. Gadsden County is one of several counties located in the panhandle of the State of Florida. Part of Gadsden County's rich history includes the industries of shade tobacco, Fuller's Earth and Coca Cola.

Gadsden County is the 43rd most populated out of the 67 counties in the state with 46,389 residents documented on the US Census 2010. Over 65% of Gadsden County residents live in rural areas. The County is designated as a rural county due to having less than 100 persons per square mile. Gadsden County is unique in that it is the only county which is predominately African American (56%). The county is comprised of six municipalities: Midway, Quincy, Havana, Greensboro, Chattahoochee, and Gretna.

Gadsden County is adjacent to Leon County the state capital and home of Florida A & M and Florida State Universities. Despite its proximity to the seat of state government and tremendous educational resources, Gadsden County has remained economically depressed and has experienced health and other quality of life disparities for decades.

In 2016, the Robert Wood Johnson Foundation's County Health Rankings rated Gadsden's overall health outcomes at 67[1] out of Florida's 67 counties. In 2018, the county improved its ranking to 64 in health outcomes. The 2019 county health rankings show Gadsden County's health outcomes have improved to 63. The County Health Rankings provide information on various determinants that influence health, including factors outside of medical care.

A Community Health Assessment was commissioned by the Gadsden County Health Department to assess economic, behavioral, social, and environmental aspects that may be affecting the status of health for residents of Gadsden County. Surveys, focus groups and forums were conducted in each of the municipalities. The Community Health Assessment utilized input from the community to identify key issues regarding health behaviors and the environment, as well as strengths and weaknesses associated with the local health system such as access to health care. Existing data presented were drawn from federal, state and county sources. The following report represents a descriptive analysis of the qualitative and quantitative data collected.

Methods

Social Determinants of Health Framework

Along with individual health behaviors such as, eating well, staying physically active, avoiding tobacco use, getting immunized and having regular medical checkups, this assessment explored the social determinants that influence health in Gadsden County, Florida. According to the World Health Organization, *Social Determinants of Health* are "the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life."

[1] Robert Woods Johnson Foundation. University of Wisconsin Population Health Institute. www.countyhealthrankings.org

Figure 1. Social Determinants of Health[2]
https://www.healthypeople.gov/2020

Some of the key areas of Social Determinants are:

- Neighborhood and Built Environment – access to health foods, environmental conditions (quality of water and air), neighborhood and workplace safety, sidewalks and bike lanes, and good lighting
- Health and Healthcare –access to health care/primary care and health literacy
- Social and Community Context –social support, civic participation, discrimination and incarceration
- Economic Stability - food security, poverty, employment, and housing stability
- Education –high school graduation and enrollment in higher education

Geographic Area and Zip Codes of Focus

Gadsden County, Florida is located in the panhandle of the state of Florida (Figure 2) and has a land area of 17,869 square miles and water area of 516 square miles. The areas of focus for this assessment included the cities of Chattahoochee (32324), Gretna (32332), Midway (32343), and Quincy (32351), as well as the towns of Greensboro (32330) and Havana (32333) and the unincorporated area of Mount Pleasant (32352) (Figure 3).

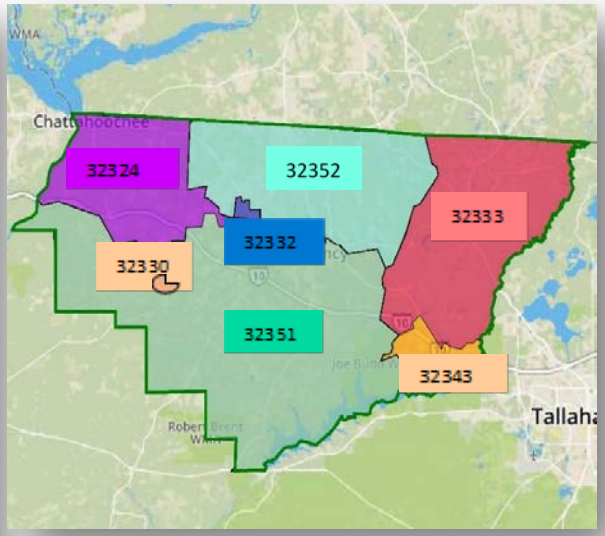

Figure 2. Location of Gadsden County in Florida Figure 3. Zip Code Boundaries
Source: https://www.worldatlas.com/na/us/fl/c-gadsden-county-florida.html

[2] Healthy People 2020. Social Determinants of Health. www.healthypeople.gov/2020

Gadsden County Profile - Data Sources and Analyses

Existing data were drawn from federal, state and county sources which included but were not limited to the Bureau of Economic Business Research, University of Florida, the University of Wisconsin Population Health Institute, RWJF County Rankings, U.S Census Bureau, 2012 - 2016 and 2013 – 2017 American Community Survey, Florida Department of Health, Office of Health Statistics & Assessment, and Bureau of Vital Statistics.

Community Health Perceptions – Data Sources and Analyses

Quantitative Data

A survey was conducted between July 2018 – December 2018 in Gadsden County to assess the community's perceptions of the economic, behavioral, social, and environmental aspects that may be affecting the status of health for residents of Gadsden County. In collaboration with the Gadsden County Health Department, survey questions were adapted from the Leon County Community Health Assessment[3], (would like to see this document; is it that we just used their questions) as well as questions contextual to Gadsden County. The final survey contained 49 questions which included 10 demographic questions (Appendix A).

Assessment Sample

According to the July 2017, US Census Bureau, there were approximately 40,416 adults, ages 20 and up living in Gadsden. The 18-year-old residents are grouped within the 15-19 age group for the census and not included in this count. However, they were still allowed to participate in the survey. Stratified sampling from each zip code was utilized to assure fair representation from each city/town (Table 1). Convenience sampling was used within the zip codes by attending health fairs and church functions. Additionally, a flyer was distributed and posted in public places with a link and QR code for an online survey. After excluding surveys that were more than 25% incomplete, 372 surveys were included in the final analysis. IBM SPSS 25 statistical software was utilized for survey analysis.

Table 1. Stratified Sample Size Needed and Obtained to Reach Representation for Zip Codes

ZIP CODE	COUNTY	ADULTS AGE 20 AND UP	% OF POPULATION	# SURVEYS NEEDED	# SURVEYS COMPLETED
32330	Greensboro	680	2%	8	22
32332	Gretna	1,406	4%	15	31
32352	Quincy/Mt. Pleasant	5,698	14%	53	71
32351	Quincy	14,891	37%	141	124
32333	Havana	10,026	25%	95	79
32343	Midway	2,534	6%	23	22
32324	Chattahoochee	4,881	12%	46	29
	Gadsden	**40,116**	**100%**	**381**	**378**

July 1, 2017. U.S. Census Bureau and U.S. Post Office Zip Code, Gadsden County Population
Zip Code 32353 is PO Boxes within Zip Code 32351
Based on 40,116 adults, ages 20 and up (18-year-old residents were grouped within the 15-19 group. However, they were included in the survey).

[3] Leon County Community Health Assessment 2018. Florida Department of Health. http://leon.floridahealth.gov/programs-and-services/communityhealth/_documents/chafinal.pdf

Qualitative Data

Focus groups and community forums were conducted with over 100 stakeholders and community residents. All participants were provided an explanation of the purpose of the assessment and assured that their individual responses would remain confidential. The focus groups lasted between 30 minutes to 1 hour and took place in a church or community center. There were four leading questions for the focus groups (Appendix B). They were audio-taped with participants' permission, and transcribed. During transcription, however, all personal identifying information was removed, and interviewees' identity was coded. Data extracted from the transcripts were coded and analyzed for recurrent patterns and themes. NVIVO™ qualitative software was used to aid in data management and analysis.

Limitations

There are several limitations related to the data presented in this assessment that should be acknowledged. Secondary data was derived from several different sources. Although these sources are highly credible, there were diverse methods to collect data and inconsistent geographic segmentation methods. Additionally, all existing data may not be the most current. Convenience sampling is another limitation. Surveys were distributed at health fairs, churches, food share events and other public locations where people gathered. Additionally, self-reported survey responses may not accurately reveal reality due to social desirability issues.

Qualitative analysis, by its nature, focuses on extracting in-depth insights from fewer participants. Therefore, generalizability of findings is limited due to the use of a convenience sample, a small size, and the qualitative nature of the research. Also, participants were recruited from churches and organizations whose individuals may already have an interest in the community health issues.

During the data collection phase, one of the strongest hurricanes on record made landfall in the Florida panhandle. Hurricane Michael caused catastrophic damage from wind and tornadoes in Gadsden County. There was the possibility that the aftermath of the storm would bias answers to questions such as access to resources as well as questions regarding environmental issues. However, after reviewing the surveys pre and post hurricane, there were no differences. Additionally, participants did not identify the hurricane as a significant issue during the focus groups conducted after the storm.

II. Demographics and Social Environment – Gadsden County, Florida

Total Population

The 2010 US Census recorded a population of 46,389 residents in Gadsden County. Table 2 shows 2018 estimates of population by city and town. The estimated 2018 population for the county is 47,828. Forty-eight percent of the population are male, 52% female[4] with the majority in the 18 – 44 (34%) and 45 – 64 (28%) age range (Table 3). The median age for males is 40 years and 41 years for females[4].

[4] Gadsden County, Florida Population 2018. http://worldpopulationreview.com/us-counties/fl/gadsden-county/population

Table 2. Estimates of Population by City, Gadsden County and Florida, 2018.

Area	April 1, 2018 Estimate	Total Change (2010-2017)	April 1, 2010 Census	Number of Inmates	April 1, 2018 Estimates Less Inmates
Chattahoochee	2,970	-682	3652	814	2,156
Greensboro	591	-11	602	0	591
Gretna	1,656	196	1,460	0	1,656
Havana	1,800	46	1,754	0	1,800
Midway	3,409	405	3,004	0	3,409
Quincy	8,176	204	7,972	406	7,770
Total Incorporated	18,602	1,842	20,444	1,220	17,382
Unincorporated	29,226	1,281	27,945	1,661	27,565
Gadsden County	47,828	1,439	46,389	2,881	44,947
Florida	20,840,568	2,039,236	18,801,332	119,036	20,721,532

Source: Bureau of Economic Business Research, University of Florida, Florida Estimates of Population, 2018

Table 3. Age Distribution (Percentage), Population of Gadsden County and Florida, 2000-2017

Area	Population		
	2017	2010	2000
Gadsden County			
0 – 17	22.2	24.2	26.4
18 – 44	33.8	33.6	38.4
45 - 64	27.6	28.6	23.0
65+	20.7	13.6	12.2
Florida			
0 – 17	20.4	21.3	22.8
18 – 44	33.6	34.4	36.9
45 – 64	26.4	27.0	22.7
65+	19.5	17.3	17.6

Source: Bureau of Economic Business Research, University of Florida, Florida Estimates of Population 2018.

Race and Ethnicity

Almost 56% of Gadsden County's population are Black or African American and 42% White (Figure 4 and Table 4). In 2017, the Hispanic population in the County was about 10% with the majority being of Mexican descent (Table 5). Almost 52% of the town of Greensboro are Hispanic (U.S Census Bureau, 2013-2017 American Community Survey 5-year Estimates).

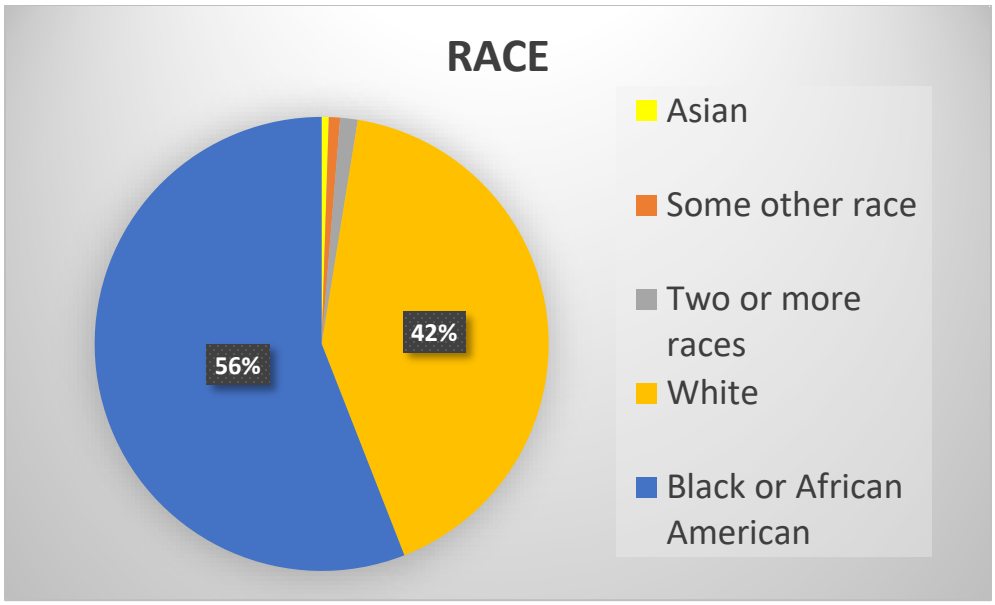

Figure 4. Race, Gadsden County, Florida, 2018 Estimate
Source: Gadsden County Population. (2018-12-07). Retrieved 2018-12-19, from http://worldpopulationreview.com/florida-counties/gadsden-county/

Table 4. Race, Gadsden County, Florida, 2013 - 2017 Estimate

Race, Gadsden County, (2017 Estimate)			
	2017	**2015**	**2013**
Black or African American	25,740	25,437	25,952
White	19,103	18,836	17,902
Two or more	574	678	670
Some other race	369	1,194	2,069
Asian	231	223	209
American Indian/Alaska Native	67	43	48
Native Hawaiian/Pacific Islander	29	13	10
Total Population	46,113	46,424	46,860

Source: U.S Census Bureau, 2013-2017 American Community Survey 5-year Estimates

Table 5. Hispanic or Latino, Gadsden County, Florida, 2013 - 2017 Estimate

Ethnicity, Gadsden County, (2017 Estimate)			
	2017	**2015**	**2013**
Hispanic or Latino (of any race)	4,630	4,663	4,648
Mexican	2,774	3,030	2,960
Puerto Rican	232	266	234
Cuban	347	286	204
Other Hispanic or Latino	1,277	1,081	1,250
Total Population	46,113	46,424	46,860

Source: U.S Census Bureau, 2013-2017 American Community Survey 5-year Estimates

Educational Attainment

The Florida Department of Education reports "School Grades" for all Florida schools in order to assess how well each school is serving students. The school success measures include Achievement (English, Language Arts, Mathematics, Science and Social Studies), Learning gains, Graduation rate, Acceleration success (passed High School level EOC or industry certification), and Maintaining a focus on students who need the most support. In 2018, within the Gadsden County School District, 4 schools achieved an A, 3 received a B, 1 received a C, 2 received a D, and 2 received an F (both alternative schools) (Table 6).

Table 6. Florida School Grades and School Improvement Ratings 2017 -2018

School	2018	2017	2016
George W. Munroe Elementary School	A	F	D
Gadsden County High School	C	D	D
West Gadsden Middle School	D	-	-
Havana Magnet School	B	A	C
Gadsden Elementary Magnet School	A	A	A
Greensboro Elementary School	A	C	C
Chattahoochee Elementary School	B	C	B
Stewart Street Elementary School	B	C	B
James A. Shanks Middle School	D	D	C
Carter Parramore Academy	F	-	-
Hope Academy	F	-	
Crossroad Academy	A	B	C

http://www.fldoe.org/core/fileparse.php/18534/urlt/SchoolGradesResultPacket18.pdf

Of the 31,799 individuals 25 years and over in Gadsden County, at least 42.3% are high school graduates or have some college compared to the state rate of 49.7% (Table 7). A little more than 21% do not have a high school diploma.

Table 7. Estimated Number of Persons 25+ Years of Age by Gender, by Highest Level of School Completed Gadsden County and Florida 2012-2016

Year	Estimated Number Of Persons 25+ Years of Age	All Genders		Males		Females	
		Estimated Number	Estimated Percent	Estimated Number	Estimated Percent	Estimated Number	Estimated Percent
No High School Diploma (Less than 12th grade, no diploma)							
Gadsden	31,799	6,730	21.1	3,575	24.2	3,155	18.5
Florida	14,093,687	1,807,386	12.8	922,781	13.7	884,605	12.1
High School Diploma (includes equivalency) or Some College, no degree							
Gadsden	31,799	13,468	42.3	7,877	53.4	9,501	55.7
Florida	14,093,687	7,008,279	49.7	3,332,118	49.3	3,676,161	50.0
College Degree (Associates, Bachelor's, or Graduate)							
Gadsden	31,799	7,691	24.2	3,288	22.3	4,403	25.8
Florida	14,093,687	2,779,709	19.7	2,498,313	17.7	2,779,709	19.7

Source: U.S Census Bureau, 2012-2016 American Community Survey 5-year Estimates

Income, Poverty, and Employment

Overall 24.4% of individuals in Gadsden County have incomes below the poverty level. The 2017 County median income was $39,830 compared to the state medium household income of $50,883. At least 17% of family households live in poverty (Table 8). Those with less than a high school education had a higher poverty rate (Figure 5). Over 38% of Gadsden County families with a female householder (no husband present) have incomes below the poverty level. Fifty-one percent for those with children under 18 years have incomes below the poverty level. Those with less than a high school education had a higher poverty rate (Figure 6).

Table 8. Estimated Number and Percent of Family Households by Poverty Status in the Past 12 Months, Gadsden County and Florida 2013-2017

Area	Total Estimated Number	Percent in Poverty	Total Estimated Number	Percent in Poverty	Total Estimated Number	Percent in Poverty
	All Families		Married-couple Families		Female Householder, no husband present	
Gadsden County	11,757	17%	7,117	5.8%	3,872	38.4%
Florida	4,847,306	11.1%	3,506,128	6.3%	981,283	26.8%

Source: U.S Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

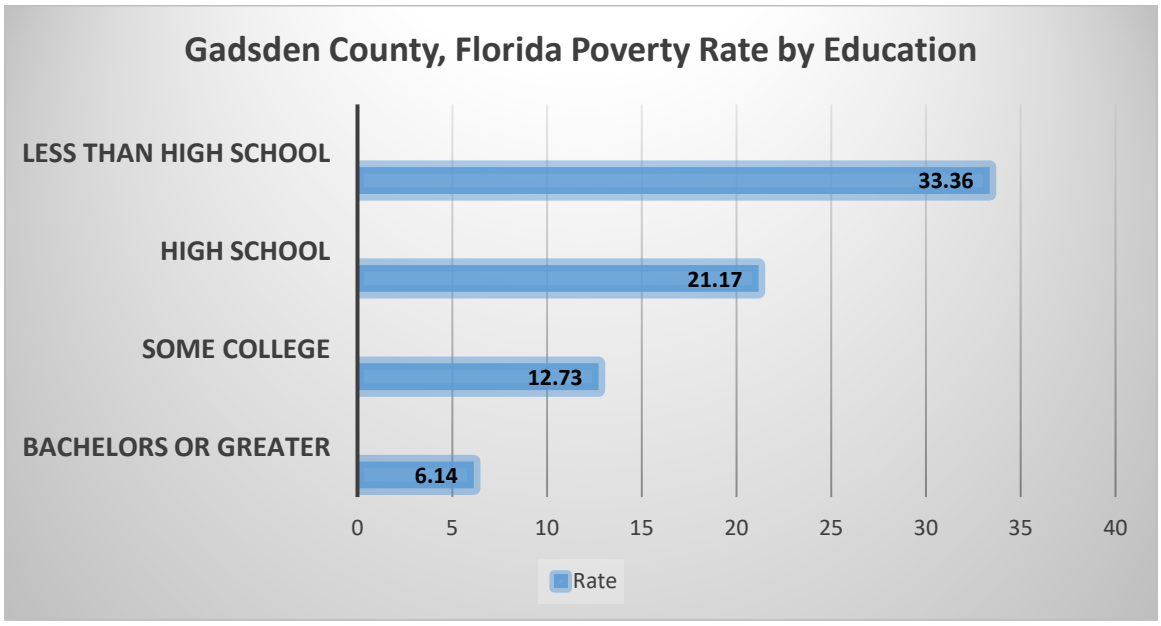

Figure 5. Gadsden County, Florida Poverty Rate by Education
Source: (http://worldpopulationreview.com/us-counties/fl/gadsden-county-population/)

Figure 6 shows the median household income for each zip code. Havana (32333) and Midway (32343) have a higher median income compared to the state rate.

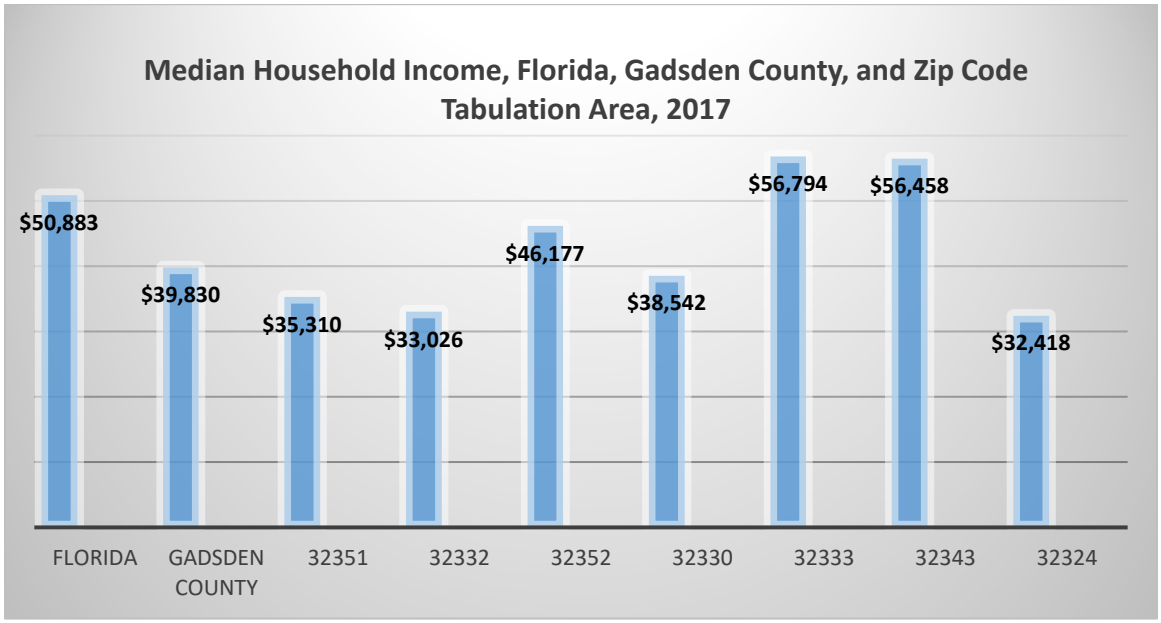

Figure 6. Median Household Income, Florida, Gadsden County, and Zip Code Tabulation Area*
U.S Census Bureau, American Community Survey (In 2017 Inflation-Adjusted Dollars)
2013-2017 American Community Survey 5-Year Estimates

* Zip codes are not a standard Census Bureau geography, but rather delivery routes defined by the U.S. Postal Service, which change over time. U.S. Census Bureau data from the decennial census and ongoing American Community Survey is tabulated by ZCTAs, which seek to approximate zip codes boundaries.[5]

Employment

The unemployment rate for Gadsden County is 8.5% compared to 7.2% for the state.[6] Figure 7 shows the occupation of the civilian employed residents, 16 and older in Gadsden County. Almost a third (33.3%) of the Gadsden County civilian workforce was employed in management, business, science and arts occupations. The smallest proportion of the adult civilian workforce (6.1%) was employed in the production, transportation, and materials moving sector.

[5] https://mn.gov/admin/demography/data-by-place/

[6] U.S. Census Bureau. 2013-2017 American Community Survey, 5-Year Estimate

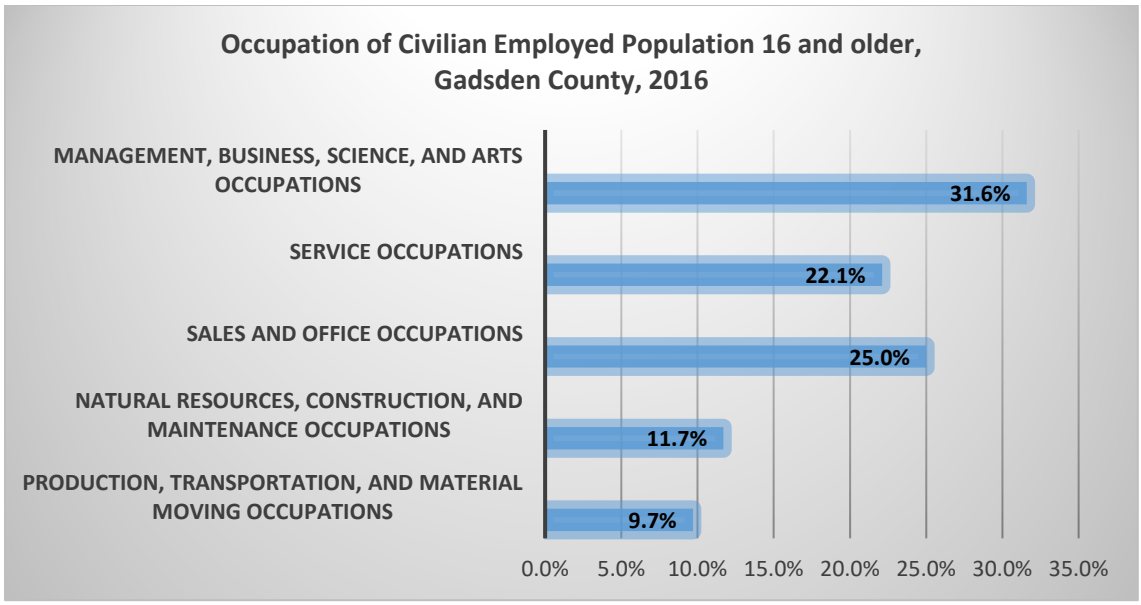

Figure 7. Occupation of Civilian Employed Population 16 Years and Older (%), Gadsden County
Source: U.S Census Bureau, 2012-2016 American Community Survey 5-year Estimates

Transportation

The mean travel time to work for residents of Gadsden County is 27 minutes. Most workers drive to work alone (83.6%) in their own vehicles (Figure 8). Many of these workers are commuting to Tallahassee or other locations outside Gadsden County. Big Bend Transit[7] is the coordinated transportation system for Gadsden County. Sponsored by the Florida Commission for the Transportation of the Disadvantaged and the Gadsden County Transportation Disadvantaged Board, they provide specialized transportation services for disadvantaged persons. They also coordinate three other transportation services for Gadsden County residents, which are the Quincy Shuttle, the Gadsden Express and the Gadsden Connector. Each of these transportation services focus on the unique transportation needs of the population. The Quincy Shuttle operates Monday through Friday from 7:30 a.m. to 2:30 p.m. for a fee. There are several locations throughout Quincy that are designated shuttle stop. The Gadsden Connector operates Monday through Friday starting at 7:00a.m. in Chattahoochee and ending at 2:55p.m. in Chattahoochee. There are 11 stops along the route, in Chattahoochee, Greensboro, Gretna, Quincy, St. Hebron, Jameson and Havana. The Van Pool Commute option provided by Big Bend Transit, Inc. allows 6 to 11 commuters to ride together, with each contributing a low monthly fare. The Gadsden County Board of County Commissioners allocate over four million dollars a year for county transportation systems[8].

[7] Coordinated Transportation System of Gadsden County. http://www.bigbendtransit.org/gadsden/
[8] Gadsden County Florida FY 2018 Final Annual Budget, https://www.gadsdengov.net/egov/documents/1524064039_45036.pdf

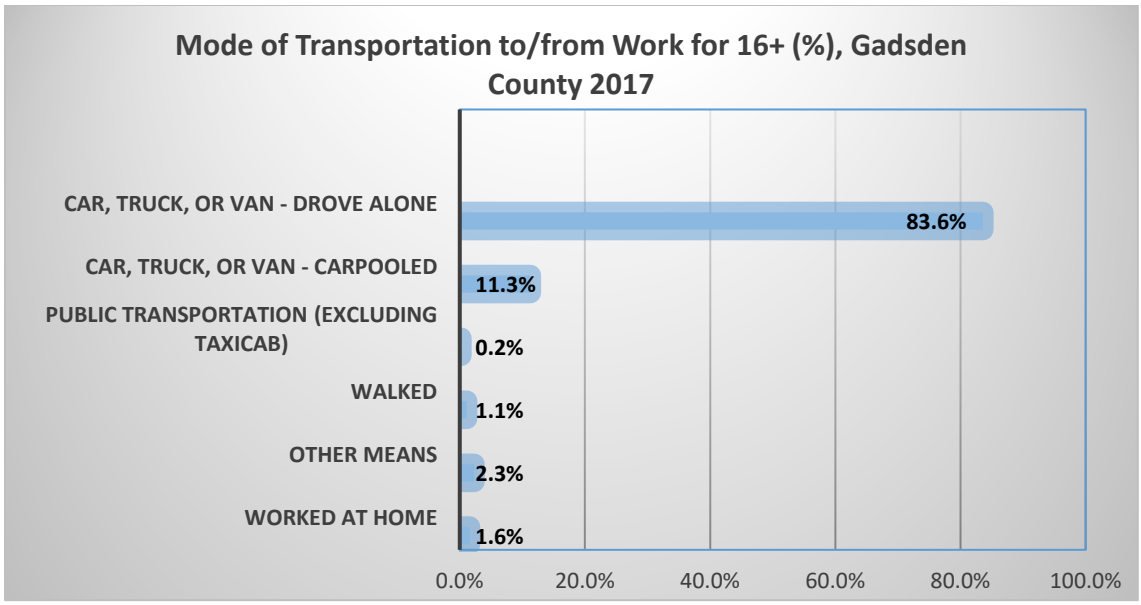

Figure 8. Mode of Transportation for 16+, Gadsden County, Florida
Source: U.S Census Bureau, 2012-2016 American Community Survey

Housing

Table 9. Profile of Housing Characteristics, Gadsden County, Florida, 2017

Housing Occupancy	**No.**	**%**
Total housing units	19,680	100
Occupied housing units	17,310	88.0
Vacant housing units	2,370	12.0
Average household size of owner-occupied units	2.41	-
Housing Tenure	**No.**	**%**
Occupied housing units	17,310	100.0
Owner-occupied housing units	12,159	70.2
Renter-occupied housing units	5,151	29.8
Average household size of renter-occupied units	2.51	-
Lacking complete plumbing facilities	39	0.2
Lacking complete kitchen facilities	60	0.3
No telephone service available	637	3.7
Year Structure Built	**No.**	**%**
2014 or later	153	0.8
2010 to 2013	442	2.2
2000 or 2009	3,333	16.9
1990 to 1999	3,911	19.9
1980 to 1989	3,141	16.0
1970 to 1979	2,428	12.3
1960 to 1969	2,476	12.6
1950 to 1959	1,908	9.7
1940 to 1949	789	4.0
1939 or earlier	1,099	5.6

Source: U.S Census Bureau, 2013-2017 American Community Survey 5-year Estimates

Of the 19,680 housing units in Gadsden County, 88% are occupied (Table 9). Less than 8% are new structures. At least 44% were built before 1970. Very few lack plumbing facilities (0.3%) or telephone service (3.7%).

III. Health Outcomes – Gadsden County, Florida

Birth Rates

In 2017, the birth rate for Gadsden County was 12% compared to 11% for the state (Table 10). The Hispanic birth rate remains the highest at 20.3 percent. Risk of infant mortality is twice as high among infants born to mothers with BMIs greater than 30, compared with infants born to mothers with BMIs less than 30.[9] Over 39% of 2017 births in Gadsden County were born to obese mothers (BMI >30) (Table 11).

Table 10. Total Births and Birth Rates per 1,000 Total Population by Race and Ethnicity, Gadsden County and Florida, 2012-2017

Area	Total Births				Birth Rates Per 1,000 Total Population			
	All Races	Black	White	Hispanics	All Races	Black	White	Hispanics
2017								
Gadsden County	559	350	199	100	11.5	12.8	9.8	20.3
Florida	223,579	48,801	158,088	66,674	10.9	14.4	9.9	13.0
2016								
Gadsden County	568	339	213	98	11.7	12.4	10.6	20.3
Florida	225,018	49,405	160,365	65,371	11.1	14.5	10.2	13.21
2015								
Gadsden County	557	331	221	101	11.5	12.2	10.9	21.1
Florida	224,273	49,109	160,830	63,978	11.3	14.7	10.4	3.4
2014								
Gadsden County	535	331	197	89	11.1	12.3	9.91	18.6
Florida	219,905	49,059	156,999	61,784	11.2	15.0	10.3	13.3
2013								
Gadsden County	561	343	207	105	11.8	13.0	10.2	21.8
Florida	215,194	48,737	153,278	59,083	11.1	15.1	10.1	
2012								
Gadsden County	526	317	197	98	11.1	12.0	9.9	21.2
Florida	212,954	48,992	150,866	57,798	11.1	15.5	10.1	13.2

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

[9] Sean Meehan *et al.* "Maternal Obesity and Infant Mortality: A Meta-Analysis." *Pediatrics* 133, no. 5 (2014): 863-71. https://doi.org/10.1542/peds.2013-1480

Table 11. Percent Births to Obese Mothers at Time Pregnancy Occurred

Area	2017	2016	2015	2014	2013	2012
Gadsden County	39.4%	37.2%	36.0%	36.5%	37.4%	38.2%
Florida	25.0%	24.0%	23.3%	22.8%	22.4%	21.8%

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

Prenatal Care

Table 12. Total Number of Births and Percent of Total Births that Started Receiving Care in First Trimester by Race and Ethnicity, Gadsden County and Florida, 2012-2017

Area	Total Births				Birth Rates Per 1,000 Total Population			
	All Races	Black	White	Hispanics	All Races	Black	White	Hispanics
2017								
Gadsden County	286	1,801	102	44	72.8*	72.3	75.0	71.0
Florida	153,842	30,380	112,913	46,569	77.3	69.7	79.7	77.8
2016								
Gadsden County	214	134	74	18	62.9*	65.0	59.7	39.1
Florida	157,084	30,804	115,893	46,567	78.4	71.4	80.7	78.7
2015								
Gadsden County	312	171	136	47	75.0*	69.0	83.4	77.0
Florida	161,643	31,994	119,588	45,617	79.3	72.8	81.3	79.7
2014								
Gadsden County	286	174	108	35	71.9*	70.0	75.0	60.3
Florida	160,186	32,115	118,207	44,466	79.4	72.8	81.5	80.1
2013								
Gadsden County	284	173	105	41	76.1	76.2	76.1	61.2
Florida	159,307	32,760	117,506	43,902	79.9	72.6	82.0	80.2
2012								
Gadsden County	324	192	124	52	74.5*	74.1	74.7	65.8
Florida	154,294	30,009	116,546	41,853	80.0	73.5	82.1	80.2

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

* The county rate is statistically significantly different from the statewide rate.

Birth Outcomes

In 2017, at least 73% of Gadsden mothers received prenatal care in the first trimester (Table 12). Low birth weight infants (11%) remained higher than state (8.8%). Black infant low birth weights remain the highest in Gadsden County at 16% (Table 13).

Table 13. Total Low Birthweight Births and Percent of Total Births That Are Low Birthweight Rates per 1,000 total Population by Race and Ethnicity, Gadsden County and Florida, 2012-2017

Area	Total Births				Birth Rates Per 1,000 Total Population			
	All Races	Black	White	Hispanics	All Races	Black	White	Hispanics
2017								
Gadsden County	64	56	8	4	11.4	16.0	4.0	4.0
Florida	19,699	6,489	11,458	4,880	8.8	13.8	7.2	9.4
2016								
Gadsden County	65	52	8	5	11.4	15.3	3.8	5.1
Florida	19,661	6,834	11,492	4,715	8.7	13.8	7.2	9.3
2015								
Gadsden County	75	54	20	8	13.5	16.3	9.0	7.9
Florida	19,367	6,524	11,553	4,676	8.6	13.3	7.2	9.2
Area	Total Births				Birth Rates Per 1,000 Total Population			
	All Races	Black	White	Hispanics	All Races	Black	White	Hispanics
2014								
Gadsden County	81	62	17	11	15.1	18.7	8.6	12.4
Florida	19,104	6,547	11,394	14,616	8.7	13.3	7.3	9.2
2013								
Gadsden County	66	53	11	1	11.8	15.5	5.3	1.0
Florida	18,371	6,272	10,966	14,423	8.5	12.9	7.2	9.0
2012								
Gadsden County	56	37	18	8	10.6	11.7	9.1	8.2
Florida	18,291	6,279	10,918	13,989	8.6	12.8	7.2	9.1

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

Infant Mortality

Infant mortality, the death of an infant before age one, remains consistently higher in the United States than that of other developed countries. Furthermore, disparities continue to persist in black infant mortality. Florida ranks number 30 in the U.S for infant mortality[10]. The five leading causes of infant death are birth defects, preterm and low birth weight, Sudden Infant Death Syndrome, pregnancy complications and injuries such as suffocation. Infant mortality in Gadsden County decreased from 12.3 in 2016 to 7.2 in 2017, moving up to number 40 in the state (Table 14).

Research suggest that breastfeeding can reduce the risk of death for infants in their first year of life.[11] Gadsden mothers who initiate breastfeeding within the first hour of life (64%) have consistently been lower than the state rate (86%) (Table 15).

[10] America's Health Rankings. United Health Foundation www.americashealthrankings.org

[11] NIH/National Institute of Environmental Health Sciences. (2004, May 4). Breastfeeding Decreases Infant Mortality. *ScienceDaily*. www.sciencedaily.com/releases/2004/05/040503054402.htm

Table 14. Total Number of Infant Deaths (before age one) and Rates per 1,000 total Population, Gadsden County and Florida, 2017

Year	Gadsden County		Florida	
	Number	Rate	Number	Rate
2017	4	7.2	1,355	6.1
2016	7	12.3	1,380	6.1
2015	5	9.0	1,400	6.2
2014	5	9.3	1,327	6.0
2013	9	16.0	1,318	6.1
2012	5	9.5	1,285	6.0

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

Table 15. Mothers Who Initiate Breastfeeding, 2012 – 2017

Mothers Who Initiate Breastfeeding, Single Year Rates						
	Gadsden			Florida		
Year	Count	Denom	Percent	Count	Denom	Percent
2017	358	559	64.0	192,199	223,579	86.0
2016	398	568	70.1	193,508	225,018	86.0
2015	371	557	66.6	191,057	224,273	85.2
2014	320	535	59.8	185,186	219,905	84.2
2013	322	561	57.4	177,535	215,194	82.5
2012	301	526	57.2*	172,427	212,954	81.0

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

Table 16. Total Teen Births (15 – 17) and Birth Rates per 1,000 total Population, Gadsden County and Florida, 2013-2017

	Births by Mothers, Ages 15-17, Single Year Rates, 2013 - 2017					
	Gadsden			Florida		
Year	Count	Total Births 15-17	Rate	Count	Total Births 15-17	Rate
2017	12	863	13.9	2,560	348,580	7.3
2016	23	849	27.1*	2,859	346,050	8.3
2015	9	807	11.2	3,103	342,978	9.0
2014	10	862	11.6	3,206	342,650	9.4
2013	22	841	26.2*	3,698	342,330	10.8

Source: Data Source: Florida Department of Health, Bureau of Vital Statistics, www.FLHealthCharts.com

Table 17. Total Teen Births (14 – 17) and Birth Rates per 1,000 Total Population by Race and Ethnicity, Gadsden County and Florida, 2013-2017

Births by Mothers' Age, Ages 14-17, Single Year Rates												
	Gadsden						Florida					
	White			Black			White			Black		
Year	Count	Denom	Rate	Count	Denom	Rate	Count	Denom	Rate	Count	Denom	Rate
2017	4	363	11.0	7	766	9.1	1,640	326,065	5.0	853	101,183	8.4
2016	7	360	19.4	16	757	21.1*	1,840	324,413	5.7	963	100,322	9.6
2015	2	343	5.8	7	742	9.4	1,999	322,754	6.2	1,054	99,744	10.6
2014	1	346	2.9	9	788	11.4	2,062	322,649	6.4	1,104	100,234	11.0
2013	5	342	14.6	16	762	21.0	2,331	322,664	7.2	1,330	100,721	13.2
2012	6	358	16.8	15	818	18.3	2,618	327,663	8.0	1,578	103,109	15.3
Births by Mothers' Age, Ages 14-17, Single Year Rates												
	Gadsden						Florida					
	Hispanic			Non-Hispanic			Hispanic			Non-Hispanic		
Year	Count	Denom	Rate	Count	Denom	Rate	Count	Denom	Rate	Count	Denom	Rate
2017	5	169	29.6	7	988	7.1	946	134,814	7.0	1,678	326,534	5.1
2016	5	172	29.1	18	971	18.5*	976	131,408	7.4	1,960	326,371	6.0
2015	2	159	12.6	7	950	7.4	993	127,877	7.8	2,212	326,520	6.8
2014	1	166	6.0	9	999	9.0	1,023	125,445	8.2	2,292	328,404	7.0
2013	3	164	18.3	19	975	19.5*	1,182	123,223	9.6	2,624	330,167	7.9

Source: Data Source: Florida Department of Health, Bureau of Vital Statistics, www.FLHealthCharts.com

Sexual Health

Teen Pregnancy

Overall teenage pregnancy rates, ages 15 – 17 years, decreased from 27.1% in 2016 to 13.9% in 2017 (Table 16). This rate was still higher than the state's rate of 7.3. Teenage pregnancy rates were 11% among white teens, 9.1% among black teens. The highest teen pregnancy rates in Gadsden County in 2017 were among Hispanic teens (29.7%) (Table 17).

Sexually Transmitted Diseases

In 2015, the total Gonorrhea, Chlamydia and Infectious Syphilis rates in Gadsden County increased to 10.42% compared to the state rate of 5.88% (Table 18). HIV Cases decreased to 20.5% in 2017 which was lower than the state rate of 24.1 (Table 19). At least 47% of adults in Gadsden County have been tested for HIV at least once. AIDs cases were at an all-time low in 2017 at 8.2% compared to the state rate of 9.9%.

Table 18. Total Gonorrhea, Chlamydia & Infectious Syphilis, Single Year Rates, 2012 - 2015

Total Gonorrhea, Chlamydia & Infectious Syphilis, Single Year Rates, 2012 - 2015						
	Gadsden			Florida		
Year	Count	Denom	Rate	Count	Denom	Rate
2015	504	48,356	10.42	116,929	19,897,762	5.88
2014	443	48,174	9.21	105,461	19,579,871	5.39
2013	408	47,729	8.54	103,566	19,314,396	5.36
2012	507	47,376	10.70	98,777	19,118,938	5.17

Source: Data Source: Florida Department of Health, Bureau of Vital Statistics, FLHealthCharts.com http://www.flhealthcharts.com

Table 19. HIV/AIDS Cases and Rates per 100,000 Population, Gadsden County, and Florida, 2012-2017.

Year	Gadsden County		Florida	
	Number	Rate	Number	Rate
HIV Cases				
2017	10	20.5	4,949	24.1
2016	14	28.8	4,805	23.8
2015	12	24.8	4,691	23.6
2014	13	27.0	4,599	23.5
2013	11	23.0	4,369	22.6
2012	13	27.4	4,492	23.5
AIDS Cases				
2017	4	8.2	2,044	9.9
2016	15	30.9	2,116	10.5
2015	7	14.5	2,135	10.7
2014	12	24.9	2,175	11.1
2013	13	27.2	2,876	14.9
2012	11	23.2	2,846	14.9

Source: Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

Chronic Disease Outcomes

In 2017, cancer was the leading cause of death in Gadsden County, followed by heart disease (Table 20). The highest number of cancer deaths was attributed to lung cancer. The rate of lung cancer was higher than state rate for both Blacks (48.0/28.9) and Whites (48.6/38.5) in Gadsden County. Rates of lung cancer among males (82.6) was higher than state rate (44.9)[12].

Since 2007 there has been a steady increase in individuals in Gadsden County being diagnosed with diabetes. In 2016, the rate of adults who had been told they had diabetes was twice the state

[12] Florida Department of Health, Office of Health Statistics & Assessment, reports http://www.flhealthcharts.com

rate (24.4%, 11.8%) (Figure 9). In 2017, more than twice the state rate of non-Hispanic blacks in Gadsden County were diagnosed with diabetes (30.1/14.5 state)[12].

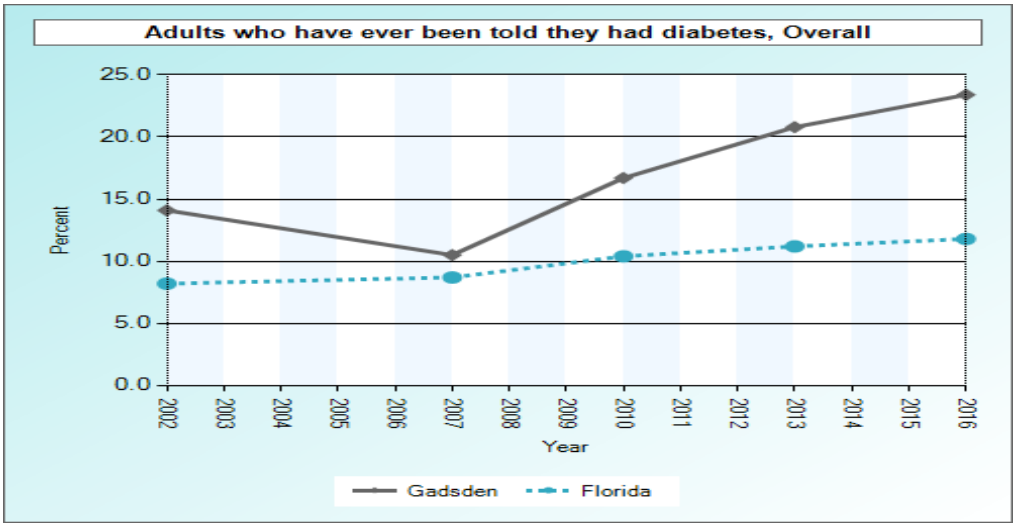

Figure 9. Adults Diagnosed with Diabetes, Gadsden County, http://www.flhealthcharts.com

Table 20. 10 Leading Causes of Death, Gadsden County, Florida, 2017.

Causes of Death	Deaths	2017 Percent of Total Deaths	2017 Crude Rate per 100,00	2017 Age Adjusted Death Rate per 100,000	2017-2017 Year Adjusted Death Rate per 100,000	2017 YPLL < 75 per 100,000 under 75
All Causes	450	100.0	924.2	746.2	797.4	9,094.1
Cancer	89	19.8	182.8	141.9	157.9	1,427.0
Heart Disease	83	18.4	170.5	134.3	160.4	1,231.3
Stroke	25	5.6	51.3	38.3	35.8	402.4
Diabetes	20	4.4	41.1	30.8	31.9	479.3
Unintentional Injuries	20	4.4	41.1	38.5	47.0	883.9
Chronic Lower Respiratory Disease	19	4.2	39.0	30.8	34.9	217.7
Nephritis	13	2.9	26.7	22.4	17.3	432.1
Alzheimer's Disease	12	2.7	24.6	21.7	20.9	15.4
Hypertension	12	2.7	24.6	17.6	14.0	261.7
Influenza and Pneumonia	10	2.2	20.5	18.6	16.4	156.1

Source: Florida Department of Health, Office of Health Statistics & Assessment, Bureau of Vital Statistics, reports, http://www.flhealthcharts.com

IV. Access to Healthcare Services

Lack of Insurance Coverage

The majority (23.5%) of uninsured individuals in Gadsden County are in the 19 – 64 age range (Table 21). More males (18.2%) are uninsured than females (12.6%). A little more than 32% of the Hispanic population in Gadsden County are uninsured. Almost 85% of the population in Gadsden County are insured with 54.7% having private insurance and 44.1% public insurance (Table 22).

Table 21. Estimated Number and Percent of Persons by Selected Characteristics that are Uninsured, Gadsden County and Florida, 2013-2017

Area	Estimated Number	Uninsured	
		Estimated Number	Estimated Percent
	Total Civilian Noninstitutionalized Population		
Gadsden	43,233	6,619	15.3
Florida	19,967,931	2,982,945	14.9
	Under 19 years of Age		
Gadsden	10,726	630	5.9
Florida	4,350,247	369,896	8.5
	19-64 Years of Age		
Gadsden	25,274	5,931	23.5
Florida	11,758,619	2,559,564	21.8
	65 Years of Age and Older		
Gadsden	7,233	58	0.8
Florida	3,859,065	53,485	1.4
	Males		
Gadsden	20,788	3,793	18.2
Florida	9,680,421	1,589,509	16.4
	Females		
Gadsden	22,445	2,826	12.6
Florida	10,287,510	1,393,436	13.5
	White Alone		
Gadsden	17,453	3,096	17.7
Florida	15,148,826	2,106,779	13.9
	Black Alone		
Gadsden	24,704	3,427	13.9
Florida	3,171,594	562,326	17.7
	Two or More Races		
Gadsden	478	21	4.4
Florida	507,430	70,402	13.9
	Hispanic or Latino (of any race)		
Gadsden	4,444	1,449	32.6
Florida	4,966,006	1,131,397	22.8

Source: U.S Census Bureau, 2013-2017 American Community Survey 5-Year Estimates

Table 22. Estimated Number and Percent of Persons by Age and Type of Health Insurance Coverage They Have, Gadsden County and Florida, 2013-2017.

HEALTH INSURANCE COVERAGE	Estimate	Percent
Civilian noninstitutionalized population	43,233	
With health insurance coverage	36,614	84.7%
With private health insurance	23,661	54.7%
With public coverage	19,059	44.1%
No health insurance coverage	6,619	15.3%
Age Groups		
Civilian noninstitutionalized population under 19 years	10,726	10,726
No health insurance coverage	630	5.9%
Civilian noninstitutionalized population 19 to 64 years	**25,274**	**25,274**
In labor force:	16,808	16,808
Employed:	15,433	15,433
With health insurance coverage	12,526	81.2%
With private health insurance	11,435	74.1%
With public coverage	1,533	9.9%
No health insurance coverage	2,907	18.8%
Unemployed:	1,375	1,375
With health insurance coverage	842	61.2%
With private health insurance	453	32.9%
With public coverage	431	31.3%
No health insurance coverage	533	38.8%
Not in labor force:	8,466	8,466
With health insurance coverage	5,975	70.6%
With private health insurance	2,849	33.7%
With public coverage	3,868	45.7%
No health insurance coverage	2,491	29.4%

Source: U.S Census Bureau, 2013-2017 American Community Survey (ACS) 5-Year Estimates

Provider Availability and Service Coverage

Table 23 shows the number and rate of physicians by type in Gadsden County. In 1981, Gadsden County was designated a Health Professional Shortage Area (HPSAs) for primary care, mental and dental health providers.[13] .According to the 2019 County Health Rankings, the ratio of primary care physicians in 2016 was 6,570:1 compared to 1,390:1 for the state. There are no full-time OB/GYNs or Pediatricians practicing in Gadsden County. Many Gadsden residents complained that lack of transportation to Tallahassee makes it difficult to benefit from specialty care. In 2017 there were six dentists practicing in Gadsden County (Table 23).

[13] www.hrsa.gov

Table 23. The Rate of Full Time Physicians by Type per 100,000 Population, Gadsden County and Florida, Fiscal Years.

Type of Physician	2017 -18		2016-17		2015- 16		2014-15		2013-14		2011-12	
Gadsden County												
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Family Practice Physician	4	8.2	4	8.2	4	8.3	3	6.2	9	18.9	5	10.6
Internists	1	2.1	1	2.1	1	2.1	1	2.1	2	4.2	2	4.2
OB/GYN	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Pediatricians	0	0.0	0	0.0	1	2.1	2	4.2	1	2.1	0	0.0
Dentists	6	12.3	7	14.4	7	14.5	7	14.5	9	18.9	7	14.8
	Florida											
Family Practice Physician	3,945	19.2	2,892	14.3	2,838	14.3	3,729	19.0	4,919	25.5	4,564	23.9
Internist	9,385	47.8	9,843	48.7	9,847	49.5	9,696	49.5	9,998	51.8	9,381	49.1
OB/GYN	1,956	9.5	1,957	9.7	1,942	9.8	1,992	10.2	1,913	9.9	1,878	9.8
Pediatricians	4,586	22.3	3,640	18.0	3,573	18.0	3,654	18.7	4,451	23.0	3,718	19.4
Dentists	11,475	55.8	11,641	57.5	10,986	55.2	11,635	59.4	10,396	53.8	10,443	54.6

Source: Florida Department of Health, Office of Health Statistics & Assessment
http://www.flhealthcharts.com

IV. Community Health Perceptions

A survey was conducted between July 2018 – December 2018 in Gadsden County to assess the community's perception of the economic, behavioral, social, and environmental aspects that may be affecting the status of health. The paper and pencil survey as well as an online survey was provided. Additionally, focus groups and forums were conducted in Quincy, Chattahoochee, and Havana.

Demographics

The majority of survey respondents were female, African-American or Black, and age 55 – 64 (Table 24). Most were high school graduates or GED recipients (32%) or some college or technical school (29%), employed full time (33%) or retired (33%). Most had been living in Gadsden County for more than 10 years (88%).

Table 24. GCHA Survey Demographics N=378

Gender	**No.**	
Males	89	
Female	289	
Race or Ethnicity		
White	37	
African-American/Black	322	
American Indian or Alaska Native	3	
Hispanic/Latino (includes those who identified as Chicano or Honduran	17	
Age	**M**	**F**
18 – 24 make hyphenation consistent	6	17
25 - 34	9	22
35 - 44	13	30
45 - 54	16	56
55 – 64	25	90
65 +	20	74
Language		
English	368	
Spanish	10	
Marital Status		
Single, Never Married	130	
Married	131	
Divorced	57	
Widowed	37	
Separated	19	
Missing	4	

Table 24 continued. GCHA Survey Demographics

Education	
Never attended school	5
Less than 9th grade	19
Some high school	42
High school graduate/GED	122
Some college or technical school/AA	109
College graduate/bachelors	57
Graduate Degree (Masters, Doctorate)	19
Missing	5
Employment	**No.**
Employed full-time	127
Employed part-time	27
Self-employed	15
Retired	125
Unable to work	43
Unemployed	34
Missing	7
Years Residing in Gadsden County	
Under 1 year	12
1 – 3 years	6
More than 3, less than 5 years	7
More than 5, less than 10 years	23
10 years or more	330
Number of children under 18 years old living in home	
None	15
1	47
2	55
3	22
4	10
5	2
6	2

Likes

The majority of survey participants in this assessment loved their communities. At least 30 survey respondents mentioned that their neighbors were friendly, helpful and watched out for each other. Over 50 appreciate the peace and quiet in their neighborhood and living in a small community. Figure 10 highlights many characteristics identified by residents as reasons why they like their neighborhood.

Figure 10. What the Participants Like about their Neighborhood

Dislikes

There were some weaknesses or problems revealed by several of the survey respondents such as, drugs and crime in some areas, cars driving too fast through the neighborhoods, too many stray dogs, as well as litter and unkempt lawns. However, lack of transportation, paved roads, lack of close stores to buy groceries and clothing, access to healthcare services and limited job opportunities were mentioned most often (Figure 11).

Figure 11. What the Participants Dislike about their Neighborhood

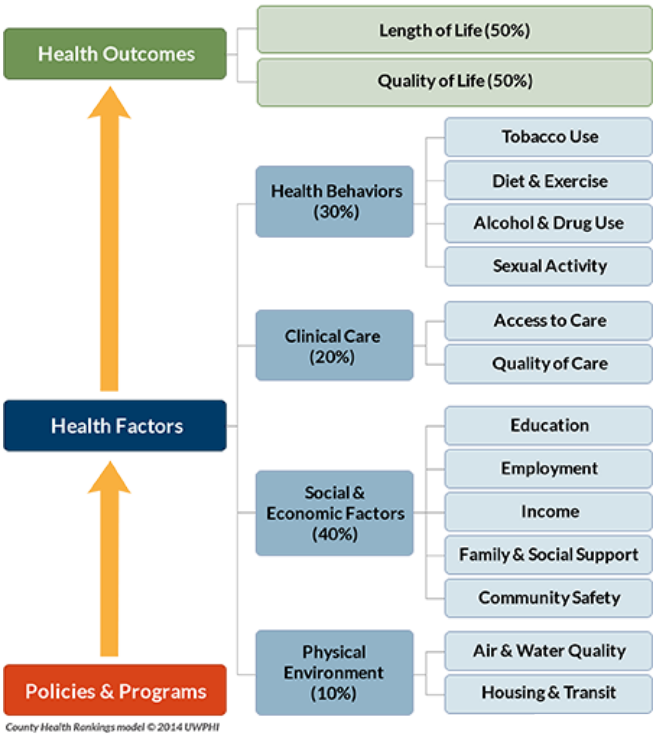

Figure 12. Social Determinants of Health Model
http://www.countyhealthrankings.org/what-is-health

Health Behaviors

According to the Social Determinants of Health Model (Figure 12), health behavior factors such as tobacco use, diet and exercise, alcohol and drug use and sexual activity account for 30% of the health outcomes in a community. The 2018 County Health Rankings rated Gadsden County as number 47 out of 67 Florida counties for "Health Behaviors." This is quite an improvement from 2017 when Gadsden County was ranked number 67. Areas that still need improvement include adult obesity and physical inactivity. Thirty-six percent (36%) of the adults in Gadsden County report a BMI of 30 or more compared to 26% for the state. Thirty-three percent (23%) of the adults, age 20 and over, reported no leisure time physical activity compared to 24% for the state.

Of the Gadsden County survey respondents that have access to parks, walking trails, bike paths or other recreation areas, 55% utilize these facilities (Table 25). Most of the respondents (47%) rarely participate in at least 30 minutes of moderate physical activities. Although 70% of respondents ate at least 3-5 servings of fruits and vegetables per day, 76% ate meals that were prepared in a fast food restaurant 1 – 3 times per week. The majority of respondents rarely drank alcohol (78%) or used any type of tobacco (cigarettes (87%), chewing tobacco / snuff (93%).

Table 25. Health Behaviors

Diet and Exercise N= 372	Yes		No
Do you have access to parks, walking trails, bike paths or other recreation areas in your neighborhood? (within 5 blocks)?	52%		48%
If you answered yes to question, do you utilize these facilities?	55%		45%
	Rarely	**A few times per week**	**Every day/ almost daily**
Other than your regular job, how often did you participate in at least 30 minutes of any moderate physical activities or exercises such as walking, running, or playing sports?	47%	36%	18%
	Not at all	**1-3 times per week**	**4-7 times per**
On average, how often do you eat 3-5 servings of fruits and vegetables per day? (1 serving of fruit =1/2 cup=1 tennis ball, 1 serving of vegetables = 1 cup = 1 fist)	9%	70%	21%
	Never	**1-3 times per week**	**4-7 times per**
On average, how many times per week do you eat meals that were prepared in a fast food restaurant?	13%	76%	11%
Alcohol & Drug Use	**Rarely**	**A few times per week**	**Every day/ almost daily**
On average, how often do you drink alcoholic beverages (include beer, wine, wine coolers, etc.)?	78%	17%	5%
Tobacco Use	**Not at all**	**A few times per week**	**Every day/ almost daily**
How often do you now smoke cigarettes or cigars (Black and Milds)?	87%	6%	8%
Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all? (Snus (rhymes with 'goose')) NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.	93%	4%	3%
	Yes		**No**
During the past year, have you stopped using cigarettes because you were trying to quit smoking?	15%		85%
Do you currently use electronic cigarettes (also known as e-cigarettes or vaping)?	2%		96%

Access to Health Care

Other social determinants of health that can influence health outcomes in the community include access to healthcare, as well as the quality of healthcare (Figure 12). Gadsden respondents were asked, "What type of insurance do you have?" About 1/3 (35%) had private health insurance provided by an employer and 24% had Medicare (Table 26). Only 10% of respondents did not have health insurance.

Table 26. Survey Respondent's Insurance by Type

Insurance by Type N=361	No.	Percent
Private Health Insurance from Employer	126	35%
Private Health Insurance Purchased Directly	47	13%
Medicare	85	24%
Medicaid	46	13%
VA	8	2%
Not Sure	12	3%
I Have No Insurance	37	10%

Several of the focus group participants mentioned **lack of insurance** as a problem for many people. When asked, "Has the Affordable Care Act helped to increase access to healthcare in the county," responses included:

- I don't know if its increased access, but many have signed up for it.
- Some people can't afford the payments.
- People without jobs, still don't have insurance.
- **Doctors don't take all insurances.**
- We need more services that provide information regarding insurance choices.

Respondents were asked to rate their health. Half rated their health as "Good" and 26% as "Fair." They were also asked to list any health conditions that a doctor, nurse, or other health professional told them they have. The top 5 health conditions were hypertension, diabetes, high cholesterol, overweight/obesity, and arthritis (Table 27).

Table 27. Survey Respondent's Health Conditions

Health Condition	No.
Heart Attack	18
Heart Disease	27
Stroke	18
Arthritis or rheumatoid arthritis	83
Memory loss/forgetfulness	21
Asthma	52
Cancer	27
Cholesterol Problems	94
Gum disease/bleeding gums	18

Table 27 continued. Survey Respondent's Health Conditions

Health Condition	No.
Depression / Mental Health Issues	40
Foot Care Problems	33
Swelling/Inflammation of Joints	61
Difficulty moving, getting around without help, or without equipment	27
Prone to falling	16
Dizziness	36
Hypertension/Abnormal Blood Pressure	148
Overweight/Obesity	91
Shakes (uncontrollable Shaking/Parkinson's	3
Diabetes or High Blood Sugar	99
Other: • Acute Urticaria • Back problems (3) • Sleep Apnea • Kidney • Vertigo • Ovarian Cyst Syndrome • Low iron • Anxiety • Lupus (2) • Sickle Cell Disease	

Most of the survey respondents felt they did not have difficulty getting needed medical services (74%) (Table 28). At least 86% believed that their children have good health care and 77% good dental care. They were also asked, "If you had difficulty getting medical services in the past year, what were the reasons for this?" The top two responses were **lack of transportation** followed by **not enough money to pay for healthcare** (Table 29). Transportation problems and lack of insurance to pay for mental health services were the top two reasons for having difficulty getting needed mental health services (Table 30). When needed, 80% indicated that they saw a personal or primary doctor (Table 31).

At least 56% of the women surveyed had a mammogram and/or breast screening and almost 58% had a pap smear. Of the men that responded to the query regarding PSA testing, **54% had never had a Prostate-Specific Antigen (PSA) test.**

Table 28. Access to Health Care

Access to Care/Quality of Care	Yes	No	Not Sure
Was there a time in the past year when you had difficulty getting medical services that you needed?	23%	74%	3%
Do you believe your children have good health care?	86%	14%	--
Do you believe your children have dental care?	77%	22%	--
Have you or anyone in your family needed mental health services in the last year? (For example: depression, anxiety, substance abuse.)	22%	70%	7%
Would you know where to go if anyone in your family needed mental health services? ((For example: depression, anxiety, substance abuse.) This includes utilizing pastors as gatekeepers for mental health services.	61%	27%	13%
Was there a time in the past year when you or anyone in your family had difficulty getting mental health services that they needed? This includes utilizing pastors 7s gatekeepers for mental health services.8	12%	76%	12%

Table 29. Reasons for Having Difficulty Getting Medical Services

Reasons	No.
Do not have a car or transportation to go to the doctor	49
Do not have childcare	11
Do not have a doctor/clinic to go to	21
Do not have insurance	39
Do not have enough money to pay for healthcare	46
Do not know where to go for healthcare	11
Doctor's office/Clinics were not opened when I/we needed health care.	12
Doctor's office/Clinics could not give me/us an appointment when needed.	23
Doctor's office/Clinic is too far from home.	19
Doctor's office/Clinic waiting time is too long.	34

Table 30. Reasons for Having Difficulty Getting Mental Health Services

Reasons	No.
Do not have a car or transportation to go to the doctor	37
Do not have childcare	12
Do not have a service provider to go to	18
Do not have insurance	34
Do not have enough money to pay for healthcare	31
Do not know where to go for these services	19
Service Providers were not opened when I/we needed services.	10
Service Provider could not give me/us an appointment when needed.	13
Service Provider is too far from home.	19
Service Provider's waiting time is too long.	13

Table 31. Providers Most Seen by Survey Respondents

Provider N = 350	No.	Percent
Personal/Primary Doctor	279	80%
Neighborhood Health Clinic	27	8%
Hospital Emergency Room	20	6%
Urgent Care	11	3%
Health Department	10	3%
VA	3	.08%
Other: Care Point CHP Jesse Furlow Medical Center Tallahassee TMH TMH Cancer Center		

Social and Economic Factors

Many of the focus group participants were concerned about the rate of **unemployment** and **lack of job opportunities** in Gadsden County. Participants commented that, "Education is inadequate, young people have no job skills" [Gadsden Resident]. Other remarks included, "There is a lack of business infrastructure to meet required training for jobs such as RNs" [Community Leader]. "The socioeconomic environment is not inviting for businesses" [Stakeholder]. One resident commented that, "Many businesses in Gadsden County are hiring only bilingual employees due to the increase in Hispanic population, these people work for lower wages" [Gadsden Resident]. Others felt that some residents were not motivated to gain employment when they could settle for welfare and other government support. Others brought up the penalties that residents face for "stepping out and gaining employment, such as having their benefits taken away immediately instead of gradually (i.e. food stamps, rental and utility assistance)" [Stakeholder]. Jobs for former prisoners were also stated as a need in Gadsden County.

The **high cost of medications** was also mentioned as a problem for many residents in Gadsden County. A service offered is the Prescription Assistance Medical Services (PAMS) program. For a $25 annual program fee, this service will help residents obtain their prescriptions. "Programs that can assist are not getting to the people, too many are **unaware of services available**" [Stakeholder]. It was also viewed as a hardship that there was no Social Security service in the County, forcing residents to travel to Tallahassee. However, according to the Social Security Administration website, there is a social security branch office located at 1105 East Jefferson St, Quincy, Fl 32351.

The focus group participants discussed many resources that are needed to address some of the problems in Gadsden County. One that was voiced by several is the need for a **homeless shelter and transitional housing:**

> *"They walk around and what happens is they break into homes. They burn up houses to stay warm or cook. We need somewhere they can be housed near the community they are familiar with. Referring them to Tallahassee is not working, they usually end up in jail."* [Community Leader]

Environmental Health/Built Environment

Most survey respondents (89%) did not have problems with sewage or foul-smelling water near their homes (Table 32). Eighty-four percent (84%) did not have a problem with mold bigger than a dollar bill inside their homes. For those who did, areas included the bathroom, bedroom, kitchen, living room and utility closet. Most of the survey respondents felt safe in their neighborhood (86%) and were not concerned about the safety of their children (63%).

Table 32. Environmental Health/Built Environment

Environmental Health	Yes	No	Not Sure
Was your home built before 1978?	36%	49%	16%
Are there areas of sewage/foul smelling water outside of your home?	11%	89%	--
Do you currently have mold in your home on an area bigger than a dollar bill?	16%	84%	--
Built Environment	**Yes**	**No**	**Not Sure**
Do you have access to parks, walking trails, bike paths or other recreation areas in your neighborhood? (within 5 blocks)	52%	48%	--
Do you have access to public transportation (for example: bus)?	32%	60%	--
In your opinion, does the grocery store or supermarket that you regularly go to offer a good selection of fresh fruits and vegetables?	81%	13%	6%
Community Safety	**Yes**	**No**	**Not Sure**
Do you feel safe in your neighborhood?	86%	8%	6%
Are you concerned about the safety of your children in the neighborhood?	37%	63%	--

Participants felt there was a need for more **mental health services** in Gadsden County. As one individual pointed out:

> *"Not just being committed to Chattahoochee or Apalachee, but general practice, social work and mental health counselors. There is Woman to Woman, Healthy Start, and Early Headstart, no general practice." [Community Leader]*

The Florida State Hospital[14], a psychiatric hospital located in Chattahoochee, treats patients with severe and persistent mental illnesses. The Apalachee Center[15] is a private rehab located in Quincy "specializing in the treatment of substance abuse and mental health."

More **recreation facilities and activities for the youth** was noted as a much-needed resources. As one resident stated:

[14] Florida State Hospital (FSH). http://www.myflfamilies.com/service-programs/mental-health/fsh
[15] Apalachee Center Gadsden County. https://apalacheecenter.org/gadsden-county/

"The most activity offered is sports. If your child is not into sports, there is nothing for them to do. Sometimes there is a cost associated with those sports such as uniforms...the parents can't afford it. And if you live in Sawdust or Sycamore, they might not be able to get there." [Gadsden Resident]

As reported previously, the ratio of **primary care physicians** in Gadsden County is 5,750:1 compared to 1,380:1 for the state. Focus group participants were concerned about the lack of physicians practicing full time in Gadsden County. As one participant pointed out:

"We have an OB/GYN that comes to Gadsden County only once a week. We don't have full-time, but it's better than nothing. We need maternity care and a pediatrician." [Gadsden Resident]

Many of the participants in this assessment felt that Gadsden County was big enough for a fully operational hospital. After being without a hospital from 2005 – 2010, Capital Regional Medical Center, Gadsden Memorial Campus[16] The four-bed hospital offers 24/7 emergency healthcare services. Many residents would like to see "a real hospital" in Gadsden. One participant stated, "They rent out clinics to those that are just passing through, where is the tax money going?" Several focus group participants voiced their dislike of the ER hospital's patient check-in kiosks:

"As time changes, corporate America finds ways to be more efficient but in the eyes of the patient it's so impersonal, it's important for these businesses to gauge the makeup of the community before they decide how they want to offer services." [Community Leader]

"In a city like Tallahassee there is such a diverse age population that appreciates the quickness of life, but others don't want to touch any computer screen…I want to speak to a live human being, I might have a question to ask." [Gadsden Resident]

One of the most mentioned factors affecting the quality of life in Gadsden County is **the lack of transportation**. Although Big Bend Transit offers four types of services, there were several issues noted by participants of this assessment:

"There are time constraints, you have to call 4 – 5 days before your appointment…You have to be on the bus hours ahead of time to get to the doctor's appointment." [Gadsden Resident]

"If you miss your appointment, you still have to pay…Family members must work around their work schedules to get other family members to doctor's appointments." [Gadsden Resident]

"Many elderly people who don't have access to healthcare don't know that they qualify for free transportation to their appointments or wherever they want to go." [Community Leader]

[16] Capital Regional Medical Center – Gadsden Campus. https://capitalregionalmedicalcenter.com/service/emergency-care-gadsden

V. Community Strengths and Assets

Florida Department of Health in Gadsden County

The mission of the FDOH in Gadsden County[17] is "to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts."[17] Under the leadership of Dr. Adrian C. Cooksey-Wilson, Administrator, the FDOH in Gadsden strives to support community collaboration and engagement as well as enhance public health programs and services that will improve health outcomes and health equity in Gadsden County.

Gadsden Community Health Council

The Gadsden Community Health Council (GCHC)[18] was founded in 2004. This not-for-profit organization serves Gadsden County "with the intent to create a comprehensive and integrated healthcare system that helps all its citizens accept personal responsibility for becoming informed about, and committed to, health lifestyle choices" (www.gasdenchc.org). The GCHC is comprised of citizens, community leaders, and community agencies. Some of the member agencies include:

Gadsden County Community Agencies and Resources

- Alzheimer's Project
- Agency for Persons with Disabilities
- American Lung Association
- Apalachee Center, Gadsden County Clinic
- Big Bend Cares, Inc.
- Blue Lotus Counseling & Holistic Wellness, LLC
- Boys Town of North Florida
- Capital City Youth Services – Family Place
- Capital Regional Medical Associates, Quincy
- Capital Regional Medical Center, Gadsden Memorial ER
- Capital Regional Medical Group, Chattahoochee
- CareerSource, Capital Region, Gadsden County
- Center for Health Equity, Inc
- Christ Town Ministries, Inc
- Community Cares Outreach
- DCF, Adult Protective Services, Circuit 2
- DCF, ESS, Gadsden/Liberty/Jackson/Calhoun
- Dental Work of Quincy
- DISC Village, Gadsden County Human Services Center
- Dr. Terry Mick, Dentist
- Family Network on Disabilities
- Farm Service Agency, Gadsden County
- FDVA, Gadsden Florida Rx Card
- FL DOH, Gadsden, BCC Program
- FL DOH, Gadsden, General Health Services
- FL DOH, Gadsden, Population Based Services, HIV/AIDS Services

[17] Florida Department of Health Gadsden County. http://gadsden.floridahealth.gov/
[18] Gadsden Community Health Council. http://www.gadsdenchc.org/

- FL DOH, Gadsden, School Health Services
- FL DOH, Gadsden, WIC
- Florida State Hospital (Chattahoochee)
- FSU Early Head Start Program
- Gadsden Association Rehabilitation Center, Inc
- Gadsden County Emergency Management
- Gadsden County Public Library, Literacy Volunteers
- Gadsden County Sheriff's Office
- Gadsden County SHIP Program
- Gadsden County Healthy Start Coalition
- Gadsden/ Leon PACT (Patients, Providers and Community Advocating for Children Together)
- Gadsden Juvenile Outpatient Services
- Gadsden Senior Services, Inc
- Gadsden Woman to Woman
- Havana Kiwanis Club, Christmas Food Distribution
- Head Start Program, Gadsden County Schools
- Healthy Families, Gadsden, Leon, (Brehon Institute
- Healthy Start Program)
- Home Instruction for Parents of Preschool Youngsters (HIPPY), Gadsden County Schools
- Investing in Our Youth, Inc
- Landau, Jeff, PhD, Psychologist
- Learning Alternative Behaviors, LLC, Youth and Family Services
- Men of Action
- MomCare, Gadsden County Healthy Start Coalition
- Mother Care Network, Inc
- North Florida Medical Centers, Jessie Furlow Medical Center
- Pan American Education Consortium (PAEC), Migrant Education Program
- Pregnancy Center of Gadsden County
- Rotary Youth Camp, Inc
- Sickle Cell Foundation, Inc.
- Tallahassee Perinatal Consultants (Dr. Adanna Amanze)
- Tallahassee Memorial Hospital, Physician Partners, Quincy
- Tallahassee Memorial Hospital, Rehabilitation Centers, Outpatient

VI. Conclusion

Poverty, social class, gender, race, culture, environmental, political, and economic factors affect the incidence, prevalence and the treatment of disease and illness over time. Gadsden County, a primarily rural county, is the only county in Florida with a predominately African-American population. The 2018 County Health Rankings shows that Gadsden County ranks 64 in overall health outcomes. There was a significant improvement in overall *health behaviors.* The County improved to number 47 from number 67 in 2017; however, there are areas that still need improvement.

In 2016, the percentage of adults who were informed that they had diabetes was more than twice the state rate (24.4% compared to the state rate of 11.8%). Gadsden County also had the highest percentage in the state of adults who were **overweight or obese** (80.2% compared to the state rate of 63.2%).[19] In 2017, 39% of mothers were obese at the time their pregnancy occurred. The 2018 County Health Rankings showed that 52% of the population in Gadsden County had access to exercise opportunities but at least 33% were **physically inactive**. Survey participants for this assessment showed 52% had access to parks, walking trails, bike paths or other recreation areas within five blocks of their neighborhood, yet only half utilized these facilities. A suggested action is to explore ways to motivate individuals in Gadsden County to become more physically active such as assuring there is appropriate lighting in available recreation areas and making sure playground equipment is safe and maintained. According to the results of the focus groups, many parents in Gadsden County would like to see more **recreation centers** like the YMCA for the youth. For those youth that want to participate in sports, ways to offset the cost of uniforms need to be explored, as well as transportation.

Gadsden County ranked number 41 in the state for *clinical care*. There was a decrease in the ratio of population to **primary care physicians** (5750:1) compared to the 2017 County Health Rankings (4630:1). The four primary care physicians in Gadsden County practice at two medical centers, Jessie Furlow Medical Center in Quincy and Neighborhood Medical Center in Havana. However, there was an increase in ratio of **dentists** in Gadsden County from 6,580:1 in 2017 to 5,110:1.

Although there are two mental health facilities in Gadsden County (Florida State Hospital in Chattahoochee and Apalachee Center in Quincy), focus group participants would like to have more general practice mental health providers such as social workers and mental health counselors in Gadsden County. The County Health Rankings showed that the **mental health provider** ratio decreased from 890:1 in 2017 to 900:1 in 2018.

The Gadsden Community Hospital closed its doors from 2005 to 2010 leaving the community to depend on the county health department or traveling 25 miles to Tallahassee in Leon County for medical care. Capital Regional Hospital opened a facility in Gadsden County in 2010. Concerns regarding this hospital was voiced in every focus group and forum. Many felt that Gadsden County needed a "**fully operational hospital**" instead of urgent care only.

The focus groups provided a unique opportunity for the Gadsden community to gather and discuss current *social and economic factors* that may affect their health. **Unemployment** due to lack of job opportunities was a major concern for the participants. At 8.5%, the unemployment rate is higher than the state rate of 7.2.

[19] Florida Department of Health, Office of Health Statistics & Assessment. http://www.flhealthcharts.com

A factor that prevents many Gadsden County residents from seeking medical care is lack of money. Although the Affordable Care Act of 2010 has increased the number of individuals with **insurance**, there are still barriers to obtaining healthcare. Some people can't afford the insurance premiums, physicians don't take all insurance types, and deductibles are high. Focus group participants also pointed out that if you don't have a job, you don't qualify for insurance. Seventeen percent (17%) of families who live in Gadsden County live in **poverty**. The percent of children living in poverty in Gadsden County is 34% compared to the state rate of 21%. Additionally, there is no **homeless shelter** or transitional housing in Gadsden County. Community members assert that too many of the homeless individuals end up in jail for breaking into homes or burning up houses to keep warm or cook.

This health assessment revealed many factors in the *built environment* that affects the quality of life in Gadsden County. One of the most mentioned was the **lack of transportation**. Big Bend Transit provides specialized transportation services for transporting disadvantaged persons in Gadsden County. They also coordinate three other transportation services for Gadsden County residents, the Quincy Shuttle, the Gadsden Express and the Gadsden Connector. Additionally, the Van Pool Commute option provided by Big Bend Transit, Inc. allows 6 to 11 commuters to ride together, with each contributing a low monthly fare. Residents complained of having to call 4 – 5 days in advance and having to leave so far in advance of their appointment time. Expand this last sentence…maybe add "for curbside transportation services)

The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as 'the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions (CDC). An important issue emphasized by the focus group participants is that too many people are **unaware of services available**. Participants in this community health assessment would like to see more **communication between Gadsden agencies** so there is not so much duplication of services. Additionally, links are needed between organizations in Gadsden County and Tallahassee since many Gadsden residents must travel to Tallahassee for the services. "It's nice to have agencies, but they need to provide good services…many prefer to go to other counties…we need to learn about humanity, be more human" [Stakeholder]. It was also suggested that the church and community agencies work together to get the information out regarding the much-needed services that are available to the residents of Gadsden County.

VII. Appendices

Appendix A. Gadsden Community Health Assessment

Appendix B. Focus Group and Forum Interview Guide

Demographics

What is your Zip Code? _____

1. How long have your lived in Gadsden County?

a. Under 1 year
b. 1 – 3 years
c. More than 3 years but less than 5 years
d. More than 5 years but less than 10 years
e. 10 years or more

2. What is your age?

a. 18 -24
b. 25-34
c. 35-44
d. 45-54
e. 55-64
f. 65 years or older

3. What is your gender?

a. Male
b. Female

4. What is the primary language that is spoken in your home?

a. English
b. Spanish
c. Other _____

5. Which best describes your race?

a. White
b. Black or African American
c. American Indian or Alaska Native
d. Asian
e. Native Hawaiian or other Pacific Islander
f. Other _____

6. Are you Hispanic, Latino/a or Spanish origin?

a. Yes
b. No

7. What is your marital status?

a. Single, never married
b. Married
c. Divorced
d. Widowed
e. Separated

8. How many children less than 18 years of age live in your home with you?

Number of children less than 18 years _____

9. What is the highest grade or year of school you completed?

a. Never attended school
b. Less that 9th grade
c. Some high school
d. High school graduate/GED
e. Some college or technical school/AA
f. College graduate/Bachelors
g. Graduate Degree (Masters, Doctorate)

10. What is your employment status?

a. Employed full-time
b. Employed part-time
c. Self-employed
d. Retired
e. Unable to work
f. Unemployed

We are very interested in your opinions concerning your Neighborhood (the area near the vicinity of your home).

11. What are some of the things you like about your neighborhood?

_____

_____

_____

12. In your opinion, what are the biggest problems in your neighborhood?

_____

_____

_____

Environmental Health/Built Environment:
Now we would like to ask you a few more questions about your Neighborhood.

13. Do you feel safe in your neighborhood?

a. Yes
b. No
c. Not Sure

If NO, could you explain why? _____

_____

14. Do you have access to parks, walking trails, bike paths or other recreation areas in your neighborhood? (within 5 blocks)

a. Yes
b. No

15. If you answered yes to question 14, do you utilize these facilities?

a. Yes
b. No

16. Do you have access to public transportation (for example: bus).

a. Yes
b. No
c. Not Sure

17. Was your home built before 1978?

a. Yes
b. No
c. Not Sure

18. Are there areas of sewage/foul smelling water outside of your home?

a. Yes
b. No

If yes, could you specify the location? _____

19. Do you currently have mold in your home on an area bigger than a dollar bill?

a. Yes
b. No

If yes, could you specify the location? _____

20. In your opinion, does the grocery store or supermarket that you regularly go to offer a good selection of fresh fruits and vegetables?

a. Yes
b. No
c. Not Sure

21. Are you concerned about the safety of your children in the neighborhood?

a. Yes
b. No

If yes, why? _____

<u>Access to Care: Now I would like to ask some questions about your ability to get the health care that you want for yourself.</u>

22. What type of health insurance do you have?

a. I have no health insurance
b. Private Health Insurance from employer
c. Private Health Insurance purchased directly
d. Medicare
e. Medicaid
f. VA
g. Not Sure
h. Other government plan (COBRA etc.) _____

23. Was there a time in the past year when you had difficulty getting medical services that you needed?

a. Yes
b. No
c. Not Sure (Skip to 25)

24. If you had difficulty getting medical services in the past year, what were the reasons for this? Circle all that apply.

a. Do not have a car or transportation to go to the doctor
b. Do not have childcare
c. Do not have a doctor/clinic to go to
d. Do not have insurance
e. Do not have enough money to pay for health care
f. Do not know where to go for health care
g. Doctor's office/Clinics were not opened when I/we needed health care.
h. Doctor's office/Clinics could not give me/us an appointment when needed.
i. Doctor's office/Clinic is too far from home.
j. Doctor's office/Clinic waiting time is too long.

25. Do you currently have a person you think of as your personal doctor or health care provider?

a. Yes
b. No

26. Where do you go to most often when you need to see a doctor?

a. Personal/Primary Doctor
b. Neighborhood Health Clinic
c. Hospital Emergency Room
d. Urgent Care
e. Health Department
f. Some other place _____

27. About how long has it been since you last saw a doctor for a routine checkup?
A routine checkup is a general physical exam for health conditions such as diabetes, not an exam for a specific injury, illness, or condition.

a. Never had a routine checkup
b. Within the past year (anytime less than 12 months ago)
c. Within the past 2 years (1 year but less than 2 years ago)
d. Within the past 5 years (2 years but less than 5 years ago)
e. 5 or more years ago
f. Not Sure

28. Do you believe your children have good health care?

a. Yes
b. No

If yes, why? _____

29. Do you believe your children have good dental care?

a. Yes
b. No

Health and Wellbeing: Now I would like to ask some questions about you and your family's current health.

30. Overall, how would you rate your health?

a. Excellent
b. Good
c. Fair
d. Poor

31. During the past month, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)?

a. Not at all
b. Very little
c. Somewhat
d. Quite a lot
e. Extremely

32. During the past month, have you felt so depressed or anxious that you had a hard time doing what you normally do during the day?

a. Yes
b. No

33. Have you or anyone in your family needed mental health services in the last year? (For example: depression, anxiety, substance abuse.)

a. Yes
b. No
c. Not Sure

34. Would you know where to go if anyone in your family needed mental health services? ((For example: depression, anxiety, substance abuse.) This includes utilizing pastors as gatekeepers for mental health services.

a. Yes
b. No
c. Not Sure

35. Was there a time in the past year when you or anyone in your family had difficulty getting mental health services that they needed? This includes utilizing pastors as gatekeepers for mental health services.

a. Yes
b. No
c. Not Sure

36. IF you or anyone in your family had difficulty getting mental health services in the past year, what are the reasons for this? (Circle all that apply)

a. Do not have a car or transportation
b. Do not have childcare
c. Do not have a service provider to go to
d. Do not have insurance
e. Do not have enough money to pay for care
f. Do not know where to go for these services
g. Service providers were not open when I/we needed services
h. Service providers could not give me/us an appointment when needed
i. Service provider is too far from home
j. Service provider's waiting time is too long
k. Other _____

Specific Health Conditions: Now I am going to ask you about specific health concerns. Circle all that apply

37. Has a DOCTOR, NURSE or other health professional EVER told you that you had any of the following health conditions/problems?

a. Heart Attack
b. Heart Disease
c. Stroke
d. Arthritis or rheumatoid arthritis
e. Memory loss/forgetfulness
f. Asthma
g. Cancer
h. Cholesterol Problems
i. Gum disease/bleeding gums
j. Depression / Mental Health Issues
k. Foot Care Problems
l. Swelling/Inflammation of Joints
m. Difficulty moving, getting around without help, or without equipment
n. Prone to falling
o. Dizziness
p. Hypertension/Abnormal Blood Pressure
q. Overweight/Obesity
r. Shakes (uncontrollable Shaking/Parkinson's
s. Diabetes or High Blood Sugar
t. Another health problem: Specify _____

Health-Related Behaviors: The next several questions are about your regular activities.

38. On average, how often do you eat 3-5 servings of fruits and vegetables per day?
(1 serving of fruit =1/2 cup=1 tennis ball, 1 serving of vegetables = 1 cup = 1 fist)

a. Not at all
b. 1 – 3 times per week
c. 4 – 7 times per week

39. On average, how many times per week do you eat meals that were prepared in a fast food restaurant?

a. Never
b. 1 – 3 times per week
c. 4 – 7 times per week

40. On average, how often do you drink alcoholic beverages (include beer, wine, wine coolers, etc.)?

a. Rarely
b. A few times per week
c. Every day/almost daily

41. Other than your regular job, how often did you participate in at least 30 minutes of any moderate physical activities or exercises such as walking, running, or playing sports?

a. Rarely
b. A few times per week
c. Every day/almost daily

42. How often do you now smoke cigarettes or cigars (Black and Milds)?

a. Not at all
b. A few times per week
c. Every day/almost daily

43. Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?
(Snus (rhymes with 'goose')) NOTE: Snus (Swedish for snuff) is a moist smokeless tobacco, usually sold in small pouches that are placed under the lip against the gum.

a. Not at all
b. A few times per week
c. Every day/almost daily

44. During the past year, have you stopped using cigarettes because you were trying to quit smoking?

a. Yes
b. No

45. Do you currently use electronic cigarettes (also known as e-cigarettes or vaping)?

a. Yes
b. Yes, to help me quit smoking or using other tobacco products
c. No

<u>If FEMALE:</u>
46. Have you ever had a mammogram?
(A mammogram is an x-ray of each breast to look for breast cancer.)

a. Yes
b. No
c. Not Sure

47. Have you ever had a clinical breast exam?
(A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps.)

a. Yes
b. No
c. Not Sure

48. Have you ever had a pap smear (or Pap Test)?

a. Yes
b. No
c. Not Sure

<u>IF MALE:</u>
49. Have you EVER HAD a PSA test?
A Prostate-Specific Antigen (PSA) Test measure the level of PSA in a man's blood. The blood level of PSA is often elevated in men with prostate cancer.

a. Yes
b. No
c. Not Sure

APPENDIX B

Focus Group Location _____ Date _____

1. In your opinion, what is influencing the health and quality of life in Gadsden County?

   Probe: Social, economic, environmental, political

   Things happening in the region, state, U.S.?

2. What strengths/resources does your community have to address these problems?

3. What resources are needed to address these problems?

4. What health care services are unavailable, but needed in the community/county?

5. Has the Affordable Care Act helped increase access to health care in the county?