



# HAMILTON COUNTY COMMUNITY HEALTH ASSESSMENT

2014



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## Introduction

### GENERAL

The 2012-2015 Hamilton County Community Health Improvement Plan (CHIP) specifies that the Community Health Assessment (CHA) will be updated in a timely fashion at least every three years. The previous version of Hamilton County's CHA was completed in 2011 and this document represents the 2014 update to the Hamilton County CHA.

### METHODOLOGY

The 2011 version of Hamilton County's CHA was fully patterned after the Mobilizing for Action through Planning and Partnerships (MAPP). This 2014 CHA focuses on three key areas:

- Community Health Data Analysis
- Community Input on Critical Issues Related to CHA and CHIP
- Community Health Assessment Implications for 2015 CHIP Update

This CHA is meant to provide critical insights on ongoing and emerging health issues in Hamilton County. The CHA has been prepared with an accompanying Technical Appendix that includes nearly 200 pages including 134 tables detailing data in the following areas:

- Demographics and Socioeconomics
- Mortality
- Mental Health
- Births
- Health Behaviors
- Infectious Diseases
- Health Care Access and Utilization
- Health Factors
- Health Outcomes
- County Health Rankings

The CHA represents the report to the community on the health issues and health needs confronting Hamilton County. The Technical Appendix is both the source of the analysis of those issues and needs as well as reference material for future study, CHIP activities and potential resource development.

WellFlorida Council, Inc., north central Florida's statutorily designated local health council (F.S. 408.033) coordinated the development of the CHA under the guidance of the Hamilton County Healthcare Strategic Planning Committee (HCHSPC). Data and information presented in this CHA were gathered utilizing three methodologies:



- Compilation, analysis and presentation of key administrative and proprietary health data sets by WellFlorida Council.
- Focus group discussions throughout the process with the HCHSPC.
- Community Health Survey completed by Hamilton County residents.

In order to design and implement these methodologies, WellFlorida met with the HCHSPC during three special meetings: May 22, July 7 and August 12, 2014. In addition, there were numerous e-mail feedback sessions as well as online surveying or discussion during the CHA development and implementation process.

The Community Health Data Analysis section and Technical Appendix represent WellFlorida's compilation, analysis and presentation of key administrative and proprietary health data sets.

The focus group instrument (see Appendix A in this document) was developed by WellFlorida and utilized to foster discussion on CHA update and CHIP implications issues throughout the process. Comments from these focus groups are provided in the Community Input and CHIP Implications sections of this report.

The community health survey (English and Spanish language versions provided in Appendices B and C, respectively) was created by WellFlorida and approved by the HCHSPC. This survey was deployed from August–September 2014 and garnered 88 respondents throughout the community. Partners of the HCHSPC marketed the survey throughout the community and were instrumental in generating participation. Results from this survey are included in the Community Input section of the report and provide insights from the community as to the key health issues in the community. Comprehensive detailed results of the Community Health Survey can be found in Appendix D.

The goal of this CHA is to provide the community a framework of the ongoing and emerging health issues and needs in Hamilton County and a resource to guide future CHIP implementation, updates and performance planning and monitoring.



## Community Health Data Analysis

### INTRODUCTION

The Community Health Data Analysis section provides a narrative summary of the data presented in the Technical Appendix which includes analysis of social determinants of health, community health status, and health system assessment. Social determinants of health include socioeconomic demographics, poverty rates, population demographics, uninsured population estimates and educational attainment levels and the like. Data for the Technical Appendix were compiled and tabulated from multiple sources including the United States Census Bureau, the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (BRFSS), the Florida Department of Health's Office of Vital Statistics, and Florida's Agency for Health Care Administration (AHCA). When data are available, a comparison is provided with the state of Florida.

Data from this section and the companion Technical Appendix can be used to explore and understand the health needs of Hamilton County and its various communities and sub-populations, plan interventions, and apply for continuing and new program funding. The written organization of this needs assessment is in alignment with the growing national focus on County Health Rankings by the Robert Wood Johnson Foundation and University of Wisconsin. The County Health Rankings provide a snapshot of a community's health. The snapshot provides a starting point for discussing and investigating the health of the community. The Hamilton County Technical Appendix serves to supplement data used to determine the County Health Ranking; a narrative summary of the Technical Appendix is presented as this Community Health Data Analysis in this document.

The following analysis broken down into several components:

- Demographics
- County Health Rankings
- Health Factors
  - Socioeconomics
  - Health Behaviors
  - Health Care Access
- Health Outcomes
  - Life Expectancy
  - Mortality
  - Morbidity
- Key Insights

Many of the data tables in the technical report include standardized rates for the purpose of comparing Hamilton County to the state of Florida as a whole. It is advisable to interpret these rates with caution and consideration especially when the number of new cases (incidence) is relatively low. Small variations from



year to year can result in substantial shifts in the standardized rates. The data presented in this summary include references to specific tables in the report so that users can see the numbers and the rates in context.

### POPULATION AND EXPECTED GROWTH

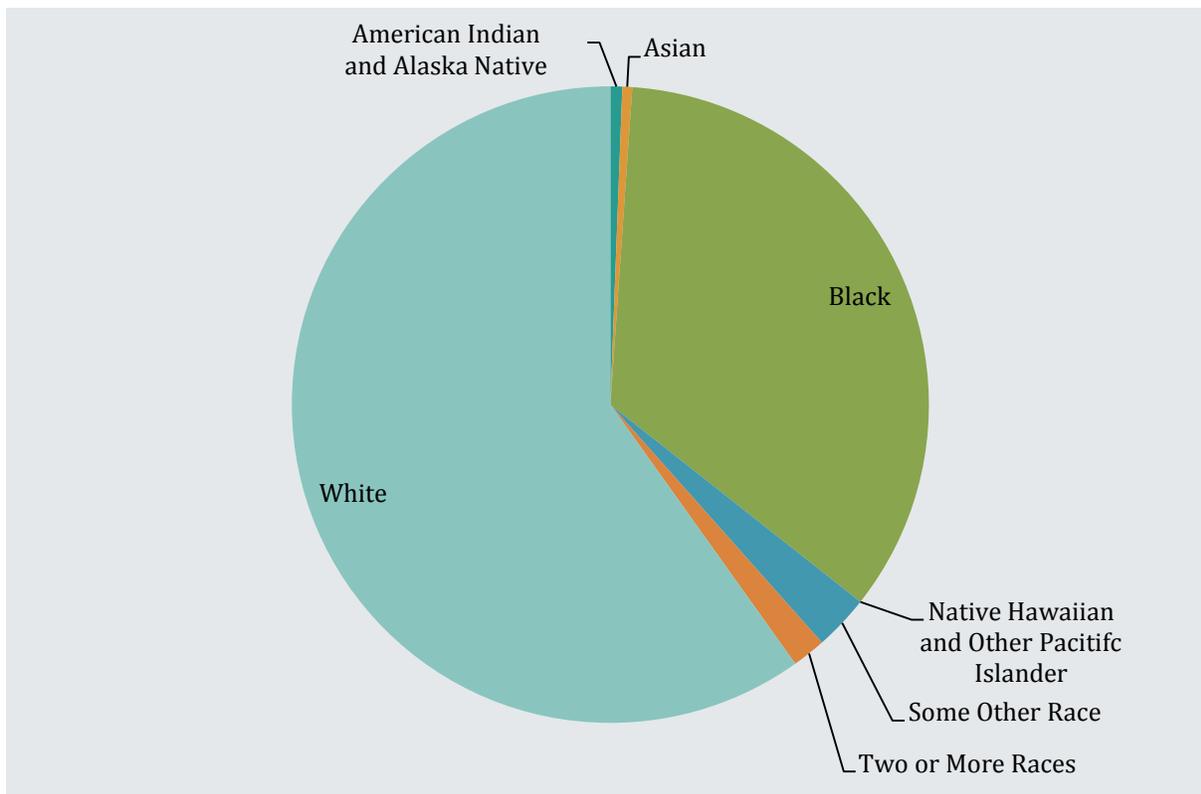
The demographic characteristics of Hamilton County residents are reviewed in this section. Data in this section is presented for Hamilton County and compared to Florida. Data indicators include population breakdown by age, race and gender; and population growth projections.

Hamilton County has a population of 14,799 according to the 2010 U.S. Census Bureau (Table 5, Technical Appendix). Hamilton County is located in north central Florida on the Florida-Georgia border. The county shares borders with Columbia, Madison, and Suwannee counties.

Jasper, which is the county seat, is the largest incorporated municipality in the county and has a population of 4,546 according to the U.S. Census Bureau (Table 6, Technical Appendix). It is projected that the Hamilton County population will grow to 15,049 by 2015 according to the Bureau of Economic Business Research at the University of Florida (Table 5, Technical Appendix). This population growth of 1.7 percent is less than the population growth in Florida (5.0 percent) over the same time period. The following graph provides a visual representation of Hamilton County population by race.



**FIGURE 1: ESTIMATED POPULATION BY RACE IN HAMILTON COUNTY, 2013**



Source: Table 7, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

As seen in Figure 1, the majority of Hamilton County residents are White (77%) and Black (17%). Hispanics represent 8.8% of the Hamilton County population, which is much lower than the state of Florida (22.5%). In Hamilton County, 58.9% of the population are males and 41.1% are females.

The following table provides information regarding the population by selected age groups in Hamilton County.

**TABLE 1: POPULATION BY AGE GROUPS, 2010**

Age Group	Percent of Hamilton County Population	Percent of Florida Population
0 - 4	5.2	5.7
5 - 9	5.3	5.7
10 - 14	5.6	6.0



15 - 24	16.8	13.1
25 - 34	13.3	12.2
35 - 44	12.9	12.9
45 - 54	14.7	14.6
55 - 64	13.0	12.4
65 - 74	8.0	9.2
75 - 84	3.9	5.8
85+	1.3	2.3

Source: Table 10, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

As seen in the table above, population by age group in Hamilton County closely mirrors that of the state of Florida.

### COUNTY HEALTH RANKINGS

The County Health Rankings are a key component of the Mobilizing Action Toward Community Health (MATCH) collaboration project between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. Counties receive a rank relative to the health of other counties in the state. Counties having high ranks, e.g. 1 or 2, are considered to be the “healthiest”. Health is viewed as a multi-factorial construct. Counties are ranked relative to the health of other counties in the same state on the following summary measures:

- I. Health Outcomes--rankings are based on an equal weighting of one length of life (mortality) measure and four quality of life (morbidity) measures.
- II. Health Factors--rankings are based on weighted scores of four types of factors:
  - a. Health behaviors (7 measures)
  - b. Clinical care (5 measures)
  - c. Social and economic (7 measures)
  - d. Physical environment (5 measures)

The most recent Rankings available are for 2014. In the year 2014, Hamilton County ranked 50<sup>th</sup> for health factors and 63<sup>rd</sup> for health outcomes.

**TABLE 2: TRENDS IN MEASURES FOR HEALTH OUTCOMES AND HEALTH FACTORS, 2010 - 2014**

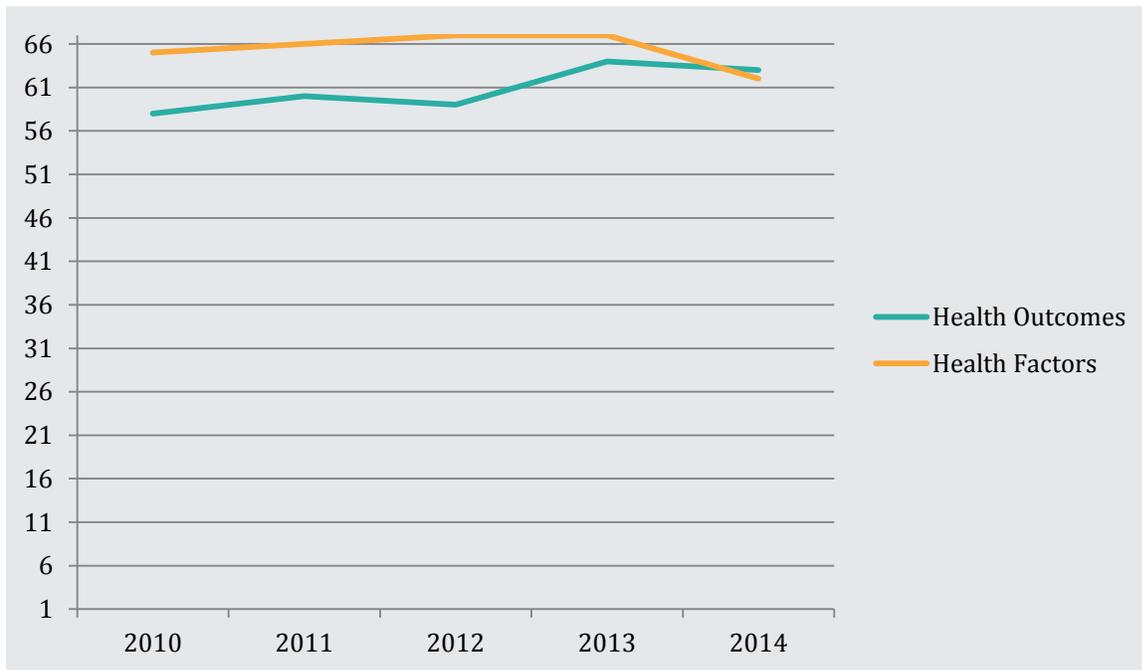
Measures	2010	2011	2012	2013	2014
<b>Health Outcomes</b>	58	60	59	64	63



Length of Life	40	45	49	54	54
Quality of Life	66	67	67	67	67
<b>Health Factors</b>	65	66	67	67	62
Health Behaviors	58	58	64	66	63
Clinical Care	63	66	60	56	37
Social and Economic Factors	65	63	66	62	60
Physical Environment	62	39	56	60	43

Source: Table 1, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

**FIGURE 2: TRENDS IN HEALTH OUTCOMES AND HEALTH FACTORS, 2010 – 2014**



Source: Table 1, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

It is notable that Hamilton County fares worse than the state on poor or fair health, poor physical health days, poor mental health days, low birthweight, adult smoking, adult obesity, physical inactivity, access to exercise opportunities, alcohol-impaired deaths, sexually transmitted infections rate, teen birth rate, primary care physicians, dentists, mental health providers, preventable hospitable stays, children in poverty, unemployment, and injury death rate as seen in the following table:



**TABLE 3: HAMILTON COUNTY HEALTH RANKINGS**

	Hamilton County	Florida
<b>HEALTH OUTCOMES (Rank of 67)</b>	63	
<i>Length of Life (Rank of 67)</i>	54	
Premature death	9,614	7,310
<i>Quality of Life (Rank of 67)</i>	67	
Poor or fair health (Percent)	26.3	15.9
Poor physical health days	6.8	3.7
Poor mental health days	6.2	3.8
Low Birthweight (Percent)	10.3	8.7
<b>HEALTH FACTORS (Rank of 67)</b>	62	
<i>Health Behaviors (Rank of 67)</i>	63	
Adult smoking (Percent)	21.1	18.0
Adult obesity (Percent)	37.3	25.8
Food Environment Index	5.9	7.2
Physical inactivity (Percent)	33.1	23.9
Access to exercise opportunities (Percent)	20.6	78.3
Excessive drinking (Percent)	10.6	15.9
Alcohol-impaired driving deaths (Percent)	62.5	29.2
Sexually transmitted infections rate	879.3	399.0
Teen birth rate	85.6	38.1
<i>Clinical Care (Rank of 67)</i>	37	
Uninsured adults (Percent)	20.9	24.8
Primary care physicians	7335:1	1426:1
Dentists	8854:1	1981:1
Mental health providers	---	909:1
Preventable hospital stay rate	76.3	63.5
Diabetic screening (Percent)	87.5	84.5
Mammography screening (Percent)	63.0	67.8

Source: Table 2, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.



**TABLE 3: HAMILTON COUNTY HEALTH RANKINGS CONTINUED**

	Hamilton County	Florida
<i>Social &amp; Economic Factors (Rank of 67)</i>	60	
High school graduation (Percent)	67.5	70.5
Some college (Percent)	29.5	59.8
Unemployment (Percent)	10.3	8.6
Children in poverty (Percent)	37.6	25.6
Inadequate social support (Percent)	24.5	21.5
Children in single-parent households (Percent)	42.7	37.2
Violent crime rate	491.6	555.9
Injury death rate	83.0	70.3
<i>Physical Environment (Rank of 67)</i>	43	
Air Pollution Particulate Matter Days	12.0	11.4
Drinking water violations (Percent)	5.1	4.1
Severe housing problems (Percent)	14.6	22.0
Driving alone to work (Percent)	82.6	79.5
Long commute - driving alone (Percent)	38.3	37.3

Source: Table 2, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

The concept of Health Outcomes and Health Factors are a useful method for analyzing and understanding the current state and needs of a community. To further explore Health Outcomes and Health Factors affecting Hamilton County residents, additional data was gathered and tabulated in the Technical Appendix. The following sections explore and provide analysis of the data within the Technical Appendix.

## HEALTH FACTORS

Health factors influence the health of a community. Health factors include socioeconomic factors, health behaviors and clinical care. The Technical Appendix includes data on current statistics on education, employment, and income and poverty status. It is important to note that these indicators can significantly affect populations through a variety of mechanisms including material deprivation, psychosocial stress; barriers to health care access and heightened risk of acute and/or chronic illness.

### SOCIOECONOMICS

#### Poverty

In 2012, 28.9 percent of Hamilton County’s population was estimated to live at or below the poverty threshold, which is 68 percent more than the state of Florida as a whole (17.2 percent) (Table 30, Technical Appendix).

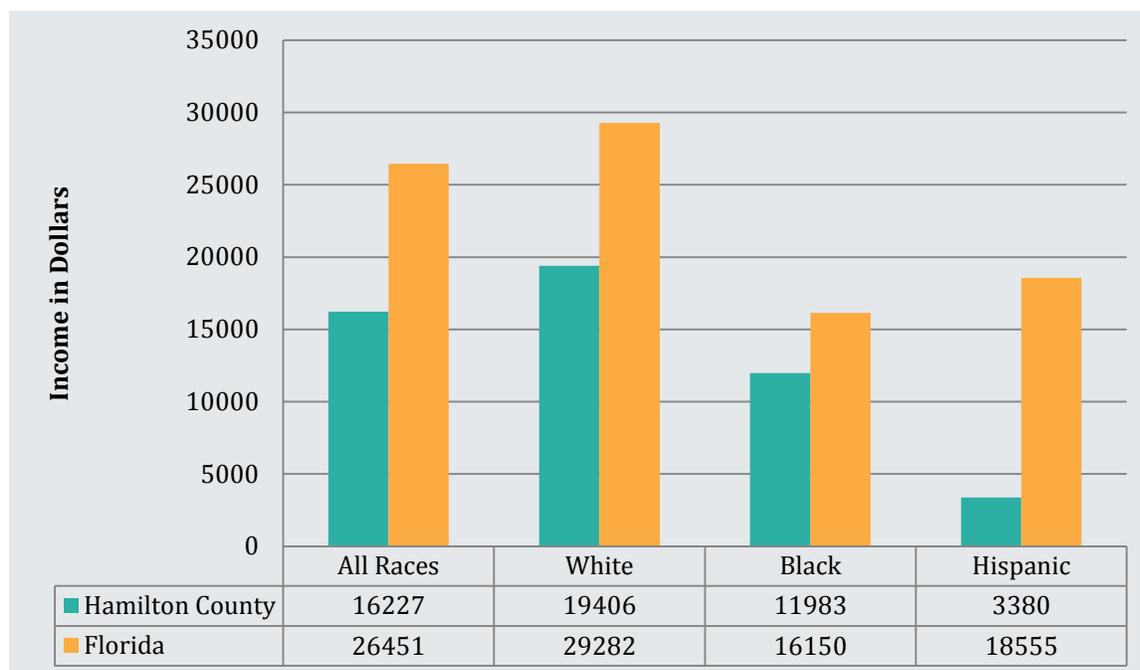


The percent of Hamilton County’s children (0 – 17 years of age) estimated to live at or below the poverty level is nearly 47.5 percent more than the state of Florida as a whole (33.2 in Hamilton County, 22.5 in Florida) (Table 31, Technical Appendix).

### Income

For years 2008 – 2012, the estimated median household income (all races) in Hamilton County was \$36,875 compared to \$47,309 in Florida as a whole. Median household income for White Hamilton County residents was \$44,300 compared to the median household income Black Hamilton County residents of \$21,135 (Table 40, Technical Appendix). See the figure below for details regarding the per capita incomes in Hamilton County compared to Florida as a whole.

**FIGURE 3: PER CAPITA INCOME, 2008-2012 ESTIMATES**



Source: Table 40, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

### Employment

Unemployment rates in Hamilton County tend to track higher than Florida unemployment rates (2005 – 2013). Hamilton County unemployment rates have decreased every year since 2010. In 2013, the unemployment rate in Hamilton County was 8.8 compared to 7.2 in Florida as a whole (Table 43, Technical Appendix). A lower percent of the Hamilton County population are unemployed compared to Florida; per capita income and median household incomes are also much lower in Hamilton County.



## **Educational Attainment**

Estimates for the years 2008 – 2012 suggest 26.1 percent of the adult population in Hamilton County has less than a high school diploma, 59.7 percent has completed high school, and 14.3 percent has completed a college degree. In Florida, 14.2 percent of the adult population has less than a high school diploma, 50.9 percent has completed high school and 34.9 percent has completed a college degree. It is notable that when compared to the state of Florida as a whole, Hamilton County has 59.0 percent less college graduates (Table 47, Technical Appendix).

## **HEALTH BEHAVIORS**

The Florida Department of Health conducts the Behavioral Risk Factor Surveillance System (BRFSS) with financial and technical assistance from the Centers for Disease Control and Prevention (CDC). This state-based telephone surveillance system collects data on individual risk behaviors and preventive health practices related to the leading causes of morbidity and mortality in the United States. The most recent data available for Hamilton County is for 2010. Below are some highlights from the BRFSS data (Table 109, Technical Appendix).

- In 2010, the percent of adults who engage in heavy or binge drinking in Hamilton County was 19.3 compared to 15.0 in Florida (binge drinking in Hamilton County is 28.7 percent higher than Florida).
- In 2010, the percent of adults 50 years of age and older who have ever received a PSA test in Hamilton County was 81.8, which is 3.7 percent lower than in Florida (85.0 percent in Florida).
- In 2010, the percent of women 40 years of age and older who received a mammogram in the past year was 20.3 percent lower in Hamilton County than in Florida (49.3 percent in Hamilton County, 61.9 percent in Florida).
- In 2010, the percent of women 40 years of age and older who had a clinical breast exam in the past year was 28.5 percent lower in Hamilton County than in Florida (54.2 percent in Hamilton County, 63.2 percent in Florida).
- In 2010, the percent of women 18 years of age and older who received a Pap test in the past year was 56.3 percent, which is lower than in 2007. In 2007, the percentage of women 18 years and older who received a Pap test in the past year was 58.9 percent.
- In 2010, the percent of adults who have ever had a heart attack, angina, or coronary heart disease in Hamilton County was 13.1 compared to 10.2 in Florida.
- In 2010, the percentage of adults who had their teeth cleaned in the past year in Hamilton County was 39.4 percent less than Florida as a whole (36.9 percent in Hamilton County, 60.9 percent in Florida as a whole).
- In 2010, 11.1 percent of adults in Hamilton County had diagnosed diabetes compared to 10.4 percent in Florida.
- In 2010, 20.5 percent of Hamilton County adults could not see a doctor due to cost compared to 17.3 percent in Florida.



- Compared to Florida, a lower percentage of the Hamilton County population have health insurance (67.4 percent in Hamilton County, 83.0 percent in Florida).
- From 2007 to 2010 Measures
  - The percent of adults who are overweight has increased by 20.5 percent. In Florida as a whole, this percentage has decreased (in 2007: 38.6 percent, in 2010: 39.2 percent).
  - The percent of adults who are obese increased 21.4 percent (in 2007: 27.4 percent, in 2010: 30.9 percent).

### HEALTH CARE ACCESS

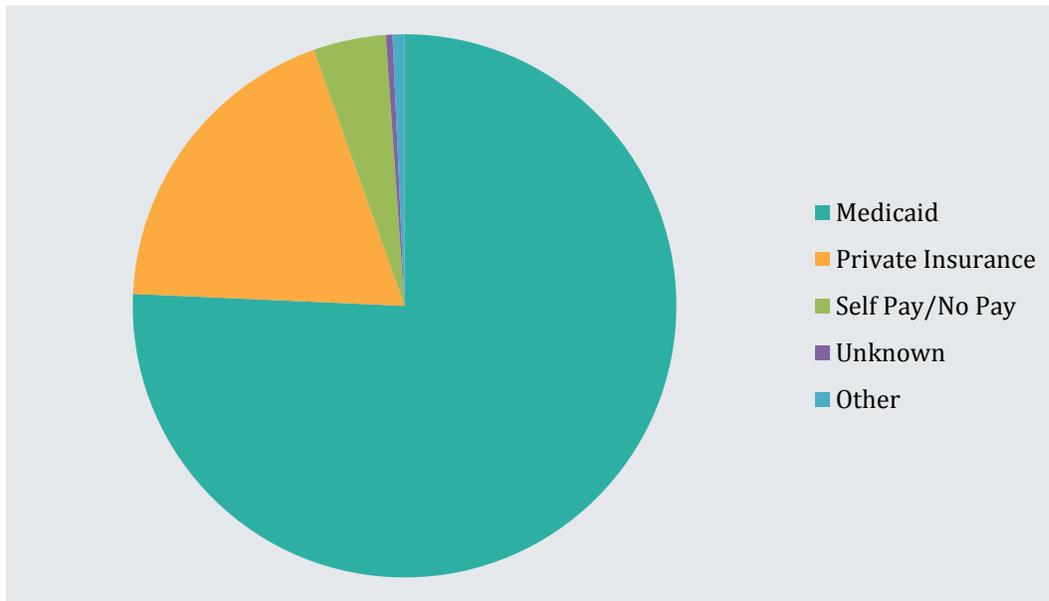
Although health insurance and access to health care do not necessarily prevent illness, early intervention and long term management resources can help to maintain a quality of life and minimize premature death. It is therefore useful to consider insurance coverage and health care access in a community health needs assessment. The Technical Appendix includes data on insurance coverage, public and private, Medicaid eligibility and health care expenditures by payor source. Key findings from these data sets are presented below.

- The percentage of Medicaid Eligibles has increased every year since 2008 in Hamilton County. The percent of Medicaid Eligibles is higher in Hamilton County than in Florida for any given year from 2008 through 2012.
- The percentage of uninsured 19 years of age and younger in Hamilton County has decreased every year since 2009. In 2009, 17.0 percent were uninsured, in 2012, only 10.3 percent were uninsured (Hamilton County 10.1 percent, Florida 11.4 percent) (Table 50, Technical Appendix).
- The percentage of uninsured 18 – 64 years of age in Hamilton County decreased from 28.4 percent in 2009 to 24.9 percent in 2012, which is lower than the Florida uninsured percent of 28.7 (Table 51, Technical Appendix).
- In 2012, 23.5 percent of the Hamilton County population was Medicaid Eligibles. This percentage has increased every year since 2008. The percent of Medicaid Eligibles in Hamilton County (23.5 percent) is 39.4 percent more than the percent of Medicaid Eligibles in Florida as a whole (17.6 percent in Florida) (Table 117, Technical Appendix).
- According to data from 2012 – 2013, the rate of physicians per 100,000 population in Hamilton County is substantially lower than in Florida: 20.3 in Hamilton County, 265.7 in Florida (92.5 percent difference) (Table 122, Technical Appendix).
- According to data from 2012 – 2013, the rate of dentists per 100,000 population in Hamilton County (31.4) is 42.7 percent lower than in Florida (54.8) (Table 123, Technical Appendix).
- In 2012, there were 1,702 discharges and 7,841 patient days for Hamilton County residents.
- The rate of hospitalizations per 1,000 for mental health reasons for years 2009, 2010, 2011 and 2012 were lower in Hamilton County than in Florida (Table 73, Technical Appendix).



- The rate of emergency department visits per 1,000 for mental health reasons in Hamilton County was 42.5 in 2012, which is 24.24 lower than the state of Florida (Table 74, Technical Appendix).
- In 2012 the rate of domestic violence offenses in Hamilton County (345.5) was lower than in Florida as a whole (567.4) (Table 77, Technical Appendix).
- In 2012, 8.7 percent of births received late (3<sup>rd</sup> Trimester) or no prenatal care, which is 93.3 percent higher than Florida as a whole (4.2 percent in Florida) (Table 90, Technical Appendix).
- In 2012, 75.4 percent of Hamilton County births had Medicaid as the payor source compared to 51.1 percent in Florida, a 47.5 percent difference (Table 100, Technical Appendix).

**FIGURE 4: PAYOR SOURCE FOR BIRTHS, 2012**



Source: Table 101, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

- In 2012, there were 1,702 discharges and 7,841 patient days, with an average of length of stay of 4.6 for Hamilton County residents (Table 125, Technical Appendix).
- See the table below for details regarding the percent of patient days by payor source.



**TABLE 4: PERCENT OF PATIENT DAYS BY PAYOR SOURCE, 2012**

Payor Source	Hamilton County	Florida
Medicare	53.9	51.1
Medicaid	22.2	19.8
Private Insurance	14.1	18.4
VA/Tri-Care	3.6	1.7
Self-Pay/Non Payment	4.4	6.6
All Others	1.8	2.5

Source: Table 126, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

- In 2012, there were a total of 198 avoidable discharges of Hamilton County residents <65. Medicare was the payor source for 23.7 percent of these discharges, Medicaid 38.4 percent and private insurance 21.7 percent which tracks with the Florida avoidable discharge payor source distribution (Table 129, Technical Appendix). See Table 7 for more details regarding unavoidable discharge payor source.

**TABLE 5: PERCENT OF AVOIDABLE DISCHARGES BY PAYOR SOURCE, 2012**

Payor Source	Hamilton County	Florida
Medicare	23.7	20.5
Medicaid	38.4	32.1
Private Insurance	21.7	24.8
VA/Tri-Care	3.0	2.4
Self-Pay/Non Payment	11.6	17.8
All Others	1.5	2.5

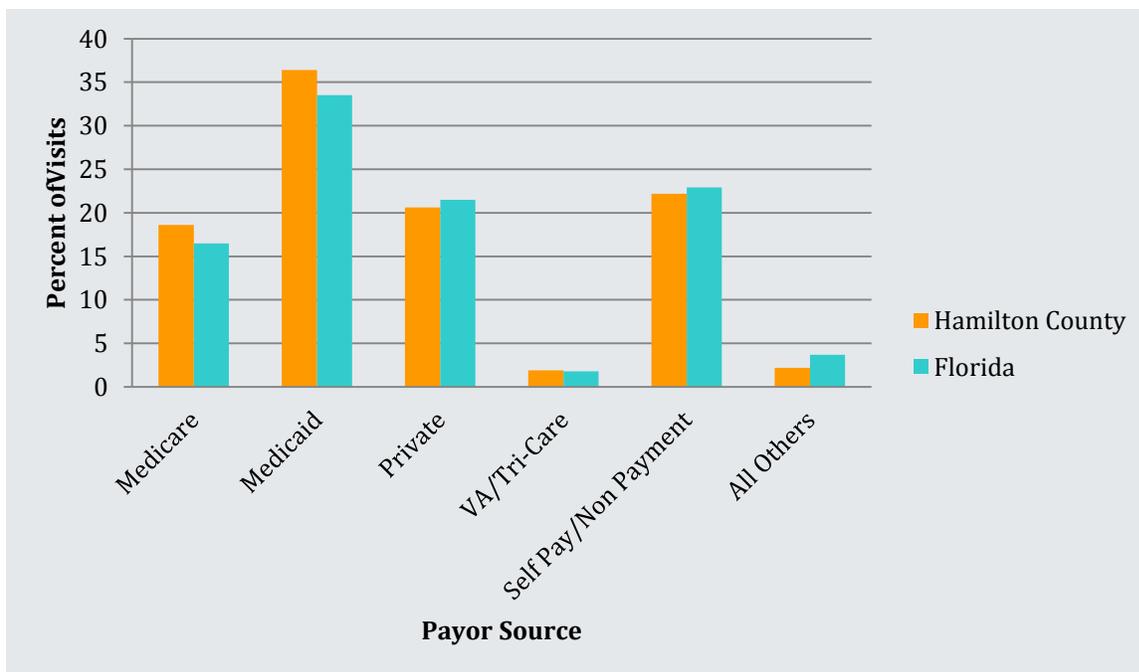
Source: Table 129, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

- The top leading reasons for avoidable discharges for >65 years of age for 2008 – 2012 are: Dehydration, Asthma, Cellulitis, Chronic Obstructive Pulmonary Disease, Congestive Heart Failure, Kidney/Urinary Infection, Convulsions “B,”Gastroenteritis, Grand mal status and other epileptic convulsions and Hypertension (Table 130, Technical Appendix).
- In 2012, there were 6,112 emergency department visits by Hamilton County residents (Table 131, Technical Appendix).
- The percent of emergency department visits by payor source by Hamilton County residents closely mirror that of the state of Florida as a whole (Table 131, Technical Appendix).



- In 2012, the most common reasons for emergency department visits were: abdominal pain, cough, knee, leg, ankle and foot injury, headache, fever, pain in limb, lumbago, chest pain, and acute pharyngitis (Table 132, Technical Appendix).

**FIGURE 5: PERCENT OF EMERGENCY DEPARTMENT VISITS BY PAYOR SOURCE, 2012**



Source: Table 131, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

## HEALTH OUTCOMES

Perhaps the most direct measures of the health and well-being in a community are the rates of disease and death. In Hamilton County, as in Florida and the rest of the United States, premature disease and death are primarily attributable to chronic health issues. Chronic health issues typically develop throughout the course of life and typically require careful management for prolonged periods of time. This section focuses on the health outcomes (morbidity and mortality) of Hamilton County residents. Hamilton County data will be compared to state of Florida data when possible.

### LIFE EXPECTANCY

The University of Washington, Institute for Health Metrics and Evaluation, released a complete time series for life expectancy for all U.S. counties from 1987 to 2009 for each sex, for all races combined, for Whites and for Blacks. Life Expectancy data can be found in Tables 3 and 4 of the Technical Appendix.

Life expectancy for all races Hamilton County males is 70.7 years (Table 3, Technical Appendix). Life expectancy for all races Hamilton County males has increased by 2.6% since 1987 (68.1 years in 1987, 72.2



years in 2009); however, life expectancy for all races Hamilton County males 5.8 years less than all races Florida males (76.5 years in Florida).

Disparity is apparent when comparing the life expectancy of Black and White Hamilton County male residents. The life expectancy for white Hamilton County males is 72.8 years which is 4.1 years longer than the life expectancy for black Hamilton County males (66.9 years) (Table 3, Technical Appendix).

**FIGURE 6: LIFE EXPECTANCY FOR MALES, 1987 - 2009**



Source: Table 3, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

Life expectancy for Hamilton County females is 76.5 years, and this life expectancy has remained fairly constant since 1987. Florida females have a life expectancy of 82.1 years, which is 5.6 more years than Hamilton County females.

Disparity is apparent when comparing the life expectancy of Black and White Hamilton County female residents. The life expectancy of White Hamilton County females is 78.2 years, 4.8 years longer than the life expectancy of Black Hamilton County females which is 73.4 years (Table 4, Technical Appendix).



**FIGURE 7: LIFE EXPECTANCY FOR FEMALES**



Source: Table 2, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

Years of potential life lost (YPLL) under the age of 75 in Hamilton County is 63.7 percent higher than in Florida. The YPLL in 2012 in Hamilton County was 11,844.2 compared to 7,236.1 in Florida.

**TOP 10 CAUSES OF DEATH**

The top 10 leading causes of death in Hamilton County with the Florida rank in (parenthesis) are:

1. Malignant Neoplasm (2)
2. Heart Disease (1)
3. Unintentional Injury (4)
4. Chronic Lower Respiratory (3)
5. Cerebrovascular Disease (Stroke) (5)
6. Diabetes (7)
7. Influenza and Pneumonia (11)
8. Suicide (9)
9. Chronic Liver Disease (10)
10. Hypertension and Hypertensive Renal Disease (14)

The overall age-adjusted mortality rate for Hamilton County is 1,112.4 per 100,000 while the state mortality rate is 680.7 per 100,000 (Table 56, Technical Appendix). In other words, the age-adjusted mortality rate in



Hamilton County is 63.4 percent higher than the Florida age-adjusted mortality rate. This indicator has historically compared unfavorable to the state, and the trend continues to hold true.

**TABLE 6: AGE-ADJUSTED DEATH RATES, 2012 (ALL GENDERS AND RACES)**

Cause of Death	Hamilton County	Florida	Percent Difference
Heart Disease	186.7	155.3	20.2
Chronic Lower Respiratory Disease	72.4	39.1	85.1
Cancer	290.7	160.3	41.3
Unintentional Injuries	76.1	39.7	91.6
Stroke	64.9	31.2	108.0
Diabetes	28.6	19.6	45.9
Influenza & Pneumonia	19.5	8.6	126.7
Suicide	28.7	14.2	102.1
Hypertension	14.8	7.2	105.5
Liver Disease	9.4	10.7	(12.14)

Source: Table 56, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

As seen in Table 4, Hamilton County residents fare worse than Florida residents in all causes of death by age-adjusted death rate with the exception of Suicide. For trend data see Table 56 in the Technical Appendix.

**Disparity**

Age-adjusted death rates per 100,000 population for the Top 5 leading causes of death in Hamilton County make clear racial and ethnic disparities (Table 60, Technical Appendix) within Hamilton County residents and when comparing Hamilton County residents to the state of Florida.



**TABLE 7: AGE-ADJUSTED DEATH RATES BLACK AND WHITE, 2012 (ALL GENDERS)**

Cause of Death	White	Black	Percent Difference
Cerebrovascular Diseases (I60-I69)	50.1	94.1	(87.8)
Chronic Liver Disease & Cirrhosis (K70,K73-K74)	12.8	0	25.5
Chronic Lower Respiratory Disease (J40-J42,J43,J44,J45-J46,J47)	89.4	23.6	131.3
Congenital Malformations	15.7	0	31.3
Diabetes Mellitus (E10-E14)	29.7	21.2	16.9
Essen Hypertension & Hypertensive Renal Dis (I10,I12,I15)	19.1	0	38.1
Heart Diseases	198.1	189	18.1
Homicide	0	16.8	(33.5)
Human Immunodeficiency Virus (HIV) Disease (B20-B24)	9.6	0	19.1
Influenza & Pneumonia (J09-J11,J12-J18)	12.8	47.2	(68.6)
Malignant Neoplasm (Cancer)	228.8	187.6	82.2
Nephritis, Nephrotic Syndrome, Nephrosis (N00-N07,N17-N19,N25-N27)	0	23.6	(47.1)
Other Non-rankable Cause of Death	119.5	114.6	9.7
Pregnancy, Childbirth and the Puerperium (O00-O99)	14	0	27.9
Septicemia (A40-A41)	0	54	(107.7)
Suicide	39.7	0	79.2
Unintentional Injury	83.1	79.3	7.5

Source: Table 56, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

- White Hamilton County residents experience higher age-adjusted causes of death from all causes, unintentional injuries and, chronic lower respiratory disease than Black and Hispanic Hamilton County residents.
- Black Hamilton County residents experience higher age-adjusted death rates for cancer than White and Hispanic Hamilton County residents
- White Hamilton County residents experience higher age-adjusted causes of death for the top five leading causes of death in Hamilton County (All Causes, Cancer, Heart Disease, Chronic Lower Respiratory Disease, Unintentional Injuries, Stroke and Diabetes) when compared to White Florida residents.



- Black Hamilton County residents experience higher age-adjusted causes of death for All Causes, Cancer, Unintentional Injuries, Stroke, Diabetes, Chronic Lower Respiratory Disease and HIV when compared to Black Florida residents.

### MORBIDITY AND QUALITY OF LIFE

To better understand the current health of the Hamilton County population, it is important to analyze the prevalence of disease and quality of life. Quality of life refers to how healthy people feel while alive. The Florida Department of Health conducts the Behavioral Risk Factor Surveillance System (BRFSS) with financial and technical assistance from the Centers for Disease Control and Prevention (CDC). This state-based telephone surveillance system collects data on individual risk behaviors and preventive health practices related to the leading causes of morbidity and mortality in the United States. The most recent data available for Hamilton County is for 2010. Below are some highlights from the BRFSS data as they relate to disease and quality of life (Table 109, Technical Appendix).

- 3.8 percent of Hamilton County adults have had a stroke compared to 3.5 percent in Florida as a whole.
- 13.1 percent of adults in Hamilton County have had a heart attack, angina or coronary heart disease compared to 10.2 percent in Florida as a whole.
- 35.5 percent of Hamilton County adults have diagnosed high blood cholesterol which is lower than the percentage in Florida as a whole (38.6 percent)
- 25.3 percent of Hamilton County adults are limited in any way in any activities because of physical, mental or emotional problems compared to 24.3 percent in Florida as a whole.
- 10.5 percent of Hamilton County adults use special equipment because of a health problem compared to 9.3 percent in Florida as a whole.
- 11.1 percent of Hamilton County adults have been diagnosed with diabetes compared to 10.4 percent in Florida as a whole
- 36.8 percentage of Hamilton County adults have been diagnosed with hypertension compared to 34.3 percent in Florida as a whole.
- 23.3 percent of Hamilton County adults said their overall health was “fair” or “poor”, which is a 16.3 percent change from the 2007 measure.
- 18.5 percent of Hamilton County adults said they had poor mental health on 14 or more of the past 30 days, which is 28.6 percent change from the 2007 measure.
- 86.1 percent of Hamilton County adults said they are in good physical health which is .3 percent more than the 2007 measure.

### BIRTHS, INFANT DEATHS AND LOW BIRTHWEIGHT

In 2012, there were 138 births in Hamilton County. Of those births, 46 were Black, 89 were White and 25 were Hispanic. In 2012, total birth rates per 1,000 population was 9.3 for all races, 9.3 for Black, 9.4 for White and 17.7 for Hispanic. These rates are similar to the state of Florida rates. Due to the low number of



births in Hamilton County, one must be cautious when comparing Hamilton County rates to Florida rates. See Table 4 for details regarding low birthweight births in 2012.

**TABLE 8: PERCENT OF LOW BIRTHWEIGHT, 2012**

Area	All Races	White	Black	Hispanic
Hamilton County	7.2	8.7	6.7	8.0
Florida	8.6	7.2	12.8	7.3
Percent Difference	(16.3)	20.8	(47.6)	9.6

Source: Table 84, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.

**MENTAL HEALTH**

In 2012, 511 Hamilton County residents were hospitalized due to mental health reasons; of those, 7 were between the ages of 0 – 17 and 44 were 18 years and older (Table 73, Technical Appendix). The rate of hospitalizations per 1,000 for mental health reasons for all ages in 2012 was 3.5 for Hamilton County residents lower than the Florida rate of 9.0. In 2012, Hamilton County residents fared better than their Florida residents counterparts on the rate of Emergency Department visits for mental health reasons per 1,000 (Hamilton County: 42.5, Florida: 56.1). In 2012, there were 55 involuntary exam initiations of Hamilton County residents (Table 76, Technical Appendix).

**TABLE 10: RATES FOR SELECT MENTAL HEALTH INDICATORS FOR ALL AGE GROUPS, 2012**

Mental Health Indicator	Hamilton County	Florida	Percent Difference
Hospitalizations for Mental Health Reasons (rate per 1,000)	3.5	9.0	61.1
Emergency Department Visits for Mental Health Reasons (rate per 1,000)	42.5	68.0	37.5
Involuntary Examinations (Baker Acts) (rate per 100,000)	3.7	8.3	55.4
Domestic Violence Offenses (rate per 100,000)	345.5	567.4	39.1
Suicide Deaths (rate per 100,000)	22.6	14.9	(51.6)

Source: Tables 73, 74, 75, 76 and 77, Hamilton County Technical Appendix 2014, prepared by WellFlorida Council.



## KEY INSIGHTS

- Low income, high poverty and limited economic base continue to be leading predictors of health outcome and health access in Hamilton County.
- Hamilton County exceeds the state death rates for most of the ten leading causes of death in Florida with the overall death rate in Hamilton County being 63.4 percent higher than the state.
- Black Hamilton County residents fare worse than White Hamilton County residents on most causes of death.
- The percentage of Hamilton County uninsured residents is decreasing.
- Overall, poor health behaviors are on the rise in Hamilton County as measured by the Behavioral Risk Factor Surveillance System (BRFSS). These poor health behaviors will lead to increased chronic disease and health care costs in the coming years.
- Hamilton County is in the bottom third of counties in Florida based on health rankings from the Robert Wood Johnson Foundation and the University of Wisconsin.
- Life expectancies of Hamilton County residents are lower than state averages. Life expectancy disparities are apparent when comparing White Hamilton County residents to Black Hamilton County resident.
- Hamilton County is designated as Dental, Mental Health and Primary Medical Care shortage areas, leaving Hamilton County residents less access to health services.
- The lack of access to health services indicates few opportunities for health professionals to provide health education to Hamilton County residents with poor health behaviors.



## Community Input

### Focus Group Discussions with the HCHSPC

During the process of CHA development, the HCHSPC met on three occasions both to guide the development of the CHA process but also to participate in focused discussions regarding community health issues and to assess community performance related to CHIP implementation and activities.

Initially, during focus group discussions, HCHSPC members were asked to comment upon how Hamilton County had performed thus far in terms of performance in its 2012-2015 CHIP Goal Areas. In addition, HCHSPC members were asked to comment on what changes they may consider making during the future CHIP update. During the later stages of the CHA process, members were asked to comment upon the insights obtained from the Community Health Data Analysis and the Community Health Survey. Presented below are summarized discussions from focus group on various community health assessment and CHIP issues:

**Goal 1:** Report regularly to County Commission and the public on key health issues.

- We have the community calendar on health department website.
- We have been putting information together for the local paper.
- Someone from the rural health clinic has been on the radio.
- Ambulance service has a good way to give people health information on other programs when we pick someone up.
- We need to get resources on a card handout because most people don't have email access.

**Consensus:** Yes, participants feel Goal 1 is still important. They would like to add an objective of developing a community resource card by a specific time.

**Goal 2:** Enhance emerging wellness activities in the school system by linking other public and private sector partners to their efforts.

- We were awarded an NFL Play 60 grant. Half of the grant goes to nutrition, the other half to physical activity.
- We are making food healthier in schools. Before kids bring in food or treats to share, they have to meet our specific guidelines (no more cupcakes for birthdays, etc.)
- We are organizing a health fair.
- We are working on getting food from the local farmers in the county into the schools.
- Utilized the Florida Department of Health's "Nature Play Prescription Pass." It gives students and their families a free pass to local parks. This way they are out playing and not inside playing video games.

**Consensus:** Participants feel that Goal 2 is still very relevant and needs to be kept where it is. They would like to enhance the Goal by adding an objective of holding a community health fair by a certain date.



**Goal 3:** Educate the public on existing no-cost/low-cost opportunities for physical activity in Hamilton County and promote their use.

- We need to look into any grants available to update the parks we have in town.
- Need to inform the public about the NFL Play 60 grant we received.
- United Way of Suwannee Valley has good resources; we need to share that information.

Consensus: Participants feel that Goal 3 is important and that it should be kept.

**Goal 4:** Increase the appropriate use of healthcare.

- This goal is related to Goal 1. Maybe we should combine them into one goal.
- We now have the breastfeeding sign in front of the Health Department, which has helped increase awareness among the community. We have done surveys and the signs are well-received.

Consensus: Participants feel that Goal 4 is important, but if possible would like to combine it with Goal 1.

Additional comments from participants:

Mental Health:

- We should consider mental health counseling and the need for more mental health providers in Hamilton County.
- We need low-cost/no-cost options for mental health services.

**Key Themes:**

- Creating a community resource handout for individuals who do not have internet access.
- Need to make the community aware of the activities taking place (Play 60 grant, Park Prescription Program).
- Mental health services are a factor we need to address moving forward as a community.
- Some goals in the CHIP could be consolidated and obesity, wellness and physical activity should be addressed more in the CHIP.

Members were also asked to discuss their perceptions during a focus group regarding the preliminary Community Health Data Analysis and Community Health Survey results. Here is a summary of their comments from this discussion group:

**Overall Perceptions and Insights from Health Needs Assessment and Community Input Data**

- Amount of food not as much of an issue compared to what is bought.
- Need rural health clinic here.
- Need awareness that rural health clinic (or similar resource) is needed.
- School system is critical partner.



- Not a lot of transportation option anymore for transportation disadvantaged.
- Really only one place to get a “variety” of groceries.
- Access to fresh food and vegetables, despite being surrounded by lots of agricultural land, seems to be limited.
- Despite being in an agricultural area, there is no regular and ongoing farmer’s market.
- Few, if any, healthy choices for a quick meal.
- No access to gyms or organized physical activity.
- Need more fitness and not just obesity/nutrition educational opportunities.
- Strong perception that being overweight and obese is not really an imminent problem.
- Must re-direct focus at youth: start working on them when they are young and keep working on them.
- Climate-controlled facility for exercise would be ideal.
- Locally available track has no lighting.
- Use of school facilities is a limited or untapped opportunity.

### COMMUNITY HEALTH SURVEY KEY RESULTS

During the 2014 CHA update process, members of the HCHSPC directed WellFlorida to develop a community health survey process that would gauge the general public’s perceptions on key community health issues. Eighty-eight (88) individuals responded to the survey that was circulated in August and September of 2014. The detailed survey results analysis is provided in Appendix D. However, the key insights from the Community Health Survey are as follows:

- Three Most Important Factors for a Healthy Community
  - Access to health care (53.4%)
  - Good jobs and healthy economy (42.1%)
  - Good schools (39.8%)
  - Healthy behaviors and healthy lifestyles (35.2%)
- Three Most Important Health Problems
  - Cancer (43.7%)
  - High blood pressure (37.4%)
  - Diabetes (32.5%)
  - Heart disease and stroke (31.3%)
  - Sexually transmitted diseases (25.3%)
  - Teen pregnancy (25.3%)
  - Domestic violence (16.9%)
  - Mental health problems (15.7%)
- Three Behaviors with Greatest Impact on Health



- Drug abuse (58.0%)
- Eating unhealthy foods (40.8%)
- Not exercising (40.8%)
- Overeating (30.9%)
- Alcohol abuse (29.6%)
- Tobacco use (27.2%)
- Extremely Serious or Very Serious Health Issue
  - Overweight and obesity (77.5%)
  - Cancer (77.5%)
  - Alcohol and drug abuse (75.0%)
  - Diabetes (72.5%)
  - Heart disease (63.8%)
  - Smoking and tobacco use (63.8%)
  - HIV/AIDS (50.0%)
- Cause of overweight and obese (only those with 50% or more as major reason)
  - Too much time in front of TV, computer, video games (86.5%)
  - Fast food is inexpensive and easy to find (75.5%)
  - People don't want to change (68.0%)
  - Healthy foods are expensive (57.5%)
  - People don't know how to control their own weight (53.0%)
- 62.5% say community and individuals need to deal with healthy weight issues equally.
- Seven of 10 wellness activities scored between 3 and 4 (on a scale of 1-5) for likeliness to participate with low-cost exercise options being the highest at 3.74.
- While 56.3% of the respondents rate the community unhealthy or very unhealthy, only 8.9% of them rate themselves as unhealthy or very unhealthy.
- Note: respondents approximately 79% female and 21% male.

Clearly issues of chronic disease, obesity, healthy foods and exercising are critical issues for Hamilton County residents. However, issues of drug and alcohol abuse are of a major concern as well.



## Community Health Improvement Plan (CHIP) Implications

At the conclusion of the CHA process, the HCHSPC met to discuss the implications that the updated CHA process and data had on the current CHIP and the CHIP update that will be necessary in 2015. WellFlorida Council led the members through the a review of the current CHIP (seen below) and the summary observations from the Community Health Data Analysis, the Community Health Survey and from their own previous focus group discussions.

**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
<p>GOAL 1 – Report regularly to County Commission and the public on key health issues and activities including:                      Pharmaceutical assistance program                      Emerging and ongoing health issues                      Availability of health services                      Key access and outcome health data for the community                      Community priorities as identified by the Hamilton County Strategic</p>	<p><u>Objective 1.1</u>                      By December 31, 2014, the community will complete a comprehensive update of the community health assessment (CHA) and will update this assessment every three years.</p> <p><u>Objective 1.2</u>                      By July 1, 2014, develop an ongoing mechanism for reporting community personal costs of current community health outcomes.</p>	<p><u>Strategy 1.A</u>                      Create new and improved ways of informing key constituencies about what health services exist in the community and when and how to use them.</p>	<p>Number of campaigns to target specific groups.                      Number of exposures through social media.                      Number of information events held.                      Number of articles written by health care providers to write articles for newspaper (electronic media, blogs, etc).                      Create provider/service directory of services; include Spanish version.                      Number exposed to messages through mass media.                      A communication network among businesses and agencies to inform residents of health services and activities</p>	<p>Hamilton County Healthcare Strategic Planning Committee                      Hamilton County Health Department</p>



**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
Health Care Committee			in the county. Number of avoidable hospitalizations.	
		<u>Strategy 1.B</u> Develop and distribute materials and information that, in plain language, inform the general public on the true personal and community costs and benefits of health decision they regularly make.	Brochures or educational pieces developed. Number of presentations made. Number of persons receiving information through mass media and other sources. Number of website hits to partner websites where information can be linked. Increased numbers of persons who understand these costs.	Hamilton County Healthcare Strategic Planning Committee Hamilton County Health Department
GOAL 2 – Enhance emerging wellness activities in the school system by linking other public and private sector partners to their efforts.	<u>Objective 2.1</u> By December 31, 2015, reduce the percentage of overweight or obese adults to 70.0% (Baseline: 73.5%, 2010 BRFSS) <u>Objective 2.2</u> By December 31, 2014, expand enrollment to enhanced wellness	<u>Strategy 2.A</u> Identify existing additional wellness programs outside of the school system and work to link them to school system efforts.	Compiled list of identified wellness resources in community. Commitment from community wellness resources to be part of integrated approach. Formal agreements in place.	School system Community wellness providers Hamilton County Health Department Faith-based groups Parks and recreation Local government



**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
	<p>activities based in the school system to 1,000 residents.</p> <p><u>Objective 2.3</u> By December 31, 2015, increase the percentage of adults who eat at least five servings of fruits and vegetables per day to at least 25% (Baseline: 23.2%, 21010 BRFSS).</p> <p><u>Objective 2.4</u> By December 31, 2015, the percentage of Hamilton County high school students whose BMI classify them as overweight or obese will be below the Florida percentage (Baseline: must obtain for Hamilton County but state baseline is 25.1%, 2011 Florida YRBS).</p>	<p><u>Strategy 2.B</u> Form a partnership to market and promote, in an integrated manner, wellness program availability in Hamilton County.</p>	<p>Messages developed.</p> <p>Marketing and awareness campaign developed.</p> <p>Number of residents exposed to message.</p> <p>Number of media partners.</p> <p>Number of website hits from partners who link informational materials to their websites.</p> <p>Percentage of persons reporting that they are aware of wellness opportunities in community.</p> <p>Percentage of persons who became informed about wellness opportunities in the community through integrated awareness campaign.</p>	<p>Businesses</p> <p>School system</p> <p>Community wellness providers</p> <p>Hamilton County Health Department</p> <p>Faith-based groups</p> <p>Parks and recreation</p> <p>Local government</p> <p>Businesses</p> <p>Media</p>



**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
		<p><u>Strategy 2.C</u> Increase enrollment in regular and ongoing wellness activities, with a special emphasis on school-aged children.</p>	<p>Number of adult participants in wellness programs. Number of youth participants in wellness programs. Number of participants in wellness programs who made a positive change in their health outcomes or health behavior.</p>	<p>School system Community wellness providers Hamilton County Health Department Faith-based groups Parks and recreation Local government Businesses</p>
<p><b>GOAL 3 – Educate the public on existing no-cost/low-cost opportunities for physical activity in Hamilton County and promote their use.</b></p>	<p><u>Objective 3.1</u> By December 31, 2015, increase the percentage of adults who meet vigorous physical activity recommendations to 28% (Baseline: 26.8%, 2010 BRFSS).  <u>Objective 3.2</u> By July 31, 2014, create a web-based guide that highlights no-cost/low-cost opportunities for physical education in</p>	<p><u>Strategy 3.A</u> Create web-based guide that highlights no-cost/low-cost opportunities for physical activity.</p>	<p>Compiled list of no-cost and low-cost physical education opportunities. Regular updates to list. Completed website that lists physical education resources. Number of hits on website. Number of persons that report that they utilized a physical education opportunity all or in part due to being exposed to the guide.</p>	<p>Hamilton County Healthcare Strategic Planning Committee Parks and recreation Local government Businesses Hamilton County Health Department Chamber of Commerce</p>
		<p><u>Strategy 3.B</u> Conduct a</p>	<p>Messages developed. Marketing and</p>	<p>School system</p>



**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
	<p>Hamilton County.</p> <p><u>Objective 3.3</u> By December 31, 2015, the percentage of Hamilton County high school students who report physically active for 60 or more minutes on 5 of the past 7 days will be above the Florida percentage (Baseline: must obtain for Hamilton County but state baseline is 43.6%, 2011 Florida YRBS).</p>	<p>community-wide marketing campaign to inform the public on existing low-cost or no-cost physical activity opportunities.</p>	<p>awareness campaign developed.</p> <p>Number of residents exposed to message.</p> <p>Number of media partners.</p> <p>Number of website hits from partners who link informational materials to their websites.</p> <p>Percentage of persons reporting that they are aware of no-cost or low-cost physical activity opportunities in community.</p> <p>Percentage of persons who became informed about wellness opportunities in the community through integrated awareness campaign.</p>	<p>Community wellness providers</p> <p>Hamilton County Health Department</p> <p>Faith-based groups</p> <p>Parks and recreation</p> <p>Local government</p> <p>Businesses</p> <p>Media</p> <p>Chamber of Commerce</p>
<p>GOAL 4 – Increase the appropriate use of healthcare.</p>	<p><u>Objective 4.1</u> By December 31, 2016, decrease the preventable hospital discharge rate to 1,000 preventable discharges per 100,000 population under age 65 (Baseline: 1,217, AHCA, 2009-11).</p>	<p><u>Strategy 4.A</u> Create new and improved ways of informing key constituencies about what health services exist in the community and when and how to use them.</p>	<p>Number of campaigns to target specific groups.</p> <p>Number of exposures through social media.</p> <p>Number of information events held.</p> <p>Number of articles written by health care providers to write articles for newspaper (electronic media,</p>	<p>Hamilton County Healthcare Strategic Planning Committee</p> <p>Emergency medical services</p> <p>Hamilton County Health Department</p>



**TABLE 11. 2012-2015 HAMILTON COUNTY CHIP GOALS, OBJECTIVES, STRATEGIES, PERFORMANCE MEASURES AND KEY LEADS AND PARTNERS (WITH 2013 UPDATE).**

Goals	Measurable Objective(s)	Strategies	Performance Measures	Key Leads and Partners
			blogs, etc). Create provider/service directory of services; include Spanish version. Number exposed to messages through mass media. A communication network among businesses and agencies to inform residents of health services and activities in the county. Number of avoidable hospitalizations.	Physicians Local government
		<u>Strategy 4.B</u> Develop and distribute materials and information that, in plain language, inform the general public on the true personal and community costs and benefits of health decision they regularly make.	Brochures or educational pieces developed. Number of presentations made. Number of persons receiving information through mass media and other sources. Number of website hits to partner websites where information can be linked. Increased numbers of persons who understand these costs.	Hamilton County Healthcare Strategic Planning Committee Emergency medical services Hamilton County Health Department Physicians Local government



As a result of this analysis, HCHSPC members identified the following critical insights regarding implications of the 2014 CHA on the current and future CHIP for Hamilton County:

1. While activities addressing each goal have been done in earnest, overall progress in each of the four (4) goal areas has been limited.
2. There may be an opportunity to consolidate Goals 1 and 4 either into one goal or to incorporate strategies that will achieve both goals simultaneously.
3. Measurable objectives should include more hard impact objectives in the area of improvement in inappropriate use of the emergency room; wellness (including obesity, nutrition and physical activity); and in public education (both community and individual awareness).
4. Evaluation of the impact has been limited and a more comprehensive plan for regularly measuring the impact of the CHIP, CHIP implementation activities and the work of the community partners focused on CHIP must be developed and progress must be reported regularly.
5. Clearly the Community Health Data Analysis, the focus group discussions among the HCHSPC members and the community perspectives in the Community Health Survey acknowledge and indicate the major impact of preventable chronic disease in Hamilton County. Thus, the CHIP should incorporate more measurable goals and objectives and specify strategies for addressing attainment of healthy weight; practice of better nutrition; and increased participation in physical activity.
6. The CHIP should stress the personal responsibility that is needed to make individual and then subsequent community improvement in health outcomes while acknowledging the need for collective community role in policy, systems and environmental changes that support personal responsibility, choice and behavior in the pursuit of improved health.



## APPENDIX A – Focus Group Instrument

## **Hamilton County CHA/CHIP Update Group Discussion Questions May 2014**

Prior to preparing yourself for the discussion session, please review the excerpts from the Hamilton County Community Health Improvement Plan or keep handy when reviewing these questions.

1. How has the relevancy for the four Goal areas in the current CHIP changed? Are these goals more or less relevant than they were when they were identified as the major goals for the CHIP?
2. What are your thoughts on the community's progress on each of the key CHIP goals? How adequately have the strategies been addresses or achieved?
3. Has the Work Group (and/or community) sufficiently addressed the four goals in the current CHIP such that it can move on to additional goals? Why or why not? Should one or more of the current goals be dropped and other goals added or should other goals just be added to the two existing goals?
4. What are some other goals (i.e. potential priorities) and priority strategies that the community may want to consider? Are these priorities predominantly being generated by internal community need or are they being generated predominantly by forces and factors external to Hamilton County?

Here is a list of priority strategy areas that ranked highly during CHIP prioritization processes in 2012-13:

- A. Report (regularly) to County Commission on things such as:
  - a. Pharmaceutical assistance program
  - b. Emerging and ongoing health issues
  - c. Key access and outcome health data for the community
  - d. Community priorities as identified by the Committee
- B. Monitor Healthy Kids enrollment and coordinate community-wide efforts to make sure enrollment levels are meeting or exceeding targets.
- C. Identify existing no-cost/low-cost opportunities for physical education in Hamilton County and educate and inform community about these opportunities.
- D. Direct other to or piggyback onto emerging wellness services and programming in the school system.
- E. Focus on obesity issues.
- F. Identify, educate and inform the community about the true personal and social costs of health behaviors and their relation to health outcomes and other issues.
- G. Identify magnitude of health resources and access gaps in the community.
- H. Educate population on utilizing existing or newly emerging healthcare resources efficiently and effectively (including Emergency Medical Services).
- I. Focus on messages of prevention.
- J. Tap into traditional and non-traditional media for messaging whenever possible.

5. How well do you feel the community is aware of or understands the CHIP? In what ways to you feel we could improve community awareness of the CHIP?
6. In what ways do you feel the CHIP has impacted the community?
7. Given the fact obesity is an epidemic causing much of the US, Florida and Hamilton County's chronic disease burden, in what ways should the Work Group be involved in tackling obesity issues in Hamilton County?
8. Now I will ask some questions specific to certain issues and potential strategies and projects to address these issues:
  - a. To what extent do you believe the lack of nutrition education throughout the community affects obesity issues?
  - b. In what ways do you believe a technology-supported, community-based professional nutrition education could affect the community?
  - c. What critical resources and partnerships would need to be mobilized to create a technology-supported, community-based nutrition education program in Hamilton County?
  - d. What would the role be for the Work Group in this program?
  - e. To what extent do you believe diabetes is a problem in Hamilton County?
  - f. In what ways and how well do you believe community-based diabetes self-management education would address diabetes in Hamilton County?
  - g. What resources and partnerships would need to be mobilized to create a community-based diabetes self-management education program in Hamilton County?
  - h. What would the role of the Work Group be in this program?
  - i. In what ways do you believe a community-wide recreation and physical activity program could affect the community?
  - j. What critical resources and partnerships would need to be mobilized to create such a program?
  - k. What would the role of the Work Group be in this program?
9. What is (are) the most important issue(s) in Hamilton County that the Hamilton County Strategic Healthcare Work Group should address?



## APPENDIX B – Community Health Survey Instrument and Flyer



**TELL US ABOUT HEALTH ISSUES IN HAMILTON  
COUNTY AND YOU COULD **WIN** ONE OF THREE  
**(3) \$50 VISA GIFT CARDS****

There are three ways to participate in the 2014 Hamilton County Health Survey.

1. Scan the QR code below with your mobile device and be taken to the survey website.
2. Use the following link to directly access the website:

<https://www.surveymonkey.com/s/hamiltonhealth2014>

3. Get a printed copy of the survey by contacting Johnny Bullard of the Hamilton County Healthcare Strategic Planning Committee at (386) 792-1414 extension 235 or [john.bullard@flhealth.gov](mailto:john.bullard@flhealth.gov)





July 4, 2014

## We Need to Hear Your Voice!

Dear Residents of Hamilton County:

The Hamilton County Healthcare Strategic Planning Committee (HCHSPC) has been hard at work trying to identify the most pressing health issues in Hamilton County. But we need your help.

The HCHSPC is launching the 2014 Hamilton County Health Survey so that we can hear the views of all residents in Hamilton County when it comes to the health of our great county. This survey will give residents the opportunity to provide input that will go into the development of the 2014 Community Health Assessment and Community Health Improvement Plan.

And in addition to doing something for the good of our community, you also have a chance to win one of three (3) \$50.00 Visa gift cards should you choose to participate and we draw your survey from among those surveys of individuals who indicate that they wish to be included in the drawing.

There are three ways to obtain the survey. First, go directly to the following website:

<https://www.surveymonkey.com/s/hamiltonhealth2014>

Second, call or email Johnny Bullard at [john.bullard@flhealth.gov](mailto:john.bullard@flhealth.gov) or (386) 792-1414 extension 235 for information on where you can pick up a printed copy of the survey to complete by hand.

Also, scan the Quick Response (QR) code below with your mobile phone to be taken directly to the link for the survey.

On behalf of the HCHSPC, I would like to thank you for taking the time to consider this very important survey.

Mark Lander, Administrator  
Florida Department of Health in Hamilton County



# 2014 Hamilton County Community Health Survey

Community leaders need your input on the most pressing health issues facing our community. Your responses will inform local community health improvement planning and assist in efforts in building a healthier community.

**\*1. In the following list, what do you think are the three (3) most important factors for a Healthy Community? You must select EXACTLY three (3) choices.**

- |   |   |
|---|---|
| <input type="checkbox"/> Good place to raise children             | <input type="checkbox"/> Access to health care (e.g. family doctor) |
| <input type="checkbox"/> Strong family life                       | <input type="checkbox"/> Arts and cultural events                   |
| <input type="checkbox"/> Healthy behaviors and healthy lifestyles | <input type="checkbox"/> Low level of child abuse                   |
| <input type="checkbox"/> Excellent race/ethnic relations          | <input type="checkbox"/> Low crime/safe neighborhoods               |
| <input type="checkbox"/> Low infant deaths                        | <input type="checkbox"/> Good jobs and healthy economy              |
| <input type="checkbox"/> Low adult death and disease rates        | <input type="checkbox"/> Religious or spiritual values              |
| <input type="checkbox"/> Good schools                             | <input type="checkbox"/> Emergency preparedness                     |
| <input type="checkbox"/> Affordable housing                       | <input type="checkbox"/> Parks and recreation                       |
| <input type="checkbox"/> Clean environment                        |   |
| <input type="checkbox"/> Other (please specify)                   |   |

# 2014 Hamilton County Community Health Survey

**\*2. In the following list, what do you think are the three (3) most important Health Problems in our community? You must select EXACTLY three (3) choices.**

- |  |  |
|--|--|
| <input type="checkbox"/> HIV/AIDS  | <input type="checkbox"/> Sexually transmitted diseases |
| <input type="checkbox"/> Aging problems (e.g. arthritis, hearing loss, etc.) | <input type="checkbox"/> High blood pressure           |
| <input type="checkbox"/> Suicide   | <input type="checkbox"/> Motor vehicle crash injuries  |
| <input type="checkbox"/> Homicide  | <input type="checkbox"/> Mental health problems        |
| <input type="checkbox"/> Dental problems                                     | <input type="checkbox"/> Cancer                        |
| <input type="checkbox"/> Infectious diseases (e.g. hepatitis, TB, etc.)      | <input type="checkbox"/> Infant death                  |
| <input type="checkbox"/> Rape/sexual assault                                 | <input type="checkbox"/> Child abuse/neglect           |
| <input type="checkbox"/> Diabetes  | <input type="checkbox"/> Firearm-related injuries      |
| <input type="checkbox"/> Heart disease and stroke                            | <input type="checkbox"/> Domestic violence             |
| <input type="checkbox"/> Respiratory/lung disease                            | <input type="checkbox"/> Teen pregnancy                |
| <input type="checkbox"/> Other (please specify)                              |  |

**\*3. From the list below, please identify the three (3) Behaviors that you believe have the greatest impact on overall health of people in our community? Please select EXACTLY three (3) choices.**

- |   |  |
|---|--|
| <input type="checkbox"/> Drug abuse                                   | <input type="checkbox"/> Racism                                  |
| <input type="checkbox"/> Eating unhealthy foods                       | <input type="checkbox"/> Not using seat belts/child safety seats |
| <input type="checkbox"/> Tobacco use                                  | <input type="checkbox"/> Not using birth control                 |
| <input type="checkbox"/> Not getting immunizations to prevent disease | <input type="checkbox"/> Dropping out of school                  |
| <input type="checkbox"/> Not exercising                               | <input type="checkbox"/> Unsafe sex                              |
| <input type="checkbox"/> Lack of maternity care                       | <input type="checkbox"/> Overeating                              |
| <input type="checkbox"/> Alcohol abuse                                | <input type="checkbox"/> Unsecured firearms                      |

Other (please specify)

# 2014 Hamilton County Community Health Survey

**\*4. For each of the following health issues, please tell us how serious of a problem each of these issues is for people in this community. The seriousness of the problem ranges from "not a problem at all" to "extremely serious."**

	Not a Problem at All	Only a Little Serious	Moderately Serious	Very Serious	Extremely Serious
Cancer	<input type="radio"/>				
Diabetes	<input type="radio"/>				
Heart Disease	<input type="radio"/>				
Mental Illness	<input type="radio"/>				
Smoking and Tobacco Use	<input type="radio"/>				
HIV/AIDS	<input type="radio"/>				
Overweight and Obesity	<input type="radio"/>				
Alcohol and Drug Abuse	<input type="radio"/>				

**\*5. Health organizations say that more people are becoming overweight and obese these days. Listed below are some things that might be causes of this problem. For each potential cause, please indicate whether or not you think the cause is a major reason, a minor reason or not a reason at all for the obesity problem.**

	Major Reason	Minor Reason	Not a Reason at All
People do not know how to control their weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People don't want to change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy foods are expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fast food is inexpensive and easy to find	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is too much unhealthy food and drinks for sale in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is too much advertising of unhealthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are not enough places for people to be physically active outdoors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People spend too much time in front of TV, video game and computer screens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People don't have enough information about what is in their food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# 2014 Hamilton County Community Health Survey

**\*6. Some people believe that maintaining healthy weight is up to individuals and families to deal with on their own. Others feel it is something that the whole community including schools, government, health care providers and the food industry should deal with. Which of these responses most closely matches your feelings on this issue? You must select ONLY one (1) choice.**

- It's something individuals should deal with on their own
- It's something whole communities need to deal with
- Both should deal with equally
- I don't know

**\*7. For each of the following activities, please rate your likelihood to participate on a scale from "1" meaning HIGHLY UNLIKELY to "5" meaning HIGHLY LIKELY. You must rate your likelihood of participating for EACH of these activities.**

	Highly Unlikely (1)	(2)	(3)	(4)	Highly Likely (5)	Not Applicable
Attend free health forums	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attend healthy cooking classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attend nutrition classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use nature trails for walking or jogging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take your children to low-cost summer or after-school activities that promoted physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support community (City or County) resolutions that promote healthy eating and exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support community (City or County) resolutions that address tobacco use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use low-cost exercise options	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visit Facebook pages or other social media concerning healthy eating and exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visit safe parks if more were available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# 2014 Hamilton County Community Health Survey

**\*8. For each of the questions below, please answer by responding between 1 and 5 with "1" meaning STRONGLY NO to "5" meaning STRONGLY YES. You must answer for each question.**

	Stongly No (1)	No (2)	Neutral (3)	Yes (4)	Strongly Yes (5)	Not Sure
Are you satisfied with the quality of life in our community?	<input type="radio"/>					
Is the community a safe place to live?	<input type="radio"/>					
Is there a broad variety of health services in the community?	<input type="radio"/>					
Is there a sufficient number of health and social services in the community?	<input type="radio"/>					
Are there sufficient levels of trust, respect and willingness to work together to achieve community goals?	<input type="radio"/>					
Are there networks of support (such as church groups, social service agencies, etc.) for individual and families during times of stress and need?	<input type="radio"/>					
Is there a sense of civic responsibility and civic pride in shared accomplishments?	<input type="radio"/>					

**\*9. How would you rate the overall health of our community? You must select EXACTLY one (1) choice.**

- Very unhealthy
- Unhealthy
- Somewhat healthy
- Healthy
- Very healthy

Now we need to find out a little bit about yourself. While you are not required to answer these questions, responses to these questions will help us better understand the community's response to this survey.

# 2014 Hamilton County Community Health Survey

**\*10. How would you rate your own personal health? You must select EXACTLY one (1) choice.**

- Very unhealthy
- Unhealthy
- Somewhat healthy
- Healthy
- Very healthy

**11. What is your age? Please select only one (1) choice.**

- 0-17
- 18-24
- 25-29
- 30-39
- 40-49
- 50-59
- 60-64
- 65 or over

**12. What is your gender/sex?**

- Male
- Female
- Other (please specify)

**13. What racial/ethnic group to you most identify with?**

- White (non-Hispanic)
- Black or African American (non-Hispanic)
- Hispanic/Latino
- Asian/Pacific Islander
- American Indian, Eskimo or Aleut
- Multiracial/Multiethnic
- Other (please specify)

# 2014 Hamilton County Community Health Survey

**14. What is the level of school you have completed? You must choose EXACTLY one (1) response.**

- 12th grade or less, no diploma
- High school diploma
- Some college, no degree
- Technical or trade school certificate
- Associate's degree (i.e. AA or AS)
- Bachelor's degree (i.e. BA or BS)
- Master's degree (i.e. MA or MS)
- Graduate degree or professional degree (i.e. PhD, MD, JD, etc.)

**15. What type of health insurance do you currently have? You must select EXACTLY one (1) response.**

- Private insurance through work
- Private insurance through Obamacare/Health Insurance Marketplace
- Medicaid
- Medicare
- VA/Tri-Care
- Have no health insurance
- Other (please specify)

**16. If you are interested in being considered in the drawing to win a \$50 VISA gift card, please provide your email address or phone number. If your survey is drawn, you will be contacted by email or phone, whichever you prefer.**

E-mail

Phone

Thanks so very much for your responses to this survey. Your responses will help community leaders identify opportunities for improving community health and building a healthier community.



## APPENDIX C – Community Health Survey Instrument and Flyer (Spanish)

# Hamilton County Healthcare Strategic Planning Committee (Grupo Asesor de Salud Comunitaria)

Julio 4, 2014

Necesitamos escuchar su voz!

Queridos habitantes del Condado de Hamilton:

El recientemente formado Community Health Advisory Panel - CHAP (Grupo Asesor de Salud Comunitaria) del Condado de Hamilton ha estado trabajando intensamente tratando de identificar los problemas de salud más grandes. Pero para esto necesitamos de su ayuda.

El CHAP está lanzando la Encuesta de Salud de 2014 para poder escuchar los puntos de vista de todos los habitantes acerca de la salud de nuestro condado. Esta encuesta les dara la oportunidad de aportar en el desarrollo de la Evaluación y el Plan de Mejoramiento de la Salud Comunitaria de 2014.

Además de hacer algo por el bien de nuestra comunidad, usted también tiene la oportunidad de entrar en el sorteo para ganar una de las tres (3) tarjetas Visa de regalo con un valor de \$50.00. Esto es si decide participar e indica en la encuesta su deseo de entrar en el sorteo.

Hay dos maneras de obtener la encuesta:

1. Vaya a la página de internet (pero la encuesta es en Ingles):  
<https://www.surveymonkey.com/s/hamiltonhealth2014>
2. Envíe un correo electronic al señor Johnny Bullard al: [john.bullard@flhealth.gov](mailto:john.bullard@flhealth.gov) o llámelo al número: (386) 792-1414, para saber dónde puede conseguir una copia de la encuesta para completarla a mano. Sr. Perea tiene la encuesta en Espanol.

De parte del Grupo Asessor de Salud Comunitatira de Hamilton, me gustaría agradecerle por tomarse el tiempo para considerar el participar en esta encuesta tan importante para la comunidad.

Mark Lander, Administrador

Departamento de Salud del Condado de Hamilton

# Encuesta de la Salud Comunitaria del Condado de Hamilton 2014

Los líderes comunitarios necesitamos su opinión acerca de los problemas de salud más importantes que enfrenta nuestra comunidad. Sus respuestas nos darán información para la plan de mejoramiento de la salud comunitaria y contribuirá en la construcción de una comunidad mas saludable.

1. De la siguiente lista, cuáles piensa usted que son los tres (3) factores más importantes para tener una comunidad saludable? Debe elegir SOLAMENTE 3 de las opciones.

<ul style="list-style-type: none"><li>• Comportamientos y estilos de vida saludables</li><li>• Un buen lugar para criar los niños</li><li>• Preparación para desastres</li><li>• Vivienda asequible</li><li>• Bajo nivel de criminalidad / un vecindario seguro</li><li>• Bajo nivel de muerte infantil</li><li>• Eventos culturales y de arte</li><li>• Fortalecimiento de la vida familiar</li><li>• Bajos niveles de muerte y enfermedad en adultos</li><li>• Otro (por favor especifique)</li></ul>	<ul style="list-style-type: none"><li>• Medio ambiente limpio</li><li>• Parques y recreación</li><li>• Excelente relaciones entre razas y etnicidades</li><li>• Trabajos buenos y una economía saludable</li><li>• Acceso a servicios de salud (doctor familiar, etc)</li><li>• Bajo nivel de abuso infantil</li><li>• Escuelas buenas</li><li>• Valores religiosos o espirituales</li></ul>
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2. De la siguiente lista, cuáles piensa usted que son los tres (3) problemas de salud más importantes en nuestra comunidad. Debe elegir solamente SOLAMENTE 3 de las opciones.

<ul style="list-style-type: none"><li>• Heridas causadas por armas de fuego</li><li>• Homicidio</li><li>• Abuso y negligencia infantil</li><li>• Diabetes</li><li>• Lesiones por accidente de auto</li><li>• Enfermedades de transmisión sexual</li><li>• Problemas de la vejez ( artritis, pérdida del oído, etc)</li><li>• Enfermedades infecciosas (hepatitis, tuberculosis, etc)</li><li>• Enfermedades del corazón o infarto</li><li>• Violaciones y abuso sexual</li><li>• Otro (por favor especifique)</li></ul>	<ul style="list-style-type: none"><li>• Enfermedades respiratorias o pulmonares</li><li>• VIH o SIDA</li><li>• Cáncer</li><li>• Presión arterial alta</li><li>• Problemas de salud mental</li><li>• Mortalidad infantil</li><li>• Violencia doméstica o familiar</li><li>• Suicidio</li><li>• Problemas dentales</li><li>• Embarazo en la adolescencia</li></ul>
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3. De la siguiente lista, por favor identifique los tres (3) comportamientos que usted cree tienen el mayor impacto general sobre la salud de la gente en nuestra comunidad. Por favor SOLAMENTE seleccione tres (3) de las opciones.

<ul style="list-style-type: none"> <li>• No hacer ejercicio</li> <li>• Racismo</li> <li>• No vacunarse para prevenir las enfermedades</li> <li>• Tener sexo sin protección</li> <li>• Comer alimentos no saludables</li> <li>• Abuso de alcohol</li> <li>• Abuso de drogas</li> <li>• Otro (por favor especifique)</li> </ul>	<ul style="list-style-type: none"> <li>• Comer en exceso</li> <li>• Salirse de la escuela</li> <li>• No usar métodos para el control de la natalidad</li> <li>• Uso de cigarillo</li> <li>• No usar cinturón de seguridad o sillas de seguridad para el carro</li> <li>• Falta de atención maternal</li> <li>• Armas de fuego sin seguro</li> </ul>
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4. En cada uno de los siguientes problemas de salud, por favor díganos que tan serio es cada uno de ellos para la gente de esta comunidad. La seriedad del problema se califica desde “No es un problema” hasta “Extremadamente serio”.

	No es un problema	Sólo es un poco serio	Moderadamente serio	Muy Serio	Extremadamente serio
Cáncer					
Diabetes					
Enfermedad Cardíaca					
Enfermedad Mental					
Fumar y uso de cigarillo					
VIH/SIDA					
Sobrepeso y obesidad					
Abuso de droga y alcohol					

5. Las organizaciones de salud dicen que más gente esta desarrollando sobrepeso y obesidad actualmente. Abajo hay una lista de algunas cosas que pueden ser la causa de estos problemas. Para cada opción, por favor indique si usted piensa que la causa es la mayor, la menor o no es una causa del problema de obesidad.

	Causa Mayor	Causa Menor	No es una causa
La gente no sabe cómo controlar su peso			
La gente no quiere cambiar			
Los alimentos saludables son costosos			
La comida rápida es barata y fácil de encontrar			
Hay demasiadas comidas y bebidas no saludables en las escuelas			
Hay demasiada propaganda de comida no saludable			
No hay suficientes lugares para que la gente sea físicamente activa fuera de casa			
La gente pierde mucho tiempo en frente del televisor, juegos de video o computador			
La gente no tiene suficiente información acerca del contenido de la comida			

6. Algunas personas creen mantener un peso saludable es trabajo de los individuos y las familias solamente. Otros sienten que es trabajo de la comunidad entera incluyendo las escuelas, el gobierno, las empresas de servicios de salud y la industria de alimentos. Cuál de estas respuestas se acerca más a lo que usted siente al respecto? Debe seleccionar SOLO una (1) de las opciones.

- Es algo en lo que cada individuo debe trabajar
- Es algo en lo que la comunidad entera necesita trabajar
- Los dos deben involucrarse de igual manera
- No sé

7. Para cada una de las siguientes actividades, por favor califique la probabilidad de participaci3n en una escala del “1” hasta el “5”, el “1” siendo POCO PROBABLE y el “5” siendo ALTAMENTE PROBABLE. Usted debe calificar su probabilidad de participar en CADA una de estas actividades.

	Poco probable 1	2	3	4	Altamente probable 5	No Aplica
Asistir a foros de salud gratis						
Asistir a clases de cocina saludable						
Asistir a clases de nutrici3n						
Usar senderos naturales para caminar o trotar						
Llevar a sus hijos a actividades de verano de bajo costo o para despu3s de la escuela que promuevan la actividad f3sica (ejercicio)						
Apoyar iniciativas de la comunidad (Ciudad o Condado) que promuevan una alimentaci3n saludable y el ejercicio						
Apoyar iniciativas de la comunidad (Ciudad o Condado) que trabaje para evitar el consumo de cigarillo						
Utilizar opciones de bajo costo para hacer ejercicio						
Visitar paginas de Facebook u otros medios sociales que hablen sobre alimentaci3n saludable y ejercicio						
Visitar parques seguros si hubiera m3s disponibles						

8. Por favor responda cada una de las preguntas seleccionando una de las opciones del 1 al 5, "1" siendo FUERTEMENTE NO y el "5" siendo FUERTEMENTE SI. Debe responder cada una de las preguntas.

	Fuertemente No (1)	No (2)	Neutral (3)	Si (4)	Fuertemente Sí (5)	No estoy seguro
Esta usted satisfecho con la calidad de vida en su comunidad?						
La comunidad es un sitio seguro para vivir?						
Hay una amplia variedad de servicios de salud ofrecidos en la comunidad?						
Hay suficiente número de servicios de salud y sociales en la comunidad?						
Hay suficiente nivel de confianza, respeto y voluntad para trabajar unidos y alcanzar los objetivos comunitarios?						
Existen redes de apoyo (tal como grupos, agencias de servicios sociales, etc) para individuos y familias durante momentos de estrés y necesidad?						
Hay un sentido de responsabilidad y orgullo ciudadanos en los logros compartidos?						

9. Como calificaría la salud en general de nuestra comunidad? Debe seleccionar SOLAMENTE una (1) de las opciones.

- Muy poco saludable
- Poco saludable
- Algo saludable
- Saludable
- Muy saludable

Ahora necesitamos preguntar un poco acerca de usted. Usted no esta obligado a responder estas preguntas, pero sus respuestas nos ayudarán a entender mejor las respuestas de la comunidad en esta encuesta.

10. Como calificaría su propia salud? Debe seleccionar SOLAMENTE una opción.

- Muy poco saludable
- Poco saludable
- Algo saludable
- Saludable
- Muy saludable

11. Cuál es sue dad? Por favor seleccione solo una opción.

- Same numbers
- 65 o más

12. Cuál es su género/sexo?

- Masculino
- Femenino
- Otro (por favor especifique)

13. Cuál es la raza o grupo etnico con el que usted más se identifica?

- Blanco (no hispano)
- Negro o Africano Americano (No hispano)
- Hispano/Latino
- Asiatico/de Islas del Pacífico
- Indígena Americano, Esquimal o Aleutiano
- Multiracial / Multietnico
- Otro (por favor especifique)

14. Cuál nivel educativo ha completado? Debe elegir SOLAMENTE una opción.

- Grado 12 o menos, sin diploma
- Diploma de secundaria
- Algo de Universidad, sin título
- Certificado de Escuela Técnica
- Grado de asociado (AA o AS)
- Grado de bachiller (BA o BS)
- Grado de Maestría (MA o MS)
- Grado de Profesional o doctorado (PhD, MD, JD, etc)

15. Qué tipo de seguro de salud tiene actualmente? Debe seleccionar SOLAMENTE una respuesta.

- Seguro privado a través de su trabajo
- Seguro privado a través de Obamacare/Mercado de Seguros de Salud
- Medicaid
- Medicare
- VA/Tri-Care
- No tengo seguro de salud
- Otro (por favor especifique)

16. Si usted está interesado en ser incluido en el sorteo de las tarjetas Visa de regalo por valor de \$50.00, por favor denos su dirección de correo electrónico (email) o su número de teléfono. Si su encuesta es seleccionada, será contactado por email o teléfono, según su preferencia.

- Email: \_\_\_\_\_
- Teléfono: \_\_\_\_\_

Muchísimas gracias por participar en esta encuesta. Sus respuestas ayudarán a los líderes comunitarios a identificar oportunidades para mejorar la salud de la comunidad y a construir una comunidad más saludable.

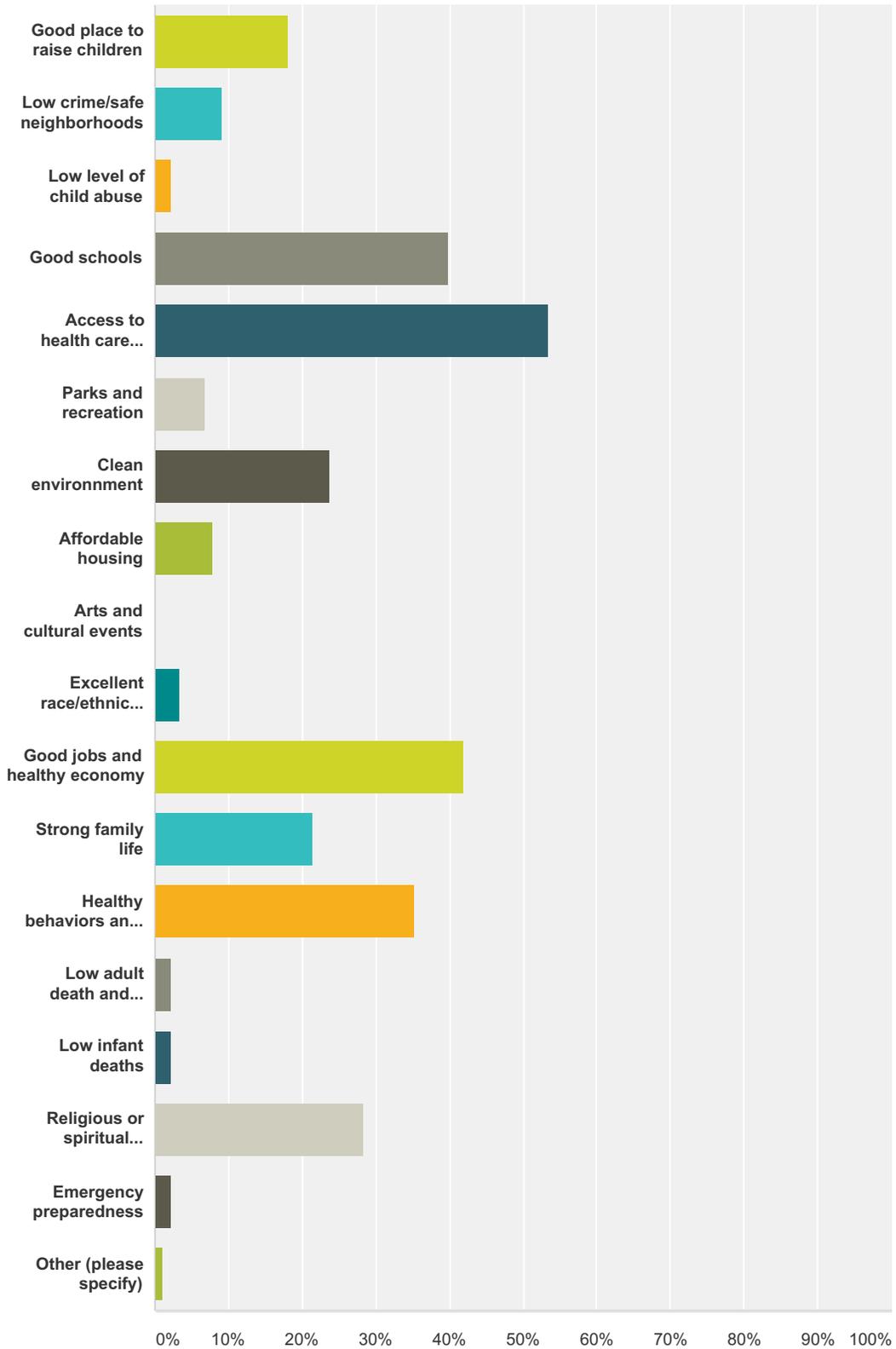


## APPENDIX D – Community Health Survey Detailed Results

**Q1 In the following list, what do you think are the three (3) most important factors for a Healthy Community? You must select EXACTLY three (3) choices.**

Answered: 88 Skipped: 0

## 2014 Hamilton County Community Health Survey



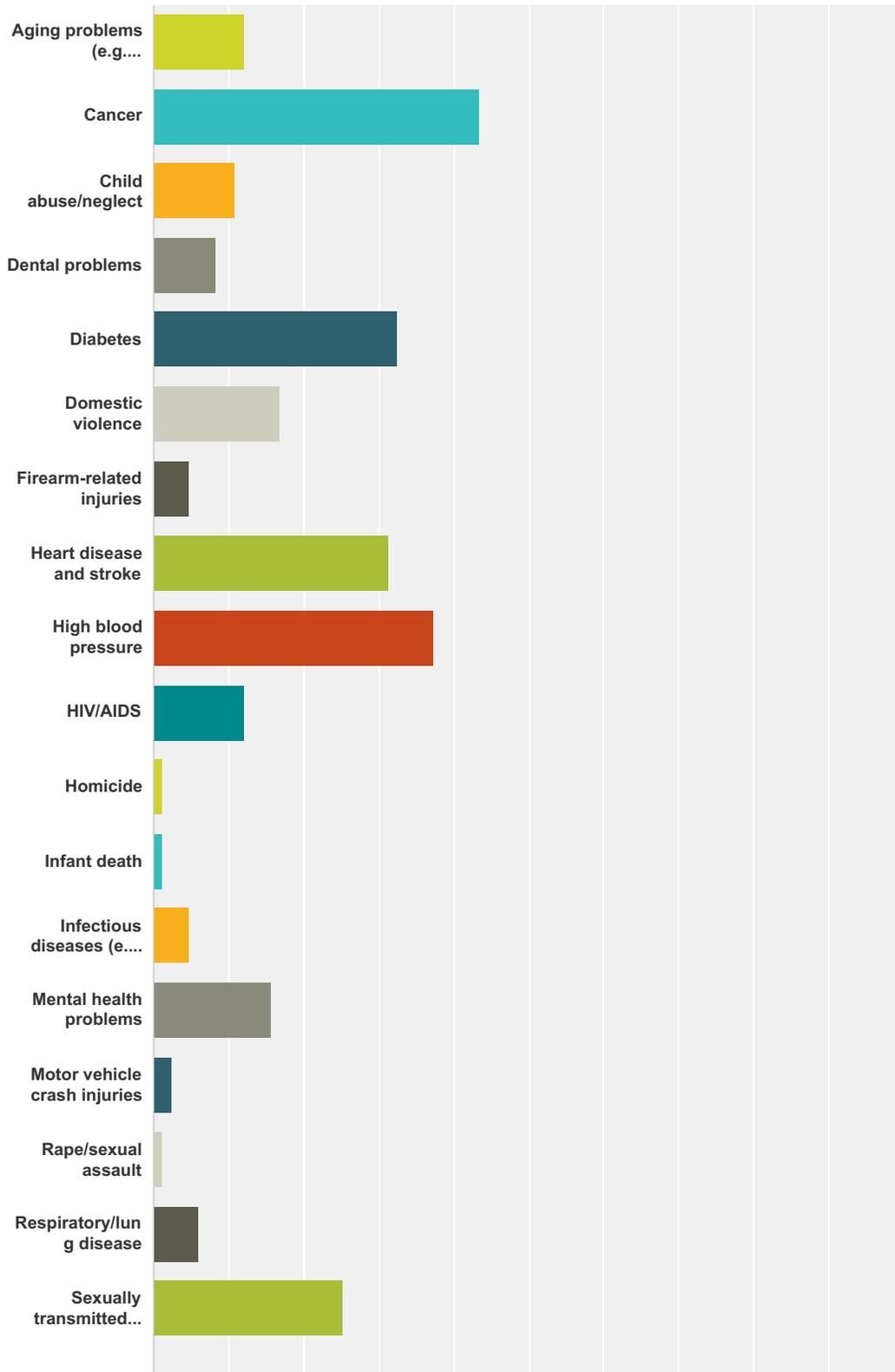
Answer Choices	Responses
Good place to raise children	18.18% 16
Low crime/safe neighborhoods	9.09% 8

## 2014 Hamilton County Community Health Survey

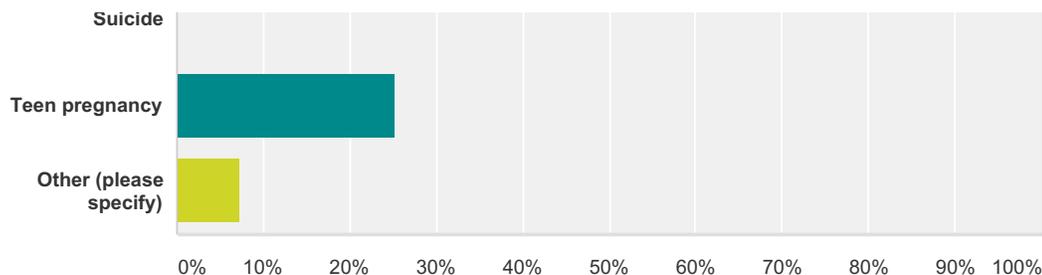
Low level of child abuse	2.27%	2
Good schools	39.77%	35
Access to health care (e.g. family doctor)	53.41%	47
Parks and recreation	6.82%	6
Clean environment	23.86%	21
Affordable housing	7.95%	7
Arts and cultural events	0.00%	0
Excellent race/ethnic relations	3.41%	3
Good jobs and healthy economy	42.05%	37
Strong family life	21.59%	19
Healthy behaviors and healthy lifestyles	35.23%	31
Low adult death and disease rates	2.27%	2
Low infant deaths	2.27%	2
Religious or spiritual values	28.41%	25
Emergency preparedness	2.27%	2
Other (please specify)	1.14%	1
<b>Total Respondents: 88</b>		

**Q2 In the following list, what do you think are the three (3) most important Health Problems in our community? You must select EXACTLY three (3) choices.**

Answered: 83 Skipped: 5



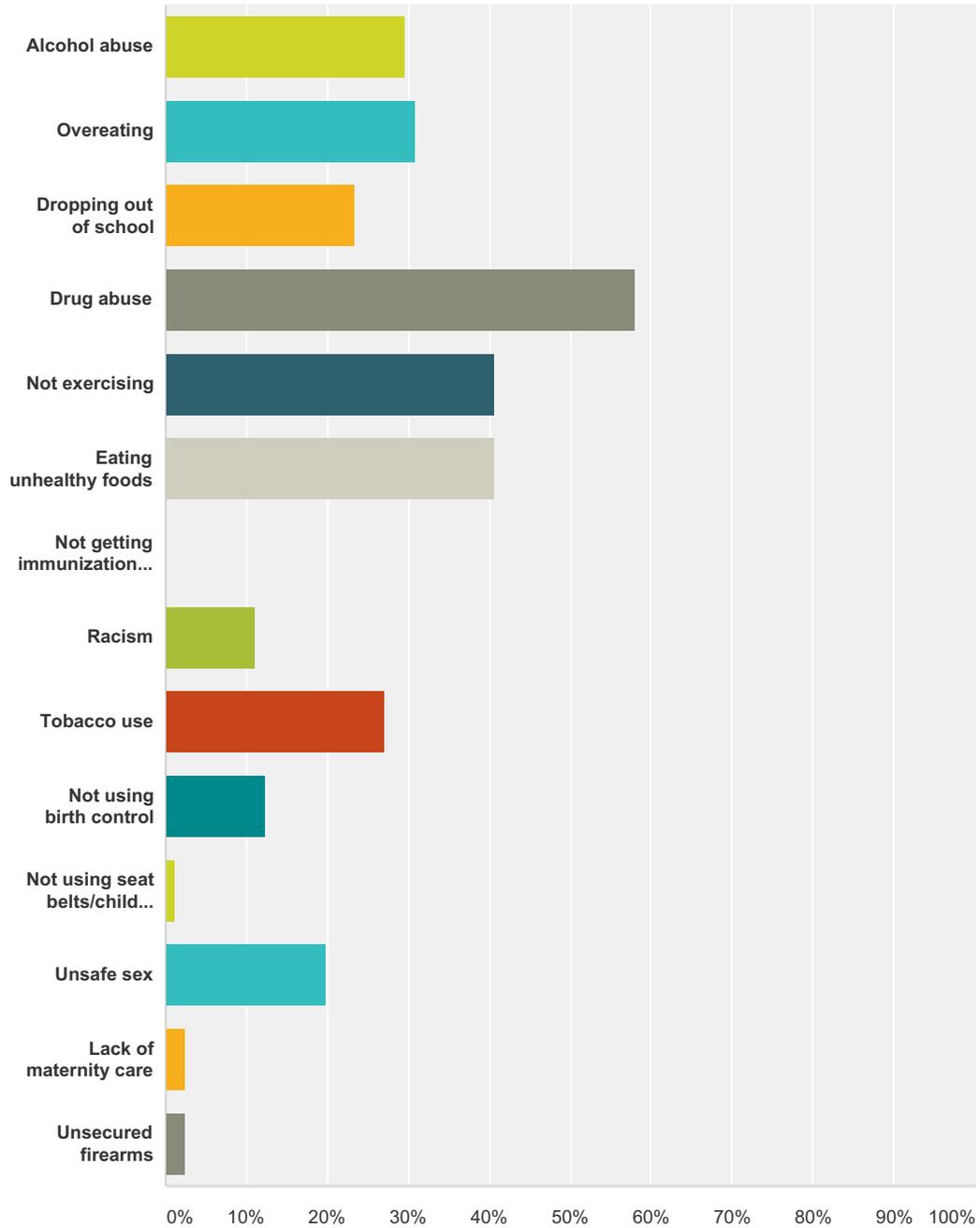
## 2014 Hamilton County Community Health Survey



Answer Choices	Responses	
Aging problems (e.g. arthritis, hearing loss, etc.)	12.05%	10
Cancer	43.37%	36
Child abuse/neglect	10.84%	9
Dental problems	8.43%	7
Diabetes	32.53%	27
Domestic violence	16.87%	14
Firearm-related injuries	4.82%	4
Heart disease and stroke	31.33%	26
High blood pressure	37.35%	31
HIV/AIDS	12.05%	10
Homicide	1.20%	1
Infant death	1.20%	1
Infectious diseases (e.g. hepatitis, TB, etc.)	4.82%	4
Mental health problems	15.66%	13
Motor vehicle crash injuries	2.41%	2
Rape/sexual assault	1.20%	1
Respiratory/lung disease	6.02%	5
Sexually transmitted diseases	25.30%	21
Suicide	0.00%	0
Teen pregnancy	25.30%	21
Other (please specify)	7.23%	6
<b>Total Respondents: 83</b>		

**Q3 From the list below, please identify the three (3) Behaviors that you believe have the greatest impact on overall health of people in our community? Please select EXACTLY three (3) choices.**

Answered: 81 Skipped: 7



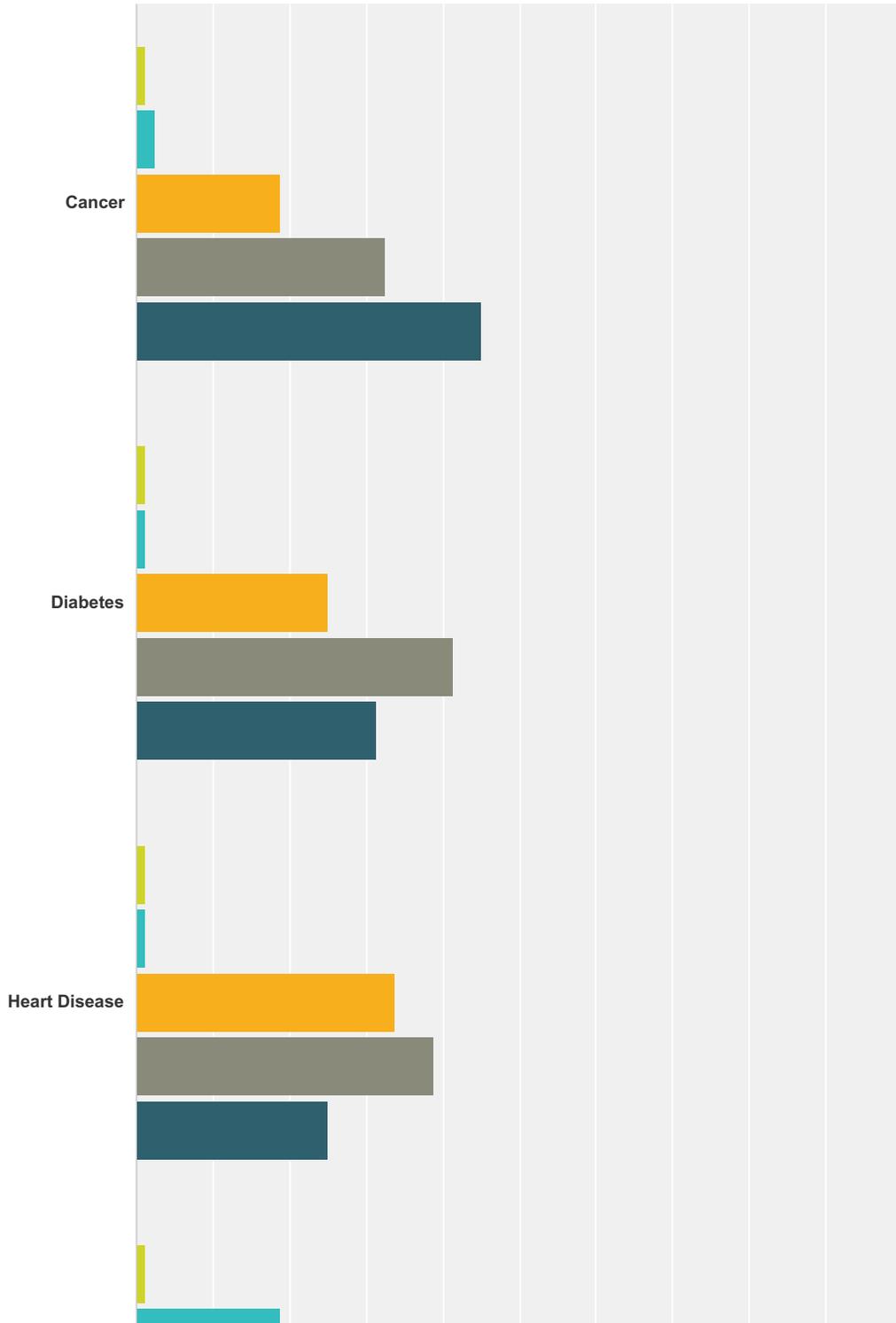
Answer Choices	Responses
Alcohol abuse	29.63% 24

## 2014 Hamilton County Community Health Survey

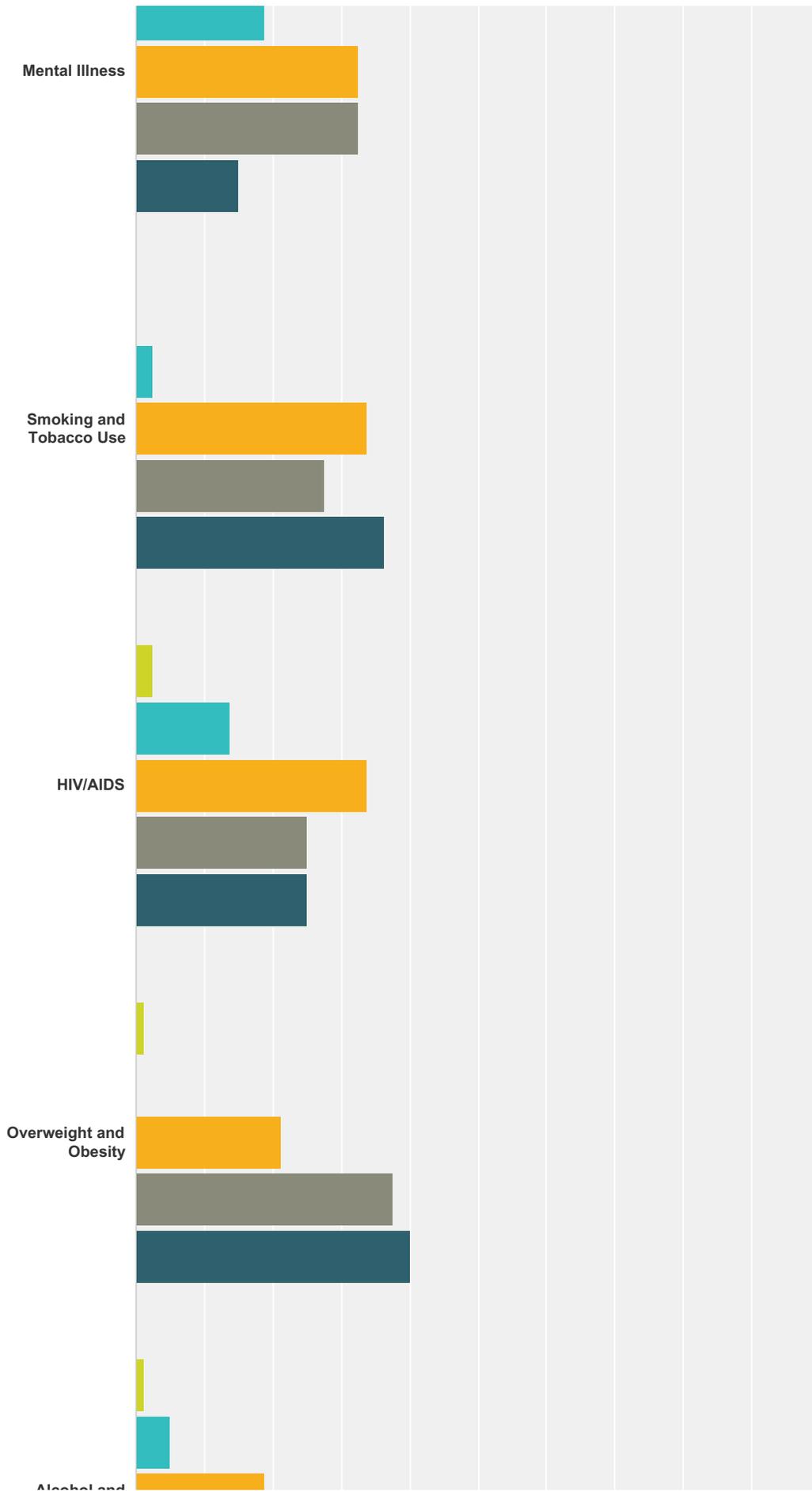
Overeating	30.86%	25
Dropping out of school	23.46%	19
Drug abuse	58.02%	47
Not exercising	40.74%	33
Eating unhealthy foods	40.74%	33
Not getting immunizations to prevent disease	0.00%	0
Racism	11.11%	9
Tobacco use	27.16%	22
Not using birth control	12.35%	10
Not using seat belts/child safety seats	1.23%	1
Unsafe sex	19.75%	16
Lack of maternity care	2.47%	2
Unsecured firearms	2.47%	2
<b>Total Respondents: 81</b>		

**Q4 For each of the following health issues, please tell us how serious of a problem each of these issues is for people in this community. The seriousness of the problem ranges from "not a problem at all" to "extremely serious."**

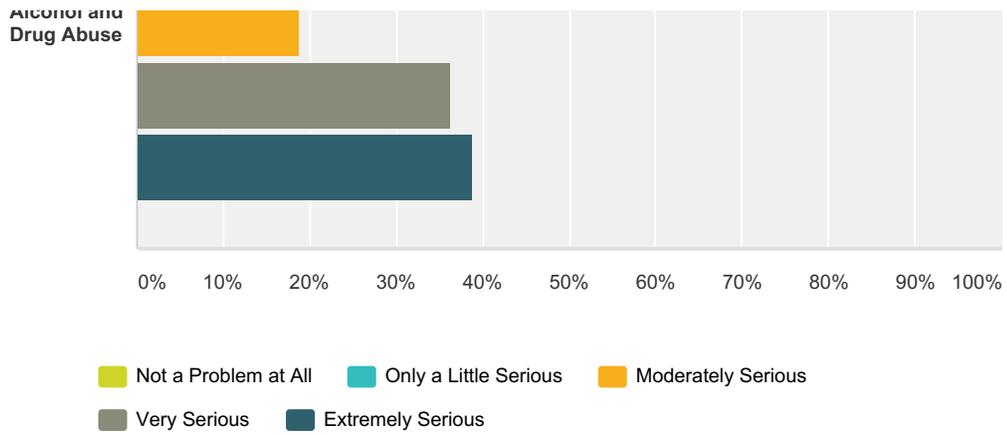
Answered: 80 Skipped: 8



# 2014 Hamilton County Community Health Survey



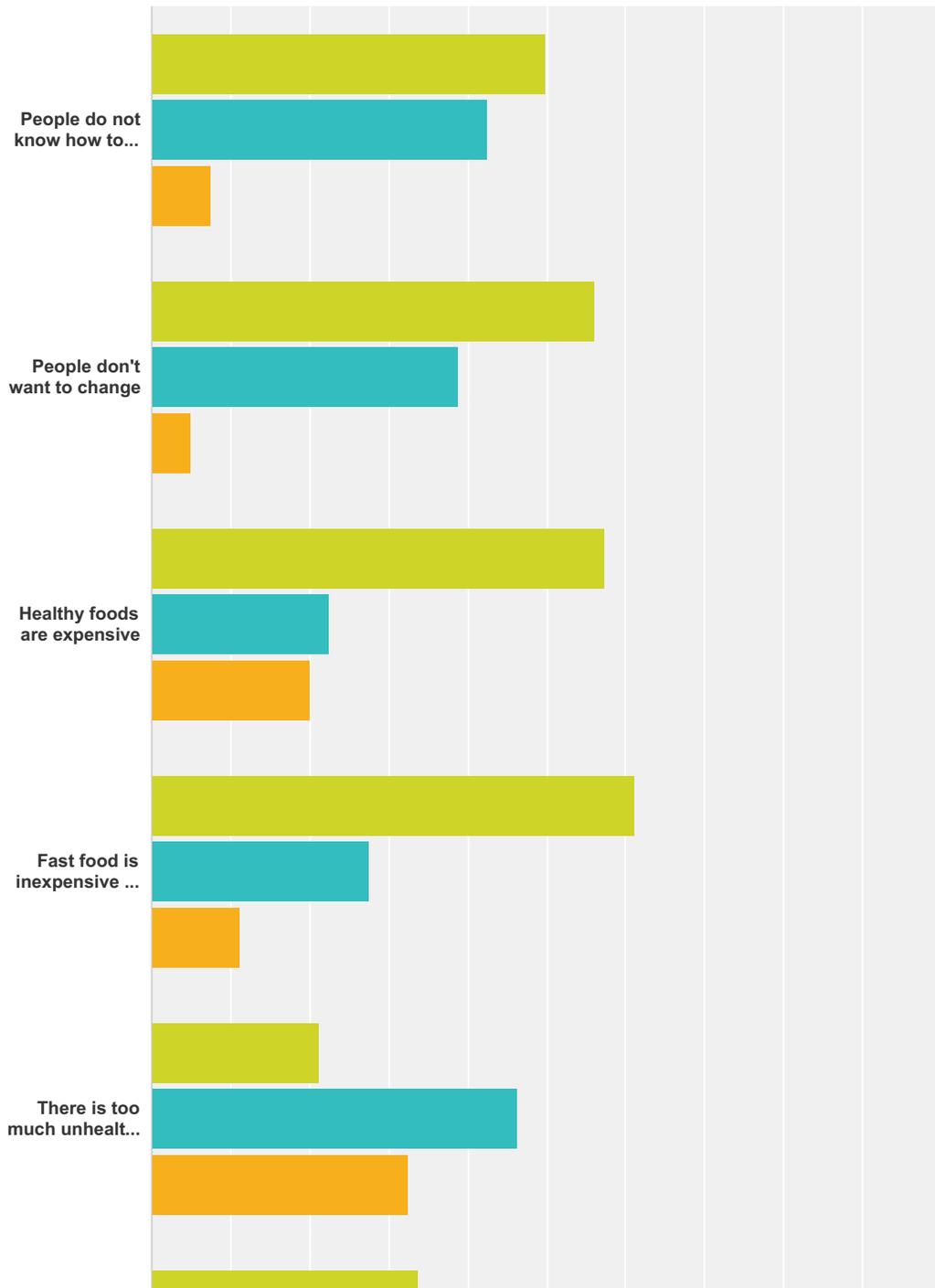
## 2014 Hamilton County Community Health Survey



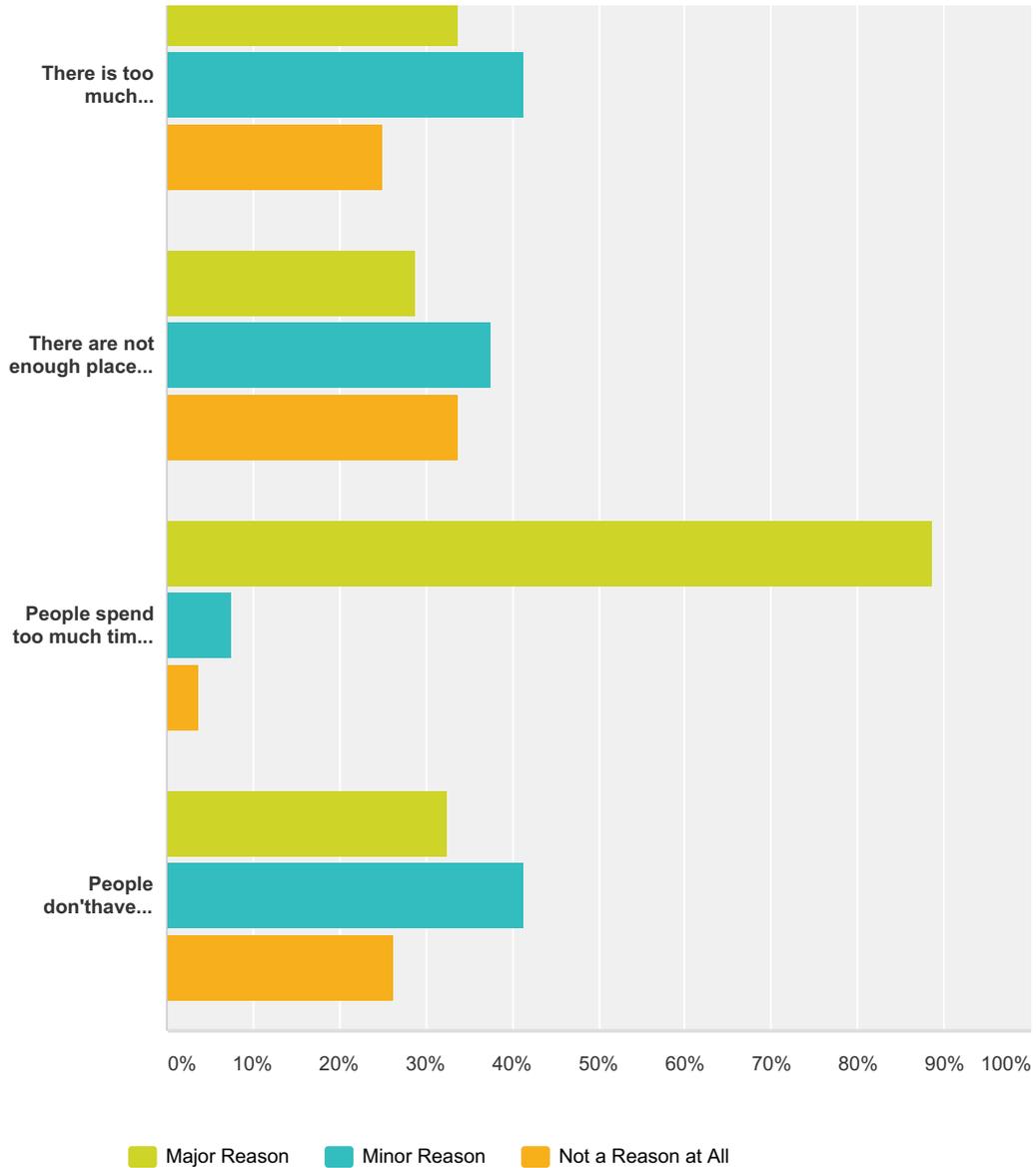
	Not a Problem at All	Only a Little Serious	Moderately Serious	Very Serious	Extremely Serious	Total
Cancer	1.25% 1	2.50% 2	18.75% 15	32.50% 26	45.00% 36	80
Diabetes	1.25% 1	1.25% 1	25.00% 20	41.25% 33	31.25% 25	80
Heart Disease	1.25% 1	1.25% 1	33.75% 27	38.75% 31	25.00% 20	80
Mental Illness	1.25% 1	18.75% 15	32.50% 26	32.50% 26	15.00% 12	80
Smoking and Tobacco Use	0.00% 0	2.50% 2	33.75% 27	27.50% 22	36.25% 29	80
HIV/AIDS	2.50% 2	13.75% 11	33.75% 27	25.00% 20	25.00% 20	80
Overweight and Obesity	1.25% 1	0.00% 0	21.25% 17	37.50% 30	40.00% 32	80
Alcohol and Drug Abuse	1.25% 1	5.00% 4	18.75% 15	36.25% 29	38.75% 31	80

**Q5 Health organizations say that more people are becoming overweight and obese these days. Listed below are some things that might be causes of this problem. For each potential cause, please indicate whether or not you think the cause is a major reason, a minor reason or not a reason at all for the obesity problem.**

Answered: 80 Skipped: 8



## 2014 Hamilton County Community Health Survey



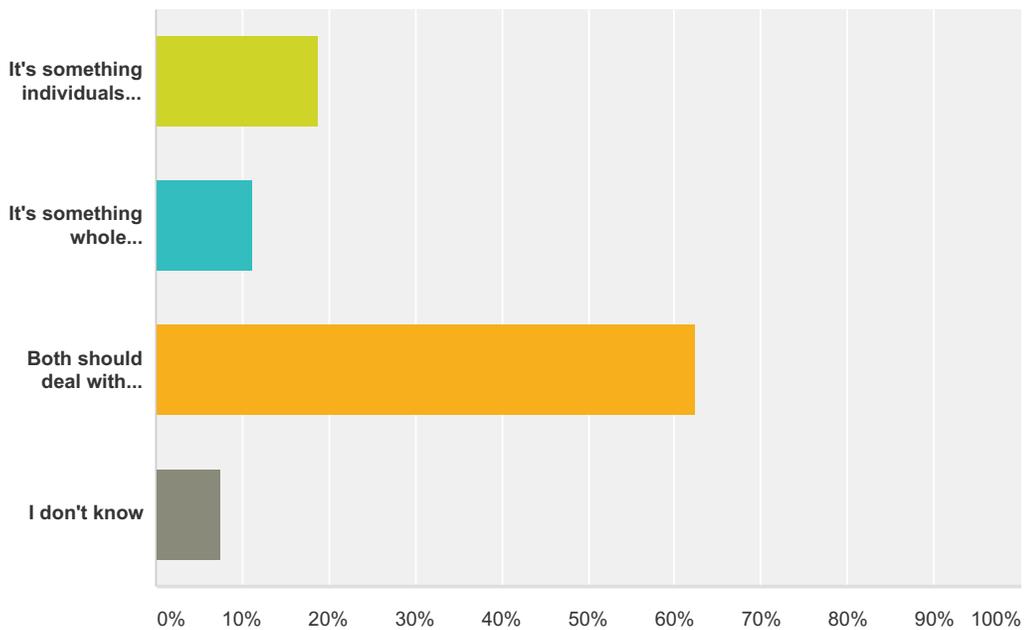
	Major Reason	Minor Reason	Not a Reason at All	Total
People do not know how to control their weight	50.00% 40	42.50% 34	7.50% 6	80
People don't want to change	56.25% 45	38.75% 31	5.00% 4	80
Healthy foods are expensive	57.50% 46	22.50% 18	20.00% 16	80
Fast food is inexpensive and easy to find	61.25% 49	27.50% 22	11.25% 9	80
There is too much unhealthy food and drinks for sale in schools	21.25% 17	46.25% 37	32.50% 26	80
There is too much advertising of unhealthy foods	33.75% 27	41.25% 33	25.00% 20	80
There are not enough places for people to be physically active outdoors	28.75% 23	37.50% 30	33.75% 27	80

## 2014 Hamilton County Community Health Survey

People spend too much time in front of TV, video game and computer screens	<b>88.75%</b> 71	<b>7.50%</b> 6	<b>3.75%</b> 3	80
People don't have enough information about what is in their food	<b>32.50%</b> 26	<b>41.25%</b> 33	<b>26.25%</b> 21	80

**Q6 Some people believe that maintaining healthy weight is up to individuals and families to deal with on their own. Others feel it is something that the whole community including schools, government, health care providers and the food industry should deal with. Which of these responses most closely matches your feelings on this issue? You must select ONLY one (1) choice.**

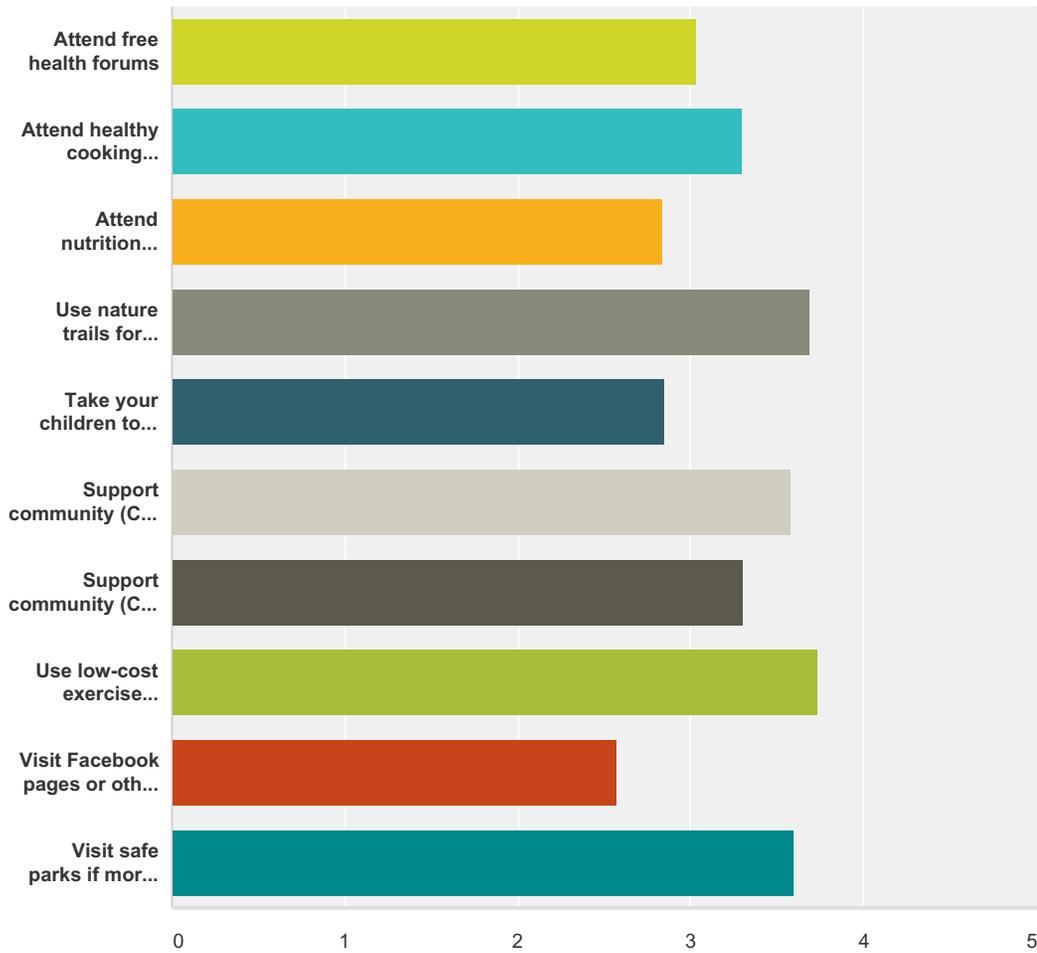
Answered: 80 Skipped: 8



Answer Choices	Responses
It's something individuals should deal with on their own	18.75% 15
It's something whole communities need to deal with	11.25% 9
Both should deal with equally	62.50% 50
I don't know	7.50% 6
<b>Total</b>	<b>80</b>

**Q7 For each of the following activities, please rate your likelihood to participate on a scale from "1" meaning HIGHLY UNLIKELY to "5" meaning HIGHLY LIKELY. You must rate your likelihood of participating for EACH of these activities.**

Answered: 80 Skipped: 8



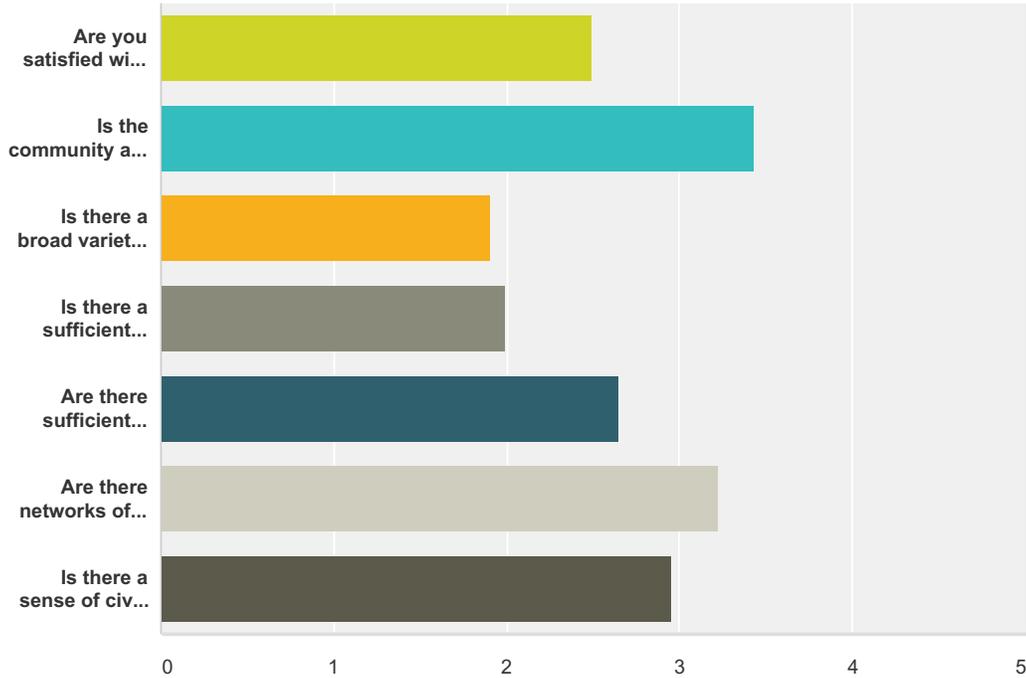
	Highly Unlikely (1)	(2)	(3)	(4)	Highly Likely (5)	Not Applicable	Total	Weighted Average
Attend free health forums	25.00% 20	7.50% 6	21.25% 17	18.75% 15	25.00% 20	2.50% 2	80	3.04
Attend healthy cooking classes	15.00% 12	11.25% 9	22.50% 18	18.75% 15	30.00% 24	2.50% 2	80	3.30
Attend nutrition classes	23.75% 19	12.50% 10	26.25% 21	12.50% 10	21.25% 17	3.75% 3	80	2.84
Use nature trails for walking or jogging	7.50% 6	5.00% 4	26.25% 21	13.75% 11	43.75% 35	3.75% 3	80	3.70

## 2014 Hamilton County Community Health Survey

Take your children to low-cost summer or after-school activities that promoted physical activity	<b>11.25%</b> 9	<b>7.50%</b> 6	<b>17.50%</b> 14	<b>12.50%</b> 10	<b>31.25%</b> 25	<b>20.00%</b> 16	80	2.85
Support community (City or County) resolutions that promote healthy eating and exercise	<b>5.00%</b> 4	<b>10.00%</b> 8	<b>18.75%</b> 15	<b>23.75%</b> 19	<b>36.25%</b> 29	<b>6.25%</b> 5	80	3.58
Support community (City or County) resolutions that address tobacco use	<b>11.25%</b> 9	<b>7.50%</b> 6	<b>13.75%</b> 11	<b>17.50%</b> 14	<b>38.75%</b> 31	<b>11.25%</b> 9	80	3.31
Use low-cost exercise options	<b>5.00%</b> 4	<b>7.50%</b> 6	<b>16.25%</b> 13	<b>20.00%</b> 16	<b>45.00%</b> 36	<b>6.25%</b> 5	80	3.74
Visit Facebook pages or other social media concerning healthy eating and exercise	<b>26.25%</b> 21	<b>18.75%</b> 15	<b>20.00%</b> 16	<b>16.25%</b> 13	<b>13.75%</b> 11	<b>5.00%</b> 4	80	2.58
Visit safe parks if more were available	<b>8.75%</b> 7	<b>6.25%</b> 5	<b>13.75%</b> 11	<b>15.00%</b> 12	<b>47.50%</b> 38	<b>8.75%</b> 7	80	3.60

**Q8 For each of the questions below, please answer by responding between 1 and 5 with "1" meaning STRONGLY NO to "5" meaning STRONGLY YES. You must answer for each question.**

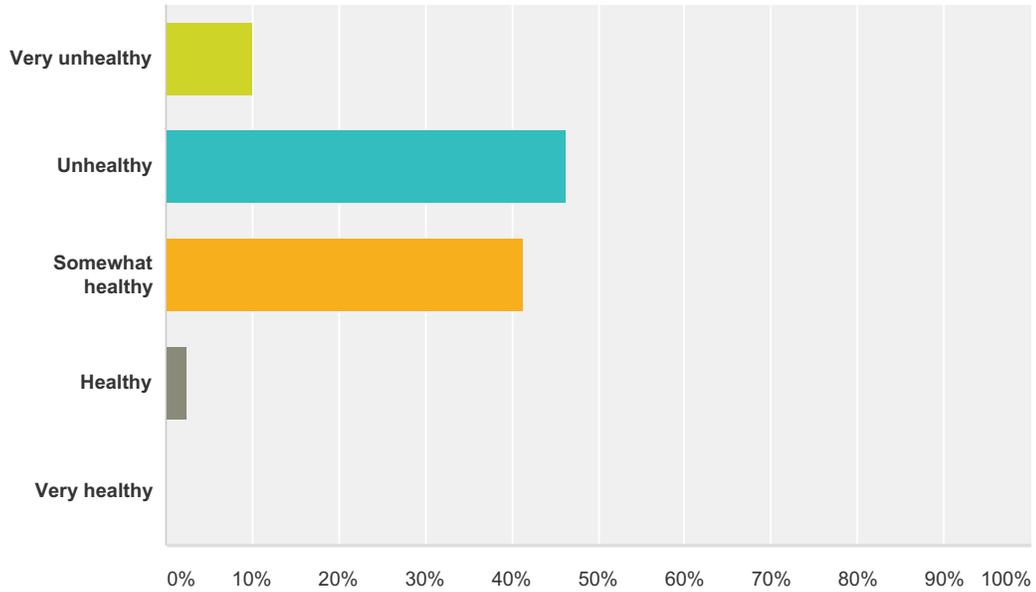
Answered: 80 Skipped: 8



	Stongly No (1)	No (2)	Neutral (3)	Yes (4)	Strongly Yes (5)	Not Sure	Total	Weighted Average
Are you satisfied with the quality of life in our community?	18.75% 15	41.25% 33	17.50% 14	13.75% 11	7.50% 6	1.25% 1	80	2.49
Is the community a safe place to live?	3.75% 3	12.50% 10	27.50% 22	41.25% 33	10.00% 8	5.00% 4	80	3.43
Is there a broad variety of health services in the community?	35.00% 28	42.50% 34	8.75% 7	8.75% 7	0.00% 0	5.00% 4	80	1.91
Is there a sufficient number of health and social services in the community?	40.00% 32	33.75% 27	6.25% 5	8.75% 7	5.00% 4	6.25% 5	80	1.99
Are there sufficient levels of trust, respect and willingness to work together to achieve community goals?	17.50% 14	21.25% 17	33.75% 27	18.75% 15	2.50% 2	6.25% 5	80	2.65
Are there networks of support (such as church groups, social service agencies, etc.) for individual and families during times of stress and need?	8.75% 7	17.50% 14	25.00% 20	26.25% 21	15.00% 12	7.50% 6	80	3.23
Is there a sense of civic responsibility and civic pride in shared accomplishments?	5.00% 4	22.50% 18	38.75% 31	22.50% 18	2.50% 2	8.75% 7	80	2.95

**Q9 How would you rate the overall health of our community? You must select EXACTLY one (1) choice.**

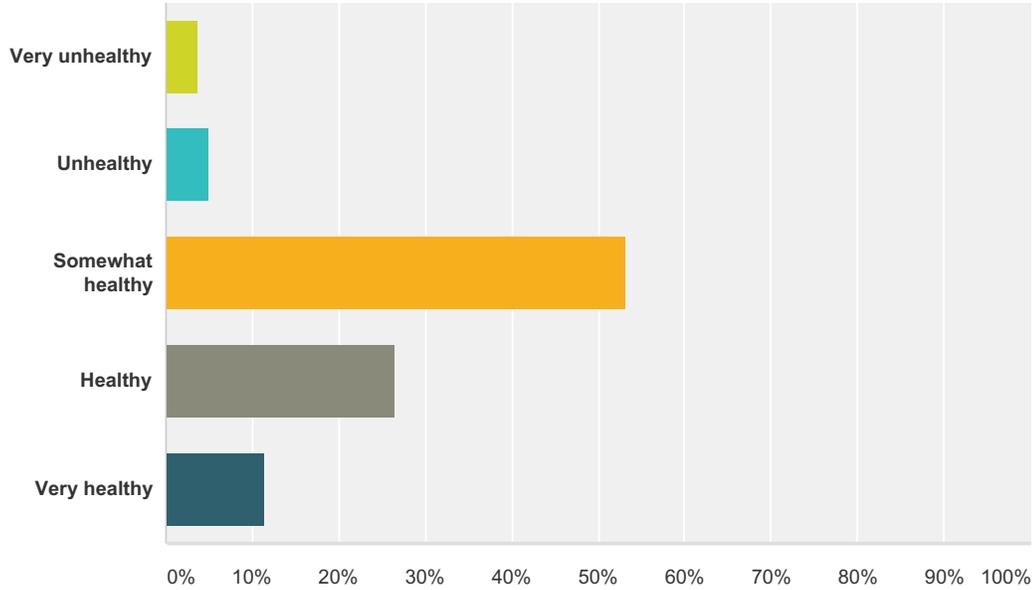
Answered: 80 Skipped: 8



Answer Choices	Responses	
Very unhealthy	10.00%	8
Unhealthy	46.25%	37
Somewhat healthy	41.25%	33
Healthy	2.50%	2
Very healthy	0.00%	0
<b>Total</b>		<b>80</b>

**Q10 How would you rate your own personal health? You must select EXACTLY one (1) choice.**

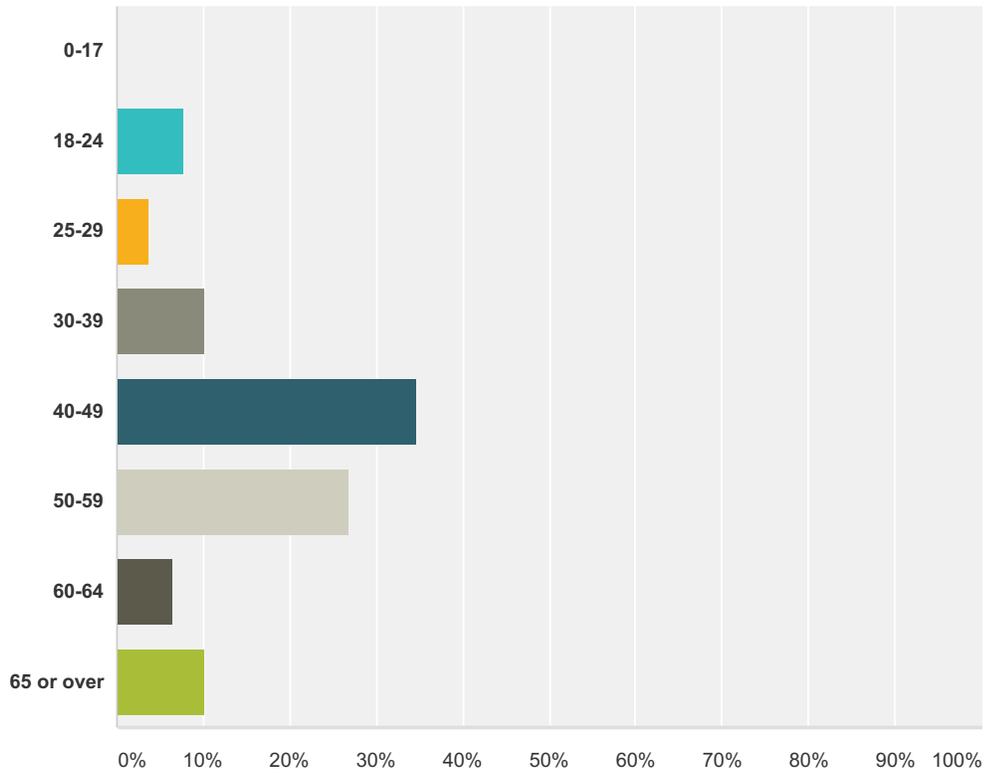
Answered: 79 Skipped: 9



Answer Choices	Responses	
Very unhealthy	3.80%	3
Unhealthy	5.06%	4
Somewhat healthy	53.16%	42
Healthy	26.58%	21
Very healthy	11.39%	9
<b>Total</b>		<b>79</b>

**Q11 What is your age? Please select only one (1) choice.**

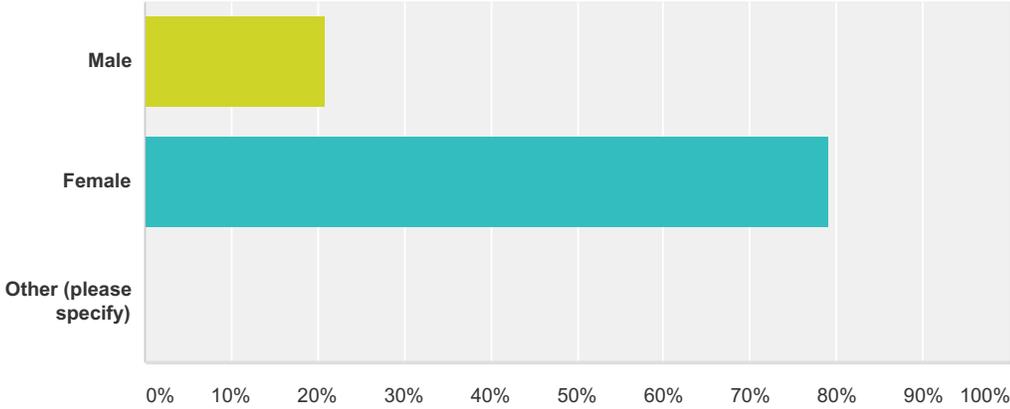
Answered: 78 Skipped: 10



Answer Choices	Responses
0-17	0.00% 0
18-24	7.69% 6
25-29	3.85% 3
30-39	10.26% 8
40-49	34.62% 27
50-59	26.92% 21
60-64	6.41% 5
65 or over	10.26% 8
<b>Total</b>	<b>78</b>

**Q12 What is your gender/sex?**

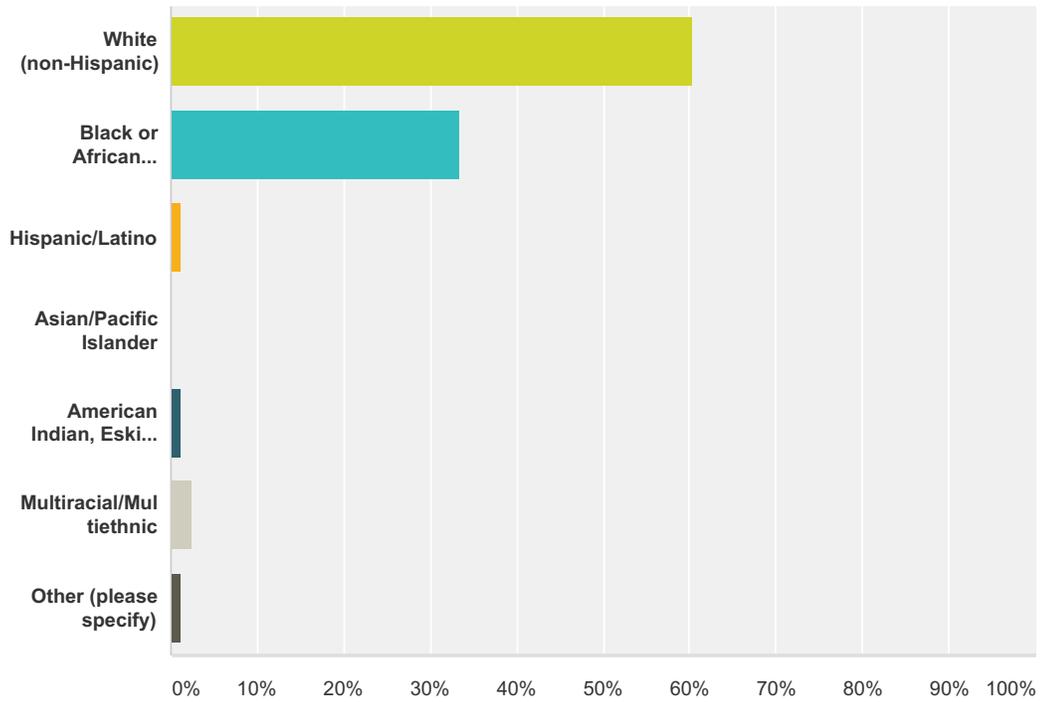
Answered: 77 Skipped: 11



Answer Choices	Responses
Male	20.78% 16
Female	79.22% 61
Other (please specify)	0.00% 0
<b>Total</b>	<b>77</b>

### Q13 What racial/ethnic group to you most identify with?

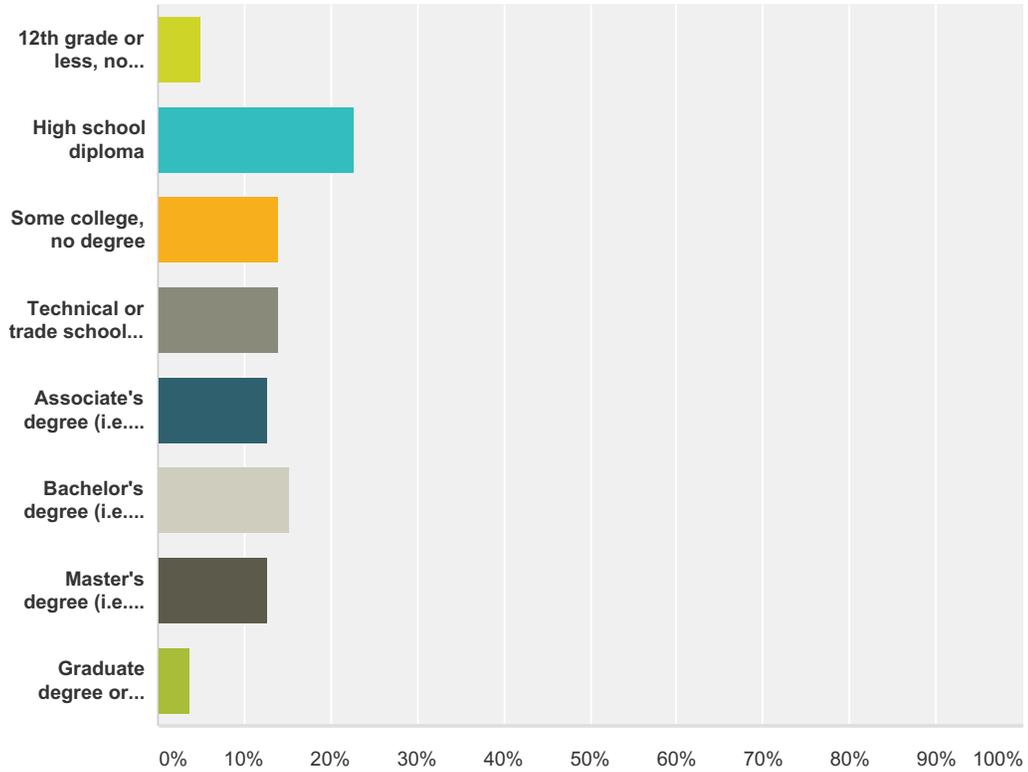
Answered: 78 Skipped: 10



Answer Choices	Responses
White (non-Hispanic)	60.26% 47
Black or African American (non-Hispanic)	33.33% 26
Hispanic/Latino	1.28% 1
Asian/Pacific Islander	0.00% 0
American Indian, Eskimo or Aleut	1.28% 1
Multiracial/Multiethnic	2.56% 2
Other (please specify)	1.28% 1
<b>Total</b>	<b>78</b>

**Q14 What is the level of school you have completed? You must choose EXACTLY one (1) response.**

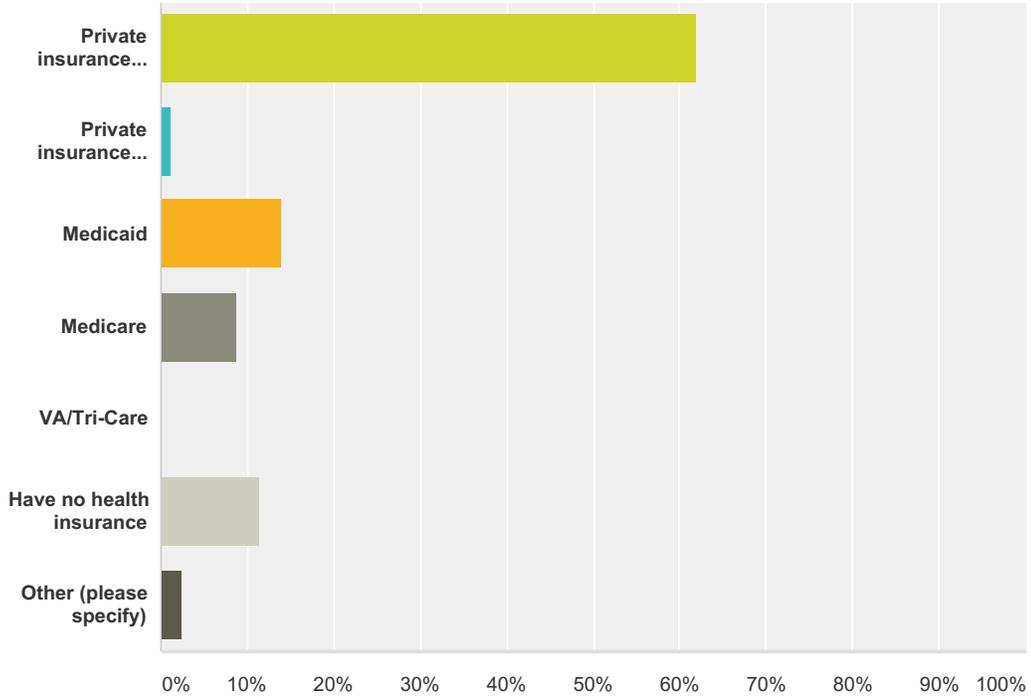
Answered: 79 Skipped: 9



Answer Choices	Responses
12th grade or less, no diploma	5.06% 4
High school diploma	22.78% 18
Some college, no degree	13.92% 11
Technical or trade school certificate	13.92% 11
Associate's degree (i.e. AA or AS)	12.66% 10
Bachelor's degree (i.e. BA or BS)	15.19% 12
Master's degree (i.e. MA or MS)	12.66% 10
Graduate degree or professional degree (i.e. PhD, MD, JD, etc.)	3.80% 3
<b>Total</b>	<b>79</b>

**Q15 What type of health insurance do you currently have? You must select EXACTLY one (1) response.**

Answered: 79 Skipped: 9



Answer Choices	Responses
Private insurance through work	62.03% 49
Private insurance through Obamacare/Health Insurance Marketplace	1.27% 1
Medicaid	13.92% 11
Medicare	8.86% 7
VA/Tri-Care	0.00% 0
Have no health insurance	11.39% 9
Other (please specify)	2.53% 2
<b>Total</b>	<b>79</b>

**Q16 If you are interested in being considered in the drawing to win a \$50 VISA gift card, please provide your email address or phone number. If your survey is drawn, you will be contacted by email or phone, whichever you prefer.**

Answered: 51 Skipped: 37

Answer Choices	Responses	
E-mail	80.39%	41
Phone	78.43%	40