

# LAKE COUNTY

## COMMUNITY **HEALTH**

**JUNE 2019**  
ASSESSMENT





2019  
COMMUNITY  
HEALTH  
ASSESSMENT

# TABLE OF CONTENTS

## 01 | BACKGROUND

Acknowledgements	03
Letter to the Community	04

## 02 | METHODOLOGY

Introduction & Methodology	05
Lake County Overview	06
About this Report	10
Primary & Secondary Data	12

## 03 | COMMUNITY PROFILE

Community Profile	14
Demographics	15

## 04 | HEALTH OUTCOMES

Length of Life	16
Leading Causes of Death	17
Quality of Life Indicators	18
Chronic Disease Indicators	18
Mental Health Indicators	20
Community Input: Top County Health Issues	22
Key Changes Since Last CHA	24

## 05 | HEALTH BEHAVIORS

Tobacco Use	28
Diet & Exercise	30
Alcohol & Drug Use	32
Sexual Activity	33

## 06 | CLINICAL CARE

Access to Care	34
Injury & Hospitalizations	36
Birth Characteristics	36

## 07 | SOCIAL & ECONOMIC FACTORS

Economic Conditions	38
School & Student Characteristics	40
Safety	41

## 08 | PHYSICAL ENVIRONMENT

Built Environment	42
-------------------	----

## 09 | PRIORITY AREAS

Priority Areas	44
----------------	----

## 10 | APPENDIX

Sources and References	A
------------------------	---

# ACKNOWLEDGMENTS

The Florida Department of Health in Lake County thanks the following individuals and organizations for their invaluable contributions to this report.

## **CHA LEADERSHIP TEAM**

### **DATA COLLABORATIVE GROUP**

Advent Health  
Aspire Health Partners  
Orlando Health  
Osceola Community Health Services  
True Health  
Florida Department of Health in Lake County  
Florida Department of Health in Orange County  
Florida Department of Health in Seminole County  
Florida Department of Health in Osceola County

### **FOCUS GROUPS (7)**

Health and Hunger Task Force  
First Responders  
Homelessness Providers  
Mental Health Providers  
Advent Health Care Center  
Lake County CHIP Group  
Elder Adult Providers

### **KEY INFORMANT INTERVIEWS (16)**

Central Florida YMCA  
Second Harvest Food Bank of Central Florida  
Florida Department of Children and Families - Regional Director  
Florida Department of Children and Families- Substance Abuse  
University of Central Florida Hospital  
Lifestream Behavioral Center, Inc.  
Mental Health Association of Central Florida  
We Care Lake County

Lake County Schools  
Lake County Sheriff  
Community Health Centers  
Lake County EMS  
Florida Department of Children and Families - Refugee Services  
Florida Department of Children and Families - Human Trafficking  
Florida Department of Children and Families - Adult Services  
Florida Department of Children and Families - Foster Care

# LETTER TO THE COMMUNITY

**Aaron Kissler, MPH**

**H** ealth Officer/Administrator  
Florida Department of Health  
in Lake County



The Community Health Assessment gives us a great opportunity to align our goals with our partners and focus on what will be the most important health challenges our communities will face. The Florida Department of Health in Lake County is determined to discover the most impactful health issues that will strive to overcome in the upcoming years.

We appreciate our partner's willingness to address these issues in unison. Thank you for your continued interest in our CHA and welcome, to what we hope will be an integral in addressing a path to better health outcomes!

**Aaron Kissler, MPH**  
**Health Officer**  
**Florida Department of Health In Lake County**

# INTRODUCTION

The Florida Department of Health in Lake County (DOH-Lake) produces a Community Health Assessment (CHA) every five years. The CHA **tells the story of public health in Lake County**. It shares the wonderful things about our community and the ways we can improve. We all have a role to play in making Lake County a **healthier place to live, learn, work and play!** As you read the CHA, think about how you can become involved.

## METHODOLOGY

To develop the CHA, we used the Mobilizing for Action through Planning and Partnerships (MAPP) model. The MAPP model is made up of four assessments that help identify public health issues in our community:

**Community Health Status Assessment** | This explains the health standing of our community. Between September 2018 and June 2019, the assessment helped us identify our key community health problems by reviewing data about health conditions, quality of life and risk factors in the community.

**Community Themes and Strengths Assessment** | Information was collected between October 2018 and May 2019 from seven focus groups, 16 individual stakeholder interviews, 656 community survey participants, 26 intercept survey participants and 75 key informant survey participants. This data helped us learn what issues are important to our community, how the quality of life is seen in our community and what resources our community has that can be used to improve health.

**Local Public Health System Assessment** | Facts and figures were collected from four public health system scoring groups. This data helped us learn how well public health services are being provided to our community, the performance and abilities of our community health system.

**Forces of Change Assessment** | Information was collected from community leaders, which helped us learn what is happening or could happen that affects the health of our community and what dangers or opportunities are exposed by these occurrences.

On April 4, 2019, the DOH-Lake Community Health Improvement team met with the consultant team from Strategy Solutions, Inc. to review the primary and secondary data collected, review and prioritize identified needs.

Using this CHA as a guide, we will create the Community Health Improvement Plan (CHIP). It will be used to improve health concerns reported in the CHA, in partnership with a group of dedicated leaders from community organizations.

# LAKE COUNTY OVERVIEW

## COMMUNITY DEMOGRAPHICS AND HIGH RISK POPULATIONS

Over the next 5-year period, Lake County is expected to grow by about 8.1%, from 356,209 in 2019 to 384,958 in 2024, which is slightly above the state of Florida's expected growth rate (6.8%). This will represent a total growth of 19.1% since 2010. The county has slightly more females (51.6%) than males (48.4%). The population is also predominantly White (79.2%) and has a sizable Hispanic population (15.9%), although the percentage is below that of the state of Florida (31.2%) and the nation overall (18.3%). The median age in 2019 is 47.3, slightly higher than the state of Florida overall (42.5). The median age is expected to grow slightly older to 47.9 by 2023. The percentage of residents living in Lake County with an education beyond high school (55.7%) is higher than the state of Florida (49.3%), and nation (39.0%). The average household income is \$70,731 with 9.3% of the families having incomes below the federal poverty level and 46.4% of households having incomes under \$50,000.<sup>1</sup>

Health is influenced by conditions where we live and the ability and means to access healthy food, education, affordable housing, and jobs. Unfortunately, significant gaps in life expectancy persist across many United States cities, towns, ZIP codes and neighborhoods. In Lake County, there are several zip codes that have poverty rates above 20% including: Astor, Altoona, Eustis, and Paisley.<sup>2</sup>

The largest health disparities in the four county region are related to race, income, and education. For example:

- Whites in Lake County have the highest rate of colorectal cancer incidence (40.4) compared to Blacks (33.9) and Hispanics (31.8)
- Whites have the highest rate of breast cancer incidence (132.6) compared to Blacks (101.3) and Hispanics (96.8)
- Whites (65.2) also have the highest rate of lung cancer in Lake County compared to Blacks (37.8) and Hispanics (31.5)
- Blacks have the highest rates of asthma (7.4%) compared to Whites (5.5%) and Hispanics (1.8%)
- Non-Hispanic Blacks (45.5) have the highest diabetes death rates compared to Whites (22.5), White Hispanics (21.7) and Black Hispanics (9.8)
- Infant mortality per 1,000 births in Lake County is highest among Blacks (7.7) compared to Whites (3.8) and Hispanics (1.4) in 2018.
- Births to mothers with less than high school education is highest among Hispanics (15.9%), compared to Blacks (10.8%) and Whites (11.4%) in 2018.
- Adults with incomes less than \$25k are more likely (17.1%) to have poor mental health compared to those with incomes between \$25 and 49k (7.3%) and those with incomes 50k and above (2.6%).<sup>3</sup>

According to primary research participants, vulnerable and at-risk populations include low-income and homeless students and adults, students, immigrants, substance users and those within the LGBTQ community.

## HEALTH ISSUES AMONG POPULATION GROUPS<sup>4</sup>

While very few Community Survey respondents from Lake County indicated that they or a family member have experienced crime (10.0%) or delinquency/youth crime (4.6%), stakeholders interviewed discussed the importance of neighborhood safety especially for children as a key community issue. Gun safety was also brought up as an important community issue. Intercept Survey respondents discussed the need for a community coalition to address youth.

Additionally, while the percentage of students in Lake County who are homeless decreased from 7.0% in 2012-13 to 5.2% in 2016-17, this is more than double the state rate. Focus group participants talked about the surprising number of students who do not have a home and are living in the forest or in a vehicle. There are also many grandparents raising grandchildren. Human Trafficking was also identified as an important community issue among youth and young adults.

Barriers that were identified by primary research participants included lack of safe mobility options and lack of recreational spaces that students can access. Housing is unaffordable for many parents and they need living wages so they can provide a home and healthy food for their children. There are also not enough pediatricians that accept Medicaid for children. Lack of multi-lingual providers, especially those who are Spanish speaking is also a barrier. There is also a reluctance among immigrant families to seek care.

Almost two thirds (63.9%) of community survey respondents from Lake County indicated that they experienced depression either themselves or in their family in the past year. Only 13.5% indicated that there are sufficient mental health services and only 10.3% indicated that the community knows how to access mental health services.

Stakeholders identified lack of mental health providers as a key community issue. Focus group participants discussed the growing mental health needs, particularly at younger ages that are becoming more severe. There are also needs within the senior populations. Participants commented that many older adults are reluctant to leave their homes and are not getting either the physical or mental health treatment that they need. Key informants commented that there is also a need for residents to be directed to the appropriate programs for treatment. Intercept survey participants also mentioned mental health as a top three community health need. Key informants also mentioned that there are not adequate resources in the community to care for the LGBTQ community, both youth and adults, for both physical and mental health.

The controlled substance prescribing rate of opioids for Lake County per 1,000 population increased from 813.2 in 2013, to 942.9 in 2017. This was the highest rate in the four-county region. A substantial majority of key informants (87.2%) indicated that substance use is an issue that their clients struggle with. More than half of stakeholder interview participants identified substance use as a top priority community issue. Only 8.8% of community survey respondents indicated that there are sufficient substance use services in the community.

Focus group participants comments that there are a variety of health issues that addicts are dealing with because they have not

taken good care of their health. Needed services mentioned by primary research participants included more prevention, education to change social norms, long term addiction recovery facilities, education, as well as prevention and treatment for tobacco/vaping. There is also a need for a detox facility and connections for individuals who overdose to a peer support navigator.

## SOCIAL DETERMINANTS OF HEALTH AFFECTING LAKE COUNTY<sup>4</sup>

The poverty rate in Lake County was 12.8% in 2017. While this is lower than the state rate of 14.0%, the rate increased from 9.6% in 2000. More than one in five of the community survey respondents in Lake County (21.4%) indicated that they or a family member had experienced the lack of affordable and adequate housing in the past year. Lake County had a smaller percentage of respondents experiencing housing problems when compared to the four-county region (25.2%). Even though the four-county region had 9.1% of the Community Survey respondents indicating that they were worried about stable housing versus 6.3% in Lake County, there is a portion of the community struggling with housing and other social determinant issues.

Respondents to the Community Survey from Lake County were:

- Less likely (12.4%) to indicate that they are experiencing poverty than the four-county region overall (14.8%)
- Less likely (20.3%) to experience difficulty with employment when compared to the four-county region overall (26.3%)
- Less likely (4.9%) to have their utilities shut off in the past 12 months than the four-county region (6.3%)
- Less likely (8.3%) to indicate that their food did not last before they had money to buy more, than the four-county regional overall (11.1%)

Stakeholders indicated that lack of transportation, affordable housing and homelessness were important economic issues. Focus group participants commented that health inequity is a result of an individual's economic situation. Those with limited income do not focus on their health until it is a problem. The homeless population is a high priority in Lake County.

Key informants highlighted that Lake is a lower income county where people struggle with unemployment and high housing costs. Lack of jobs that pay a livable wage is a barrier for many residents. Intercept survey participants identified lack of income, insufficient public and affordable transportation and lack of affordable housing are top community needs.

Barriers to healthy living identified by primary research participants also included the lack of chronic disease prevention and management services, education on healthy eating and access to affordable, fresh produce and the lack of education on the use of medical marijuana to treat chronic conditions. Lack of access to care for chronic conditions, transportation, lack of insurance and difficulty navigating the system were also identified as barriers to receiving care along with the time it takes to get an appointment and the lack of coordinated care.

According to the community survey, 33% of respondents lack access to healthy high-quality affordable food and 8.6% lack access to fresh available drinking water. A little over one in four (26.1%) respondents indicated that they lack safe roads/sidewalks and 22.6% of Lake County respondents lack recreational opportunities.

Stakeholders in Lake County commented that there is insufficient access to affordable, healthy food. Focus group participants commented that many residents of the county live in food deserts. Many residents have poor eating habits because fast food is cheaper to purchase than high quality food. Key informants comments that there are poor housing conditions in the county and a lack of good public transportation. Intercept survey participants comments there is insufficient access to healthy food and there is not enough opportunities for physical activity for the population.



# HEALTH BEGINS WHERE YOU LIVE, LEARN, WORK AND PLAY

All Lake County residents should have the opportunity to make the choices that allow them to live a long, healthy life, regardless of their income, education, ethnic background or abilities.

It is important to work toward raising the bar for all Lake County residents so that everyone can have the opportunity to make healthy choices. A disparity is when different groups of people have very different levels of health for no obvious reason. For example, it is important to know if people in one part of our county are sicker than people in the rest of the county. We would want to figure out what is going on and identify opportunities for better health.<sup>6</sup>

## WHAT DETERMINES OUR HEALTH?



**Economic Stability:** employment, income, housing, affordability of food and other necessities

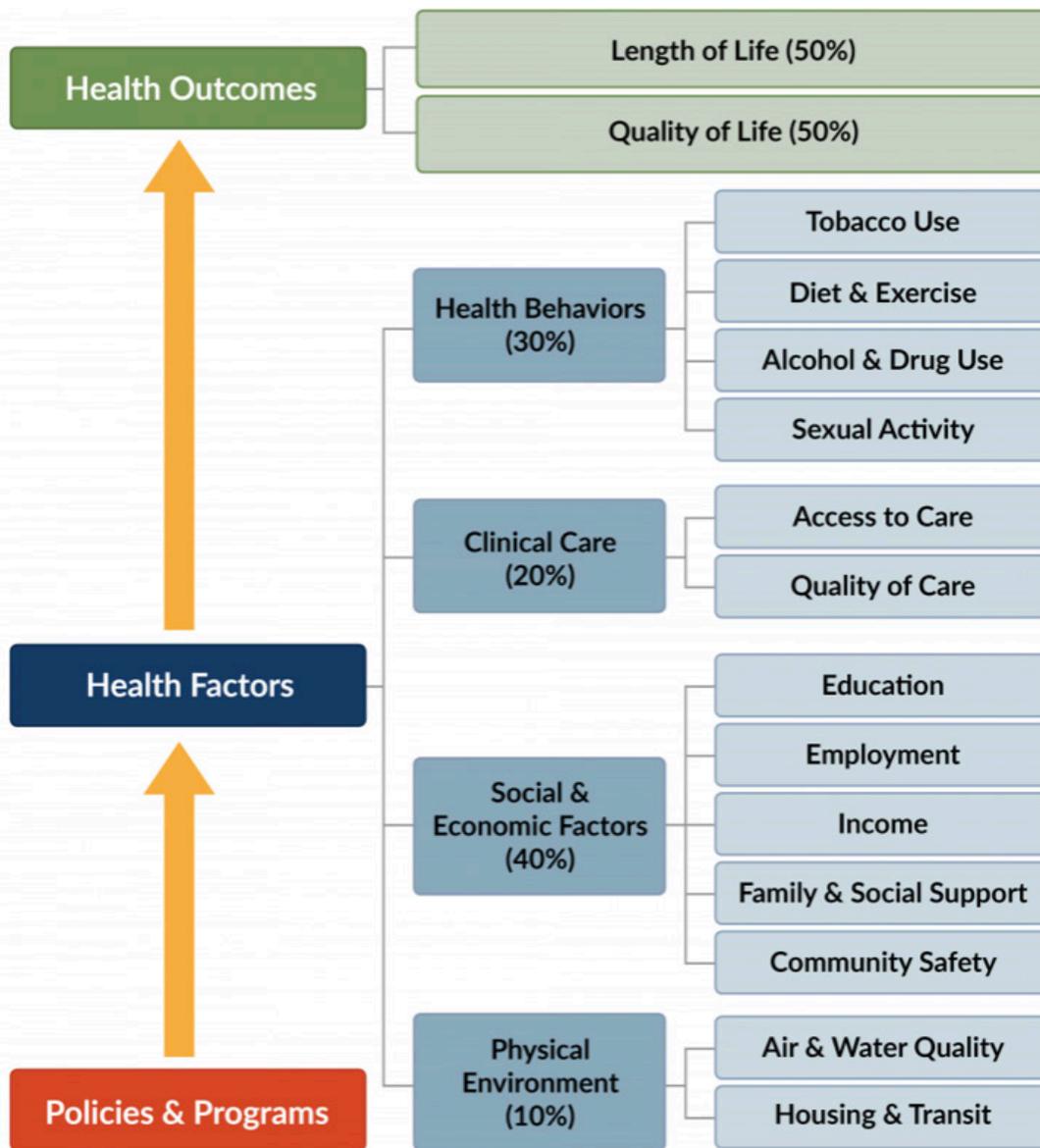
**Education:** high school graduation, language, literacy

**Social & Community Context:** social support, discrimination, civic participation, policies, culture

**Health & Health Care:** access to health care, access to interventions, health literacy (or ability to understand and interpret health information)

**Neighborhood & Built Environment:** public safety, access to healthy foods, quality of housing, access to sidewalks, air quality, water quality, street lighting, parks<sup>7</sup>

# COUNTY HEALTH RANKINGS MODEL<sup>6</sup>



## HEALTH IS MORE THAN HEALTH CARE

Health is more than what happens at the doctor's office. As illustrated in the model at left, a wide range of factors influence how long and how well we live, from education and income, to what we eat and how we move, to the quality of our housing and the safety of our neighborhoods. For some people, the essential elements for a healthy life are readily available; for others, the opportunities for healthy choices are significantly limited.

## HEALTH IS FOR EVERYONE

Across the country there are significant differences in health outcomes, from one county to the next and among racial/ethnic groups. For example, Blacks, Native Americans and Hispanics have consistently faced barriers to opportunity and good health. Health disparities emerge when some individuals gain more than others—from consistently better access to opportunities and resources over the course of their lives. Increasing opportunities for everyone can reduce gaps in health. For example, providing better access to high-quality education and enrichment opportunities boosts workforce skills that are key to landing a good job and for upward economic mobility.

The Lake County 2019 Community Health Needs Assessment is organized according to the topics in the County Health Rankings Model. The data provides a snapshot of the Health Outcomes, Health Factors and Policies and Programs in Lake County.

## WHY DOES THE CHA INCLUDE INFORMATION ON EDUCATION AND INCOME?

Higher education and incomes impact health in many ways. People with higher incomes have the opportunity to make healthy choices because they are more likely to live in safe homes and neighborhoods, have access to healthy foods and safe places to exercise, have health insurance and resources to deal with stressful life events. Those who are working and still struggling to pay the rent can't always make healthy choices because they don't have as many resources. Families who are struggling to get by are also more likely to face more overall stress and have less resources to deal with stressful events. Chronic stress creates higher levels of harmful hormones, which can increase the risk of many diseases such as cancer, diabetes, heart disease and stroke.<sup>6</sup>

So, it makes sense that groups of people with more education and higher incomes generally have better health and live longer than those with lower incomes. Middle-income Americans are healthier than those who struggle financially, but they are less healthy than those with high incomes. Groups of people with the lowest incomes tend to have the worst health and die younger.<sup>6</sup>



## WHY ARE THE STATISTICS BROKEN DOWN BY POPULATION GROUPS?

By comparing, we can see where we are doing well and where we could improve. It is helpful to look at how healthy people in Lake are, as a group, compared to people in the rest of Florida or in the whole United States. These comparisons cannot be applied to individual people, only to groups of people. For example, men might be twice as likely to die of accidental poisoning than women, but that does not mean a specific man is twice as likely to die from poisoning than his sister.



The graphic on the left shows the group of men have a 25% chance of being orange, not that one man has a 25% chance of being orange.



**WHAT ARE THE RATES?** Rates are a way to compare between groups of different sizes. Let's say 1,000 ice cream cones were handed out at the county fair and 100 ice cream cones fell to the ground. 50 of the ice cream cones were strawberry ice cream and 50 were mint chocolate chip ice cream. These numbers would make us think that strawberry and mint chocolate chip ice cream cones fall to the ground at the same rate. But, what if 80% of the ice cream cones handed out were strawberry and 20% were mint chocolate chip? Then we would expect that if 100 cones had fallen, 80 would be strawberry and 20 would be mint chocolate chip. Rates help us see the number of ice cream cones that fell in relation to the number of ice cream cones handed out.

### Ice Cream Cones Handed Out

800 Strawberry  
200 Mint Chocolate Chip  
1,000 Total Cones



### Ice Cream Cones that Fell

50 Strawberry  
50 Mint Chocolate Chip  
100 Total Cones



### Fall Rate

50 of 800 = 6% (1 out of every 16)  
50 of 200 = 25% (1 out of every 4)  
100 of 1,000 = 10% (1 out of every 10)

Hickory Point Park Leesburg, FL



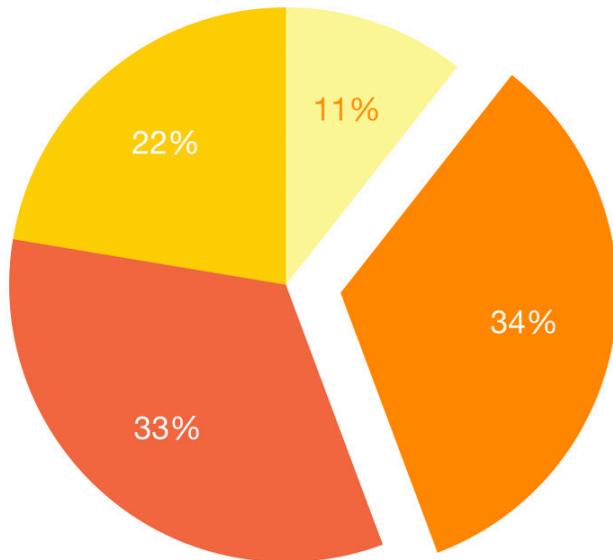
This symbol is used throughout the CHA to highlight disparities, or areas that need improvement. We focus on the issues that need improvement so we can work together on solutions!

# COMMUNITY PROFILE

## POPULATION<sup>1</sup>

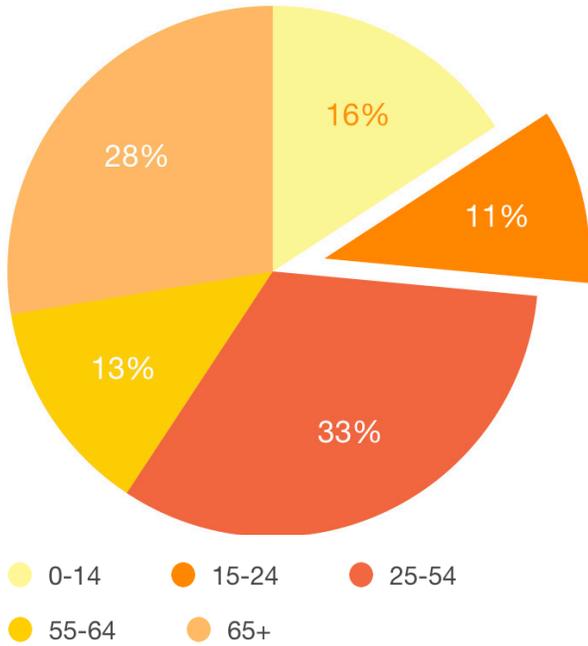


## EDUCATIONAL ATTAINMENT<sup>1</sup>

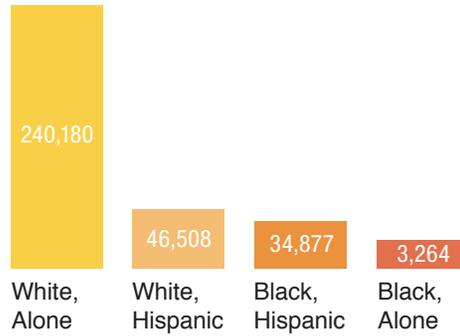


- Less Than High School
- High School
- Some College | Associate Degree
- Bachelor Degree or Higher

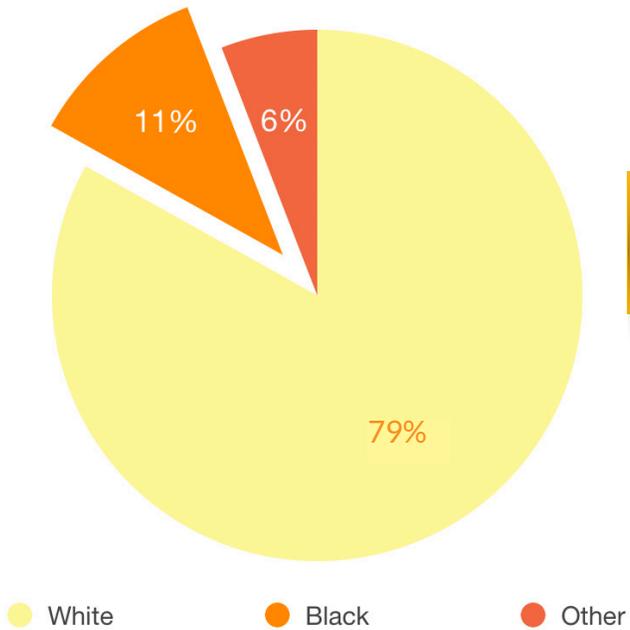
## POPULATION BY AGE<sup>1</sup>



## POPULATION BY ETHNICITY IN 2018<sup>3</sup>



## POPULATION BY RACE<sup>1</sup>



**15.9%** of the population in Lake County is also Hispanic or Latino.<sup>1</sup>

American Indian (0.53%)  
 Asian (2.15%)  
 Native Hawaiian (0.12%)  
 2 or More Races (2.80%)

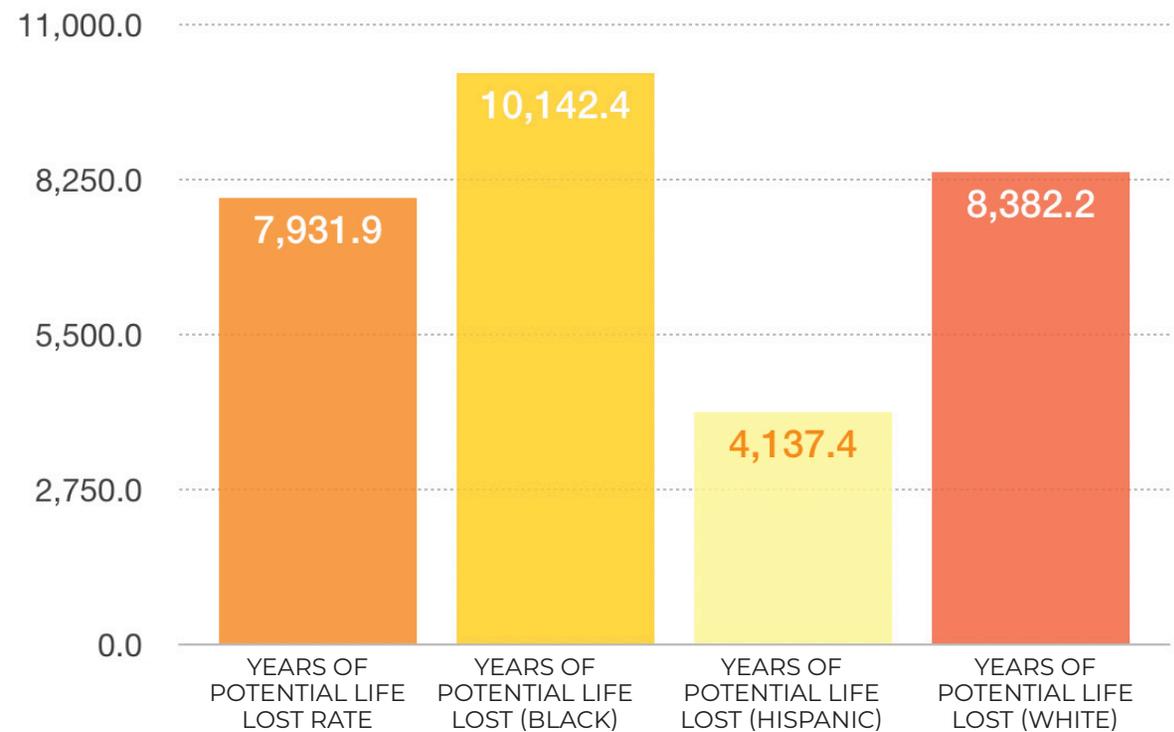


# HEALTH OUTCOMES

Health Outcomes represent how healthy a county is right now. They reflect the physical and mental well-being of residents within a community through measures representing not only the length of life but quality of life as well.<sup>8</sup>

Years of potential life lost (YPLL) or potential years of life lost (PYLL)<sup>6</sup>, is an estimate of the average years a person would have lived if he or she had not died prematurely. It is, therefore, a measure of premature mortality. As an alternative to death rates, it is a method that gives more weight to deaths that occur among younger people.

## PREMATURE DEATH<sup>8</sup>



Black residents of Lake County tend to live longer than Hispanic or White residents.

PREMATURE  
MORTALITY 2018\*

4684.0

Number of Deaths

353.6

Age Adjusted  
Mortality

409.6

Age Adjusted  
Mortality (Black)

198.7

Age Adjusted  
Mortality (Hispanic)

376.3

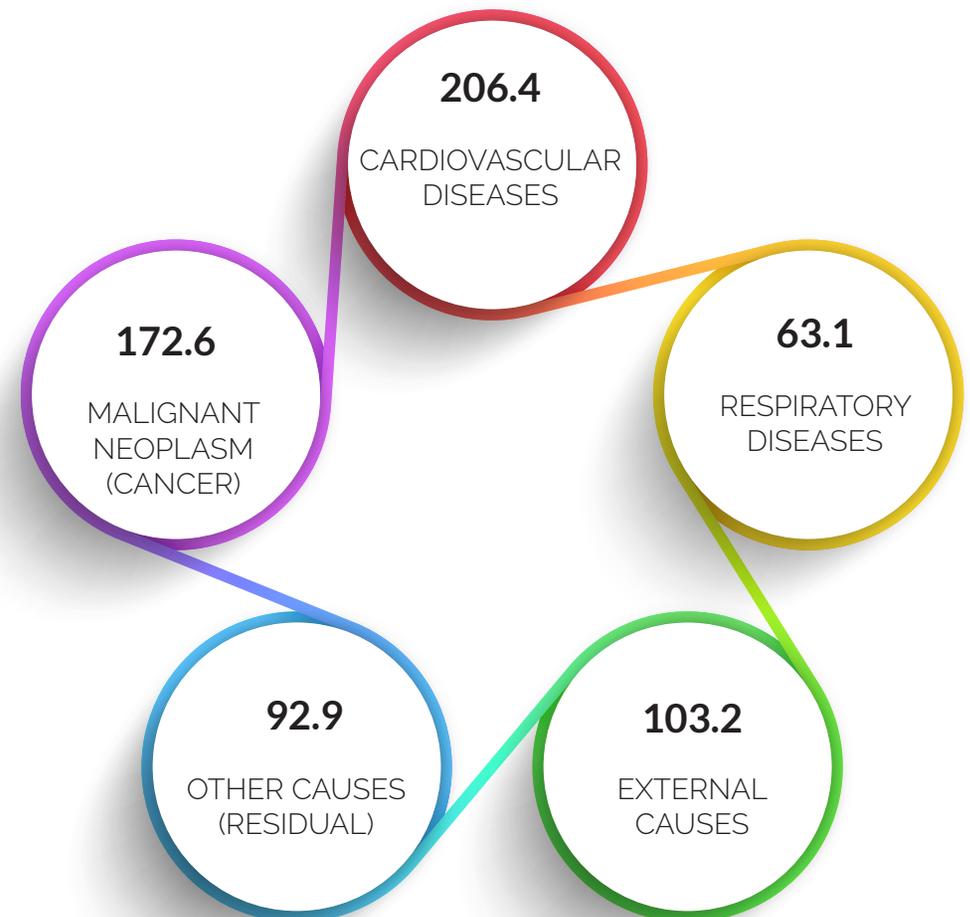
Age Adjusted  
Mortality (White)

\* Rates are 2018 per 100,000 population<sup>3</sup>



Cardiovascular Diseases is the leading cause of death in Lake County. Risk factors include smoking, high cholesterol, high blood pressure, physical inactivity and diabetes.<sup>3</sup>

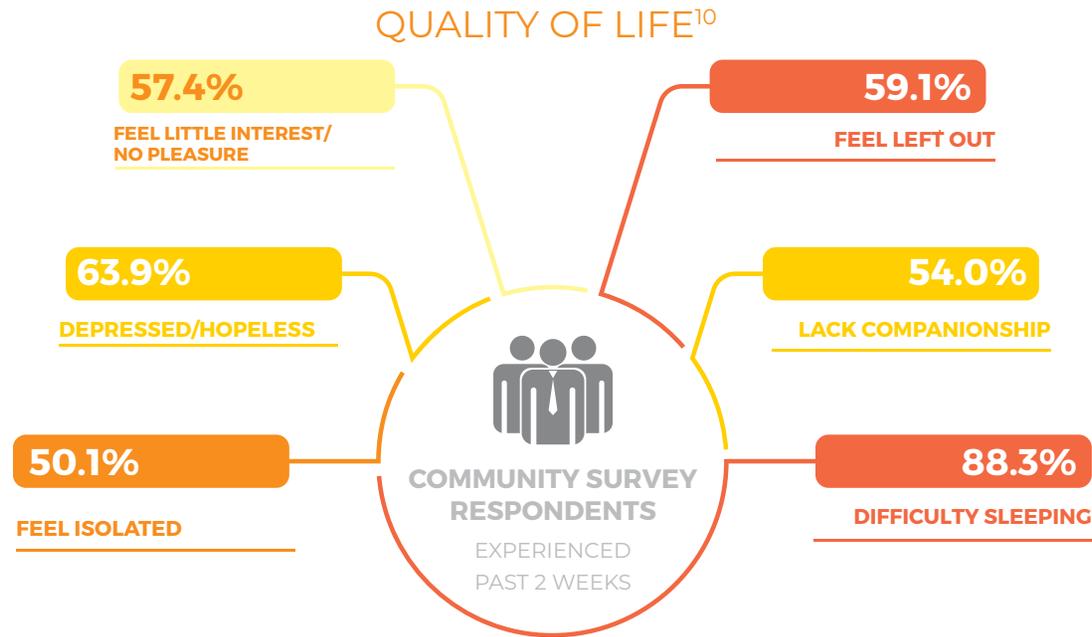
LEADING CAUSES OF DEATH\*



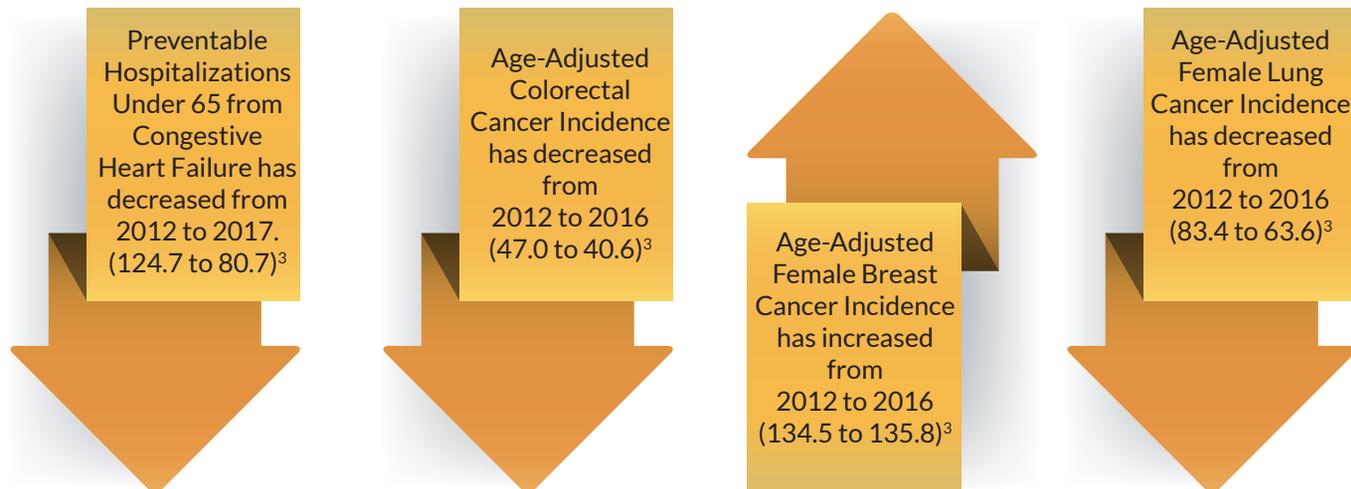
# HEALTH OUTCOMES



Black (59.0) residents are almost twice as likely to die from a stroke as White (29.9) or Hispanic (31.6) residents.<sup>3</sup>



### CHRONIC DISEASE<sup>3</sup>



## ADULTS DIAGNOSED WITH DIABETES<sup>3</sup>



*"[Regarding barriers]- don't be poor and sick as you are out of luck; people who fall in the gaps;- make less than \$12,000 a year. One oncology group is now wanting proof that they aren't eligible for the insurance on the marketplace."*

- Stakeholder Interview Participant



Heart Disease deaths have increased in Lake County 1.7% between 2011 (152.6) and 2017 (155.2).<sup>3</sup>



Hispanics are less likely to die of heart disease, cancer, cardiovascular diseases and chronic lower respiratory disease than other races/ethnicity.<sup>3</sup>



Women are more likely than men to experience "silent" heart attacks, which have less recognizable symptoms like chest pain. This may explain why fewer women survive their first heart attack than men.<sup>9</sup>



# HEALTH OUTCOMES

## SOCIAL & MENTAL HEALTH



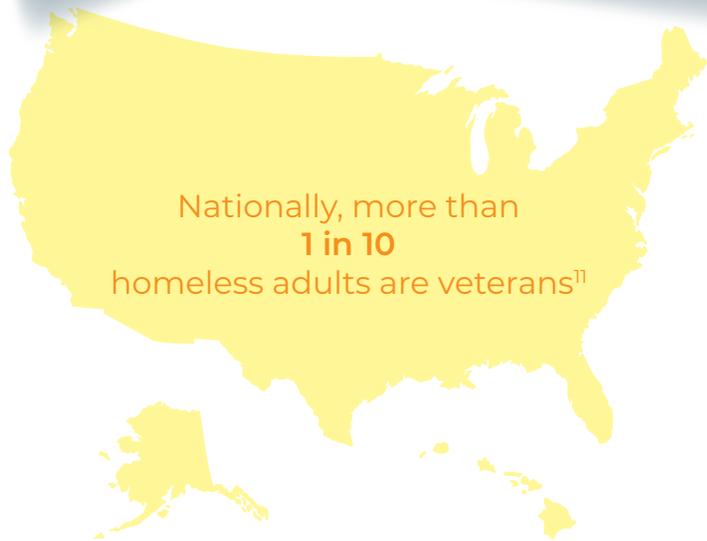
Adults with household incomes under \$50K are more likely to have depressive disorder than those with higher incomes.<sup>3</sup>



Over 35% of Lake County households are cost burdened or severely cost burdened.<sup>11</sup>



In Florida, mental illness is the number one disabling condition that leads to homelessness.<sup>11</sup>



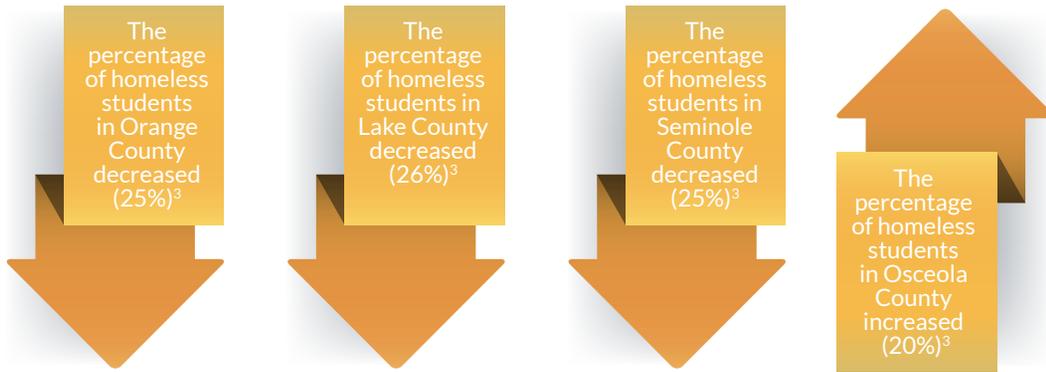
The suicide rate for adults age 22+ increased from 19.1 in 2011 to 32.1 in 2017.<sup>3</sup>



Adults age 45-64 are more likely to have depressive disorder than other age groups.<sup>3</sup>



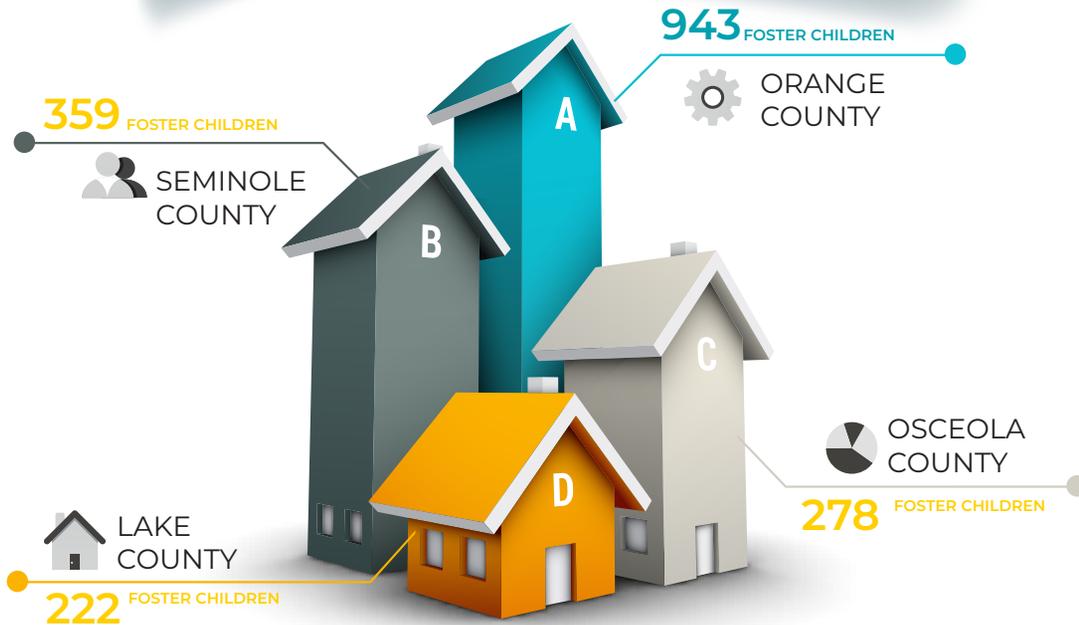
“While the **“public face” of homelessness** is often that of people experiencing long-term chronic homelessness, the reality is that the experience of homelessness spans demographics and populations - young and old, employed and unemployed, healthy and ill, female and male.”<sup>11</sup>



Estimated number of people in each county that are homeless  
 Lake (312) | Seminole (288)  
 Orange (1,539) | Osceola (226)<sup>3</sup>



House ownership rates in the Lake County have decreased from 81.5% in 2000 to 73.5% in 2017.<sup>3</sup>



<sup>3</sup>Approximate foster children, each County (2017)

*“There is limited access to quality physical and behavioral health services for some segments of our population. Low wages, challenges with insurance and inability for organizations to provide culturally and linguistically competent services exacerbates the problems with health care.”*

- Key Informant Survey Participant



# HEALTH OUTCOMES

COMMUNITY INPUT OF TOP COUNTY HEALTH ISSUES

COMMUNITY SURVEY  
TOP ISSUES AFFECTING RESPONDENTS & FAMILIES<sup>10</sup>



STAKEHOLDER INTERVIEWS  
TOP 10 PRIORITIES<sup>12</sup>



# HEALTH OUTCOMES

## COMMUNITY INPUT OF TOP COUNTY HEALTH ISSUES

### KEY INFORMANT SURVEY TOP COMMUNITY ISSUES<sup>13</sup>

- 01 INJURY PREVENTION/FALLS
- 02 OLDER ADULTS SAFETY/MOBILITY
- 03 LIVING WITH A DISABILITY
- 04 FOOD SECURITY  
(ACCESSIBILITY TO NUTRITIOUS FOOD)
- 05 DIABETES
- 06 MENTAL HEALTH/ILLNESS
- 07 RISE IN VAPES & E-CIGARETTES
- 08 ACCESS TO DENTAL CARE
- 09 ACCESS TO PRIMARY CARE
- 10 OBESITY

### FOCUS GROUP TOP COMMUNITY ISSUES<sup>14</sup>

- 01 TRANSPORTATION
- 02 OPIOID CRISIS
- 03 MENTAL HEALTH:  
SELF MEDICATION THROUGH  
DRUGS AND ALCOHOL
- 04 OVERWEIGHT/OBESITY
- 05 AFFORDABLE HOUSING  
FOR SPECIFIC POPULATIONS
- 06 MENTAL HEALTH: NEED FOR CHANGE  
IN SOCIETY-MORE PREVENTION
- 07 HEALTH INEQUITY
- 08 MENTAL HEALTH: STIGMA
- 09 HEALTH INSURANCE ISSUES:  
UNDERINSURED/UNINSURED
- 10 LONG-TERM  
ADDICTION RECOVERY FACILITIES

# HEALTH OUTCOMES

KEY CHANGES SINCE 2016 COMMUNITY HEALTH ASSESSMENT<sup>15</sup>



# KEY CHANGES SINCE 2016 COMMUNITY HEALTH ASSESSMENT<sup>15</sup>



<sup>15</sup> For data on all indicators see Central Florida Community Collaborative 2019 Community Health Needs Assessment.

# KEY CHANGES SINCE 2016 COMMUNITY HEALTH ASSESSMENT<sup>15</sup>



# KEY CHANGES SINCE 2016 COMMUNITY HEALTH ASSESSMENT<sup>15</sup>



\* Note that the Built Environment indicators do not have arrows because the data is not compared to previous reporting periods and are not illustrating a positive or negative trend. Compared to the other counties in Florida, there is room for improvement.

<sup>15</sup> For data on all indicators see Central Florida Community Collaborative 2019 Community Health Needs Assessment.

# HEALTH BEHAVIORS

## TOBACCO USE



### SPOTLIGHT ON E-CIGARETTES<sup>16</sup>

Electronic cigarettes are devices that deliver vapor to the user by heating “e-liquids.” Many e-liquids contain nicotine, a highly addictive chemical. Nicotine is the main reason people continue to use tobacco.

The vapor that e-cigarettes release may not be tobacco smoke, but it is still harmful. Studies have shown that probable cancer-causing chemicals are measurable in some e-cigarette vapor. Bystanders exposed to e-cigarette vapor can also absorb its nicotine.

It is common for people to use e-cigarettes to attempt to quit smoking. Most e-cigarette users - nearly 6 in 10 - do not quit smoking. They continue to smoke conventional cigarettes while also using e-cigarettes. There are still many unknowns regarding the health impacts of e-cigarettes. Regulations for e-cigarettes and vaping products are lagging.



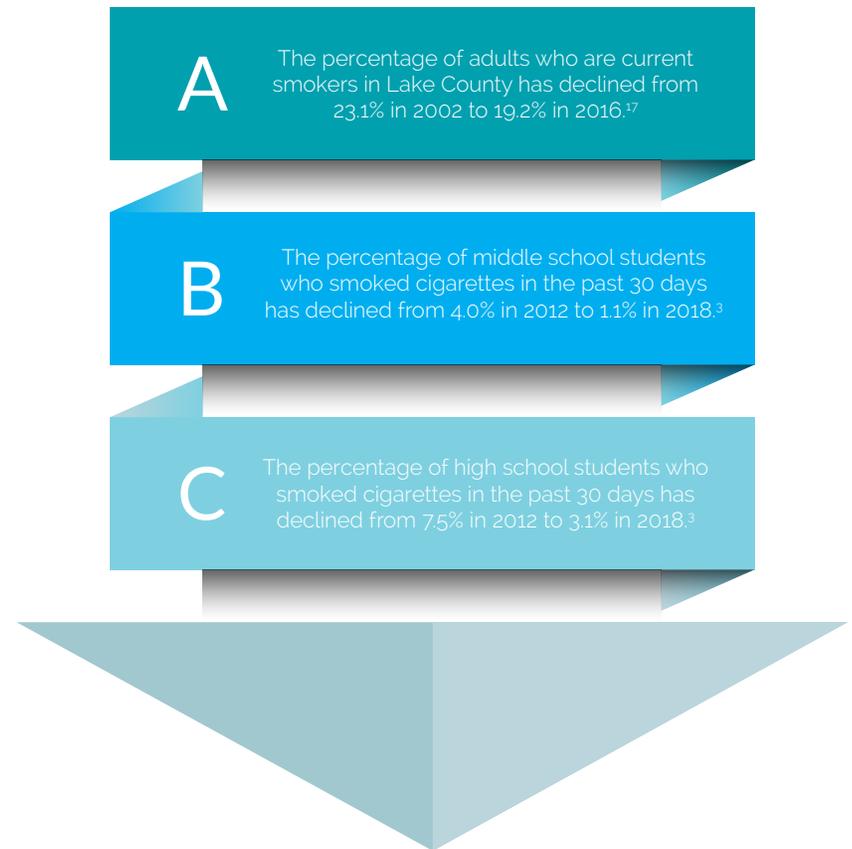
Tobacco related deaths are preventable.<sup>7</sup>



Moms who smoke during pregnancy are at a greater risk for having a low birth weight and/or pre-term delivery compared to moms who do not smoke during pregnancy.<sup>7</sup>



25% of smokers in Florida are 44 years old or younger.<sup>18</sup>



## DIET & EXERCISE

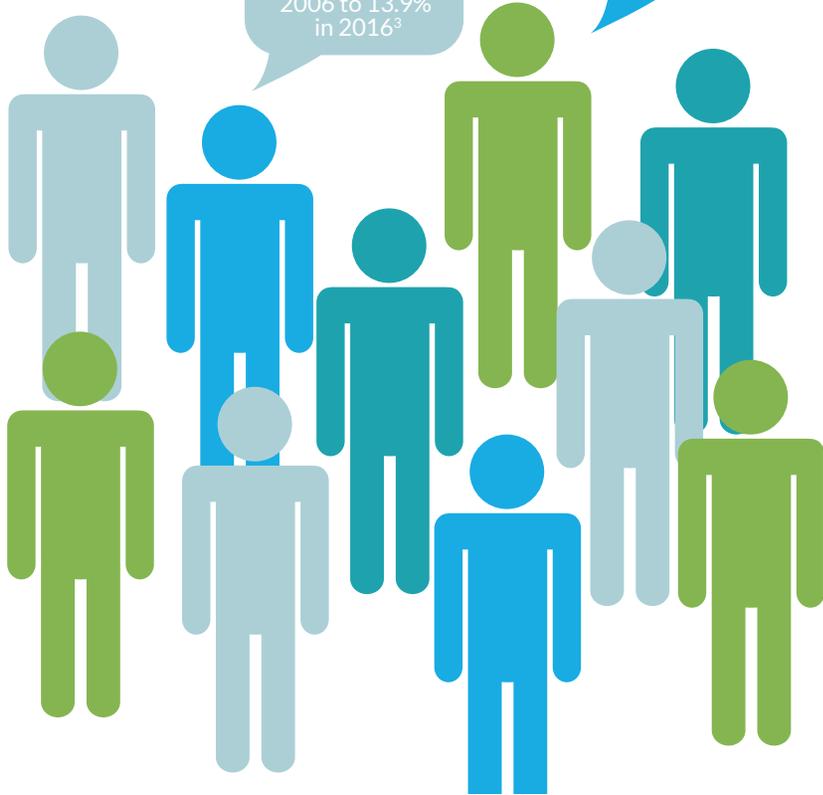


79% of middle school and 80% of high school students don't get enough physical activity.<sup>3</sup>

The percentage of high school students who are obese decreased from 12.7% in 2006 to 13.9% in 2016<sup>3</sup>

The percentage of adults who are obese increased from 20.8% in 2002 to 32.6% in 2016<sup>3</sup>

More than half (58.1%) of residents are overweight or obese.<sup>10</sup>



Black women have a higher obesity rate (37.3%) during pregnancy than White (27.8%) or Hispanic (30.3%) women.<sup>3</sup>



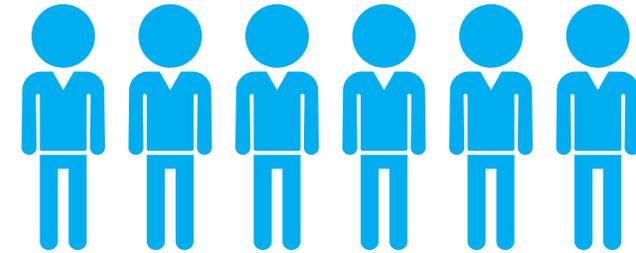
## HEALTH BEHAVIORS

Health behaviors are actions individuals take that affect their health. They include actions that lead to improved health, such as eating well and being physically active, and actions that increase one's risk of disease, such as smoking, excessive alcohol intake, and risky sexual behavior.<sup>8</sup>



# HEALTH BEHAVIORS

## DIET & EXERCISE



The average commute time (the time it takes to get to work) is 31 minutes.<sup>1</sup>

**41.8%** More than one in four adults in Lake County have high cholesterol (41.8%).<sup>4</sup> People with high cholesterol have 2X the risk of heart disease as people with low cholesterol.<sup>3</sup>

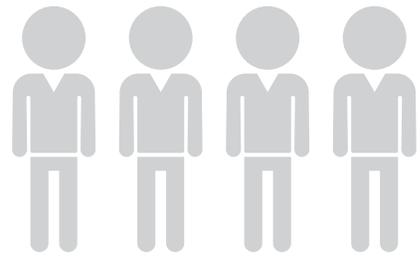
**44%** Almost 1/2 (44%) of Lake County residents travel more than 30 minutes to work, which leaves less time for physical activity and recreation.<sup>1</sup>

**29.3%** 29.3% of Lake County adults don't get enough physical activity.<sup>3</sup>

**21.9%** Less than 1/4 (21.9%) of Lake County residents live within a 1/2 mile from a park.<sup>3</sup>

**82%** 82% of residents have access to exercise.<sup>3</sup>





6 out of 10 children born in Florida will be obese by the time they graduate high school.<sup>19</sup>



Being overweight or obese is a risk factor for nearly every leading cause of death including: cancer, heart disease, stroke and chronic lower respiratory disease.<sup>7</sup>



Nationally, research estimates that **\$117 billion** in health care costs per year can be linked to a lack of physical activity.<sup>7</sup>



Lake County has 10 census tracts that are designated food deserts.<sup>20</sup>

*"We have too many vending machines in our schools and that is sending the wrong message."*

- Stakeholder Interview Participant



# HEALTH BEHAVIORS

## ALCOHOL & DRUG USE



The Heroin-related death rate increased from 0.3 in 2015 to 1.1 in 2017.<sup>3</sup>



One in five adults binge drink alcohol.<sup>7</sup> Binge drinking among Lake County adults decreased slightly from 15.9% in 2010 to 15.8% in 2016.<sup>17</sup>

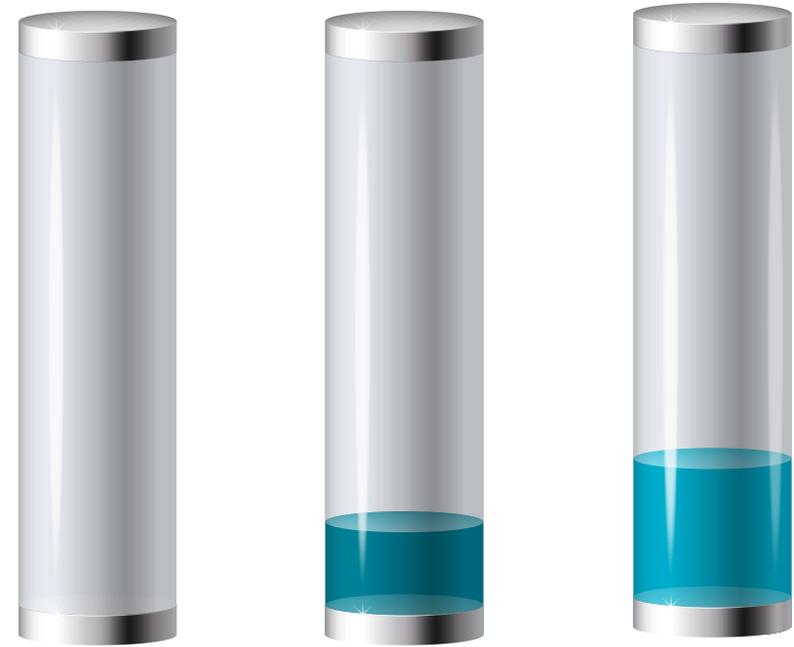
*“Barriers individuals with substance use/abuse issues face are access to mental health counseling services and social networks.”*

– Key Informant Survey Participant



The Fentanyl-related death rate in Lake County has risen over 478.5% from 0.65 in 2013 to 3.76 in 2017.<sup>5</sup>

**HEROIN RELATED DEATHS<sup>3</sup>**  
RATE PER 100,000



2013

-

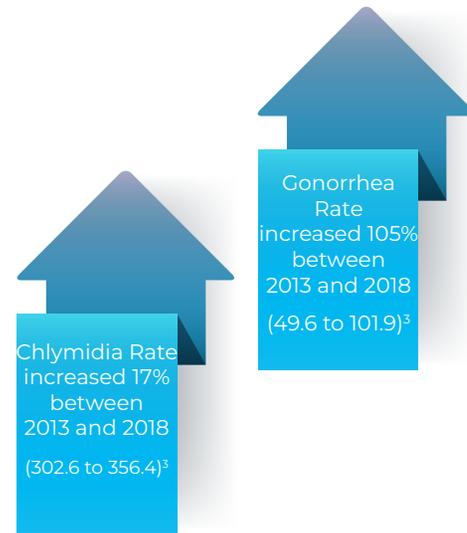
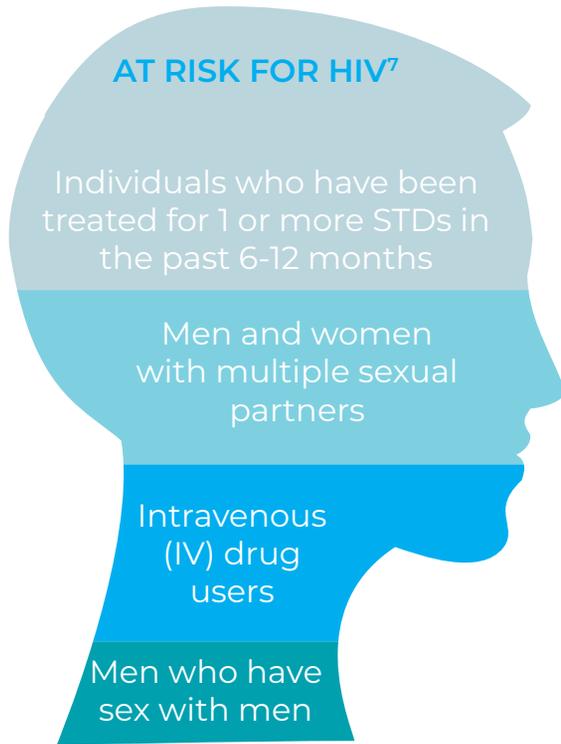
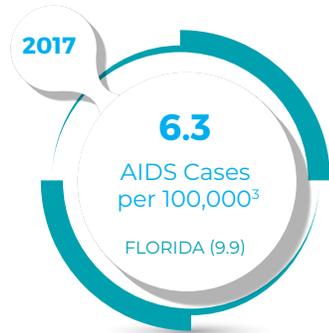
2015

0.31

2017

1.14

# SEXUAL ACTIVITY



The rate of new HIV cases in Lake County increased from 10.2 in 2013 to 15.0 in 2017.<sup>3</sup>



Every pregnant woman should be tested for HIV and STDs. Untreated STDs in pregnant women can have serious health consequences for newborns, including: premature birth, low birth weight, eye and lung infections, developmental problems and death.<sup>7</sup>



The rate of new AIDS cases reported has decreased from 9.2 in 2013 to 6.3 in 2017.<sup>3</sup>



Men are more likely to have gonorrhea than women (109.2 versus 95.1).<sup>3</sup>

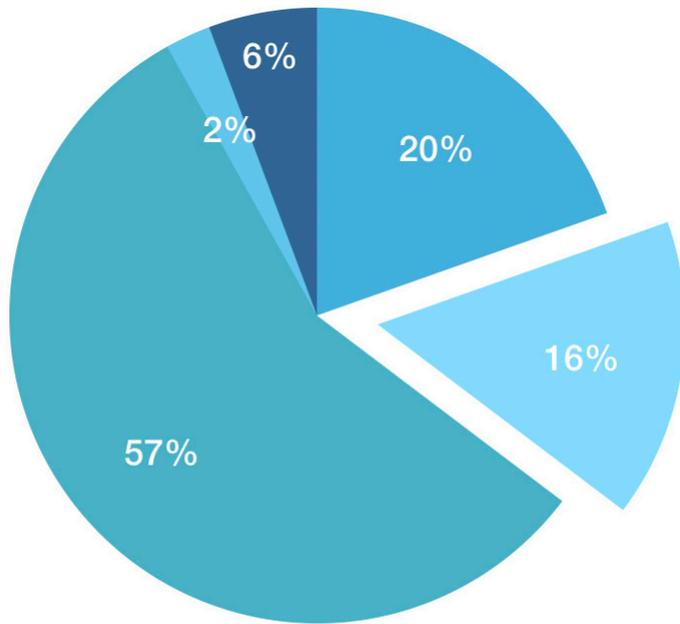
## HIV/AIDS

Stopping the spread of HIV/AIDS is still a major public health concern. However, with new medications it is now possible for those who are HIV-positive to live a long and healthy life.<sup>7</sup>

# CLINICAL CARE

## ACCESS TO CARE

COMMUNITY SURVEY<sup>10</sup>  
HOW OFTEN VISIT DOCTOR/HEALTH CARE PROVIDER



- Once Per Year
- Do Not Go to Doctor
- Few Times Per Year
- Other
- Only When Sick



Over half (57%) of Community Survey respondents only see a doctor or other medical provider when they are sick.<sup>10</sup>



Lake County currently has one primary care physician for every 1,393 residents, slightly lower than the state of Florida (1,376:1).<sup>8</sup>



Lake County has 1 dentist for every 2,192 residents compared to the state of Florida that has 1 for every 1,735 residents.<sup>8</sup>



Lake County has 1 mental health provider for every 1,285 residents compared to the state of Florida that has 1 for every 703 residents.<sup>8</sup>

### PNEUMONIA VACCINE<sup>3</sup>

2007



2010



2013



2016



FACT

Since 2010, fewer Lake County residents are getting flu vaccines and more residents are getting pneumonia vaccines.<sup>3</sup>

### ADULTS 65+ FLU VACCINE<sup>3</sup>

2007



2010



2013



2016



### CLINICAL CARE

Access to affordable, quality, and timely health care can help prevent diseases and detect issues sooner, enabling individuals to live longer, healthier lives. While part of a larger context, looking at clinical care helps us understand why some communities can be healthier than others.<sup>8</sup>

*“One of the top community health needs is the need to curb rising medical and insurance costs.”*

- Stakeholder Interview Respondent



# CLINICAL CARE

# INJURY & HOSPITALIZATION



A small percentage (4.6%) of Lake County Community Survey respondents have been impacted by motor vehicle crash deaths in their families.<sup>10</sup>



Almost one in four (24.6%) Community Survey respondents indicated that they have been affected by texting and driving.<sup>10</sup>

The infant death rate in 2017 was 7.0, the second highest in the four-county Central Florida region.



# BIRTH CHARACTERISTICS<sup>3</sup>

Births to mothers with less than high school education have decreased over the past 15 years from 22.5% in 2003 to 10.6% in 2017



Births to unwed mothers have increased from 37.8% in 2013 to 47.1% in 2017

Births to uninsured mothers have decreased from 8.1% in 2004 to 4.9% in 2017



Repeat births to mothers age 15-19 have decreased from 16.8% in 2012 to 14.5% in 2017.



More women received 1st trimester prenatal care in 2017 (79.5%) than in 2012 (83.8%).





## Blacks are more likely to have<sup>3</sup>:



Higher infant mortality -2X the White rate.

Mothers who were obese during pregnancy - 25% higher than White mothers.



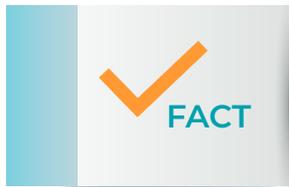
Higher unwed mother rate – 50% higher than white



Pre-term birth – almost 2x higher than White and Hispanic



Mothers with less than a high school education – 25% higher than the White rate



The percentage of low birthweight babies born in Lake County has remained around 7% for the past 15 years.<sup>3</sup>



Hispanic women in Lake County (14.8% in 2017) have the highest rate of mothers with less than High School education.<sup>3</sup>

*“I’ve spoken with parents working several jobs that can’t find a place to rent for like \$800-\$1,000 a month and need deposit-something has to change in terms of access..”*

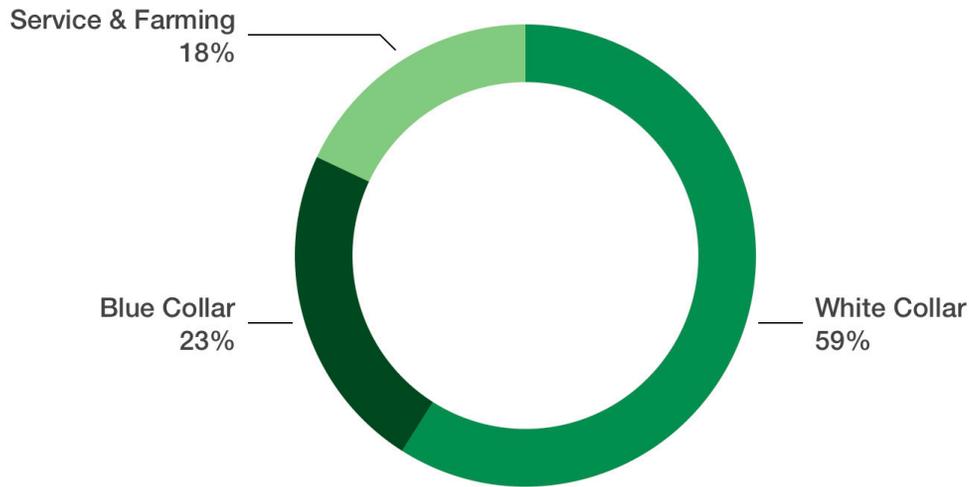
- Focus Group Participant



# SOCIAL & ECONOMIC FACTORS

## ECONOMIC CONDITIONS

### EMPLOYMENT<sup>1</sup>



# 19.3%

OF CHILDREN IN LAKE COUNTY ARE LIVING IN POVERTY<sup>8</sup>

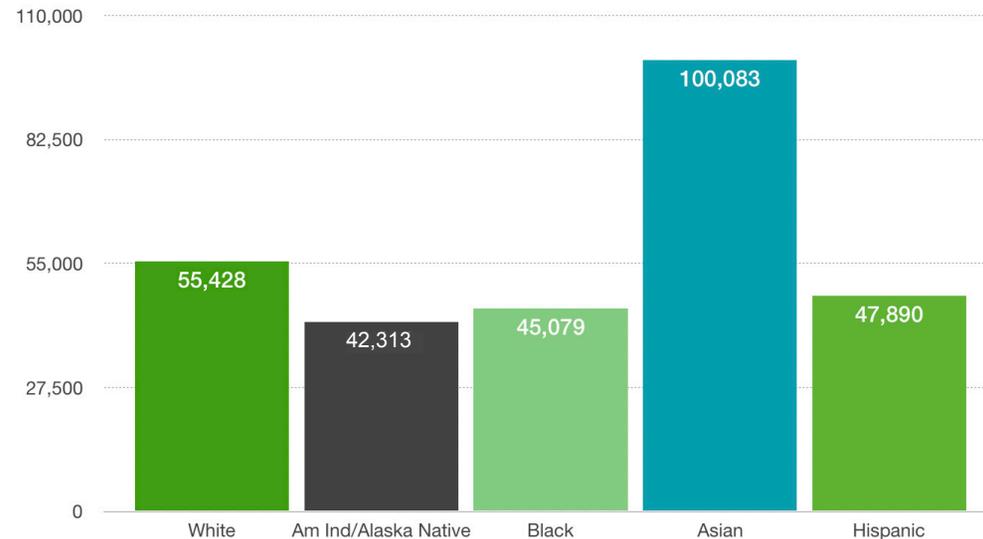


About one in five (21.4%) of Lake County respondents to the Community Survey indicated that they are experiencing challenges to finding affordable and adequate housing.<sup>10</sup>



The number of homeless people in Lake County has decreased by 18% between 2015 and 2018.<sup>3</sup>

### MEDIAN HOUSEHOLD INCOME<sup>1</sup>





Poverty Level: 9.3%  
Poverty Level with Children: 6.3%<sup>1</sup>

## SOCIAL & ECONOMIC FACTORS

Social and economic factors, such as income, education, employment, community safety, and social supports can significantly affect how well and how long we live. These factors affect our ability to make healthy choices, afford medical care and housing, manage stress, and more.<sup>8</sup>

### POVERTY DISPARITY(2013-2017)<sup>21</sup>

20.5%

HISPANIC OR LATINO

20.3%

BLACK OR  
AFRICAN AMERICAN



5.4%

ASIAN

11.4%

WHITE

*"Addressing homelessness and unemployment needs would help improve the overall quality of life in our community."*

– Key Informant Survey Participant



4.8% of Community Survey respondents indicated that they have experienced homelessness.<sup>10</sup>



# SOCIAL & ECONOMIC FACTORS

## SCHOOL & STUDENT CHARACTERISTICS<sup>3</sup>



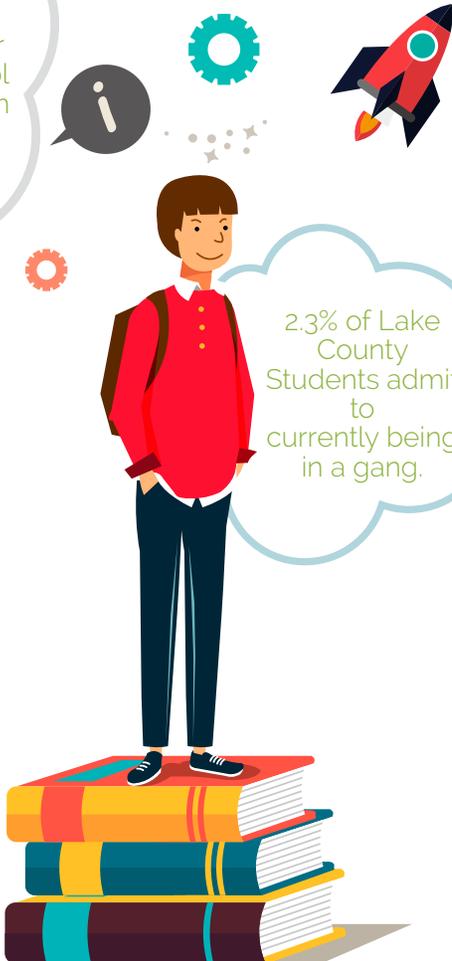
In 2017, Lake County saw 707 juvenile arrests for simple assault and 774 for Larceny/Theft.



In 2018, 60.4% of students reported that they have taunted or teased other students.



The percentage of Lake County students who have been absent 21 or more days in the school year has increased from 9.3% in 2014 to 13.4% in 2018.



2.3% of Lake County Students admit to currently being in a gang.



Lake County High School Graduation rates have decreased from 78.3% in 2013 to 77.8% in 2017.

# SAFETY



9.9% of Lake County Survey Community Respondents experienced crime, equal to the four-county region. <sup>10</sup>



60.4% OF LAKE COUNTY STUDENTS INDICATED THAT THEY HAVE EXPERIENCED VERBAL BULLYING, WHILE 34.8% HAVE EXPERIENCED PHYSICAL BULLYING<sup>3</sup>



28.5% OF STUDENTS INDICATED THEY HAVE BEEN VICTIMS OF CYBER-BULLYING<sup>3</sup>



# BUILT ENVIRONMENT

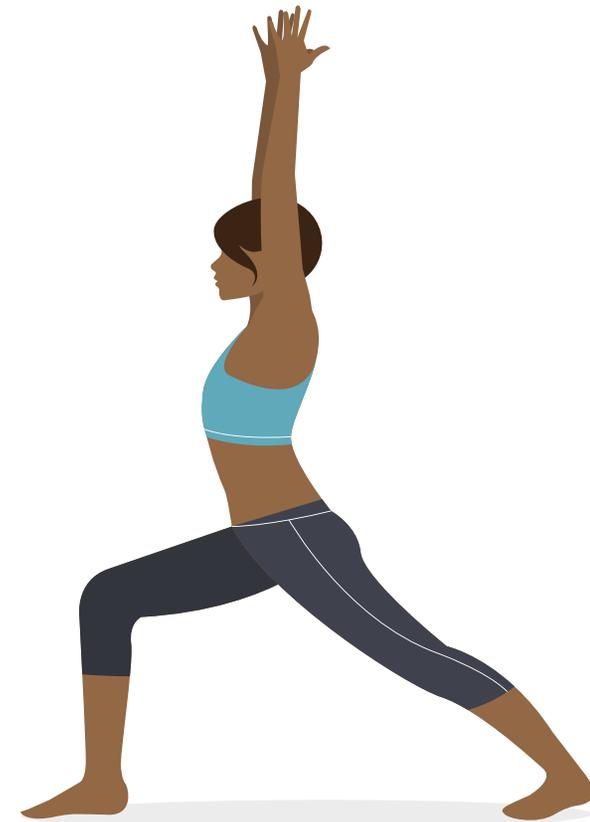
(PARK ACCESS, EXERCISE FACILITIES, FOOD DESERTS)



82% OF LAKE COUNTY RESIDENTS HAVE ACCESS TO EXERCISE OPPORTUNITIES<sup>8</sup>



LAKE COUNTY CURRENTLY HAS 49 FITNESS FACILITIES<sup>22</sup>



ONLY BETWEEN 16 AND 22% OF LAKE COUNTY RESIDENTS HAVE PARK ACCESS<sup>3</sup>



Lake County has 7.4 days per month of particulate matter air pollution.<sup>8</sup>



Lake County currently has **10 census tracts** considered food deserts<sup>20</sup>



**8.6%** of Lake County Community Survey respondents indicated they had problems with access to fresh, available drinking water<sup>10</sup>



APPROXIMATELY 1.2% OF RESIDENTS RIDE A BICYCLE OR WALK TO WORK  
5.9% WORK AT HOME<sup>1</sup>

## PHYSICAL ENVIRONMENT

The physical environment is where individuals live, learn, work, and play. People interact with their physical environment through the air they breathe, water they drink, houses they live in, and the transportation they access to travel to work and school. Poor physical environment can affect our ability and that of our families and neighbors to live long and healthy lives.<sup>8</sup>

*“There is a lack of reliable and cost-effective public transportation.”*

– Key Informant Survey Participant



# POLICIES AND PROGRAMS

## PRIORITY AREAS

Priority areas were selected based on input from the Community Health Assessment (CHA) Leadership Team and community feedback via town hall meetings, online surveys and in-person meetings. The following items were chosen as important public health concerns in Lake County: These priority areas will be addressed through policies and programs developed through the Lake Community Health Improvement Plan (CHIP) 2020-2023.

### CHRONIC DISEASE SCREENINGS

- Mammograms
- PSA
- Colorectal Screenings

### PROMOTING HEALTHY LIFESTYLES

- Poor nutrition
- Lack of physical activity
- Unhealthy weight
- Tobacco/nicotine use
- Access to healthy food
- Risk reduction and education

### COMMUNICABLE DISEASES

- HIV/AIDS
- Hepatitis
- Child and Adult Immunizations

### SUPPORTING MENTAL HEALTH

- Lack of services
- Suicide

### DECREASING DRUG USE

- High opioid use
- Drug use among teens

### OTHER PRIORITIES

- Protecting children & teens
- Preventing injuries
- Strengthening families

## POLICIES AND PROGRAMS

The County Health Rankings model illustrates the many factors that, if improved, can help make communities healthier places to live, learn, work, and play. Policies and programs at the local, state, and federal levels play an important role in influencing these factors. By implementing strategies that target the specific health challenges of a community, there is an opportunity to influence how long and how well people live.<sup>8</sup>

TOGETHER WE CAN MAKE LAKE COUNTY A HEALTHIER PLACE TO LIVE, LEARN, WORK AND PLAY.

JOIN THE HEALTHY LAKE COLLABORATIVE BY CONTACTING US AT [WWW.LAKE.FLORIDAHEALTH.GOV](http://WWW.LAKE.FLORIDAHEALTH.GOV)



# APPENDIX A

# SOURCES AND REFERENCES

- 1 2019 Population Estimates, Claritas - Pop-Facts Premier 2018, Environics Analytics
- 2 Poverty Rate as of 11/15/18: US Census Bureau, 2012-2016 American Community Survey, retrieved from <https://www.census.gov/topics/income-poverty/poverty/data/tables/acs.html>
- 3 FLHealthCHARTS, Florida Department of Health (2002-2018), retrieved from [www.flhealthcharts.org](http://www.flhealthcharts.org)
- 4 Central Florida Collaborative Community Health Needs Assessment, Strategy Solutions, 2019
- 5 Florida Drug-Related Outcomes Surveillance System (FROST), retrieved from <https://frost.med.ufl.edu/frost/>
- 6 Robert Wood Johnson Foundation (2016-2017), retrieved from [www.countyhealthrankings.org](http://www.countyhealthrankings.org)
- 7 Centers for Disease Control and Prevention (2014-2017), Retrieved from [www.cdc.gov](http://www.cdc.gov)
- 8 County Health Rankings and Roadmaps, retrieved from [www.countyhealthrankings.com](http://www.countyhealthrankings.com)
- 9 FLHealthCHARTS, Florida Department of Health (2002-2018), retrieved from [www.flhealthcharts.org](http://www.flhealthcharts.org)
- 10 Central Florida Community Collaborative Community Survey, Strategy Solutions, 2019
- 11 American Heart Association (2017), retrieved from [www.goredforwomen.org](http://www.goredforwomen.org).
- 12 Florida Council on Homelessness (2016-2017), retrieved from [www.myflfamilies.com](http://www.myflfamilies.com).
- 13 Central Florida Community Collaborative Stakeholder Interviews, Strategy Solutions, 2019
- 14 Central Florida Community Collaborative Key Informant Survey, Strategy Solutions, 2019
- 15 Central Florida Community Collaborative Focus Groups, Strategy Solutions, 2019
- 16 Central Florida Community Collaborative Primary Research, Strategy Solutions, 2019
- 17 Florida Behavioral Risk Factor Surveillance System (BRFSS; 2000- 2016), FLHealthCHARTS, Florida Department of Health, retrieved from [www.flhealthcharts.org](http://www.flhealthcharts.org)
- 18 Tobacco Free Florida (2017), retrieved from [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com)
- 19 Healthiest Weight Florida (2017), retrieved from [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com)
- 20 US Department of Agriculture Food Deserts, retrieved from <https://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-theatlas.aspx>
- 21 American Community Survey (2017), retrieved from <https://www.census.gov/programs-surveys/acs/>
- 22 US Census Bureau, County Business Patterns, retrieved from <https://www.census.gov/data/datasets/2016/econ/cbp/2016-cbp.html>

