

HEALTHY NASSAU

2004-2005 HEALTH NEEDS ASSESSMENT

Prepared by:
Health Planning Council of Northeast Florida, Inc.
900 University Blvd North, Suite 110
Jacksonville, Florida 32211



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INTRODUCTION

HISTORY

The Nassau County Health Department, Nassau County Health Improvement Advisory Council (NCHIAC) and the Health Planning Council of Northeast Florida (HPCNEF) collaborated in 2000 on a community health needs assessment titled “***A Healthier Tomorrow in Nassau County.***” Demographics and socio-economic indicators of Nassau County residents were collected and analyzed in addition to mortality rates, maternal and child health indicators, infectious disease rates, and health care utilization indicators. Results of the 1999 Behavioral Risk Factor Surveillance System Survey (BRFSS), a telephone survey of 477 Nassau County residents were also analyzed in the 2000 needs assessment. In addition, five focus groups were conducted to better understand the health beliefs of Nassau County residents.

Based on the health information collected during the 2000 community needs assessment, the following recommendations were made by the Nassau County Health Improvement Advisory Council:

- Continue to pursue grants and donations.
- Provide ongoing evaluation of health promotion and disease activities.
- Continue to develop community partners.
- Implement community-wide programs.
- Continue to work with the media to emphasize the health risks of Nassau County and to increase awareness of community health promotion activities.
- Pursue additional health care providers to move into the area to expand health care services.

ACCOMPLISHMENTS SINCE 2000

A number of accomplishments have occurred since ***A Healthier Tomorrow in Nassau County*** was completed. Since the 2000 needs assessment, numerous health grants have been awarded in Nassau County. A Rural Health Outreach Grant, Health N.O.W. (Nassau Outreach Westside) funded through the Health Services and Resources Administration (HRSA) was awarded to the Nassau County Health Department in 2003. This grant provides primary care and mental health services to chronically ill, low income uninsured adults in western Nassau County. The rural health grant also provides those with chronic disease access to reduced cost drug prescription programs.

The Fit Families grant, awarded to Nassau County Health Department in 2003, helps families to access health education which promotes healthy eating and exercise for the entire family.

2004-05 HEALTHY NASSAU NEEDS ASSESSMENT

In the Fall of 2004, the Nassau County Health Improvement Advisory Council, Nassau County Health Department, and the Health Planning Council of Northeast Florida

decided to conduct an update to the 2000 health needs assessment. “*Healthy Nassau*” was selected as the title of the needs assessment, a title familiar with other health improvement initiatives at national and local levels.

It was agreed that a comprehensive, county-wide assessment was needed, but that it was important to focus efforts on Western Nassau, an area that is geographically isolated from the Eastern portion of the county where the majority of health resources and services are located. The HRSA Health N.O.W. grant, which focuses on Westside disparities, funded the Healthy Nassau project.

Components of the Healthy Nassau needs assessment included an analysis of demographics, health statistics, and access to care indicators for Nassau County residents. Community input was also obtained from focus group interviews with residents living in Western Nassau as well as underserved minorities in the county. In addition, a community-wide survey was distributed, with efforts made to obtain input from Western Nassau residents. Detailed information summarizing each of these components is included in this report.

Four community presentations were held at the Nassau County Health Department from November 2004 – March 2005 to summarize information collected during the Healthy Nassau needs assessment. Members of the community who attended these presentations were given the opportunity to make recommendations of key health issues based on the information obtained from the needs assessment. A summary of the community’s key issues and recommendations is included in the final section of this report.

NASSAU COUNTY PROFILE

I. INTRODUCTION

The characteristics of a community, including the age, gender, ethnic background, and economic characteristics, influence the community's health care needs and the design of delivery of services to meet those needs. This section provides an overview of the demographics and socio-economic characteristics of Nassau County in comparison to the state.

Resting on the Florida-Georgia border, Nassau comprises area of 652 square miles. The population of Nassau County is concentrated in Fernandina Beach (the county seat on Amelia Island), Yulee, Hilliard, and Callahan. With the exception of Amelia Island to the far east, the county is rural.

The western areas of Nassau County, including and surrounding the incorporated municipalities of Hilliard and Callahan, account for nearly one-third of the county's population, based on the 2000 US Census. Western Nassau is a medically underserved area with few health care providers and resources located in the area. Residents must travel to the far east in Fernandina Beach or to the neighboring county of Duval for most of their health care needs.

II. POPULATION CHARACTERISTICS

According to the 2000 U.S. Census, Nassau County's population was 58,022. Table 1 shows the population trends and projections between 2000-2015. It is projected that Nassau County will experience a 43.8% population growth during this period, while Florida is projected to increase 31.2%

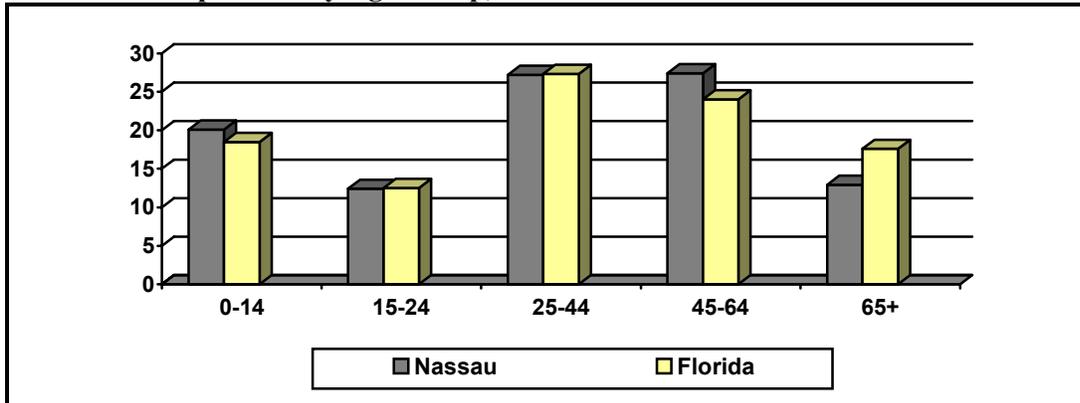
Table 1
Population Trends, 2000-2015

Area	Population				% Population Change 2000-2010
	2000	2005	2010	2015	
Nassau	58,022	66,923	75,212	83,416	43.8%
Florida	16,072,832	17,844,137	19,478,414	21,080,569	31.2%

Source: July 1 Population Estimates, Office of Governor, October 2004

Nassau County is comprised of a younger population with respect to many other counties in the state. The highest percentage of residents in Nassau County are in the 25-44 and 45-64 age group, accounting for nearly 55% of the county's population. Elderly residents over the age of 65 make up only 13% of the total population. Figure 1 summarizes the age groups of Nassau County residents with comparison to Florida.

Figure 1
Estimates of Population by Age Group, 2003



Source: July 1 Population Estimates, Office of Governor, 2004

Race and Ethnicity

Table 2 shows the racial composition of Nassau County with comparison to Florida. Only 8.5% of the population in Nassau County is non-white, which is less than half of Florida's total non-white population of 18%. The "Other" race category includes American Indians, Asians, and Hawaiian/Pacific Islanders. Overall, western Nassau County has a lower percentage of non-white residents than the county as a whole as shown in Table 3.

Table 2
Nassau County Population by Race, 2003

Race	Nassau		Florida	
	Population	Percentage	Population	Percentage
White	58,102	91.5%	14,012,002	81.9%
Black	4,772	7.5%	2,690,405	15.7%
Other	649	1.0%	417,761	2.4%
Total	63,532	100%	17,120,168	100%

Source: Population Estimates from the Executive Office of the Governor, 2004

Table 3
Western Nassau County Population by Race, 2000

Race	Callahan	Hilliard	Nassau
White	10,635 (93.1%)	7,393 (91.7%)	51,964 (90.1%)
Black	649 (5.7%)	551 (6.8%)	4,240 (7.4%)
Other	142 (1.2%)	117 (1.5%)	1,459 (2.5%)
Total	11,426	8,061	57,663

Source: 2000 US Census Bureau

III. SOCIO-ECONOMIC PROFILE

Income

Nassau County had a per capita income of \$20,272 in 2001, which is comparable to Florida's per capita income of \$20,199 (Table 4). At \$39,030, Nassau County had a higher median household income than the state's average of \$37,307.

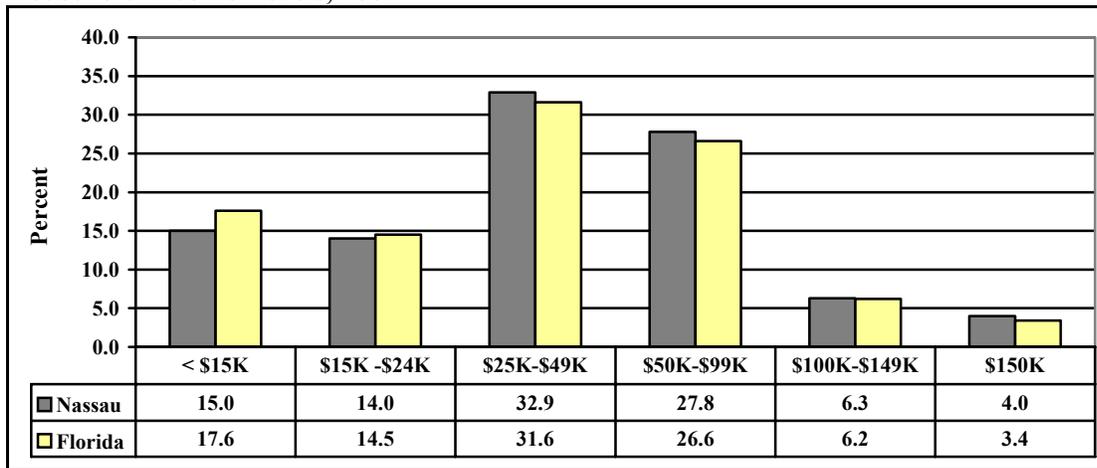
Table 4
Per Capita and Median Household Income, 2001

Nassau		Florida	
Per Capita Income	Median Household Income	Per Capita Income	Median Household Income
\$20,272	\$39,030	\$20,199	\$37,307

Source: ESRI Marketing Systems, 2002

With regard to household income levels, nearly 33% of Nassau County households had incomes in the \$25,000 - \$ 49,000 category and another 28% of residents had household incomes between \$50,000 - \$99,000 (Figure 2).

Figure 2
Household Income Levels, 2001



Source: ESRI Marketing Systems, 2002

Poverty

The estimated percentage of all persons living in poverty in Nassau County was 9.1 %, compared to 12.5% in Florida (Table 5). Table 6 shows the percentage of western Nassau County residents living below the federal poverty level, which is slightly higher than the county as a whole.

Table 5
Estimates of Persons and Families in Poverty, 2000

County	Total Population	All Persons		Children 0-17	18-64	65+
		Number	Percent	Percent	Percent	Percent
Nassau	56,772	5,192	9.1	2.9	5.2	1.0
Florida	15,605,367	1,952,629	12.5	4.0	6.9	1.6

Source: 2000 US Census Bureau

Note: 2000 US Census Poverty status refers to the 1999 poverty income level.

Table 6
Estimates of Poverty in Western Nassau County, 2000

	Callahan	Hilliard	Nassau
% Living in Poverty	10.2%	10.5%	9.1%

Source: 2000 US Census Bureau

Public Assistance

National welfare reform and the initiation of Florida's WAGES program in 1996 dramatically reduced the number of families enrolled in the State Public Assistance Program. Table 7 summarizes the number of clients and families receiving public assistance from 1999-2003. Nassau County had an increase of nearly 13 % in the number of clients receiving public assistance, while the state experienced a decrease of 31%.

Table 7
Families on Public Assistance 1999-2003

	Persons Receiving Cash Assistance										1999-2003 % Change
	1999		2000		2001		2002		2003		
Area	Families	Clients	Families	Clients	Families	Clients	Families	Clients	Families	Clients	
Nassau	165	304	157	289	151	273	168	301	185	343	12.8%
Florida	75,732	181,057	64,829	142,476	57,676	122,955	58,877	125,251	58,535	124,217	-31.4%

Note: June TANF enrollment figures provided

Source: Economic Self-Sufficiency Services, Florida Department of Children and Families, 2004.

Labor Force, Employment, and Industry

According to the Florida Department of Labor and Employment Statistics in 2004, there was an average of 31,254 persons employed monthly in all industries in Nassau County. The Nassau County Public School System is one of the largest employers in the county, with over 1,200 full-time employees.

Between 1997-2003, Nassau County's unemployment rate showed an increase of 27.0 % (Table 8). Florida experienced an increase of 6.3% in the unemployment rate during this same time period; however Nassau County's unemployment rate is still below the state average.

Table 8
Unemployment Rates, 1997-2003

Area	% Unemployment							% Change 1997-2003
	1997	1998	1999	2000	2001	2002	2003	
Nassau	3.7	3.3	3.3	3.2	4.1	4.5	4.7	27.0%
Florida	4.8	4.3	3.9	3.6	4.8	5.5	5.1	6.3%

Source: Florida Agency for Workforce Innovation, Labor Market Statistics, Local Area Unemployment Statistics Program, 2004

Education

There are 9 elementary schools (K-5), 3 middle schools (6-8), 2 high schools (9-12), and one combination school (6-12) in Nassau County, with a total enrollment of just over 10,500 students. The high school graduation rate in Nassau County for 2002-03 was 79.5% (Table 9).

Table 9
High School Graduates, 2002 – 2003

Area	Number enrolled in 12 th grade	^Graduation Rate	Drop Out Rate	*Percent Planning to Enter College	* Percent Planning to Enter Technical School
Nassau	10,519	79.5%	2.7%	60.1%	0.9%
Florida	134,134	69.0%	3.1%	63.3%	4.5%

^Graduation rate is defined as % of students who graduate from high school within 4 years after entering 9th grade for the first time.

*Figures may not reflect complete data

Source: Bureau of Education information and Accountability Services. Florida Dept of Education, Florida School Indicator Report; Profiles of School Districts, 2002-03.

Table 10 summarizes the number of students receiving free or reduced lunch. Nearly a third of students in Nassau County receive free or reduced lunches.

Table 10
Students Receiving Reduced Price or Free Lunch, 2003

Area	Number of Students by Racial/Ethnic Category, Fall 2003						Total Students in Public Schools	Students Enrolled in Free or Reduced Lunch [^]
	White, Non-Hispanic	Black, Non-Hispanic	Hispanic	Asian Pacific Islander	Other*	Total		
Nassau	2,631	608	78	8	63	3,388	10,519	32.2%
Florida	338,497	422,390	355,217	16,885	30,564	1,163,553	2,476,244	47.0%

*Other includes American Indian/Alaskan Native and Multiple Races.

[^] Total percentage of students in enrolled in public schools receiving free or reduced lunches. Students whose family incomes are ≤ 130% of the federal poverty guidelines are eligible for free lunch and students whose family incomes are between 131-185% are eligible for the reduced price lunch program.

Source: Florida Dept of Education, Student Database, Survey 2 data, October 13-17, 2003

HEALTH STATUS

I. MORTALITY INDICATORS

Mortality rates can be key indicators of the state of health of a community. This section will compare mortality rates for Nassau County with Florida mortality rates, as well as three other counties in Northeast Florida, including Baker, Bradford, and Clay Counties.

Table 11 summarizes the population by race. Nassau County's minority population is lower than Florida as well Bradford and Baker Counties. Nassau's minority population is very similar to Clay County's non-white population.

Table 11
Population by Race, 2003

Area	Race	Population	Race as % of Population
Baker	Total	23,457	100%
	White	19,829	84.5%
	Black	3,386	14.4%
	Other	242	1.0%
Bradford	Total	27,060	100%
	White	21,050	77.8%
	Black	5,655	20.9%
	Other	355	1.3%
Clay	Total	156,951	100%
	White	140,345	89.4%
	Black	11,750	7.5%
	Other	4,856	3.1%
Nassau	Total	63,425	100%
	White	58,119	91.6%
	Black	4,681	7.4%
	Other	625	1.0%
Florida	Total	17,134,945	100%
	White	14,012,002	81.8%
	Black	2,690,405	15.7%
	Other	432,538	2.5%

Source: July 1 Population Estimates, Office of the Governor, 2004

A significant number of Nassau County deaths are premature and preventable. Behavior modification and risk reduction can reduce the mortality rates of many of the leading causes of death, especially those attributed to heart disease, stroke, diabetes, lung cancer, and motor vehicle accidents. Individuals may improve both the length and quality of their lives by simply following a healthy lifestyle and receiving regular medical care.

Table 12 summarizes age-adjusted death rates for several of the leading causes of deaths for all races. Nassau County's death rate from stroke exceeded Florida, as well as Baker, Bradford,

Clay Counties. Overall, Nassau County exceeded Florida's death rates for the other leading causes of death, with the exception of diabetes and liver disease.

Table 12
Death Rates for Leading Causes of Death, 2001-2003

Area	Age-Adjusted Death Rates, All Race, Per 100,00 Population						
	Heart Disease	Cancer	Stroke	COPD	Diabetes	Pneumonia/ Influenza	Liver Disease
Baker	313.9	221.2	62.8	84.1	47.8	48.8	20.6
Bradford	220.2	199.3	58.1	47.1	36.9	29.1	11.9
Clay	239.9	223.9	62.6	60.9	28.0	18.7	11.1
Nassau	254.3	214.2	68.3	61.5	19.4	25.2	10.1
Florida	217.9	178.7	44.7	39.4	21.1	14.4	10.9

Note: Three-Year Average, Age Adjusted

Source: Florida Department of Health, Office of Planning, Evaluation & Data Analysis, 2004

The remainder of this section will explore the leading causes of death for Nassau County in comparison with Florida and these three counties. Age-adjusted death rates for all races from the period of time between 1997 – 2003 will be presented, as well as age adjusted death rates by race from 2001 – 2003. Unless otherwise noted, all tables in this section compare three-year rolling averages using age-adjusted death rates from the Florida Department of Health's CHARTS website which can be found at <http://www.floridacharts.com/charts/chart.aspx>

Mortality rates for the following indicators are included in this section:

- Heart Disease
- All Cancers
- Breast Cancer
- Lung Cancer
- Stroke
- Chronic obstructive pulmonary disease (C.O.P.D.)
- Unintentional injuries
- Motor vehicle accidents
- Diabetes
- Influenza and pneumonia
- Alzheimer's disease
- Liver Disease

In addition, this section will review infectious disease rates, maternal and child health and social and mental health indicators as well as results of the 2002 Behavioral Risk Factor Surveillance System Survey.

Heart Disease

Heart disease remains the nation's leading cause of death. Figure 3 shows age-adjusted heart disease death rates for the period of time between 1997 – 2003. Nassau County has shown a decline in heart disease deaths during this time period, however still remains higher than Florida. Non-white deaths from heart disease in Nassau County exceeded the state's rate (Figure 4).

Figure 3
Heart Disease Deaths, All Races, 1997-2003

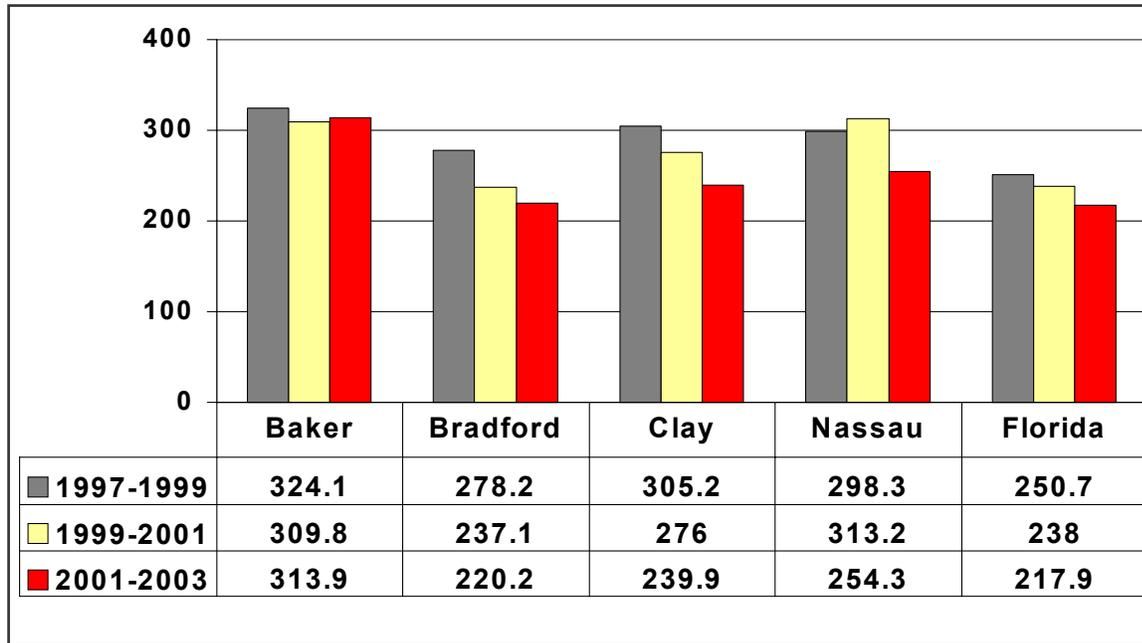
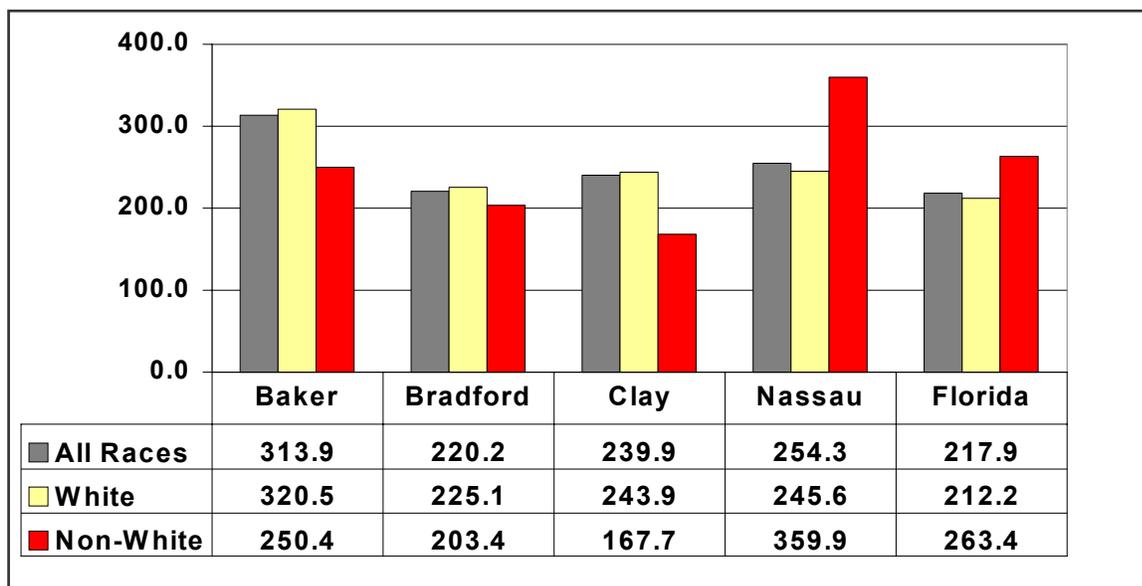


Figure 4
Heart Disease Death Rates By Race, 2001-2003



Cancer

Cancer ranks second only to heart disease as the leading cause of death in the United States. Age-adjusted deaths from all types of cancer in Nassau County remained fairly stable between 1997-2003 (Figure 5). The cancer death rate across the different racial groups in Nassau County affected a proportionate number of whites and non-whites as shown in Figure 6.

Figure 5
All Cancer Death Rates For All Races, 1997-2003

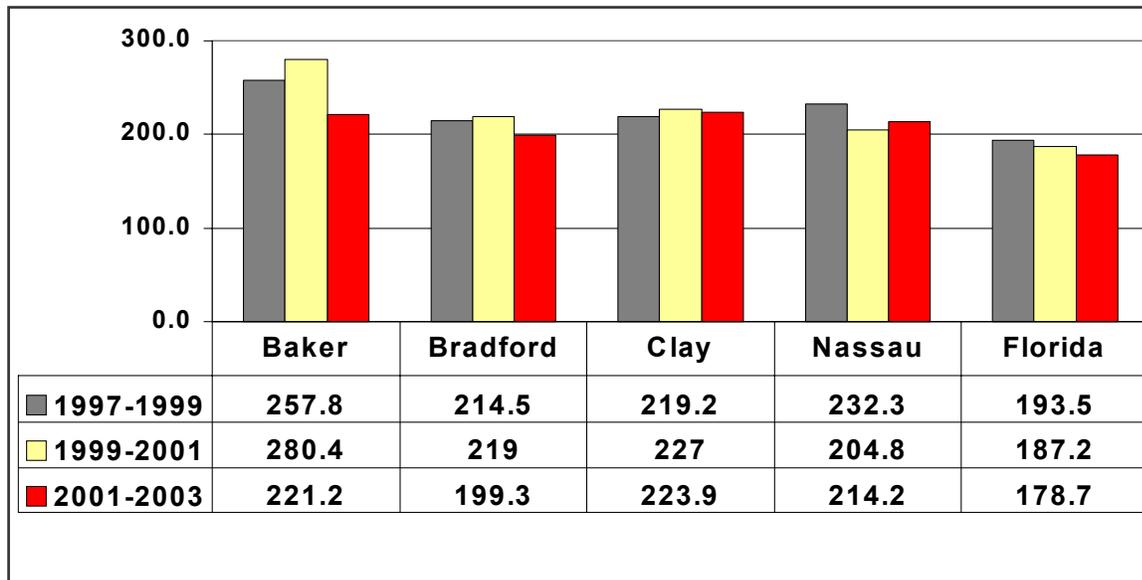
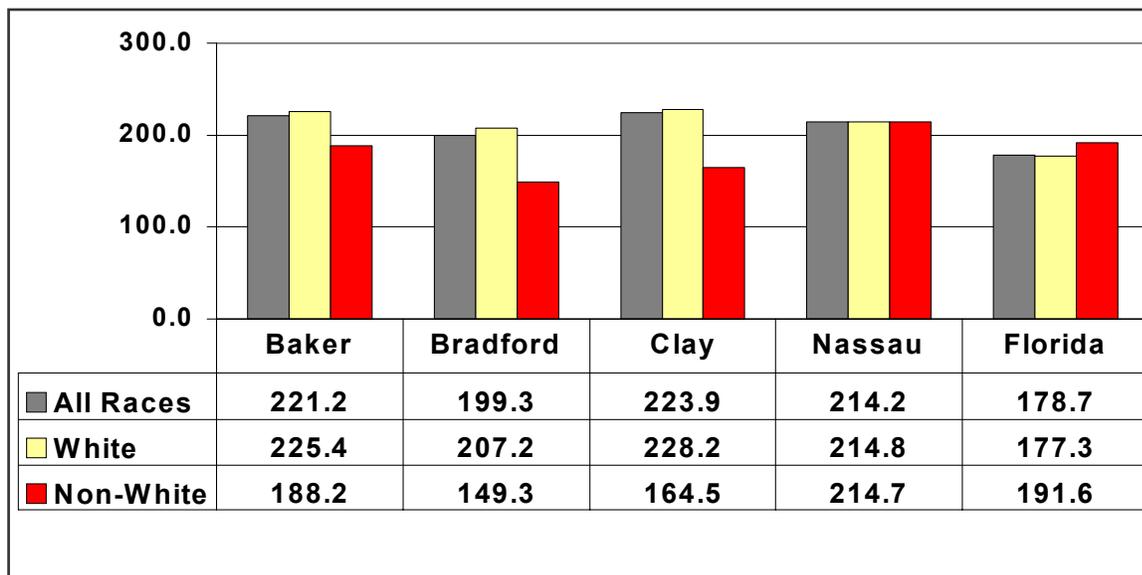


Figure 6
All Cancer Death Rates By Race, 2001-2003



Lung Cancer

Nassau County showed a slight decrease in age-adjusted cancer deaths between 1997-2003 (Figure 7). Lung cancer deaths in the non-white population were less than the white population in Nassau County as well Florida and Baker, Bradford, and Clay Counties (Figure 8).

Figure 7
Lung Cancer Death Rates, All Races, 1997-2003

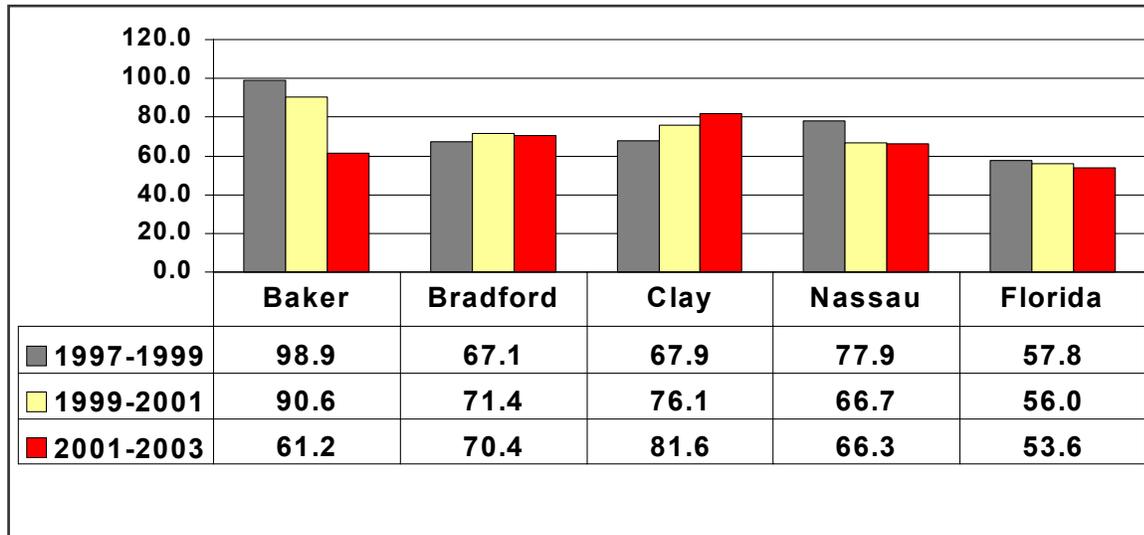
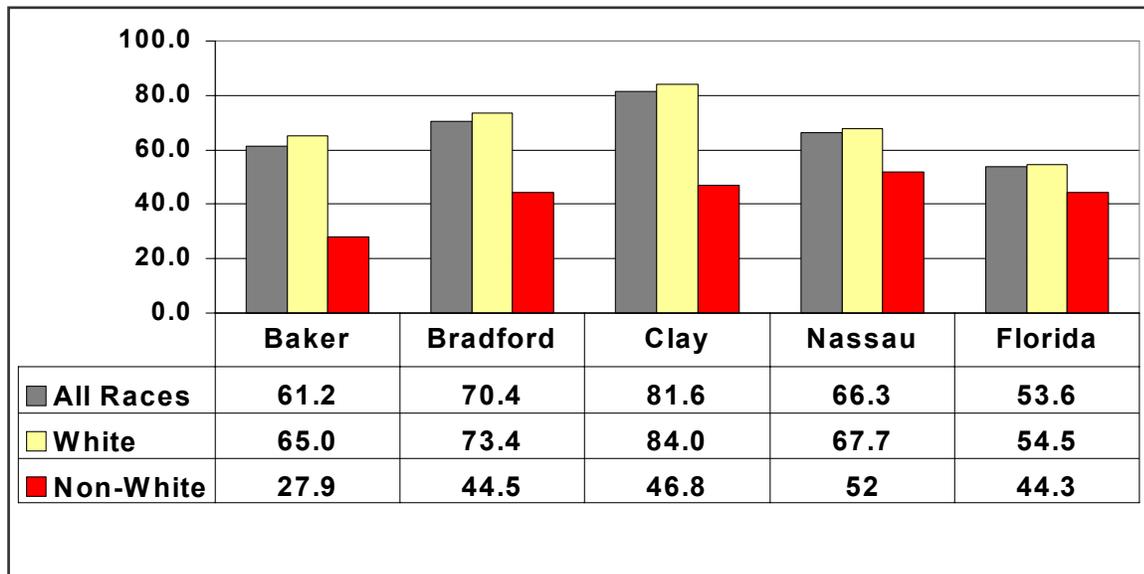


Figure 8
Lung Cancer Death Rates By Race, 2001-2003



Breast Cancer

Nassau County fluctuated in the number of breast cancer deaths from the period of time from 1997-2003, showing an increase between 2001-2003 (Figure 9). There was a proportionate of deaths in the white and non-white population, with little different among death rates by race in Nassau County (Figure 10).

Figure 9
Breast Cancer Death Rates, All Races, 1997-2003

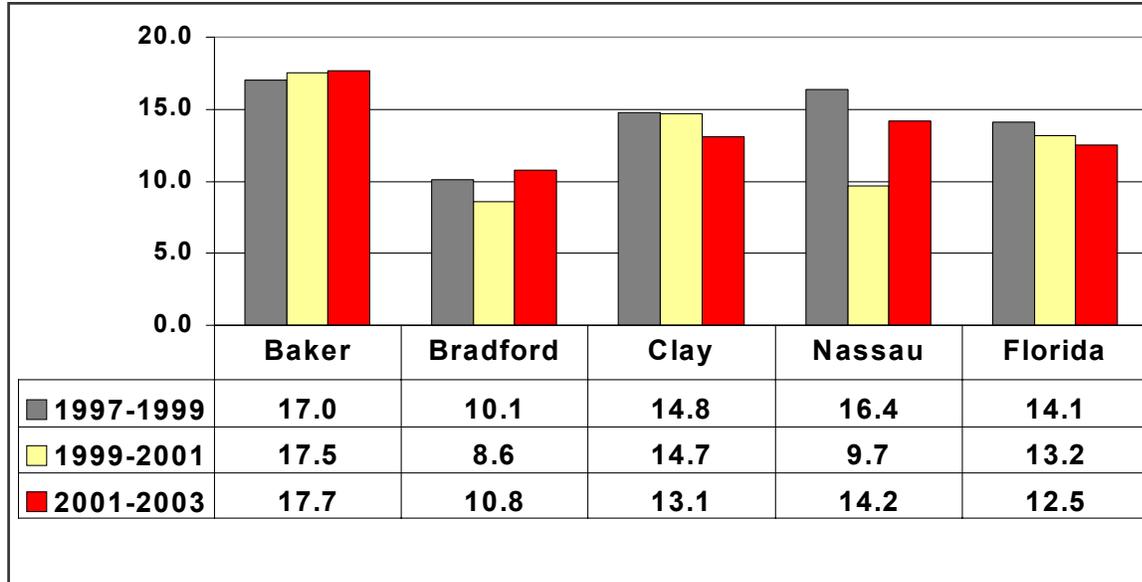
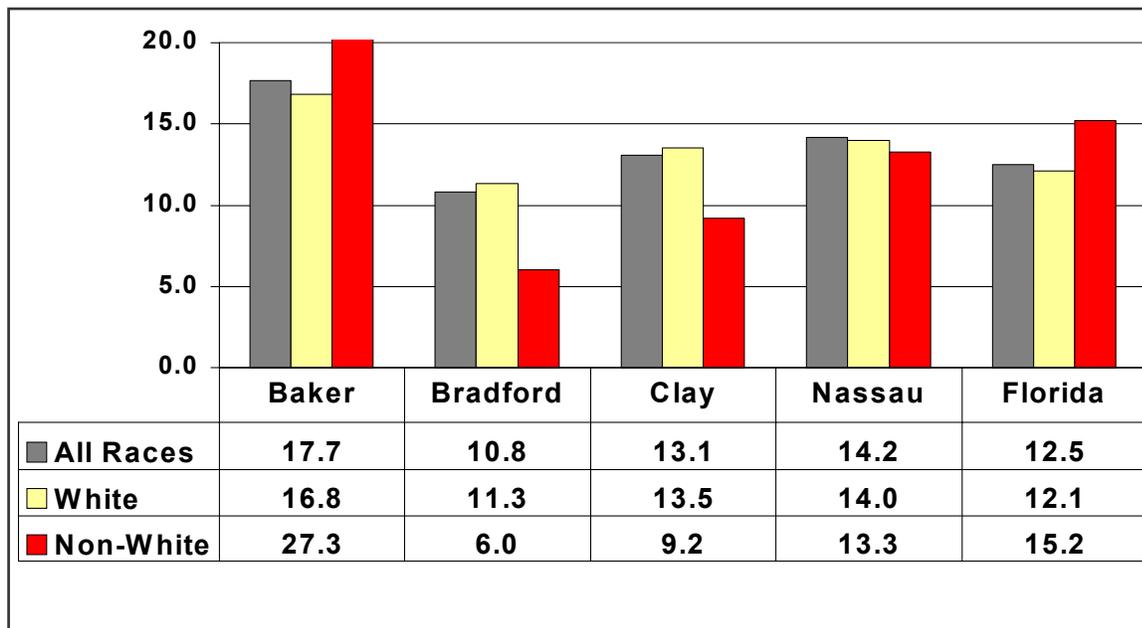


Figure 10
Breast Cancer Death Rates By Race, 2001-2003



Stroke

Stroke is a cardiovascular disease that affects the blood vessels supplying blood to the brain. Stroke is the third leading cause of death in the United States. As shown in Figure 11, Nassau County's rate of deaths from strokes has remained stable from 1997-2003. There was little difference in stroke deaths among racial groups in Nassau County as shown in Figure 12.

Figure 11
Stroke Disease Death Rates, All Races, 1997-2003

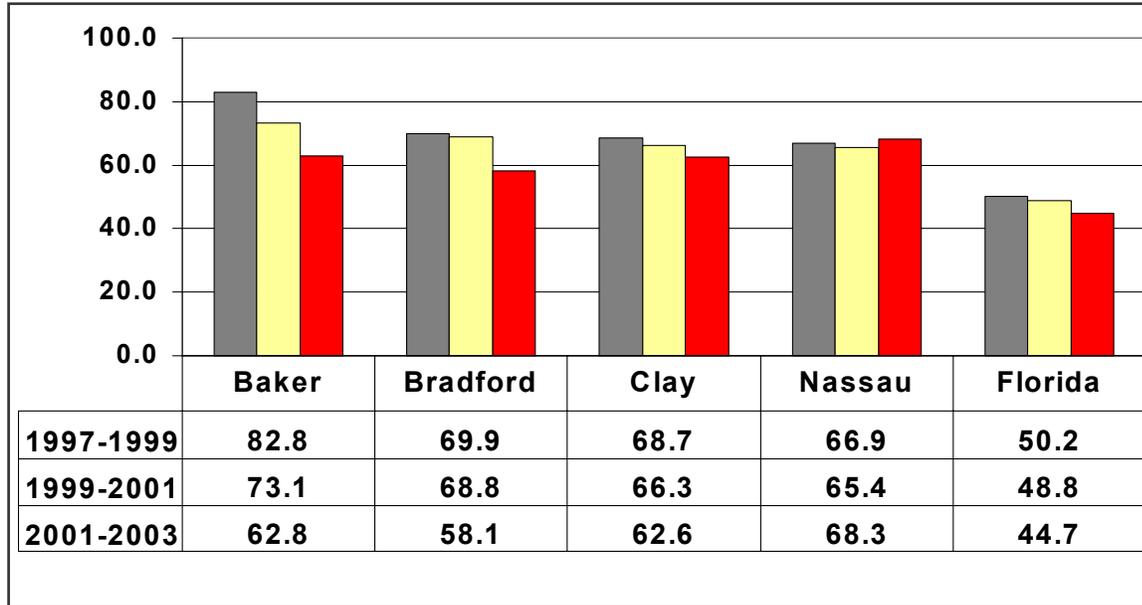
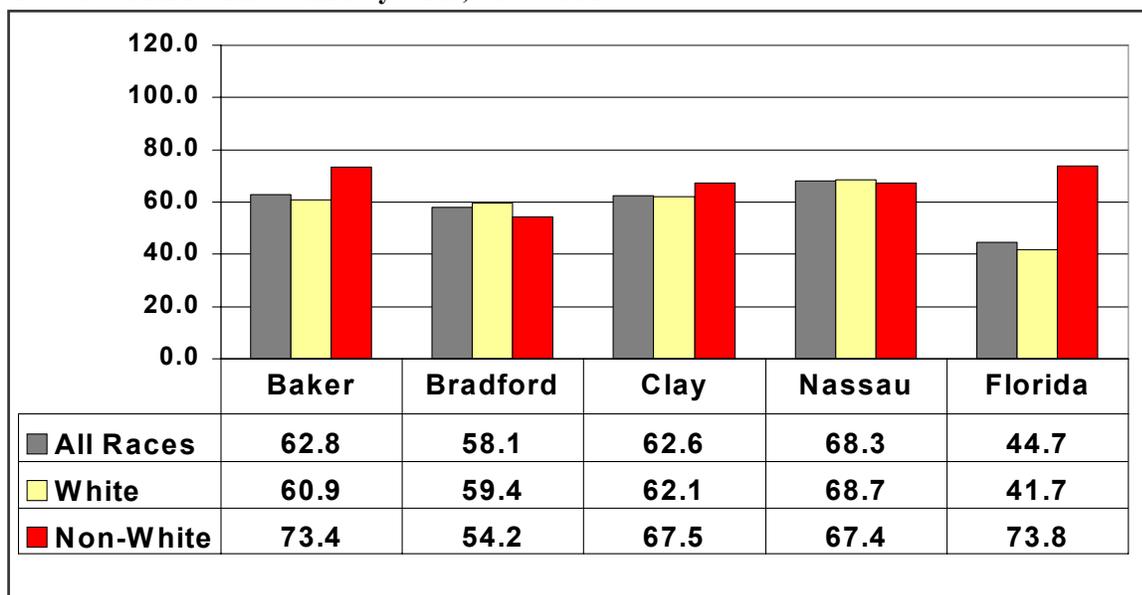


Figure 12
Stroke Disease Death Rates By Race, 2001-2003



Chronic Obstructive Pulmonary Disease (C.O.P.D.)

Chronic bronchitis, emphysema, and asthma all fall within the category of C.O.P.D. There was a spike in C.O.P.D. death rates from 1999-2001 in Nassau County, however the death rate declined from 2001-2003 (Figure 13). C.O.P.D appears to disproportionately affect the white population in Nassau County, with death rates over twice as high than the non-white population (Figure 14).

Figure 13
C.O.P.D. Death Rates For All Races, 1997-2003

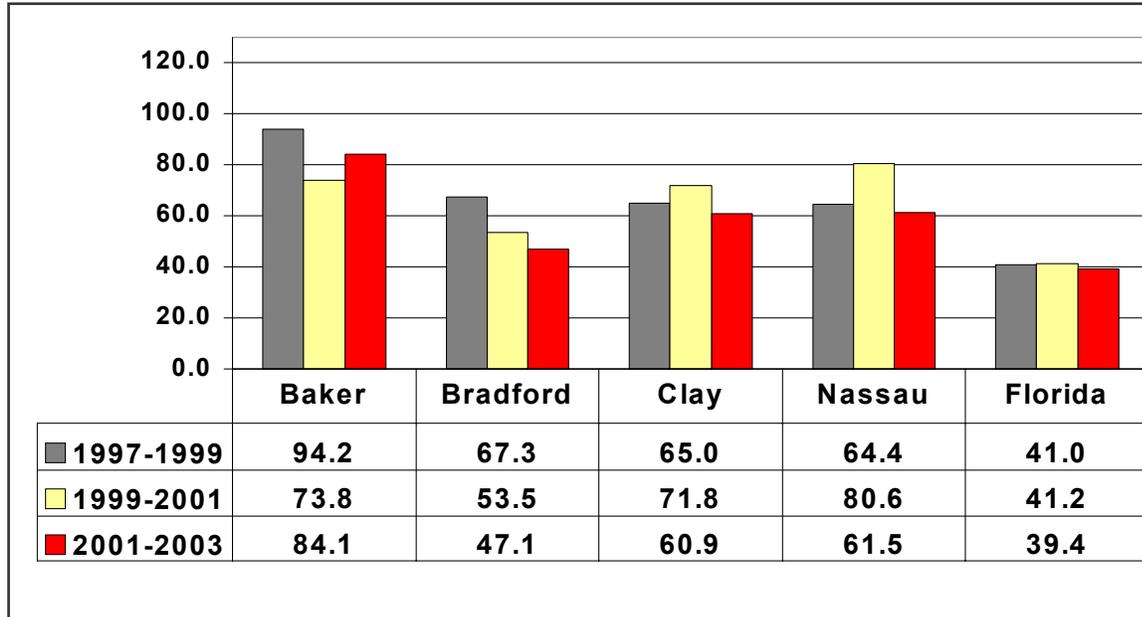
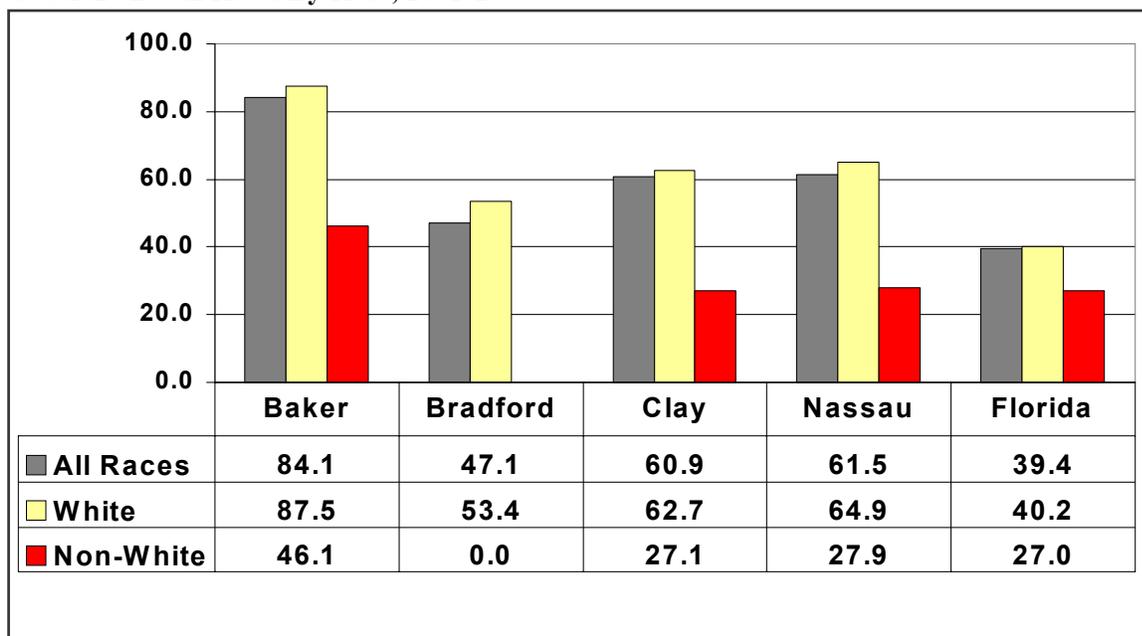


Figure 14
C.O.P.D. Death Rates By Race, 2001-2003



Unintentional Injuries

Unintentional injuries include motor vehicle crashes, drowning, fires, fall, and other home and recreation injuries. Unintentional injuries have shown a decrease in Nassau County from 1997-2003 (Figure 15). The white population in Nassau County had double the number of deaths from unintentional injuries in comparison to the non-white population (Figure 16).

Figure 15
Unintentional Injuries Death Rates, All Races, 1997-2003

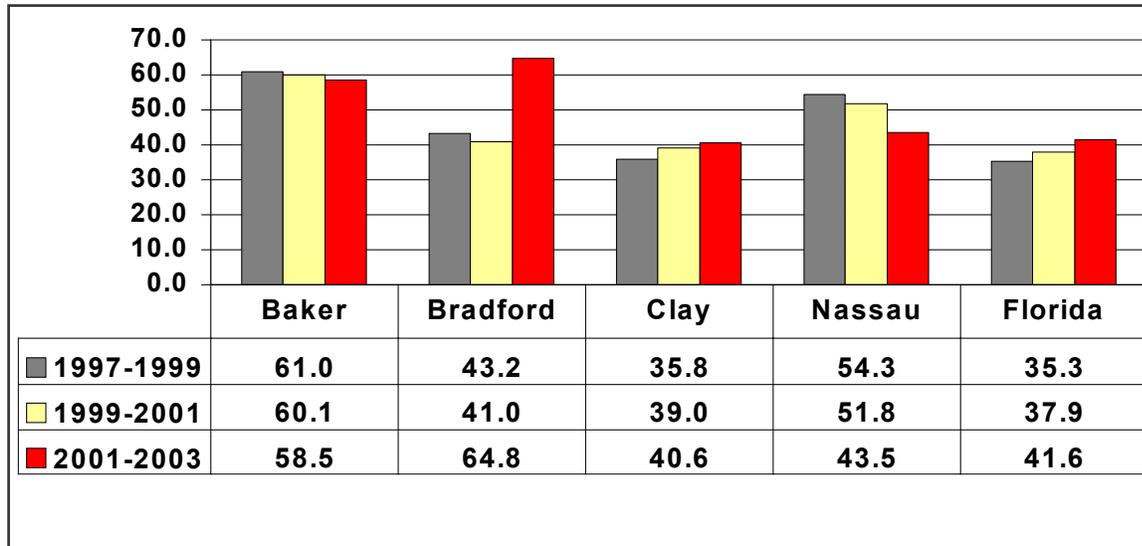
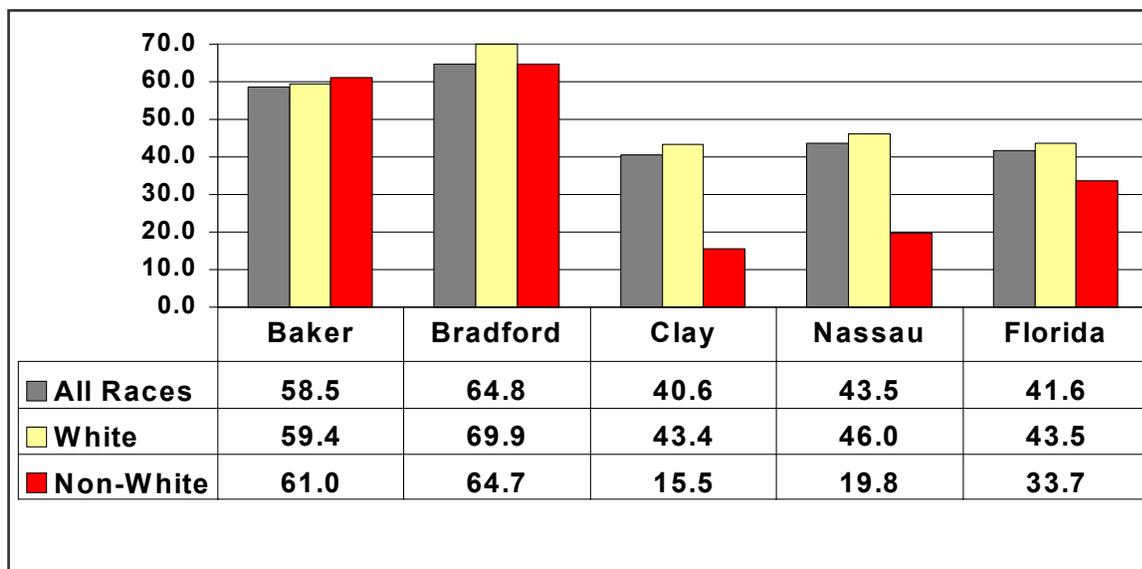


Figure 16
Unintentional Injuries Death Rates By Race, 2001-2003



Motor Vehicle Accidents

Half of all unintentional injury deaths are due to motor vehicle crashes and motor vehicle accidents. Age-adjusted motor vehicle accidents in Nassau County remained relatively stable from 1997-2003 (Figure 17). The majority of deaths in Nassau County were in the white population, with very few deaths in the non-white population (Figure 18).

Figure 17
Motor Vehicle Accident Death Rates, All Races, 1997-2003

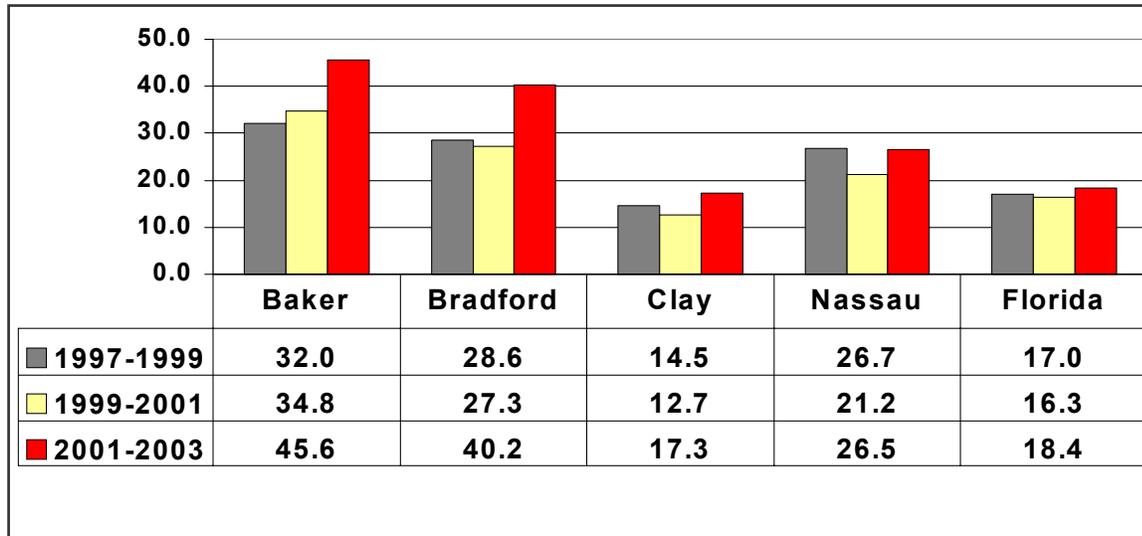
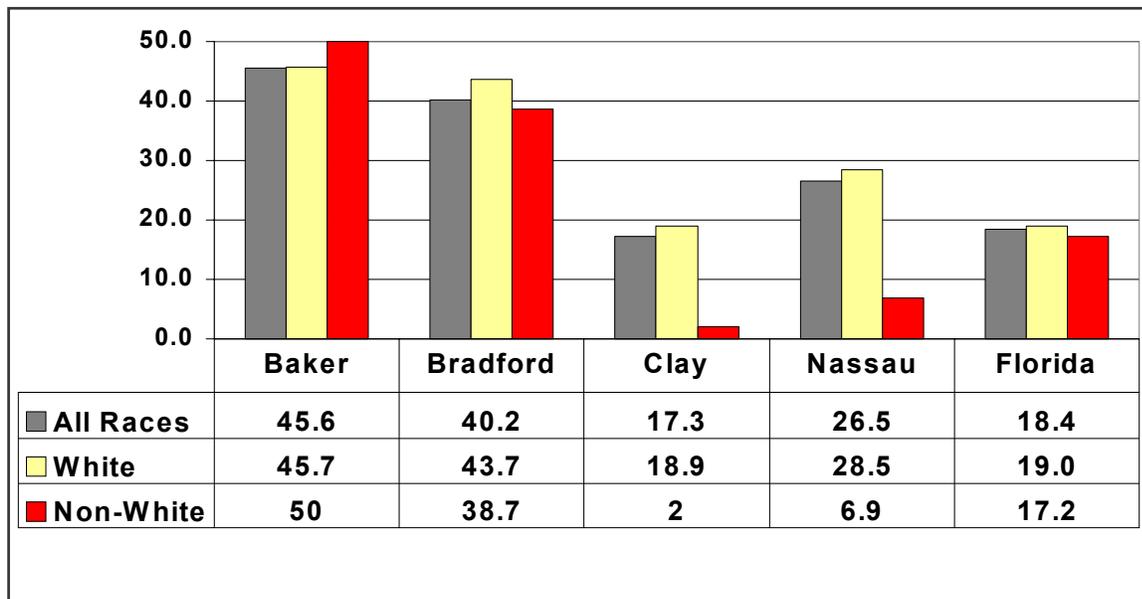


Figure 18
Motor Vehicle Accident Death Rates By Race, 2001-2003



Diabetes

Diabetes is a chronic metabolic disease that affects millions of Americans and is the sixth leading cause of death in the United States. Nassau County's age-adjusted death rate from diabetes showed a slight decrease during the period from 1997 – 2003 (Figure 19). Nassau County had a significantly higher number of deaths from diabetes in the non-white population, with over double the number of deaths than the white population (Figure 20).

Figure 19
Diabetes Disease Death Rates For All Races, 1997-2003

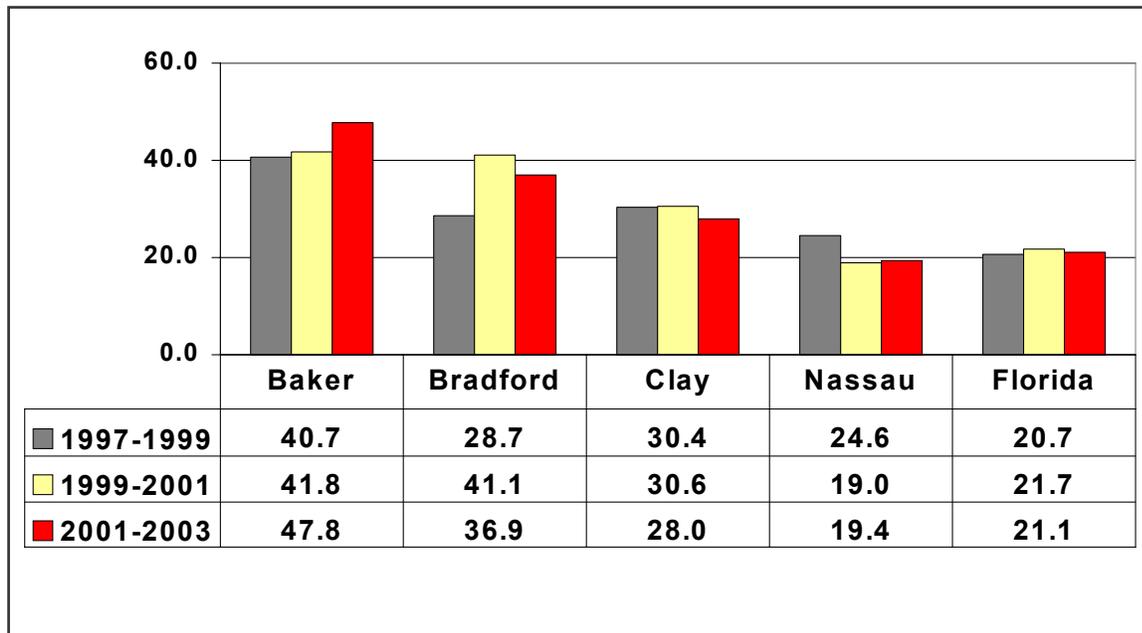
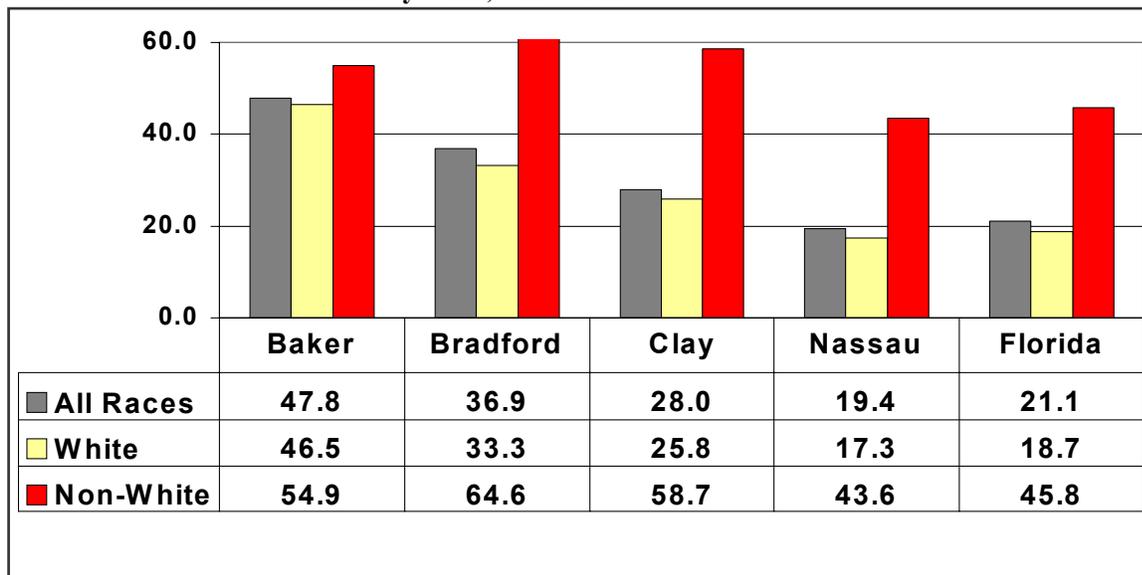


Figure 20
Diabetes Disease Death Rates By Race, 2001-2003



Influenza and Pneumonia

Influenza and pneumonia deaths together constitute the seventh leading cause of death in the United States. Figure 21 illustrates the trend in age-adjusted death rates from influenza and pneumonia from 1997-2003. Nassau County showed a steady decrease during this period of time. The death rate from influenza and pneumonia was slightly higher in the white population in Nassau County, as shown in Figure 22.

Figure 21
Influenza & Pneumonia Disease Death Rates, All Races, 1997-2003

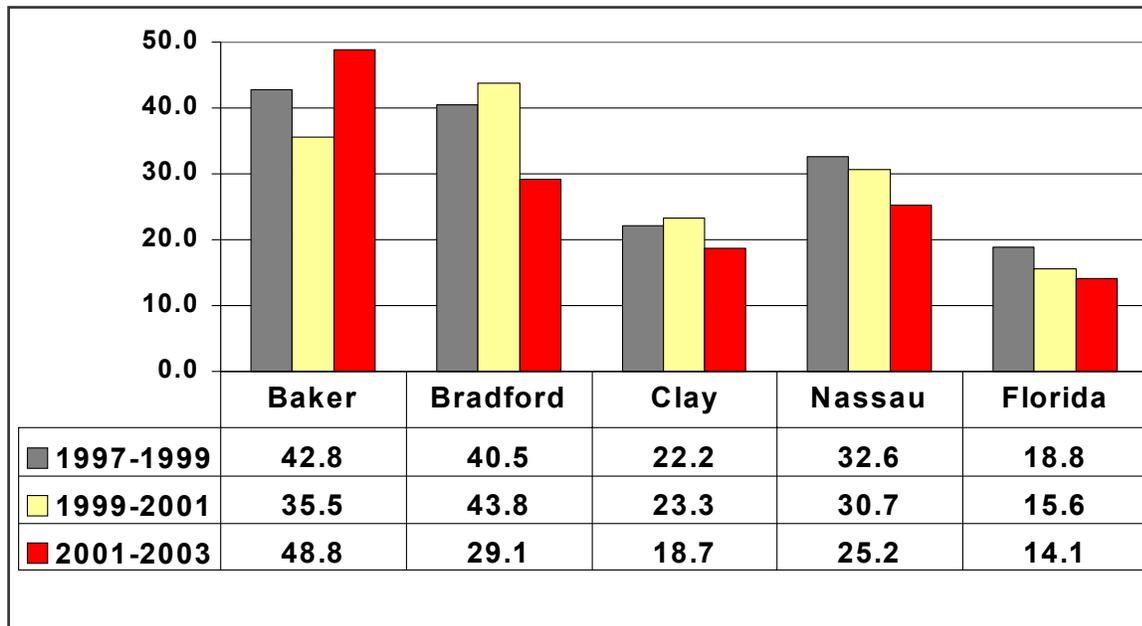
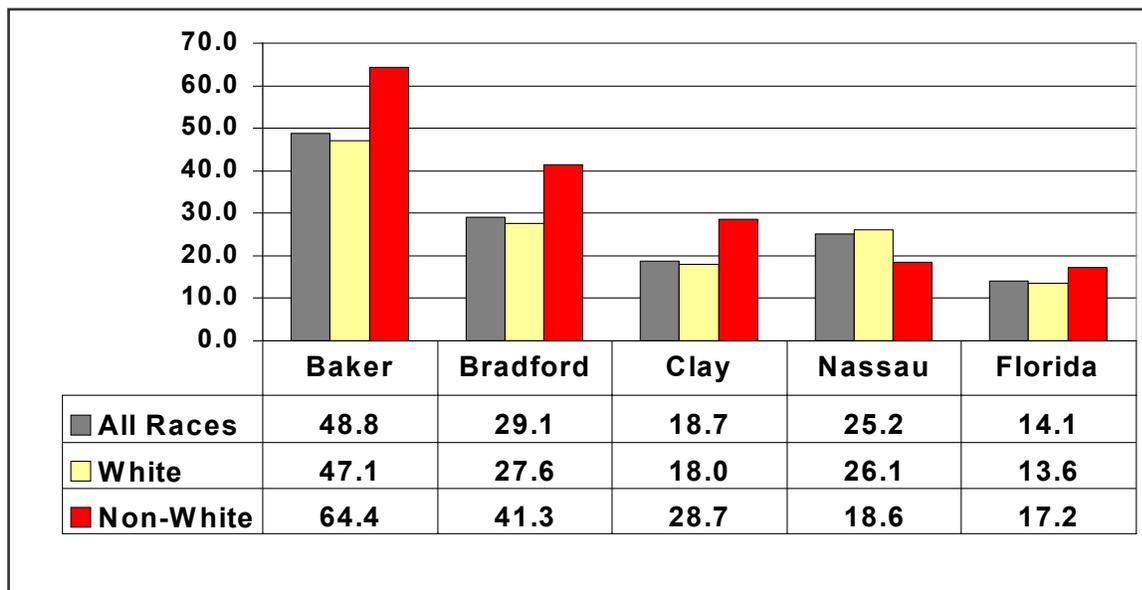


Figure 22
Influenza & Pneumonia Disease Death Rates, All Races, 1997-2003



Alzheimer's Disease

An estimated 4.5 million Americans have Alzheimer's disease. Nassau County showed a sharp increase in the number of deaths from this disease during the period of time from 1997-2003 (Figure 23). There were very few deaths in the non-white population from Alzheimer's disease in Nassau County as shown in Figure 24.

Figure 23
Alzheimer's Disease Death Rates, All Races, 1997-2003

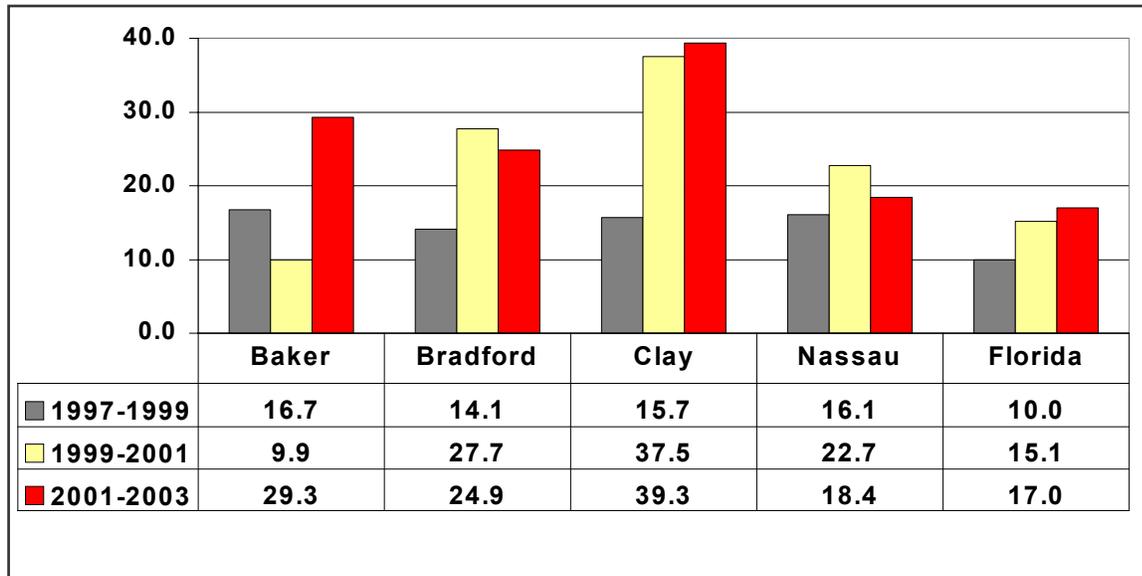
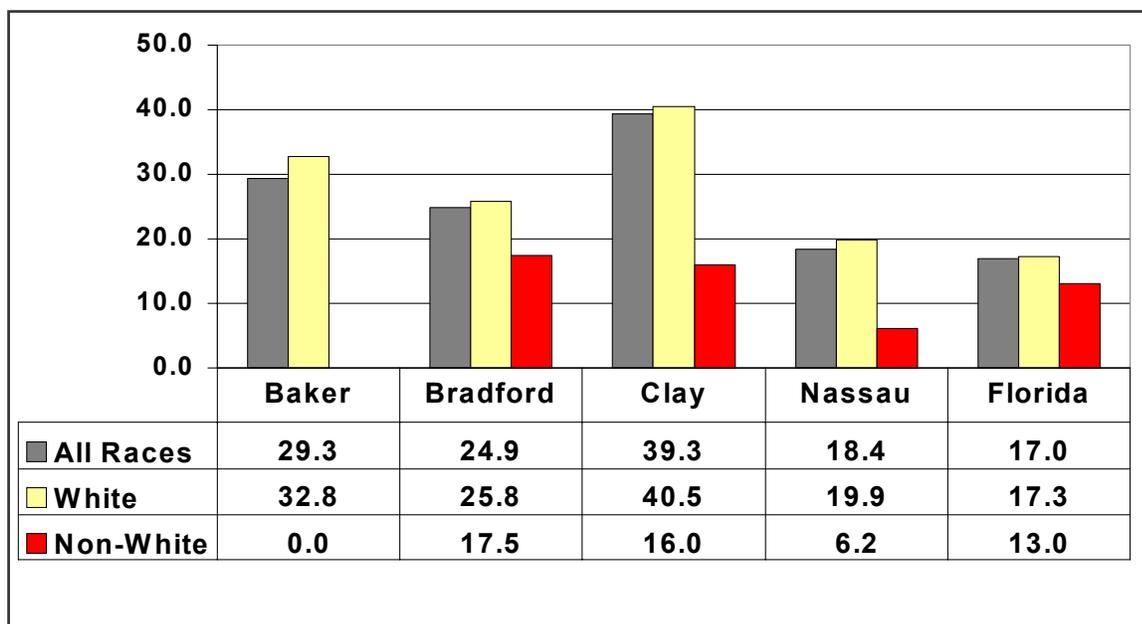


Figure 24
Alzheimer's Disease Death Rates By Race, 2001-2003



Liver Disease

Among the numerous diseases that affect the liver, cirrhosis accounts for most of the cases of liver disease and death associated with liver failure. As shown in Figure 25, death rates from liver disease remained stable in Nassau County from 1997-2003 and was similar to the state's death rate. Liver disease appears to disproportionately affect the non-white population in Nassau County as shown in Figure 26.

Figure 25
Liver Disease And Cirrhosis Death Rates For All Races, 1997-2003

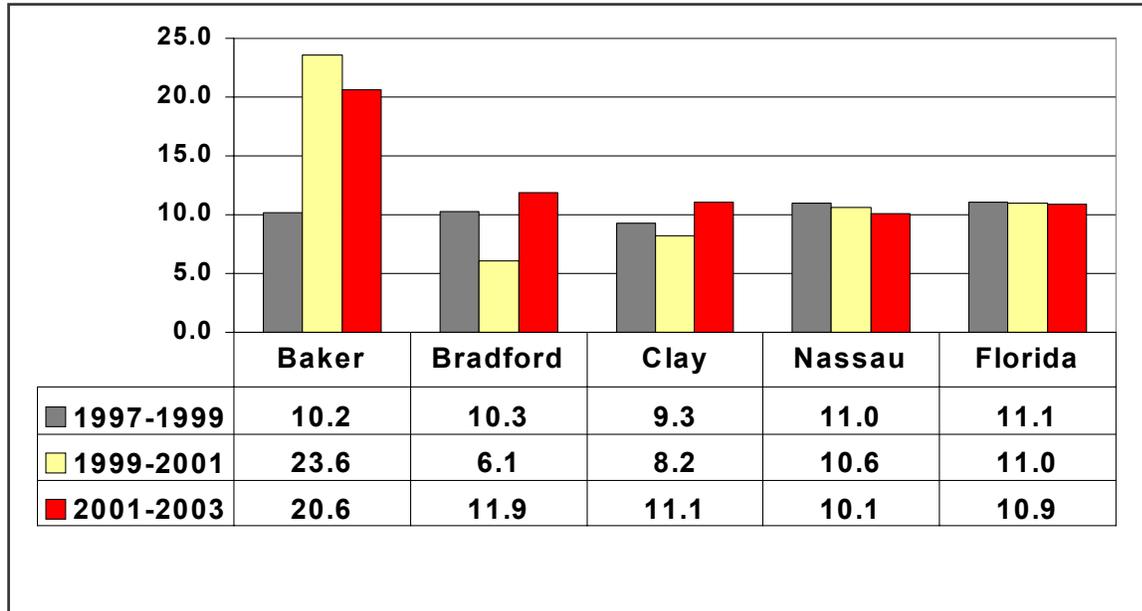
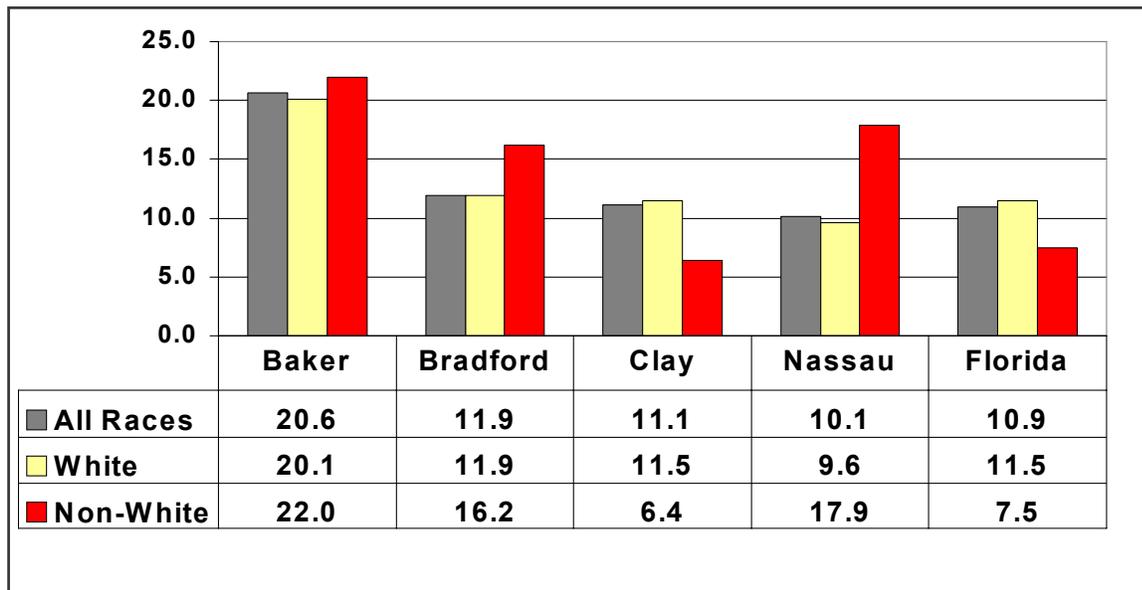


Figure 26
Liver Disease And Cirrhosis Death Rates By Race, 2001-2003



II. INFECTIOUS DISEASES

HIV/AIDS represents the eleventh leading cause of death among Floridians. Nassau County had a significantly lower average rate of HIV and AIDS cases than Florida (Table 13). The number of HIV and AIDS cases by race is not available in counties where the total number of cases are less than three, due to confidentiality issues.

Table 13
AIDS And HIV Cases, 2001-2003

Area	HIV Cases		AIDS Cases	
	Average # of Cases	Rate per 100,000	Average # of Cases	Rate per 100,000
Baker	4.0	17.3	2.3	10.1
Bradford	2.6	10.0	4.6	17.5
Clay	13.6	9.1	11.3	7.5
Nassau	5.0	8.1	6.3	10.3
Florida	6,299.3	37.6	4,985.3	29.7

Sexually Transmitted Diseases

The Sexually Transmitted Disease (STD) rate in Nassau County experienced an increase from 1997-2003 (Figure 27) but still remains lower than the state's rates for gonorrhea and chlamydia as shown in Table 14.

Figure 27
Gonorrhea, Chlamydia & Infectious Syphilis Rates, All Races, 1997-2003

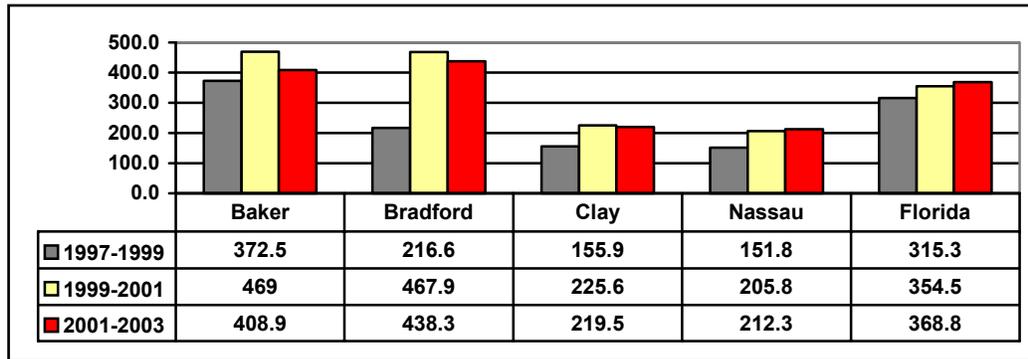


Table 14
Sexually Transmitted Diseases, All Races, 2001-2003

Area	Gonorrhea		Chlamydia	
	Ave # of Cases	Rate per 100,000	Ave # of Cases	Rate per 100,000
Baker	23.0	99.7	71.3	309.2
Bradford	40.3	151.5	76.3	286.8
Clay	80.0	53.0	250.3	165.8
Nassau	35.0	56.9	95.7	155.5
Florida	20,617.7	122.9	40,688.3	242.6

III. MATERNAL AND CHILD HEALTH

Birth Rate

Population growth in a community is a combination of natural increase (more births than deaths) and migration (more people moving into the area than leaving).

The birth rate for Nassau County was 11.4 births per 1,000 for all races, slightly lower than the state's rate of 12.4 births per 1,000 (Table 15). The rate of non-white births in Nassau County was 12.1 births per 1,000 population, which fell below the state's non-white birth rate of 17.7 births per 1,000 population.

Table 15
Total Births and Birth Rates by Race, 2001-2003

Area	All Races		White		Nonwhite	
	Ave Number	Rate	Ave Number	Rate	Ave Number	Rate
Baker	349	15.1	302	15.5	47	13.3
Bradford	296	11.1	233	11.3	63	10.6
Clay	1,968	13.0	1,715	12.7	252	16.0
Nassau	700	11.4	637	11.3	64	12.1
Florida	207,874	12.4	153,717	11.2	53,821	17.7

Female Population of Childbearing Age by Race

The percentage of women of childbearing age (15- 44 years) in Nassau County represented approximately 19 % of the total population as shown in Table 16. The majority of women of childbearing age in Nassau County were white (90.8%).

Table 16
Female Population of Childbearing Women Age 15-44 by Race, 2001-2003

Area	Total Childbearing Population		White		Black		Other	
	Ave Number	%	Ave Number	%	Ave Number	%	Ave Number	%
Baker	4,682	20.0	4,058	86.7	586	12.5	38	0.8
Bradford	4,496	16.6	3,682	81.2	768	17.1	46	1.0
Clay	32,236	20.5	28,393	88.1	2,733	8.5	1,121	3.5
Nassau	12,237	19.3	11,122	90.8	982	8.0	133	1.1
Florida	3,310,435	19.3	2,571,422	77.7	638,128	19.3	100,885	3.0

Infant Mortality

Infant mortality includes the deaths of babies from birth to 364 days. The leading causes of infant deaths in Florida were perinatal conditions, congenital anomalies, low birth weight, and sudden infant death syndrome.

Infant mortality rates from 1997-2003 are provided in Figure 28. Nassau County experienced a slight increase in infant deaths during this period of time. As shown in Figure 29, Nassau County had a higher non-white infant mortality rate with comparison to the white population.

Figure 28
Infant Mortality Rates, All Races, 1997 – 2003

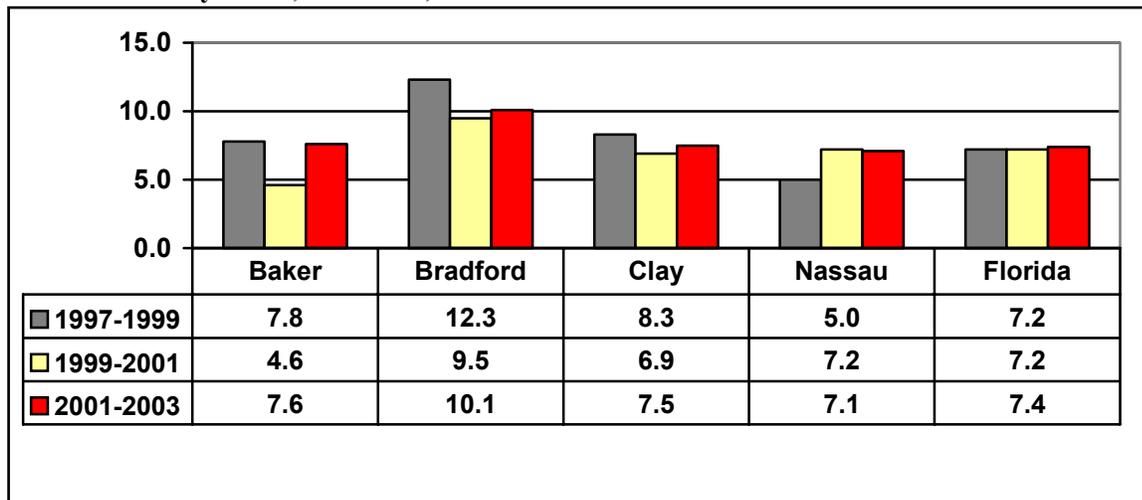
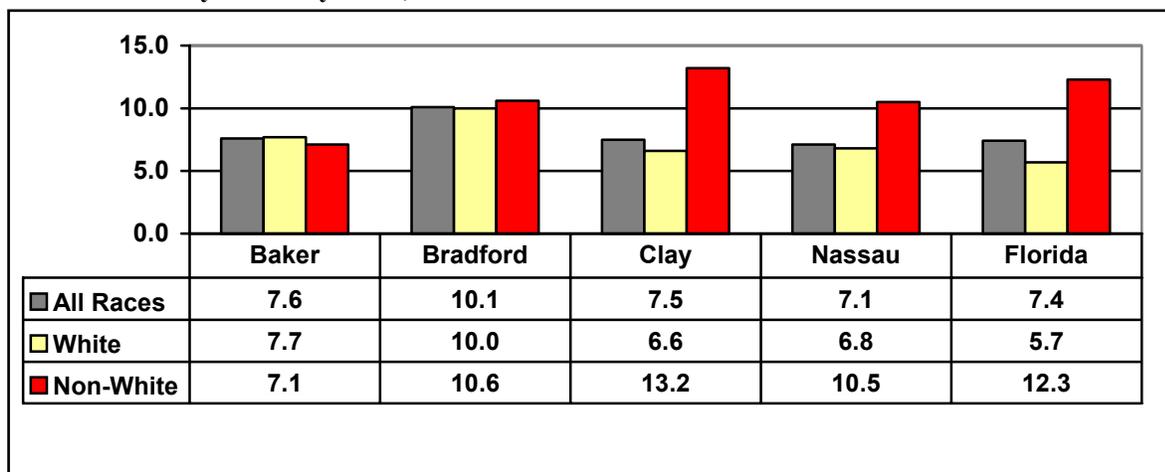


Figure 29
Infant Mortality Rates By Race, 2001-2003



Low Birth Weight

Babies born less than five and a half pounds, or 2500 grams, in weight are termed "low birth weight" births. The highest rates of these births occur to teen and minority mothers. These vulnerable babies have an increased risk of morbidity and mortality and consume a disproportionate share of health care resources during the first year of life and early childhood years.

Nassau County's low birth rate remained stable from 1997– 2003 and was very close to the state's low birthweight rate (Figure 30). Nassau County's low birthweight rate of non-white mothers was over twice as high than white mothers (Figure 31).

Figure 30
Low Birthweights For All Races, 1997-2003

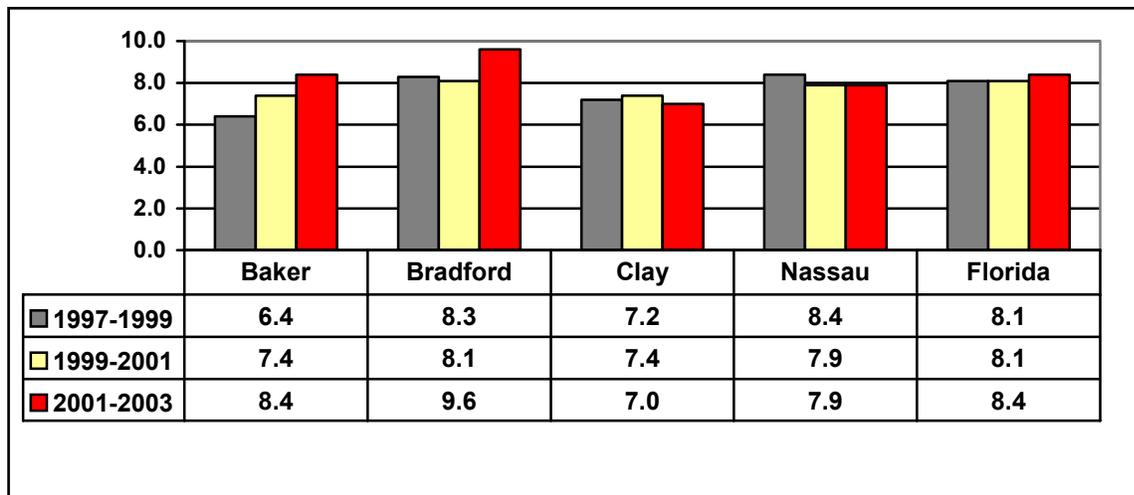
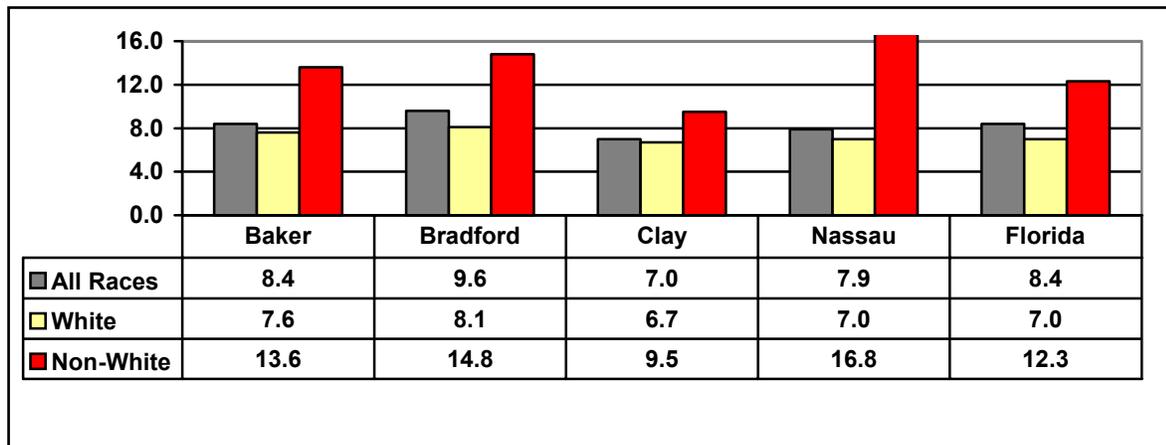


Figure 31
Low Birthweights By Race, 2001-2003



Adolescent Births

Babies born to young mothers under the age of 18 are more likely to experience poor birth outcomes than those born to older mothers. Birth outcomes are also closely tied to the education, economic outlook, and family relationships of the mother. Births to teenage mothers in Nassau County showed a decrease from 1997-2003 (Figure 32). There was a higher rate of births to non-white teenage mothers than white mothers in Nassau County as shown in Figure 33.

Figure 32
Births To Mothers Under 18, All Races, 1997-2003

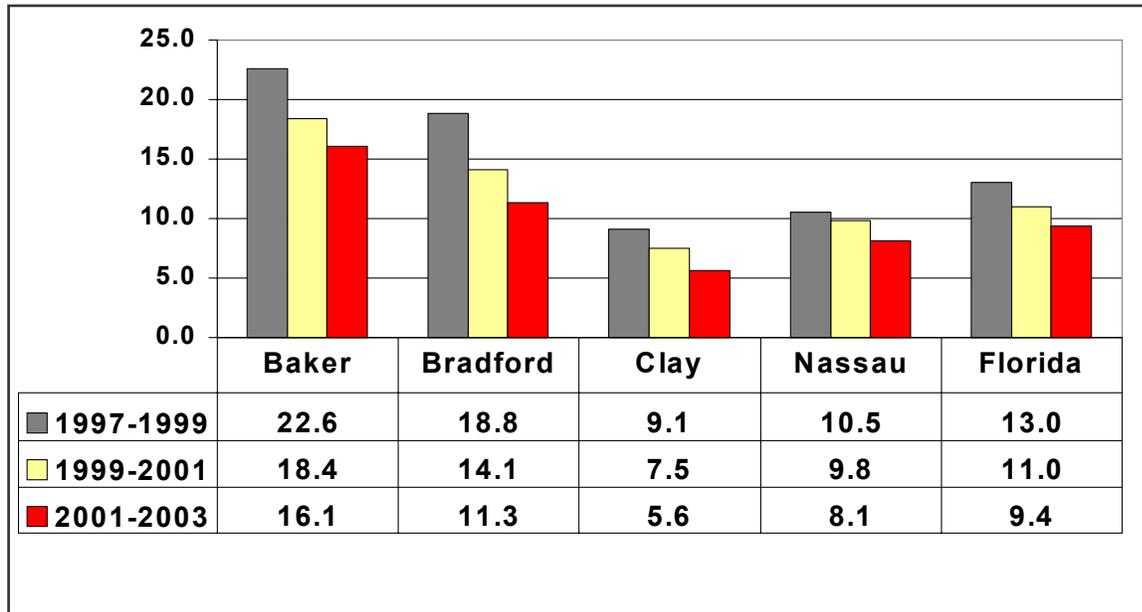
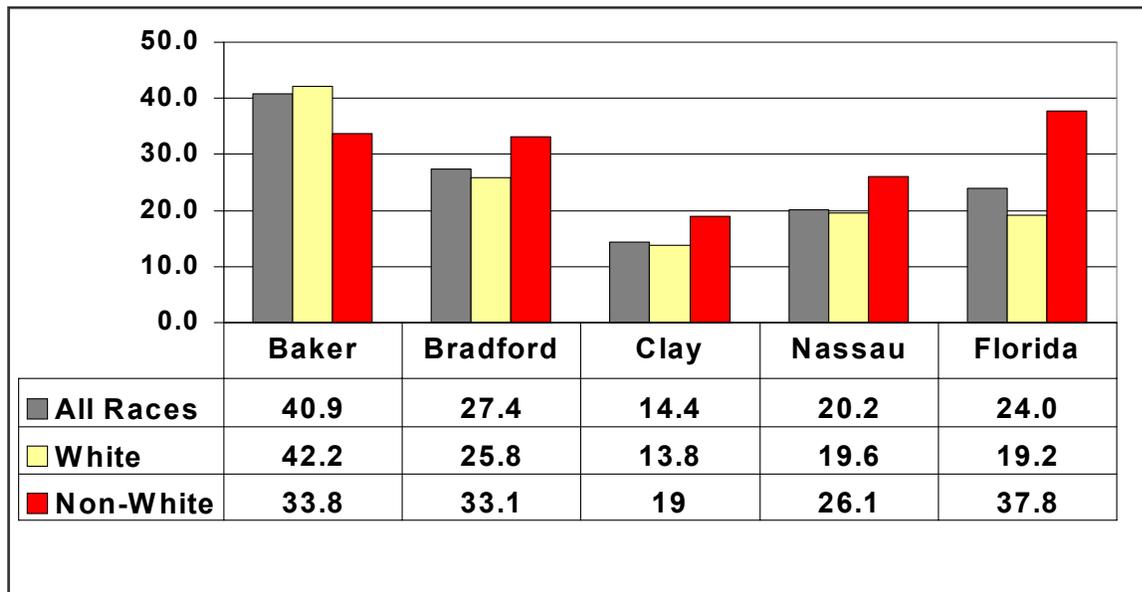


Figure 33
Births To Mothers Ages 15-17 By Race, 2001-2003



Early Prenatal Care

Prenatal care begun during the first trimester of pregnancy can have a profound effect on birth outcomes. Figure 34 illustrates the percentage of pregnancies receiving early prenatal care for all races from 1997-2003. Nassau County remained stable, slightly exceeding the state. A higher percentage of white mothers received early prenatal care in Nassau County than non-white mothers (Figure 35).

Figure 34
Percent of Pregnancies Receiving First Trimester Prenatal Care, All Races, 1997-2003

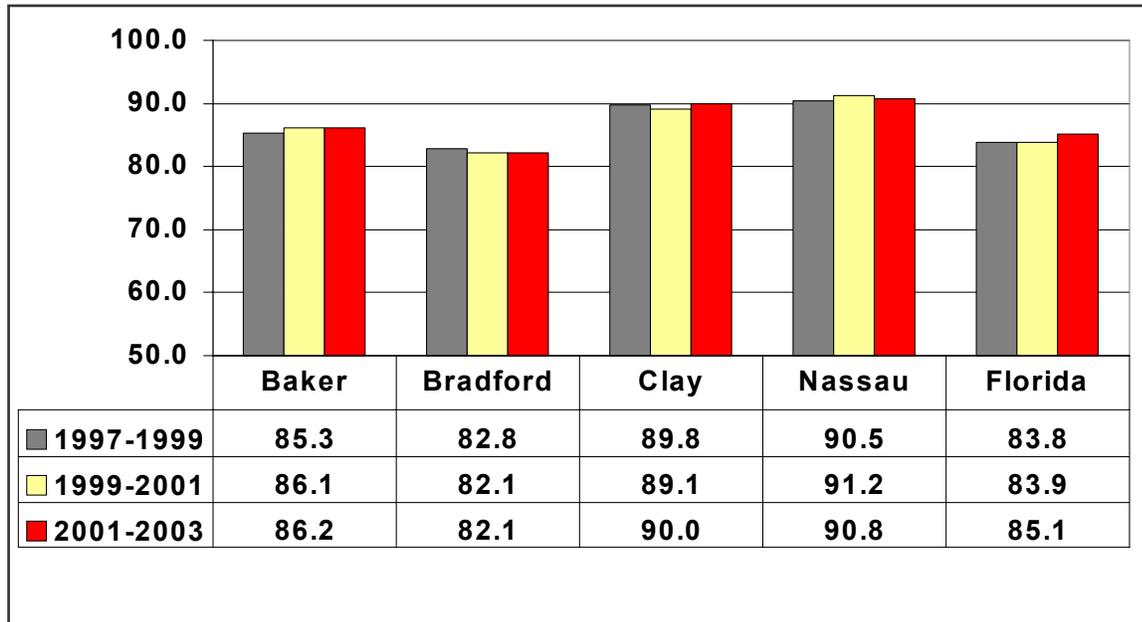
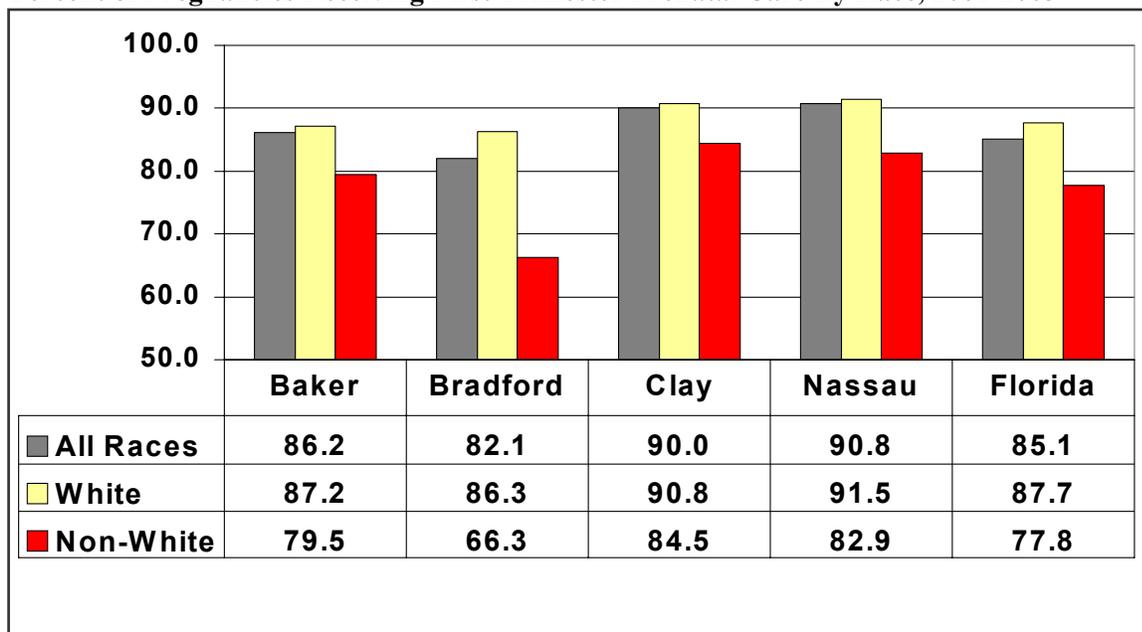


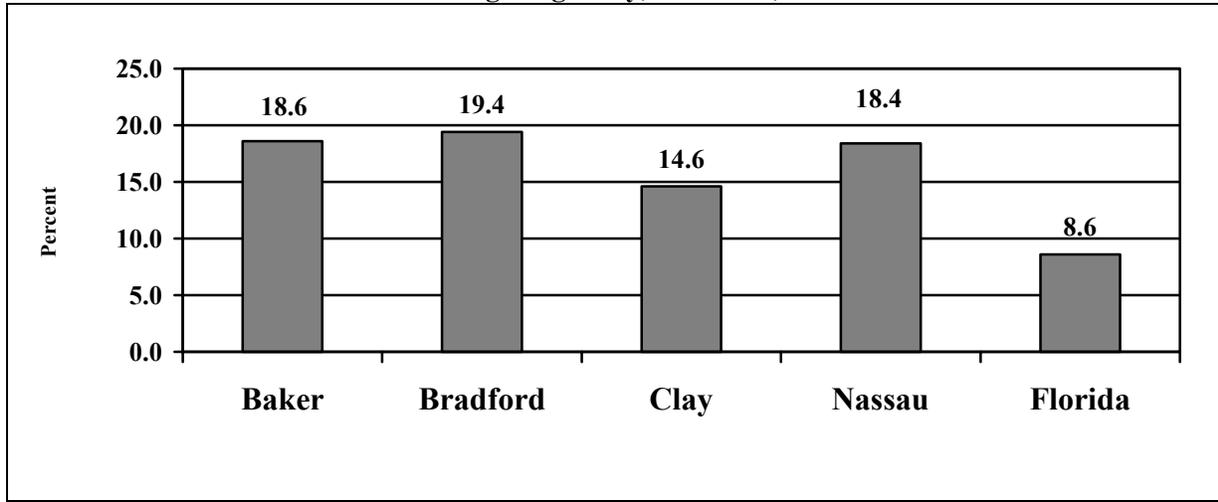
Figure 35
Percent of Pregnancies Receiving First Trimester Prenatal Care By Race, 2001-2003



Other Birth Risk Factors

It is estimated that at least 11% of women in the United States smoke during pregnancy. Smoking during pregnancy can lead to complications and health problems in newborns. Smoking nearly doubles woman's risk of having a low birthweight baby. In Nassau County, approximately 18% of births occurred to mothers who smoked which was double the state's percentage of mother who smoked during pregnancy (Figure 36).

Figure 36
Births to Mothers Who Smoked During Pregnancy, All Races, 2001-2003



Note: Resident Live Births to Mothers Who Smoked During Pregnancy

IV. SOCIAL AND MENTAL HEALTH

Domestic Violence

Domestic violence is a widespread social problem that affects families on all socio-economic and demographic levels. A high number of domestic violence offenses in a community can be used as an indicator to estimate the number of persons in a population who may potentially have serious mental illness conditions or substance abuse problems and are in need of mental health treatment programs. Nassau County showed a decrease in domestic violence from 2002 to 2003, as shown in Table 17.

Table 17
Domestic Violence Offenses, 2003

Area	Total Population	Total Domestic Violence Offenses	% Change 2002-2003 [^]	Rate Per 100,000 Population	Rate Change 2002-2003 [^]
Baker	23,383	51	-22.7	218.1	-24.0
Bradford	26,972	169	-12.0	626.6	-13.5
Clay	156,011	902	-6.4	578.2	-10.1
Nassau	63,062	326	-34.5	517.0	-36.6
Florida	17,071,508	120,697	-0.9	707.0	-3.2

Note:[^] Percent changes in the number and should be interpreted with caution, due the fact that in small counties, a small increase in crime can produce a large percent change.

Source: FDLE. Crime in Florida, Florida Uniform Crime Report, Florida Statistical Analysis Center, 2003

Suicide

Suicide is a terrible potential outcome of mental illness and disorders such as panic, depression, and schizophrenia. Nassau County showed an increase in suicide rates between 1997-2003 (Figure 37) and there was little difference in suicide rates among racial groups (Figure 38).

Figure 37
Suicide Death Rates, All Races, 1997-2003

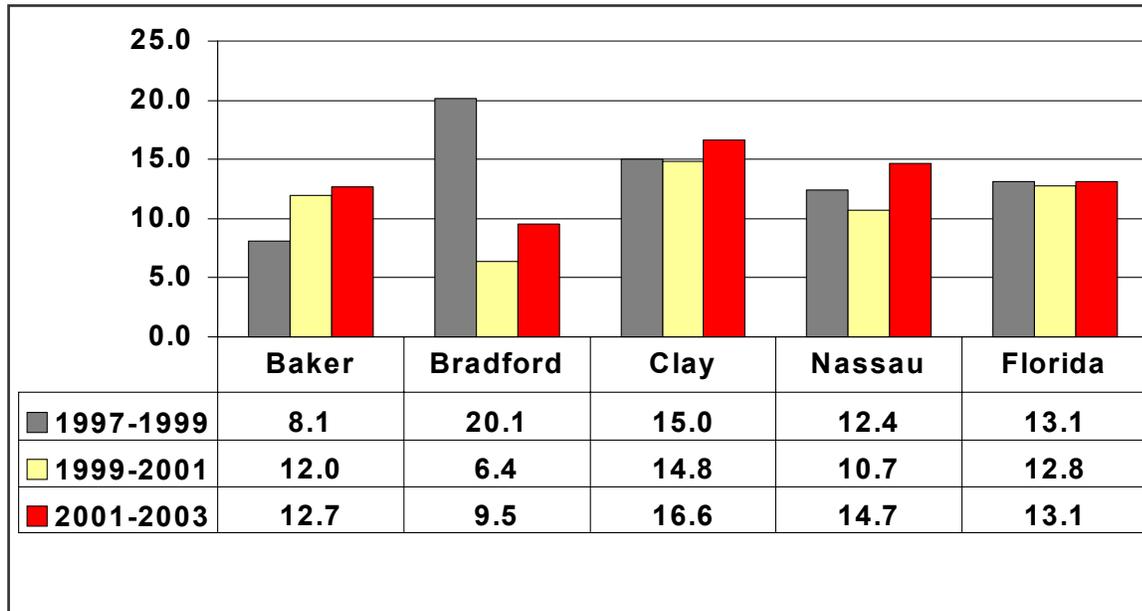
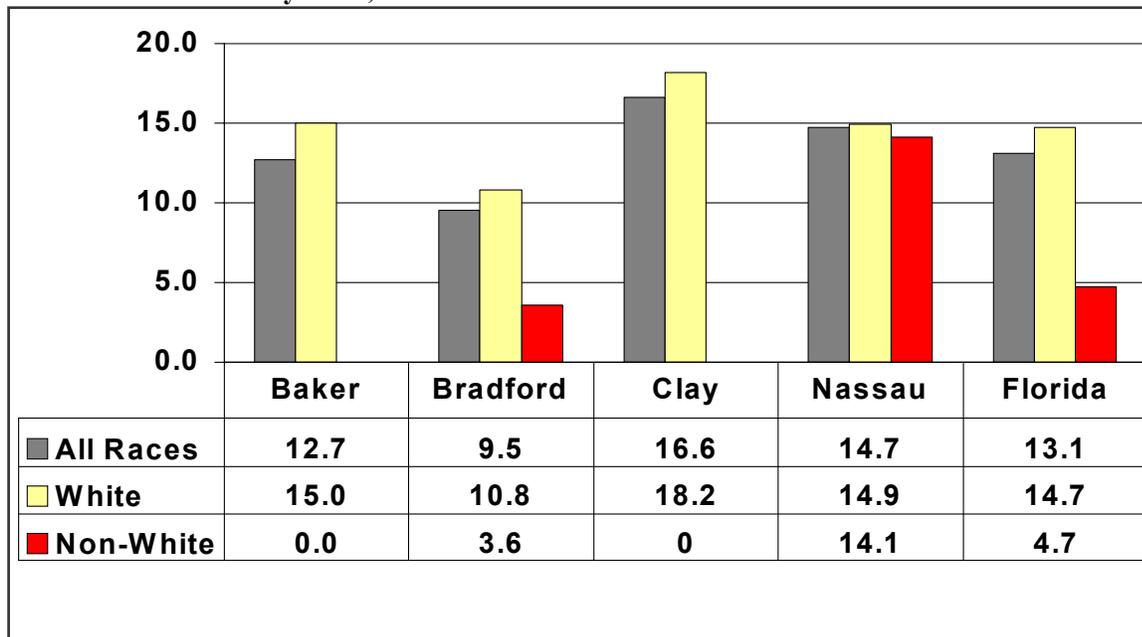


Figure 38
Suicide Death Rates by Race, 2001-2003



V. BEHAVIORAL RISK FACTOR SURVEILLANCE SURVEY

The Centers for Disease Control and Prevention began the Behavior Risk Factor Surveillance System Survey (BRFSS) in the early 1980's in a handful of states and today, all states participate in the survey.

BRFSS data have been widely used to monitor health behavior and health status at the state and national levels, however, due to small sample sizes, statewide BRFSS results cannot provide accurate and reliable data at the county level for public health program planning and evaluation. Therefore, with support from county health departments and other health agencies, the Florida Bureau of Epidemiology designed and implemented the county BRFSS to provide data on behavioral risk factors and chronic disease conditions for every one of Florida's 67 counties.

The 2002 County Behavior Risk Factor Surveillance System Survey (BRFSS) was conducted in September 2002 through January 2003. Approximately 500 adults (age 18 and older) were randomly selected and interviewed in each county. The purpose of this telephone survey was to obtain county-level estimates of the prevalence of personal health behaviors that contribute to morbidity and mortality.

Data obtained from the BRFSS county report can be used to make comparisons between counties and the state overall on a variety of health-related issues. Data can also be used to: (1) prioritize health issues and identify populations at highest risk for illness, disability, and death; (2) plan and evaluate prevention programs; (3) educate the community and policy makers about disease prevention; (4) support community policies that promote health and prevent disease.

A summary of the 2002 County BRFSS is provided as Appendix A. Nassau County is compared the state, as well as other surrounding counties in the area including Baker, Bradford and Clay Counties. A full copy of the report can be found on the Bureau of Epidemiology's website at http://www.doh.state.fl.us/disease_ctrl/epi/index.html.

Some of the findings from Nassau County revealed poor health behaviors among its residents. Nearly 38% of Nassau County residents reported being overweight and 27% reported being obese. In addition, 25% reported that they did not engage in any leisure time physical activity, while over half reported they did not engage in any regular moderate exercise.

ACCESS TO CARE

I. INTRODUCTION

Access to health care is the key to achieving a healthy community and is a primary goal of health policy in Florida. This section will review health coverage of Nassau County residents, health care providers practicing in the county, as well as review health care facilities and licensed health care services and other community resources in Nassau County.

II. HEALTH COVERAGE

Very few individuals have the means to pay the full cost of health care services. The majority of individuals rely on insurance coverage to spread the risk and financial cost of treatment. Most have health coverage through an employer (their own or their spouse's) or receive benefits through Medicaid or Medicare. Among the uninsured are full-and part-time employees whose employers do not offer health insurance benefits, low-income persons who do not qualify for Medicaid, early retirees, and numerous others who simply cannot afford the costly premiums of adequate coverage. Uninsured persons experience reduced access to health care and are less likely to have a regular source of care or use preventive services. As a result, uninsured are more likely to require both avoidable hospitalizations and emergency hospital care.

According to the 2004 Florida Health Insurance Study, the geographic area that includes Nassau County had a total uninsured rate of 20.7%, an increase from 18.9% in the 1999 Florida Health Insurance Study.

A listing of health insurance coverage by major providers can be found in Table 18. These figures represent enrollments in Medicare, Medicare HMO, Medicaid, Medicaid HMO, and Commercial HMO insurance programs. Significant numbers of insured residents are not reported because commercial insurance enrollment figures are not available and the number of employees covered by self insurance is unknown.

Table 18
Health Insurance Coverage

Percent of Population by Type of Health Coverage											
Area	2003 Population	*Medicare		Medicare HMO		Medicaid		Medicaid HMO		Commercial HMO	
		Enrollment	%	Enrollment	%	Enrollment	%	Enrollment	%	Enrollment	%
Nassau	23,457	9,340	14.7	1,064	1.7	4,559	7.2	0	0	11,353	17.9
Florida	17,134,945	2,920,971	17.1	551,025	3.2	2,144,417	12.5	755,332	4.4	2,404,001	14.0

* Medicare Enrollment, Centers for Medicare & Medical Services (CMS) as of July 1, 2003

Source: Department of Insurance Quarterly HMO Enrollment Reports and AHCA Monthly Medicaid Enrollment Reports as of December 31, 2004

Nassau County had a lower percentage of residents enrolled in Medicare and Medicaid with comparison to the state. There are no Nassau County residents enrolled in the Medicaid HMO. Commercial HMO enrollment in Nassau County was nearly 18%, exceeding the state's enrollment at 14%.

Florida's Medicaid program currently services over 2.1 million Floridians, with about half of those being children and adolescents under the age of 21. While children are the bulk of the beneficiaries, most of the costs arise from providing services to seniors, especially nursing home care, and people with disabilities who have significant medical costs.

There are four categories of Medicaid eligibility for adults in Florida, which include low income families, pregnant women, emergency medical assistance for non-citizens, and Medicaid for the elderly and disabled. Eligibility for each of those programs is based on specific income criteria. The number of Medicaid enrollees in Nassau County increased by 15% during 2000-2004 while the number of enrollees in the state increased by 21.5% (Table 19).

Table 19
Medicaid Enrollees, 2000-2004

Area	Number of Medicaid Enrollees					2000-2004 % Change
	2000	2001	2002	2003	2004	
Nassau	3,805	3,772	3,830	4,226	4,378	15.1%
Florida	1,734,389	1,844,275	2,012,548	2,113,820	2,106,951	21.5

Source: Agency for Health Care Administration, July enrollment figures for 2000 – 2004.

Federal government provisions for children's health coverage include Medicaid and Title XXI of the Social Security Act. The states use Title XXI block grants to fund child health care coverage through an expansion of the Medicaid program, health insurance, or a combination of the two.

In Florida, the KidCare Act of 1997 expanded Medicaid eligibility and the Healthy Kids Program, and initiated the MediKids program for children ages 0-5. The Healthy Kids program provides medical coverage for children ages 5 up to 19 in households whose income is between 100 – 200% of the federal poverty level (FPL). Children's Medical Services covers children from birth through 18 who have special behavioral or physical health needs or chronic medical conditions.

MediKids covers children age 1 –5 whose income is between 133-200% of the federal poverty level. Medicaid is the fourth KidCare program for children birth though 18 years and eligibility is based on the age of child and household income. Children less than age 1 are covered if the household income is below 200% of FPL, children ages 1-5 if household income is less than 133% of FPL, and children ages 6 up to 19 if household income is below 100% of FPL.

KidCare enrollment figures for the four programs are provided in Table 20.

Table 20
KidCare Enrollment, 2004

Area	KidCare Program Enrollment			
	Healthy Kids	CMS	MediKids	Medicaid
Nassau	615	32	77	2,607
Florida	231,200	8,791	29,497	1,200,948

Source: Healthy Kids, AHCA, as of December 31, 2004.

Nationally, Medicare beneficiaries make up 14% of the population. In Florida, the percentage of Medicare beneficiaries comprise 17% of the state's population. Medicare provider coverage for people age 65 or older, some people under the age of 65 with disabilities, and people with End-Stage Renal Disease. Table 21 summarizes Medicare enrollment by county for aged and disabled by hospital insurance (HI) and supplemental medical insurance (SMI).

**Table 21
Medicare County Enrollment and Aged and Disabled Enrollment, 2003**

Area	Aged			Disabled			Total Aged & Disabled		
	HI &/or SMI	HI	SMI	HI &/or SMI	HI	SMI	HI &/or SMI	HI	SMI
Nassau	7,843	7,837	7,601	1,497	1,496	1,341	9,340	9,333	8,942
Florida	2,558,145	2,545,289	2,482,092	362,826	362,627	329,160	2,920,971	2,907,916	2,811,252

Source: Medicare Enrollment, Centers for Medicare & Medicaid Services (CMS) as of July 1, 2003
Aged and Disabled Enrollment, Centers for Medicare & Medical Services (CMS), as of March, 2004

III. PRIMARY CARE

Primary care providers (PCP) give routine medical care for the diagnosis, treatment, and prevention of common medical conditions. Primary care is the entry point into the health care system for non-emergent services. PCPs refer patients requiring additional care to specialists for treatment. In this way, primary care providers serve as gatekeepers for the health care system and play an important role in the coordination of care in today's managed care environment.

Family practitioners, internists, pediatric and general medicine physicians, obstetricians and gynecologists nurse midwives, physician assistants, and nurse practitioners are all considered primary care providers. Additionally, public health nurses and school nurses provide primary care services to designated populations.

The Department of Health and Human Services (HHS) considers a primary care physician-to-population ratio of 1:3,500 persons adequate for most communities. In areas where more than 20% of the population lives in poverty, the ratio is increased to 3,000 persons per primary care physician.

HHS uses physician/population ratios to determine Health Professional Shortage Areas (HSPA) and eligibility for the development of federally funded primary care programs and placement of National Health Service Corps personnel. Primary care HPSA designation is based on the described ratio, the availability of care in nearby areas, infant mortality, birth rates, and poverty level. In November of 2000, Nassau County was given a primary care HPSA, with a primary care physician-to-population ratio of 1:5,382.

IV. HEALTH CARE PROFESSIONALS

There are several primary care physicians in Nassau County, however the majority are located in the eastern portion of the county. Specialty physicians generally practice in Fernandina Beach at Baptist Medical Center (BCM)-Nassau and many specialists hold office hours in Nassau County on limited days in addition to practicing at BMC in downtown Jacksonville. A summary of primary care and specialty care providers (listed by full and part time) practicing in the eastern versus western portion of the county is found in Appendix B-1.

V. HEALTH CARE FACILITIES

Acute Care

Acute care hospitals play a key role in the delivery of health care services in a community. In addition to providing traditional inpatient services, hospitals also provide extensive diagnostic and treatment services on an outpatient basis.

BMC-Nassau is the only hospital in Nassau County. Table 22 summarizes the services available at BMC-Nassau as well as other hospitals in surrounding counties. BMC-Nassau, located at the east end of the county in Fernandina Beach, has 54 licensed beds and is a satellite medical center of Baptist Medical Center in Jacksonville. The hospital had an occupancy rate of 61.5% and average length of stay of 3.8 days during 2003.

Residents living on the western side of the Nassau County must travel a far distance BMC-Nassau. A lack of public transportation in Nassau County can make this a barrier for many western residents who are geographically isolated

Table 22
Acute Care Hospital Inventory of Services, 2003

Area/Name of Hospital	Total Licensed Beds	Acute Care Beds	Inventory of Medical Services					
			Peds	OB	NICU Level II	NICU Level III	Psych	HBSNU [^]
BAKER								
Ed Fraser Memorial	25	25						
CLAY								
Orange Park Medical Center	230	202		✓	✓		✓	
DUVAL								
BMC-Beaches	98	98		✓				
Baptist Medical Center (BMC)	583	485	✓	✓	✓	✓	✓	
Memorial Hospital –Jax	353	343		✓	✓			
Shands Jax Medical Center	696	565	✓	✓	✓	✓	✓	✓
St Luke’s Hospital	289	279		✓	✓			
St. Vincent’s Medical Center	528	518		✓	✓			
NASSAU								
BMC-Nassau	54	54		✓				

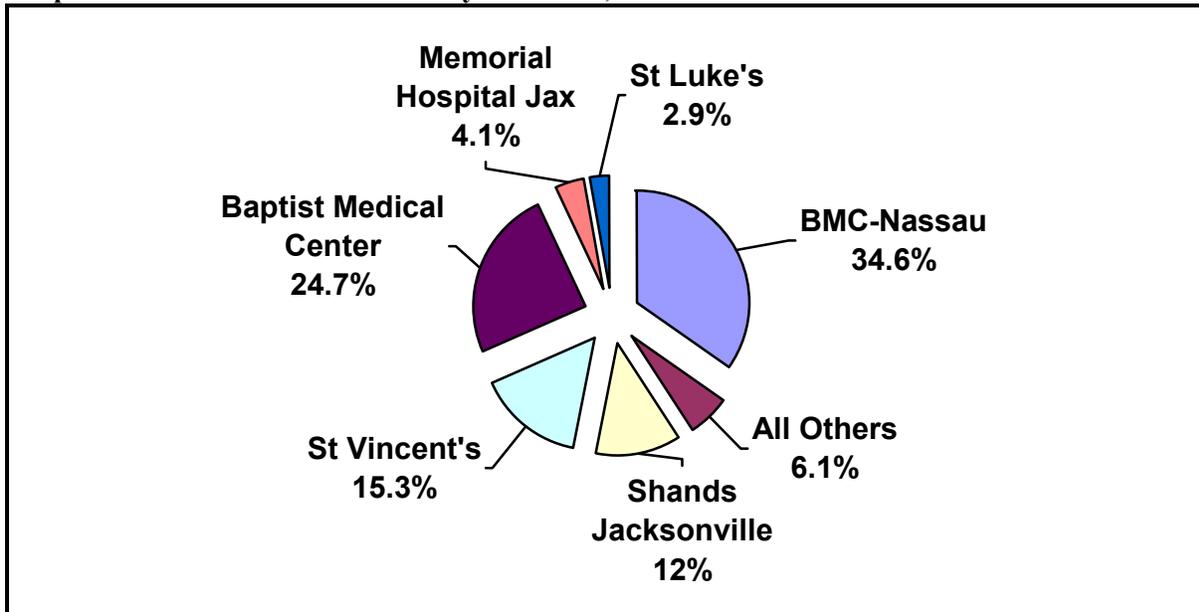
Note: [^]HBSNF = Hospital Based Skilled Nursing Facility

+ St Vincent’s Medical Center was approved to convert all 34 HBSNU beds to acute care beds

Source: AHCA Inventory of Licensed & Approved Beds, January 23, 2004

Figure 39 shows the hospital utilization rates by Nassau County residents in 2003. Approximately 35% of Nassau County residents received inpatient care at Baptist Medical Center-Nassau. Of the total 7,626 inpatient hospital discharges of all Nassau County residents, nearly 40% of the discharges were western residents and 60% were eastern residents.

Figure 39
Hospital Utilization of Nassau County Residents, 2003



Source: AHCA Hospital Discharge Data Files, 2003

Table 23 illustrates Nassau County's top ten hospital discharges by diagnostic related groups (DRGs) for adults. Psychoses related conditions is at the top of the list of leading discharges for Nassau County residents.

Table 23
Adult Discharges, Nassau County Residents, 2003

Adult Top 10 DRG's (Adults age 18 and over)	Total	% of Top 10 DRG's
Psychoses	320	15.4%
Vaginal Delivery W/O Complicating Diagnoses	293	14.1%
Heart Failure & Shock	236	11.4%
C.O.P.D.	211	10.2%
Simple Pneumonia & Pleurisy With Complicating Conditions (CC)	208	10.0%
Chest Pain	192	9.2%
Cesarean Section W/0 CC	174	8.4%
Major Joint & Limb Reattach Procedures of Lower Extremity	160	7.7%
Esophagitis, Gastroent & Misc. Digest Disorders With CC	157	7.6%
Uterine & Adnexa Procedures for Non-Malignancy W/O CC	126	6.1%
Total Top 10 DRG's	2,077	100%

Source: AHCA Hospital Discharge Data Files, Calendar Year 2003

Table 24 illustrates the leading pediatric discharges in Nassau County. Normal newborns lead the list, accounting for 65% of the top 10 discharges.

Table 24
Pediatric Discharges, Nassau County Residents, 2003

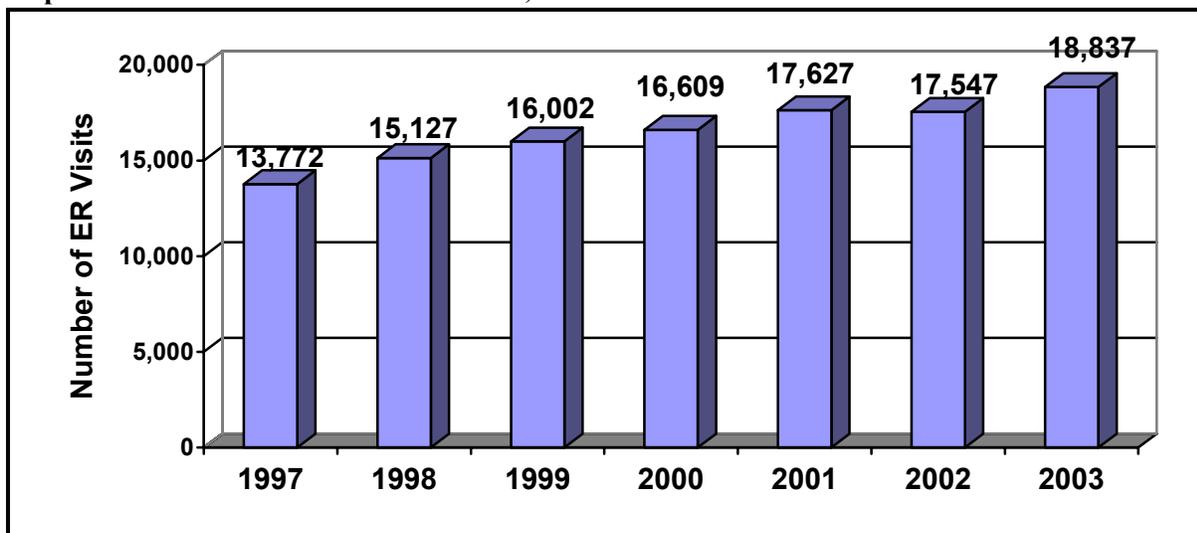
Pediatric Top 10 DRG's (Children age 0-17 years)	Total	% of Top 10 DRG's
Normal Newborn	505	65.2%
Neonate With Other Significant Problems	70	9.0%
Prematurity Without Major Problems	45	5.8%
Full Term Neonate With Major Problems	29	3.7%
Neonate, Died or Transferred to Other Acute Care Facility	28	3.6%
Bronchitis & Asthma	23	3.0%
Vaginal Delivery Without Complicating Diagnosis	20	2.6%
Viral Illness & Fever of Unknown Origin	20	2.6%
Prematurity With Major Problems	18	2.3%
Esophagitis, Gastroent & Misc. Digest Disorders	17	2.2%
Total Top 10 DRG's	775	100%

Source: AHCA Hospital Discharge Data Files , Calendar Year 2003

Emergency Room Care

Local hospital emergency room utilization is a good indicator of the availability and accessibility of area health care services. Many appropriate visits to an emergency room do not result in hospital admissions. Figure 40 depicts the number of emergency room visits at BMC-Nassau from 1997 – 2003.

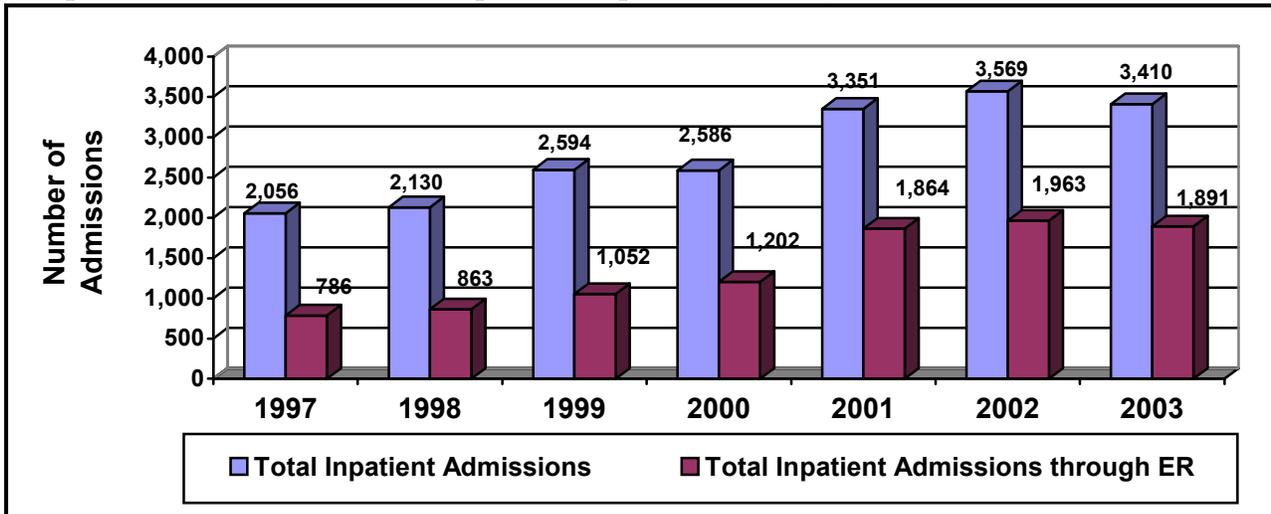
Figure 40
Baptist Medical Center-Nassau ER Visits, 1997-2003



Source: AHCA Discharge Hospital Data, Calendar Year 2003

Figure 41 illustrates inpatient hospital admissions at Baptist Medical Center – Nassau and the number of hospital inpatient admissions through the emergency room. The number of total hospital inpatient admissions has increased since 1997, with a slight drop in 2003. In 2003, over 50% of total hospital inpatient admissions came through the emergency department.

Figure 41
Baptist Medical Center – Nassau Inpatient Hospital Admissions, 1997 - 2003



Source: AHCA Discharge Hospital Data, Calendar Year 2003

Other Hospital Care

Southeast Georgia Health System

Because Nassau County rests on the Florida-Georgia border, it was important to explore the number of Nassau County residents seeking hospital care in Southeast Georgia. Information was requested from the Southeast Georgia Health System for both inpatient and emergency room discharges for Nassau County residents. Table 25 summarizes discharge information from the Brunswick and Camden campuses. As demonstrated in this table, only a small percentage of Nassau County residents seek care at these Southeast Georgia hospital campuses.

Table 25
Southeast Georgia Health System Discharges, 2004

Brunswick Campus, 2004 (316 bed facility)	Inpatient	ER
Total Hospital Discharges	9,098	44,080
West Nassau Discharges	8	11
East Nassau Discharges	16	32
Total Nassau Discharges – Brunswick	24	43
Camden Campus, 2004 (40 bed facility)		
Total Hospital Discharges	1,948	21,517
West Nassau Discharges	12	62
East Nassau Discharges	31	127
Total Nassau Discharges – Camden	43	189

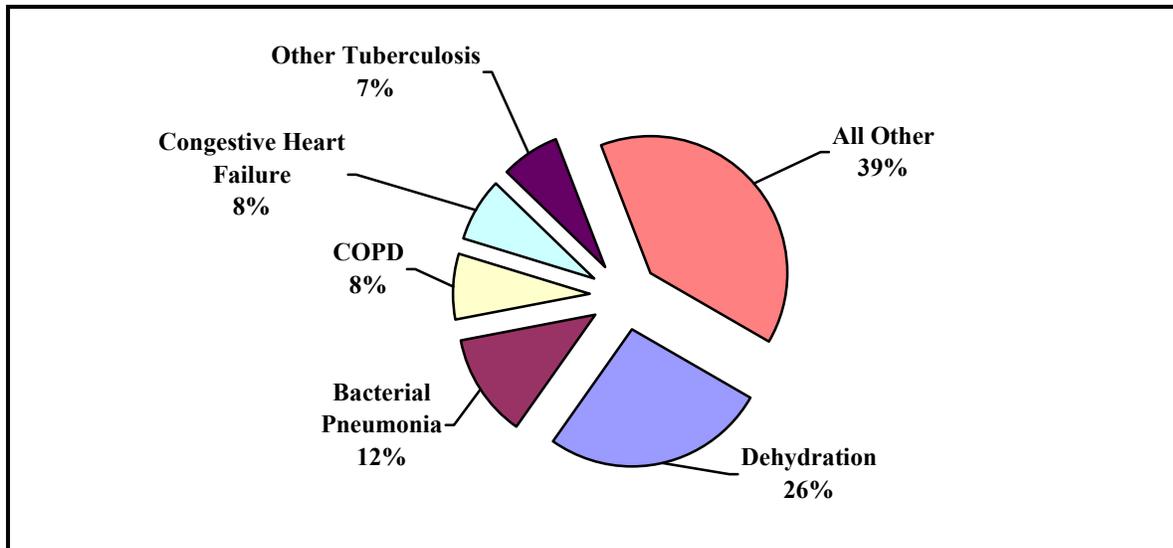
Source: Southeast Georgia Health System, Calendar Year 2004

Ambulatory Care Sensitive Conditions

Access to routine primary care services can prevent the start of an illness or condition, control an acute episodic illness or condition, or manage a chronic disease or condition and avoid the need for hospitalization. Many chronic diseases are referred to as Ambulatory Care Sensitive (ACS) conditions. ACS conditions are those which hospital use might have been prevented or reduced by timely and effective access to outpatient primary care services.

Figure 42 shows the leading ACS conditions for inpatient hospital discharges of Nassau County residents from 2000-2002. Dehydration was the leading ACS condition in the county. Nassau County had similar leading ACS conditions as the state as well as other surrounding counties in Northeast Florida.

Figure 42
Leading ACS Condition Discharges in Nassau County, 2000 - 2002



Source: AHCA, University of Florida, North Central Florida Health Planning Council, 2004

Long-Term Care

Long-term care is defined as "those services designed to provide diagnostic, preventive, therapeutic, rehabilitative, supportive, and maintenance services for individuals who have chronic physical and/or mental impairments, in a variety of settings ranging from home to institutional settings, to ensure the quality of life."

Long-term care includes nursing home care. Medicaid is the primary funding source of nursing home care, paying for 66% of all nursing home days. Medicaid typically pays for long-term care while Medicare provides funding for short-term care following hospital discharge. Many nursing homes limit the number of dedicated Medicaid beds in their facilities in order to control the number of low-reimbursing, long-term Medicaid patients admitted.

There are two nursing homes in Nassau County. Table 26 summarizes the number of nursing home beds and occupancy rates of these two facilities. Occupancies rates are rapidly approaching full capacity and no new beds will be approved until July 2006.

Table 26
Free Standing Community Nursing Homes, 2003

	Licensed Beds	Total Census Days	Occupancy Rate	Medicaid Rate	Medicare Rate
Life Care Center of Hilliard	120	42,108	96.1%	73.3%	13.4%
Quality Health of Fernandina Beach	120	42,459	96.9%	60.4%	13.9%
Total	240	84,567			

Source: HPCNEF

Note: No CON for additional nursing home beds shall be approved until 7-1-06

Assisted Living Facilities

Assisted Living Facilities (ALFs) provide a residential setting where a group of older or disabled persons unable to live independently receive room, meals, and variety of personal supportive services. There are a total of four ALFs in Nassau County. Amelia Trace, The Jane Adams House, and Osprey Village at Amelia Island are located in Fernandina Beach and Dayspring Village is located in Hilliard.

Mental Health and Substance Abuse

Sutton Place Behavioral health is a not-for agency incorporated in 1992. It is the only community mental health/substance abuse treatment agency in Nassau County and is the single point of accountability designated by the Board of County Commissioners to manage alcohol/drug/mental health (ADM) services for the county. The agency has locations in Fernandina Beach and Hilliard. Services provided include prevention, intervention, outpatient, aftercare, day treatment, case management, intensive therapeutic onsite services, psychiatric/medication management, and HIV/AIDS testing and counseling.

There are numerous Alcoholics Anonymous support group meetings throughout the county. In addition, some churches in the community offer mental health and substance abuse counseling and services to residents of the county, though certain churches will provide these services only to their own members.

VI. LICENSED HEALTH CARE SERVICES

Hospice

Hospice provides a coordinated program of palliative care to terminally ill patients and supportive services to their family members. Hospice patients must be certified as terminally ill by their physicians and typically are in their last six months of life. Nassau County is served by Hospice of Northeast Florida, located in Yulee.

Home Health Care

Home health care agencies provide intermittent skilled nursing and rehabilitative services as well as basic personal care to those needing assistance in their homes. There are several home health agencies based in Jacksonville which serve the greater Northeast Florida area, including Nassau County. There are three licensed home health agencies located in Nassau County. These include Amelia Home Health Services located in Fernandina Beach, Florida/Georgia Home Medical Supply located in Callahan, and Life Line Home Care Services located in Fernandina Beach.

Emergency Medical Services

Emergency Medical Services (EMS) are provided to Floridians by over 250 licensed EMS provider services located throughout the state. Each provider service is staffed with emergency medical technicians (EMTs), and paramedics to provide service to their area 24 hours per day, 7 days a week. These services include ground and air transportation for patients and may be associated with hospitals, fire departments, city or county governments, or private corporations. Nassau County has one licensed EMS provider, the Nassau County Department of Public Safety.

Rural Health Clinics

A Rural Health Clinic (RHC) is a clinic certified to receive special Medicare and Medicaid reimbursement. The purpose of the RHC is to improve access to primary care in underserved rural areas. Rural Health Clinics are required to use a team approach of physicians and midlevel practitioners (nurse practitioners, physician assistants or certified nurse midwives) to provide services. Nassau County is served by one Rural Health Clinic, Hilliard Medical Center, served by a part-time physician and one full-time nurse practitioner.

VII. OTHER COMMUNITY RESOURCES

There are numerous social service agencies and organizations in Nassau County. Barnabas Crisis Center, an agency that provides assistance to Nassau County families and individuals in need, developed the Nassau County Community Resource Guide. This guide was developed by a group of volunteers and includes a partial listing of most frequently requested resources in the community. A copy of this guide is found in Appendix B-2.

COMMUNITY COMMENTS

I. FOCUS GROUPS

Introduction

In the Fall of 2003, the Health Planning Council of Northeast Florida was asked by the Nassau County Health Department to conduct focus groups for the Healthy Nassau needs assessment. The purpose of these focus groups was to better understand the views and opinions of Western Nassau County residents about the quality of life in their community. This report will outline the focus group methodology, demographics of participants as well as a summary of key themes identified in the focus group discussions.

Focus Group Methodology

A set of questions was developed for the Healthy Nassau focus groups to explore how residents felt about the quality of life in Nassau County. A copy of the focus group questions that were used are included as Appendix C-1.

Focus groups were scheduled by staff at the Nassau County Health Department and Health Planning Council through the assistance of members from the Nassau County Health Advisory Council. Efforts were made to target existing groups in the Western Nassau community. In addition, efforts were also made to target underserved African American residents attending minority churches throughout the county.

Five focus groups were conducted from November 2004 through March 2005. The size of the focus groups ranged from 5 – 16 participants, with a total of 47 participants. A list of the focus group locations, as well as the number of participants in each group is summarized below:

1. Hilliard Council on Aging: 5 participants
2. Callahan Lion's Club: 8 participants
3. First Baptist Church, Yulee: 16 participants (minority church)
4. Home School Parent Group, Callahan: 9 participants
5. TOPS (Taking Pounds Off Sensibly), Callahan: 9 participants

Focus groups were moderated by a staff member from the Health Planning Council and handwritten notes were taken during each of the groups to ensure that no comments were missed. Notes were carefully reviewed to explore participants' comments and discover whether similar concerns and opinions were voiced by Nassau County residents. A summary of common themes from the focus group discussions is included in this section.

Demographics

The majority of focus group participants were female. Approximately 38% were non- white, providing excellent representation from the minority community in the focus group discussions. With regard to age, 40% of participants were age 65+, providing valuable input from the elderly population. The majority of the focus group participants lived in Western Nassau County.

One focus group was comprised of a group of underserved, low-income African American residents living in Yulee. Nearly half of the participants were retirees, 21% were homemakers, and 15% worked full-time. The majority of participants reported having health insurance through their job or member's job or had Medicare. More detailed demographic information is included below.

DEMOGRAPHICS OF FOCUS GROUP PARTICIPANTS

ZIP CODE	Total Responses	Percent
32011	22	47%
32046	9	19%
32097	8	17%
32041	8	17%
Total	47	100%

AGE GROUP	Total Responses	Percent
Under 18 years old	0	0%
18 – 25	1	2%
26 – 39	5	11%
40 – 54	8	17%
55 – 64	14	30%
65 – 74	17	36%
75+	2	4%
Total	47	100%

GENDER	Total Responses	Percent
Male	8	17%
Female	39	83%
Total	47	100%

RACE/ETHNICITY	Total Responses	Percent
African American/Black	17	36%
Asian/Pacific Islander	0	0%
Caucasian/White	29	62%
Hispanic/Latino	1	2%
Total	47	100%

EMPLOYMENT STATUS	Total Responses	Percent
Working Full-Time	7	15%
Working Part-Time	0	0%
Student	0	0%
Unemployed	4	9%
Home Maker	10	21%
Retired	23	49%
Other (Please describe)	3	6%
Total	47	100%

HOW IS HEALTH CARE COVERED: (check all that apply)	Total Responses
Health insurance offered from your job or a family member's job	18
Health insurance you pay for on your own	13
Medicare	20
Medicaid	3
Veteran's Administration	2
Military Coverage	2
I don't have health insurance	4

Summary of Common Focus Group Themes

Is this a good place to raise children?

- Overall, Western Nassau is a very good place to raise a family.
- There are many activities offered through the schools and churches:
 - Some do not appeal to all children's interests.
 - Some are not affordable to all families.
 - YMCA in Hilliard is far for residents in Callahan.
- Need more activities and recreation for children in Western Nassau, particularly teenagers (community center, movie theatre, bowling alley, skating rink).
- Concern that there is a problem with youth substance abuse in the community.

Is this community a good place to grow old?

- Overall, Western Nassau is a good place to grow old.
- Lack of public transportation a problem for the elderly.
- Council on Aging (COA) in Hilliard offers many good services and programs for elderly residents in Western Nassau:
 - Hilliard is too far for some elderly in Callahan to travel, even though COA provides transportation.
- Homebound elderly are an issue, particularly those who without family and friends in the area.

Do you feel there is economic opportunity in the community?

- Most residents must commute to Fernandina or Jacksonville for jobs.
- There is a strong, active Chamber of Commerce in the community.
- Not enough affordable housing options, especially rental options.
- Some participants would like to see new jobs and housing created; others emphasized that they live here for the "small town feel" and do not want to see growth and commercial development change the atmosphere of West Nassau.

Do you feel your community is a safe place to live?

- Many participants feel that the Western community has retained its small town identity and neighbors still look out for one another.
- Most residents feel safe, but use 'common sense' safety.
- "I would never want to live anywhere else!"

Are you satisfied with the health care system in your community?

- Most participants travel to Fernandina or Jacksonville for primary and specialty care.
- Some participants use Baptist Medical Center-Nassau, but majority travel to hospitals in Jacksonville.
- Insurance plans often dictate health care choices.
- There is a need for urgent care, after-hours medical center in the Western community.
- Lack of public transportation is often a barrier for residents in getting to medical providers (Bryceville is particularly isolated).
- There is a new full-time pediatrician in Callahan which is a major accomplishment.

Are you aware of the public health services available in Nassau County?

- Some participants, particularly those with school-age children, were familiar with the county health department's immunization program.
- Many participants were unaware/unsure of the hours of operation and services available at the Nassau County Health Department Center, particularly the Callahan Center.
- There is an interest in the community to learn more about the health department's services (parents, churches, Lion's Club, and Chamber of Commerce).

Do you believe there is a network of support for individuals and families during times of stress and need?

- Churches play a strong role in the support network, people often turn to their churches first.
- There are several local agencies and resources available (Barnabas, Micah's Place, Sutton Place), but some people are not be aware of them.
- Communication of existing resources is important.

What do you see as the school's role in health?

- School nurses are critical, they are often the only access to health care some children receive.
- Obesity is a growing issue, there is a need for more physical activity for children in the schools.

Do you believe that all individuals and groups have the opportunity to participate in the community or get involved in community issues/activities? Do you feel your community is responsive to your needs?

- Majority of participants feel there is a great deal of volunteerism in the community (schools, Council on Aging, churches, Lion's Club)
- Level of participation and interest in activities varies with age (retirees versus parents of school- age children have different volunteer interests).
- The opportunity to get involved in the community is out there, but people may not know where the need is.
- Most participants feel their elected officials are accessible and approachable.

If you could create any type of health program(s) for Nassau County residents, what would they be?

- There is a need for ongoing/improved communication of existing health programs and resources.
- Minority church requested a CPR course.
- Council on Aging requested diabetes and arthritis education.
- Home School Parent Group requested more education on safety and injury prevention (car seats, bike helmets, seat belts)
- Lions's Club requested more information about the services available through Nassau County Health Department.
- TOPS group requested a community cooking class on healthier eating; also would like to see more education in the community about healthy lifestyle changes to prevent childhood obesity.

II. COMMUNITY SURVEY

Survey Design and Distribution

The purpose of the survey was to capture the opinions and concerns from Nassau County residents about the health of their community, with an emphasis on targeting residents of Western Nassau. Existing community surveys were reviewed that incorporated the MAPP Model (Mobilizing for Action through Planning and Partnerships). MAPP is a community-wide strategic planning tool for improving community health and assists communities prioritize public health issues and identify resources for addressing them. The Nassau County Health Department selected a MAPP survey that was used by another local community during a previous needs assessment. The survey was then revised to specifically address the needs of Nassau County. A copy of the survey instrument is included as Appendix C-2.

Surveys were distributed throughout the county in October of 2004 and continued to be circulated by staff members of the Nassau County Health Department through March 2005. Surveys were collected at the County Fair, Nassau County Schools, Nassau County public offices, Baptist Medical Center-Nassau, minority churches, Healing Balm, Nassau County Health Department Clinics, and Barnabas Crisis Center. In addition, surveys were filled out by elected officials, local community leaders and other Nassau County residents. An online version of the survey was advertised in the local newspapers and public libraries for those residents with Internet access. A total of 580 surveys were collected and analyzed.

Demographics of Survey Respondents

Western Nassau residents accounted for 51% of the total surveys returned. The majority of the respondents who completed the surveys were females (76%). Approximately 23% of survey respondents were age between the ages of 26-39 and another 44% of respondents were between the ages of 40-54, which represent the largest age groups of Nassau County. Nearly 87% of survey respondents were white and 13% were non-white, which closely matched Nassau County's population demographics by race.

Geographically, there was a wide range of participants living throughout Nassau County, including good representation from Callahan, Hilliard, Fernandina Beach, and Yulee. Approximately 73% of participants were employed full-time and one-third reported having a high school diploma or GED as their highest level of education completed. Another 16% reported household incomes under \$20,000, with the majority of respondents with household incomes between \$50,000 - \$99,000. A detailed summary of information obtained from the demographic section of the survey is included in this report.

Survey Analysis

A total of 580 surveys were entered into an electronic database software program. Descriptive statistics were used to summarize the survey questions and data tables with frequencies and percentages are included in this section. A detailed summary of all survey responses for Nassau County as well as all other written in comments is included as Appendix C-3. Appendix C-4 summarizes all survey responses from Western Nassau residents and Appendix C-5 summarizes results from Eastern Nassau residents. The following section summarizes the top 5 selections for all Nassau County residents, with comparison of the top selections from residents of West and East Nassau.

1. How do you rate your overall health? (check one selection)

Nassau County	Total Responses	Percent
Excellent	104	18.8%
Good	330	59.8%
Fair	89	16.1%
Poor	18	3.3%
Don't Know	11	2%
Total	552	100%
Skipped This Question	28	

West Nassau	Total Responses	Percent
Excellent	44	15.8%
Good	159	57.2%
Fair	51	18.3%
Poor	16	5.8%
Don't Know	8	2.9%
Total	278	100%

East Nassau	Total Responses	Percent
Excellent	59	22%
Good	167	62.3%
Fair	37	13.8%
Poor	2	0.7%
Don't Know	3	1.1%
Total	268	100%

2. Check up to 5 selections you feel are the most important features of a healthy community:

Top 5 – Nassau County	Total Responses
Access to Healthcare	381
Good Education	341
Good Jobs, Healthy Economy	334
Access to Churches or Other Places of Worship	318
Clean Environment	294

Top 5 – West Nassau	Total Responses
Access to Churches or Other Places of Worship	188
Access to Healthcare	185
Good Education	163
Good Place to Raise Kids	160
Good Jobs, Healthy Economy	147

Top 5 - East Nassau	Total Responses
Access to Healthcare	190
Good Education	174
Good Jobs, Healthy Economy	168
Low Crime Rates/Safe Neighborhoods	140
Access to Churches or Other Places of Worship	140
Clean Environment	140

3. Check up to 5 of the health problems you feel are the most important in Nassau County:

Top 5 – Nassau County	Total Responses
Addiction- Alcohol or Drug	300
Cancers	286
Obesity	239
High Blood Pressure	239
Heart Disease and Stroke	216
Diabetes	174

Top 5 – West Nassau	Total Responses
High Blood Pressure	146
Cancers	143
Addiction- Alcohol or Drug	138
Obesity	125
Heart Disease and Stroke	122

Top 5 – East Nassau	Total Responses
Addiction – Alcohol or Drug	161
Obesity	141
Cancers	113
Heart Disease and Stroke	91
High Blood Pressure	89

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County:

Top 5 – Nassau County	Total Responses
Drug Abuse	272
Alcohol Abuse	267
Being Overweight	205
Dropping out of School	187
Tobacco Use	179

Top 5 – West Nassau	Total Responses
Alcohol Abuse	155
Drug Abuse	123
Being Overweight	105
Dropping Out of School	95
Tobacco Use	95

Top 5 – East Nassau	Total Responses
Drug Abuse	146
Alcohol Abuse	111
Being Overweight	96
Dropping Out of School	91
Tobacco Use	81
Teen Sexual Activity	81

5. What health care services are difficult to obtain in your community? (Check all that apply)

Top 5 – Nassau County	Total Responses
Walk-In Medical Clinic	214
Specialty Care	165
Emergency Room Care	159
X-Rays/Mammograms	141
Dental/Oral Care	138

Top 5 – West Nassau	Total Responses
Emergency Room Care	114
X-Rays/Mammograms	106
Lab Work	94
Walk-In Medical Clinic	94
Dental/Oral Care	88

Top 5 – East Nassau	Total Responses
Walk-In Medical Clinic	119
Specialty Care	87
Preventive Care	69
Alternative Therapy	65
Substance Abuse Services	53

6. What do you feel are barriers for you in getting health care? (check all that apply)

Top 5 –Nassau County	Total Responses
Lack of evening and weekend services	201
Long waits for appointments	196
Can't pay for services/medications	155
Can't find providers that accept my insurance	129
Don't know what types of services are available	81

Top 5 – West Nassau	Total Responses
Long waits for appointments	95
Lack of evening and weekend services	90
Can't pay for services/medications	89
Can't find providers that accept my insurance	58
Don't know what types of services are available	39

Top 5 – East Nassau	Total Responses
Lack of evening and weekend services	110
Long waits for appointments	99
Can't find providers that accept my insurance	71
Can't pay for services/medications	64
Don't know what types of services are available	42

7. How is your health insurance covered? (check all that apply)

Nassau County	Total Responses
Health insurance offered from your job or a family member's job	432
Health insurance that you pay for on your own	64
Medicare	61
I don't have health insurance	30
Medicaid	29
Military Coverage	23
Veteran's Administration	8
Other	7
Skipped This Question	8

West Nassau	Total Responses
Health insurance offered from your job or a family member's job	200
Medicare	42
Health insurance that you pay for on your own	30
I don't have health insurance	21
Medicaid	16
Military Coverage	13
Veteran's Administration	3
Other	3

East Nassau	Total Responses
Health insurance offered from your job or a family member's job	227
Health insurance that you pay for on your own	34
Medicare	19
Medicaid	13
Military Coverage	10
I don't have health insurance	9
Veteran's Administration	5
Other	4

8. Where would you go if you are sick? (check one selection)

Nassau County	Total Responses	Percent
Your doctor's office	416	72.9%
Hospital emergency room outside the county	68	11.9%
Hospital emergency room in Nassau County	56	9.8%
No where- I don't have a place to go when I get sick	11	1.9%
The local health department	10	1.8%
Other	10	1.8%
Total	571	100%
Skipped this question	9	

West Nassau	Total Responses	Percent
Your doctor's office	179	62.6%
Hospital emergency room outside the county	56	19.6%
Hospital emergency room in Nassau County	34	11.9%
No where- I don't have a place to go when I get sick	8	2.8%
The local health department	5	1.7%
Other	4	1.4%
Total	286	100%

East Nassau	Total Responses	Percent
Your doctor's office	233	83.2%
Hospital emergency room in Nassau County	22	7.9%
Hospital emergency room outside the county	11	3.9%
Other	6	2.1%
The local health department	5	1.8%
No where- I don't have a place to go when I get sick	3	1.1%
Total	280	100%

9. Have you ever received health services at the Nassau County Health Department?

Nassau County	Total Responses	Percent
Yes	249	43.3%
No	313	54.4%
I am not sure	13	2.3%
Total	575	100%
Skipped this question	5	

West Nassau	Total Responses	Percent
Yes	129	44.8%
No	152	52.8%
I am not sure	7	2.4%
Total	288	100%

East Nassau	Total Responses	Percent
Yes	118	42%
No	157	55.9%
I am not sure	6	2.1%
Total	281	100%

10. If you have not received services at Nassau County Health Department, do you know how to contact the local health department?

Nassau County	Total Responses	Percent
Yes	250	44.3%
No	71	12.6%
Not applicable, I have received services at the local health dept	243	43.1%
Total	564	100%
Skipped this question	16	

West Nassau	Total Responses	Percent
Yes	122	43%
No	36	12.7%
Not applicable, I have received services at the local health dept	126	44.4%
Total	284	100%

East Nassau	Total Responses	Percent
Yes	126	46%
No	33	12%
Not applicable, I have received services at the local health dept	115	42%
Total	274	

DEMOGRAPHICS

Nassau County Residents by Zip Codes

West	Number	Percent
32009	22	3.8%
32011	144	25.1%
32046	125	21.8%
SubTotal	291	50.7%
East		
32034	176	30.7%
32035	7	1.2%
32097	82	14.3%
32041	17	3%
SubTotal	282	49.2%
Total	573	100%
Skipped This Question	7	

AGE GROUPS	Total Responses	Percent
Less Than 18	7	1.2%
18-25	31	5.4%
26-39	129	22.6%
40-54	252	44.1%
55-64	98	17.1%
65-74	28	4.9%
75+	27	4.7%
Total Respondents	572	100%
Skipped This Question	8	

GENDER	Total Responses	Percent
Female	421	75.9%
Male	134	24.1%
Total Respondents	555	100%
Skipped This Question	25	

RACE/ETHNICITY	Total Responses	Percent
Black/African American	58	10.1%
Hispanic	2	0.3%
Native American	12	2.1%
White/Caucasian	500	86.8%
Asian/Pacific	3	0.5%
Other	1	0.2%
Total	576	100%
Skipped This Question	4	

EDUCATION	Total Responses	Percent
Elementary/Middle School	40	7%
High School Diploma or GED	190	33.3%
Technical/Community College	117	20.5%
4 Year College/Bachelor's Degree	126	22.1%
Graduate/Advanced Degree	98	17.2%
Total Respondents	571	100%
Skipped This Question	9	

EMPLOYMENT STATUS	Total Responses	Percent
Employed Full-Time	422	73.1%
Employed Part-Time	31	5.4%
Unemployed	14	2.4%
Retired	65	11.3%
Home Maker	24	4.2%
Student	10	1.7%
Other	11	1.9%
Total Respondents	577	100%
Skipped This Question	3	

HOUSEHOLD INCOME	Total Responses	Percent
Less Than \$10,000	30	5.5%
\$10,000 - \$20,000	57	10.5%
\$21,000 - \$30,000	76	14%
\$31,000 - \$50,000	138	25.4%
\$50,000 - \$99,000	196	36%
\$100,000 or more	47	8.6%
Total Respondents	544	100%
Skipped This Question	36	

KEY ISSUES AND RECOMMENDATIONS

I. INTRODUCTION

Four community presentations were held from November 2004 – March 2005 as part of the Healthy Nassau needs assessment, which focused primarily on the Western portion of the county. Information provided in the previous chapters of this report was presented to members of the Nassau County Health Improvement Advisory Council, including chronic disease death rates, infectious disease rates, and maternal and child health indicators. In addition, hospital utilization data of Nassau County residents was presented as well as the availability of health resources and services in the county. Hospital discharge data was also provided for Nassau County residents utilizing services at the Southeast Georgia Health System. Community input from Nassau County residents was obtained through focus groups and surveys.

In March of 2005, a final community meeting was held to encourage members of the Nassau County Health Improvement Advisory Council to prioritize key issues from the information presented. It was agreed that there is a lack of public awareness about the availability of health resources and services in the community, particularly for residents of Western Nassau County. It was also agreed that strategies must be developed to effectively communicate health information to the community, focusing on the top health problems as reported by Nassau County residents in the surveys and focus groups. In addition, it was recommended that efforts be made to improve communication and collaboration among providers and agencies in the county to help increase public awareness about health resources and services. An action plan was developed and is described below.

II. ACTION PLAN

Recommendation 1: Identify and communicate existing health resources and programs in the community.

Activity Steps

A) Review the Nassau County Community Resource Guide that has already been developed by Barnabas Crisis Center

- Update and revise resource guide as appropriate
- Assist in disseminating guides to the public, including both consumers and providers

B) Promote United Way's 211 referral system

Recommendation 2: Focus efforts on prevention and health promotion activities

Activity Steps

A) Define priority health issues:

- Addiction – alcohol or drug
- Cancers
- Obesity
- High blood pressure
- Heart disease and stroke
- Diabetes

B) Develop health programs and educational materials that target both parents and children, with an emphasis on a multi-generational approach.

C) Work with school system and other youth-focused organizations to support policy changes that will promote healthy lifestyle changes.

Recommendation 3: Develop and implement marketing strategies that will effectively disseminate health information to the public.

Activity Steps

A) Identify ways to effectively communicate health information and the availability of health resources and services to the public:

- Community websites (NCHD, public libraries, city government, others)
- Church bulletins and ministerial alliance
- Local newspapers (Westside Journal, Times Union)
- Youth-based organizations in effort to target both staff and parents: Schools- sports and other youth activities; day care centers; after-school programs
- Health fairs and other community health events
- Collaborate with Lion's Club, Chamber of Commerce, Concerned Citizen's of Callahan and other community groups and volunteer organizations
- Collaborate with local health care providers
- Collaborate with local businesses to promote employee wellness activities

APPENDIX A

Summary Report from 2002 County Behavior Risk Factor Surveillance System Survey

Bureau of Epidemiology, Florida Department of Health

The 2002 County Behavior Risk Factor Surveillance System Survey (BRFSS) was conducted in September 2002 through January 2003. Approximately 500 adults were randomly selected and interviewed in each county. The purpose of this telephone survey was to obtain county-level estimates of the prevalence of personal health behaviors that contribute to morbidity and mortality. These estimates might differ slightly from estimates obtained through the 2002 Florida State BRFSS because sampling methods of the two surveys were different. Data in this report can be used to make comparisons between counties and the state overall on a variety of health-related issues. These data can also be used to: (1) prioritize health issues and identify populations at highest risk for illness, disability, and death; (2) plan and evaluate prevention programs; (3) educate the community and policy makers about disease prevention; (4) support community policies that promote health and prevent disease.

Area	Population Size and Health Status		
	Population	Number of adults surveyed	Health Status is Fair or Poor
Baker	22,259	503	24.0%
Bradford	26,088	573	20.3%
Clay	140,814	507	16.0%
Nassau	57,663	503	18.4%
Florida	15,982	34,551	16.7%

Area	Risk Factor: Physical Activity		
	No leisure time physical activity	No regular moderate physical activity ⁽¹⁾	No regular vigorous physical activity ⁽²⁾
Baker	34.5%	60.9%	81.9%
Bradford	32.5%	61.1%	79.7%
Clay	26.1%	52.3%	72.4%
Nassau	25.2%	54.9%	79.0%
Florida	26.4%	55.1%	75.6%

⁽¹⁾ People who do not engage in regular moderate physical activity (at least 30 minutes a day and 5 days a week) or regular vigorous physical activity (at least 20 minutes a day and 3 days a week).

⁽²⁾ People who do not engage in regular vigorous physical activity (at least 20 minutes a day and 3 days a week).

Area	Risk Factor: Overweight and Nutrition		
	Overweight ⁽³⁾	Obese ⁽⁴⁾	Less than 5-A-Day ⁽⁵⁾
Baker	30.8%	25.5%	82.0%
Bradford	30.8%	30.7%	81.1%
Clay	35.1%	25.8%	72.0%
Nassau	37.7%	26.9%	76.6%
Florida	35.1%	22.3%	74.3%

⁽³⁾ People with a Body Mass Index (BMI) between 25 and 30.

⁽⁴⁾ People with a Body Mass Index (BMI) equal to or greater than 30.

⁽⁵⁾ People who consume less than 5 servings of fruits and vegetables a day.

APPENDIX A

Area	Risk Factor: Tobacco and Alcohol Use		
	Current Smoker ⁽⁶⁾	Ever quit smoking in the past 12 months	Engage in heavy or binge drinking ⁽⁷⁾
Baker	29.2%	51.9%	13.4%
Bradford	22.7%	48.7%	17.1%
Clay	23.2%	50.5%	14.7%
Nassau	19.5%	57.0%	12.7%
Florida	17.6%	55.3%	16.4%

⁽⁶⁾ People who have smoked at least 100 cigarettes in their lifetimes and who also smoked some days or every day in the past month.

⁽⁷⁾ People who have consumed 5+ drinks at one occasion in the past month (binge drinker) or men who have 2+ drinks every day or women who have 1+ drinks every day (heavy drinker).

Area	Risk Factor: Health Care Coverage and Access		
	No health care coverage	No personal health care provider	Unable to get medical care in past 12 months
Baker	20.5%	18.7%	8.2%
Bradford	19.7%	21.4%	10.1%
Clay	11.9%	18.4%	5.5%
Nassau	18.1%	18.6%	8.2%
Florida	18.7%	23.9%	8.7%

Area	Oral Health		
	Visit a dentist within past year	No teeth removed	Had teeth cleaned within past year
Baker	60.2%	39.6%	60.7%
Bradford	60.8%	42.5%	56.5%
Clay	67.2%	56.1%	67.0%
Nassau	74.2%	46.0%	67.0%
Florida	70.2%	46.7%	70.5%

Area	Chronic Health Conditions: Hypertension and Weight Control		
	Had high blood pressure (HBP)	Now taking HBP medication, if had HBP	Received advice about weight in past year
Baker	31.7%	78.3%	16.4%
Bradford	38.2%	69.4%	24.3%
Clay	25.4%	76.0%	20.9%
Nassau	29.4%	65.9%	21.1%
Florida	27.7%	76.0%	21.1%

APPENDIX A

Area	Chronic Health Conditions: High Cholesterol		
	Ever had blood cholesterol checked	If yes, cholesterol checked in past 2 years	Blood cholesterol is high
Baker	79.4%	91.8%	34.3%
Bradford	81.2%	91.2%	31.1%
Clay	84.6%	90.0%	32.3%
Nassau	84.6%	92.2%	39.2%
Florida	83.1%	91.8%	35.2%

Area	Chronic Health Conditions: Asthma & Diabetes		
	Ever had asthma	If yes, still have asthma	Have diabetes
Baker	13.6%	73.7%	15.4%
Bradford	11.6%	67.6%	8.8%
Clay	12.8%	73.1%	6.0%
Nassau	13.8%	81.4%	7.4%
Florida	10.7%	60.4%	8.2%

Area	Chronic Health Cardiovascular Disease Prevention Being advised by a health professional to...		
	Eat fewer higher fat or cholesterol food	Eat more fruits and vegetables	Be more physically active
Baker	23.0%	30.3%	26.9%
Bradford	16.5%	22.4%	22.5%
Clay	20.8%	21.3%	25.8%
Nassau	20.6%	26.2%	29.9%
Florida	21.0%	27.9%	28.0%

Area	Preventive Health Behaviors: Annual Flu and One-Time Pneumonia Shot		
	Received flu shot within past 12 months	Received flu shot at county health dept	Ever had a pneumonia shot
Baker	22.4%	4.4%	20.4%
Bradford	29.9%	2.5%	20.6%
Clay	26.0%	1.1%	18.8%
Nassau	23.7%	1.5%	18.6%
Florida	26.2%	1.2%	22.7%

APPENDIX A

Area	Preventive Health Behaviors: Mammograms & Pap Smear Tests		
	For women age 40+: Had mammogram in past 2 years	All adult Women: Ever had Pap smear test	All Adult Women: Had Pap smear test in past 2 years
Baker	68.0%	97.2%	77.9%
Bradford	83.6%	94.8%	87.6%
Clay	84.0%	97.6%	87.7%
Nassau	75.3%	97.0%	82.0%
Florida	79.0%	93.5%	82.2%

Area	Preventive Health Behaviors: Colorectal Screening For respondents 50 years and older...		
	Ever had blood stool test	Had blood stool test in past 2 years	Ever had sigmoidoscopy
Baker	45.0%	38.1%	60.4%
Bradford	49.1%	30.1%	48.1%
Clay	36.8%	25.4%	52.2%
Nassau	44.3%	32.9%	51.8%
Florida	44.4%	33.5%	52.6%

Area	Preventive Health Behaviors: HIV/AIDS Tests For respondents 64 years and younger...		
	Ever been tested for HIV	If yes, the test was done in the past 2 years	In the past 12 months, health professional talked to you about preventing sexually transmitted diseases through condom use.
Baker	49.8%	66.9%	14.9%
Bradford	47.7%	75.1%	15.8%
Clay	45.0%	59.5%	8.1%
Nassau	42.4%	51.0%	12.3%
Florida	47.7%	65.6%	16.3%

NASSAU COUNTY PROVIDERS

BAPTIST MEDICAL CENTER - NASSAU (EASTERN NASSAU)

PRIMARY CARE

Family Medicine

Mark Balester, PA
Barbara Bayko, PA
Arthur Forbes, PA
Robert Frost, MD
Edward Tribuzio, MD
Diana Twiggs, MD
Donald Twiggs, MD
Kevin White, MD

Internal Medicine

Gerald Buford, MD
Todd DeVane, MD
Alex Llarena, MD
Henry Rodeffer, MD

Obstetrics, Gynecology

Jesse Greenblum, MD
William McGath, MD
Robert Frost, MD (Obstetrics only)

Pediatrics

Samuel Divaker, MD
Tae Rho, MD

SPECIALTY CARE

Anesthesiology

Christian Koppel, MD

Cardiology

Southern Heart Group
Farid Ullah, MD

Colon/Rectal Surgery

Yash Sangwan, MD

Dermatology

Clarence Bourdreaux, MD
Russell Metz, MD

Ear, Nose, and Throat

William Bauer, MD
Jeff Brink, MD (part time)
John Fraker, MD (part time)
Don Lerner, MD (part time)
Scott Trimas, MD (part time)

Gastroenterology

William Drewry, MD

SPECIALTY CARE (CONT'D)

General Surgery

Robert Hogan, MD
Chester Nieland, MD

Hematology/Oncology

Robert Joyce, MD (part time)
Mathew Luke, MD (part time)

Nephrology

Gil Cu, MD (part time)
Patrick Garrett, MD (part time)

Neurology

Richard Boehme, MD (part time)
Gregory Sengstock, MD

Ophthalmology

Charles Adams, MD (part time)

Optometry

John McClane, OD

Oral Surgery

Robert Friedman, DMD

Orthopedic Surgery

Greg Smith, MD

Pain Management

Dennis George, MD

Pathology

Dayan Sandler, MD (part time)

Podiatry

James Gildenston, DPM

Psychiatry/Psychology

Donald Pollock, MD
Heidi Pomm, PhD
William Ross, PhD

Radiation Oncology

First Coast Oncology

Urology

Robert Marino, MD (part time)
Shailendu Shah, MD (part time)

APPENDIX B-1

OTHER PROVIDERS IN EASTERN NASSAU (Not affiliated with BMC-Nassau)

PRIMARY CARE

David Page, MD (Family Practice)

First Coast Pediatrics

Carmita Marrero, MD
Elmarie Sabban, MD
Sharon Belcher, ARNP

Yulee Family Practice Center

James Price, MD
Darlene Brown, ARNP
Wilbur Johnson, PA

SPECIALTY CARE

Podiatry

Jeff Burmeister, DPM

Weight Loss

John Winnie, MD (part time)

Psychiatry

Judy Riverbark, MD

NASSAU COUNTY HEALTH DEPARTMENT

Several providers work on a part time or volunteer basis = 1.0 full time physician:

Primary Care

Eugenia Ngo-Seidel, MD
Harry Turner, MD
Tom Washburn, MD
Asteria Ferrer, MD
Terry Collins, MD

Volunteer Specialists

William Hansberry, MD
Jim Dawsey, MD
Jeff Blake, MD
Jan Meires, ARNP

Other Primary Care Providers at NCHD

4 ARNP's = 2.0 FTE (1 adult, 2 women's health, and 1 pediatrics)

APPENDIX B-1

WESTERN NASSAU PROVIDERS

PRIMARY CARE

Hilliard Medical Center

Michael Sharpe, MD (part time)
Susan Irvin, ARNP

Callahan Family Practice

William Solomon, MD
Janet Gilbert, ARNP
Michael Gross, PA

Baptist Primary Care of Callahan

Dennis Pallan, MD
James Long, PA

Children's Medical Center

Andrea Norwood, MD

OTHER HEALTH PROFESSIONALS

DENTISTS

Eastern Nassau

Alvin Bayer, DDS
Michael Cook, DDS
Stephen English, DDS
Robert Friedman, DDS
David (Tod) Garner, DDS
Robert Johnson, DDS
Laurie Anne Kitson, DDS
Kenneth Mertz, DDS
Mark Olbina, DDS
Claude Owens, DDS
Stephen Potter, DDS
Sueellen Rodeffer, DDS
William Rodeffer, DDS
Jeffrey Slavkovsky, DDS
George Van Etta, DDS

Western Nassau

J Roger Harrison, DDS
Kenneth Rice, DDS
Parker Shaffer, DDS

APPENDIX B-1

**Healthy Nassau
Focus Group Questions**

- 1. In general, are you satisfied with the quality of life in your community for yourself?**
(open to interpretation of community – neighborhood, town, and county)
 - A. Is this a good place to raise children?**
(consider)
 - a. School quality
 - b. Day care
 - c. After school care
 - d. Recreation
 - e. Environment
 - B. Is this community a good place to grow old?**
(consider)
 - a. Elder friendly housing
 - b. Transportation
 - c. Churches
 - d. Shopping
 - e. Elder day care
 - f. Social support organizations and agencies
 - g. Services and activities
 - C. Do you feel there is economic opportunity in the community?**
(Consider)
 - a. Locally owned and operated businesses
 - b. Jobs with career growth and job training
 - c. Higher education opportunities
 - d. Affordable housing options
 - e. Reasonable commute
- 2. Do you feel your community is a safe place to live?**
(Consider perceptions of)
 - a. Safety in the home
 - b. Workplace
 - c. Schools and playgrounds
 - d. Parks
 - e. Do the neighbors know each other and look out for one another...
- 3. Are you satisfied with the health care system in your community?**
(Consider)
 - a. Availability and access
 - b. Cost
 - c. Quality
 - d. Options
 - e. Prescription drugs
 - f. Specialty care/hospital care

APPENDIX C-1

3A. Are you aware of the public health services that are available in Nassau County? (i.e. Nassau County Health Department)

3B. Do you believe there is a network of support for individuals and families during times of stress and need?

(Consider)

- a. Medical crisis
- b. Mental health and substance abuse
- c. Pregnancy
- d. Financial
- e. Death
- f. Services for children with special needs

4. What do you see as the school's role in health?

5. Do you feel your community is responsive to your needs?

(Consider)

- a. Treatment
- b. Equality
- c. Services available (i.e. accommodations for persons with disabilities)

6. Do you believe that all individuals and groups have the opportunity to participate in the community or get involved in community issues/activities?

(Consider)

- a. Awareness and knowledge
- b. Government involvement
- c. Community issues
- d. Public events
- e. Transportation
- f. Health care (i.e. are there health disparities among racial groups)

7. If you could create any type(s) of "health program(s)" for Nassau County residents what would it/they be?

HOW HEALTHY IS NASSAU COUNTY?

The *Healthy Nassau* initiative needs your help in better understanding the community's health. Please fill out this survey to share your opinions about healthcare services and the quality of life in Nassau County. The survey results will be presented to the community and made available to the public in a written report. The information gathered from responses to this survey will help make Nassau County a better place to live.

1. How do you rate your overall health? (check one selection)

- Excellent Good Fair Poor Don't Know

2. Check up to 5 selections you feel are the most important features of a healthy community:

- | | |
|--|---|
| <input type="checkbox"/> Access to churches or other places of worship | <input type="checkbox"/> Good place to raise kids |
| <input type="checkbox"/> Access to healthcare | <input type="checkbox"/> Good public transportation |
| <input type="checkbox"/> Access to parks and recreation | <input type="checkbox"/> Good education |
| <input type="checkbox"/> Good jobs, healthy economy | <input type="checkbox"/> Low crime rates/safe neighborhoods |
| <input type="checkbox"/> Affordable and/or available housing options | <input type="checkbox"/> Preventative health services |
| <input type="checkbox"/> Available arts and cultural events | <input type="checkbox"/> Quality child care |
| <input type="checkbox"/> Clean environment | <input type="checkbox"/> Quality social services |
| <input type="checkbox"/> Excellent race relations | <input type="checkbox"/> Good place to grow old |
| <input type="checkbox"/> Adequate handicapped parking and other accommodations for persons with disabilities | <input type="checkbox"/> Other _____ |

3. Check up to 5 of the health problems you feel are the most important in Nassau County:

- | | |
|--|---|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Addiction – alcohol or drug |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Mental health problems |
| <input type="checkbox"/> Cancers | <input type="checkbox"/> Child abuse/neglect |
| <input type="checkbox"/> Contagious diseases (i.e. flu, pneumonia) | <input type="checkbox"/> Teenage pregnancy |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Firearm-related injuries |
| <input type="checkbox"/> Heart disease & stroke | <input type="checkbox"/> Domestic violence |
| <input type="checkbox"/> HIV/ AIDS/Sexually Transmitted Diseases | <input type="checkbox"/> Infant death/ premature birth |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Homicide |
| <input type="checkbox"/> Respiratory/ lung disease (COPD, emphysema) | <input type="checkbox"/> Environmental health, sewers, septic tanks |
| <input type="checkbox"/> End of life care (nursing homes, hospice) | <input type="checkbox"/> Motor vehicle crash injuries |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Rape/sexual assault | <input type="checkbox"/> Other _____ |

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County:

- | | | |
|---|---|---|
| <input type="checkbox"/> Alcohol abuse | <input type="checkbox"/> Lack of exercise | <input type="checkbox"/> Tobacco use (i.e. cigarettes, cigars, chewing tobacco) |
| <input type="checkbox"/> Being overweight | <input type="checkbox"/> Not getting "shots" to prevent disease | <input type="checkbox"/> Unlicensed and/or unsafe drivers |
| <input type="checkbox"/> Dropping out of school | <input type="checkbox"/> Not using birth control | <input type="checkbox"/> Unsafe sex |
| <input type="checkbox"/> Drug abuse | <input type="checkbox"/> Racism | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Poor eating habits | <input type="checkbox"/> Teen sexual activity | |

5. What health care services are difficult to obtain in your community? (Check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Alternative therapy (i.e. herbals, acupuncture) | <input type="checkbox"/> Outpatient hospital (no overnight stay), physical therapy, rehab therapy |
| <input type="checkbox"/> Ambulance services | <input type="checkbox"/> Prescriptions/medications/medical supplies |
| <input type="checkbox"/> Chiropractic care | <input type="checkbox"/> Preventive care |
| <input type="checkbox"/> Dental/oral care | <input type="checkbox"/> Primary care (family doctor) |
| <input type="checkbox"/> Emergency room care | <input type="checkbox"/> Specialty care |
| <input type="checkbox"/> Inpatient hospital | <input type="checkbox"/> Substance abuse services |
| <input type="checkbox"/> Lab work | <input type="checkbox"/> Vision care |
| <input type="checkbox"/> Mental health/counseling | <input type="checkbox"/> X-rays/mammograms |
| <input type="checkbox"/> Walk-in medical clinic | <input type="checkbox"/> Other _____ |

APPENDIX C-2

6. What do you feel are barriers for you in getting healthcare? (Check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> Lack of transportation | <input type="checkbox"/> Have no regular source of healthcare |
| <input type="checkbox"/> Can't pay for services/medication | <input type="checkbox"/> Lack of evening and week-end services |
| <input type="checkbox"/> Can't find providers that accept my insurance | <input type="checkbox"/> Doubt the treatment will help |
| <input type="checkbox"/> Don't know what types of services are available | <input type="checkbox"/> Long waits for appointments |
| <input type="checkbox"/> Afraid to have health check-up | <input type="checkbox"/> Not sure when I need healthcare |
| <input type="checkbox"/> Don't like accepting government assistance | <input type="checkbox"/> Healthcare information is not kept confidential |

7. How is your health care covered? (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Health insurance offered from your job or a family member's job | <input type="checkbox"/> Medicare |
| <input type="checkbox"/> Health insurance that you pay for on your own | <input type="checkbox"/> Medicaid |
| <input type="checkbox"/> Veterans' Administration | <input type="checkbox"/> Military Coverage |
| <input type="checkbox"/> I don't have health insurance | <input type="checkbox"/> Other: _____ |

8. Where would you go if you are sick? (check ONE selection)

- | | |
|--|--|
| <input type="checkbox"/> Hospital emergency room in Nassau County | <input type="checkbox"/> Your doctor's office |
| <input type="checkbox"/> Hospital emergency room outside the county | <input type="checkbox"/> The local health department |
| <input type="checkbox"/> No where—I don't have a place to go when I get sick | <input type="checkbox"/> A school clinic |
| <input type="checkbox"/> Other (Please describe) _____ | |

9. Have you ever received health services at the Nassau County Health Department?

- Yes No I am not sure

10. If you have not received services at Nassau County Health Department, do you know how to contact the local health department?

- Yes No Not applicable, I have received services at the local health department

OTHER INFORMATION

Please check or fill in the blanks for the following questions. There will be no way to identify you or your answers.

11. Name of City/Town where you live: _____ **Zip Code:** _____

12. Age:

- Less than 18 18-25 26-39 40-54 55-64 65 -74 75+

13. Gender: Female Male

14. Race/Ethnicity: Which group do you most identify with?

- | | | |
|---|--|--|
| <input type="checkbox"/> Black/African American | <input type="checkbox"/> Hispanic | <input type="checkbox"/> Native American |
| <input type="checkbox"/> White/Caucasian | <input type="checkbox"/> Asian/Pacific | <input type="checkbox"/> Other (Please describe) _____ |

15. Education: Please check the highest level completed:

- | | | |
|---|---|---|
| <input type="checkbox"/> Elementary/Middle School | <input type="checkbox"/> Technical/Community College | <input type="checkbox"/> Graduate/Advanced Degree |
| <input type="checkbox"/> High school diploma or GED | <input type="checkbox"/> 4 year College/Bachelor's degree | |

16. Employment Status:

- | | | | |
|---|---|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Employed Full-Time | <input type="checkbox"/> Employed Part-Time | <input type="checkbox"/> Unemployed | |
| <input type="checkbox"/> Retired | <input type="checkbox"/> Home Maker | <input type="checkbox"/> Student | <input type="checkbox"/> Other _____ |

17. Household Income:

- | | | |
|---|---|--|
| <input type="checkbox"/> Less than \$10,000 | <input type="checkbox"/> \$21,000 to \$30,000 | <input type="checkbox"/> \$50,000 – \$99,000 |
| <input type="checkbox"/> \$10,000 to \$20,000 | <input type="checkbox"/> \$31,000 to \$50,000 | <input type="checkbox"/> \$100,000 or more |

THANK YOU FOR COMPLETING THIS SURVEY!

Nassau County Survey Results

Total = 580 Surveys

1. How do you rate your overall health? (check one selection)			
		Response Percent	Response Total
	Excellent	18.8%	104
	Good	59.8%	330
	Fair	16.1%	89
	Poor	3.3%	18
	Don't Know	2%	11
Total Respondents			552
(skipped this question)			28

APPENDIX C-3

2. Check up to 5 selections you feel are the most important features of a healthy community:			
		Response Percent	Response Total
	Access to churches or other places of worship	57.9%	334
	Good place to raise kids	51%	294
	Access to healthcare	66%	381
	Good public transportation	6.4%	37
	Access to parks and recreation	19.6%	113
	Good education	59.1%	341
	Good jobs, healthy economy	55.1%	318
	Low crime rates/safe neighborhoods	48.4%	279
	Affordable and/or available housing options	22.7%	131
	Preventative health services	14.7%	85
	Available arts and cultural events	6.1%	35
	Quality child care	12.1%	70
	Clean environment	49.9%	288
	Quality social services	8.5%	49
	Excellent race relations	9%	52
	Good place to grow old	16.8%	97
	Adequate handicapped parking and other accommodations for persons with disabilities	9%	52
	Other (please specify)	1.9%	11
Total Respondents			577
(skipped this question)			3

APPENDIX C-3

3. Check up to 5 health problems you feel are the most important in Nassau County:			
		Response Percent	Response Total
	Asthma	17.9%	103
	Addiction – alcohol or drug	52.3%	300
	High blood pressure	41.6%	239
	Mental health problems	16.9%	97
	Cancers	49.8%	286
	Child abuse/neglect	25.6%	147
	Contagious diseases (i.e. flu, pneumonia)	12.9%	74
	Teenage pregnancy	29.6%	170
	Diabetes	30.3%	174
	Firearm-related injuries	1.2%	7
	Heart disease & stroke	37.6%	216
	Domestic violence	20.7%	119
	HIV/ AIDS/Sexually Transmitted Diseases	15.5%	89
	Infant death/ premature birth	1.9%	11
	Obesity	41.6%	239
	Homicide	2.8%	16
	Respiratory/ lung disease (COPD, emphysema)	15.9%	91
	Environmental health, sewers, septic tanks	10.6%	61
	End of life care (nursing homes, hospice)	13.6%	78
	Motor vehicle crash injuries	15%	86
	Dental problems	18.5%	106
	Suicide	2.4%	14
	Rape/sexual assault	5.1%	29
	Other (please specify)	2.1%	12
Total Respondents			574
(skipped this question)			6

A

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County:			
		Response Percent	Response Total
	Alcohol abuse	46.4%	267
	Being overweight	35.7%	205
	Lack of exercise	25.4%	146
	Not getting "shots" to prevent disease	8%	46
	Tobacco use (i.e. cigarettes, cigars, chewing tobacco)	31.1%	179
	Dropping out of school	32.5%	187
	Drug abuse	47.3%	272
	Poor eating habits	15.1%	87
	Not using birth control	10.6%	61
	Racism	6.1%	35
	Teen sexual activity	28.3%	163
	Unlicensed and/or unsafe drivers	14.6%	84
	Unsafe sex	16.5%	95
	Other (please specify)	1.2%	7
Total Respondents			575
(skipped this question)			5

APPENDIX C-3

5. What health care services are difficult to obtain in your community? (Check all that apply):			
		Response Percent	Response Total
	Alternative therapy (i.e. herbals, acupuncture)	24.6%	128
	Outpatient hospital (no overnight stay)	18.7%	97
	Physical therapy, rehab therapy	9%	47
	Ambulance services	5.8%	30
	Prescriptions/medications/medical supplies	12.5%	65
	Chiropractic care	5.2%	27
	Preventive care	22.3%	116
	Dental/oral care	26.5%	138
	Primary care (family doctor)	12.9%	67
	Emergency room care	30.6%	159
	Specialty care	31.7%	165
	Inpatient hospital	11.2%	58
	Substance abuse services	17.9%	93
	Lab work	21.3%	111
	Vision care	13.1%	68
	Mental health/counseling	18.1%	94
	X-rays/mammograms	27.1%	141
	Walk-in medical clinic	41.2%	214
	Other (please specify)	9.4%	49
Total Respondents			520
(skipped this question)			60

APPENDIX C-3

6. What do you feel are barriers for you in getting healthcare? (Check all that apply):			
		Response Percent	Response Total
	Lack of transportation	9.3%	41
	Have no regular source of healthcare	9.1%	40
	Can't pay for services/medication	35.3%	155
	Lack of evening and week-end services	45.8%	201
	Can't find providers that accept my insurance	29.4%	129
	Doubt the treatment will help	5%	22
	Don't know what types of services are available	18.5%	81
	Long waits for appointments	44.6%	196
	Afraid to have health check-up	9.6%	42
	Not sure when I need healthcare	3.2%	14
	Don't like accepting government assistance	6.2%	27
	Healthcare information is not kept confidential	5.2%	23
Total Respondents			439
(skipped this question)			141

APPENDIX C-3

7. How is your health care covered? (check all that apply)			
		Response Percent	Response Total
Health insurance offered from your job or a family member's job		75.5%	432
Medicare		10.7%	61
Health insurance that you pay for on your own		11.2%	64
Medicaid		5.1%	29
Veterans Administration		1.4%	8
Military Coverage		4%	23
I don't have health insurance		5.2%	30
Other (please specify)		1.2%	7
Total Respondents			572
(skipped this question)			8

8. Where would you go if you are sick? (check ONE selection)			
		Response Percent	Response Total
Hospital emergency room in Nassau County		9.8%	56
Your doctor's office		72.9%	416
Hospital emergency room outside the county		11.9%	68
The local health department		1.8%	10
No where—I don't have a place to go when I get sick		1.9%	11
A school clinic		0%	0
Other (please specify)		1.8%	10
Total Respondents			571
(skipped this question)			9

9. Have you ever received health services at the Nassau County Health Department?			
		Response Percent	Response Total
Yes		43.3%	249
No		54.4%	313
I am not sure		2.3%	13
Total Respondents			575
(skipped this question)			5

10. If you have not received services at Nassau County Health Department, do you know how to contact the local health department?			
		Response Percent	Response Total
Yes		44.3%	250
No		12.6%	71
Not applicable, I have received services at the local health department		43.1%	243
Total Respondents			564
(skipped this question)			16

Hospital emergency room in Nassau County		9.8%	56
Your doctor's office		72.9%	416
Hospital emergency room outside the county		11.9%	68
The local health department		1.8%	10
No where—I don't have a place to go when I get sick		1.9%	11
A school clinic		0%	0
Other (please specify)		1.8%	10
Total Respondents			571
(skipped this question)			9

APPENDIX C-3

11. Name of City/Town where you live: (select one)			
		Response Percent	Response Total
	Bryceville	4%	23
	Callahan	25.1%	144
	Fernandina Beach	31.1%	178
	Hilliard	21.6%	124
	Yulee	17.5%	100
	Other (please specify)	0.7%	4
Total Respondents			573
(skipped this question)			7

12. Zip Code where you live: (select one)			
		Response Percent	Response Total
	32009	3.8%	22
	32011	25.1%	144
	32034	30.7%	176
	32035	1.2%	7
	32046	21.8%	125
	32097	14.3%	82
	32041	3%	17
	Other (please specify)	0%	0
Total Respondents			573
(skipped this question)			7

APPENDIX C-3

13. Age:			
		Response Percent	Response Total
	Less than 18	1.2%	7
	18-25	5.4%	31
	26-39	22.6%	129
	40-54	44.1%	252
	55-64	17.1%	98
	65 -74	4.9%	28
	75+	4.7%	27
Total Respondents			572
(skipped this question)			8

14. Gender:			
		Response Percent	Response Total
	Female	75.9%	421
	Male	24.1%	134
Total Respondents			555
(skipped this question)			25

APPENDIX C-3

15. Race/Ethnicity: Which group do you most identify with?			
		Response Percent	Response Total
Black/African American		10.1%	58
Hispanic		0.3%	2
Native American		2.1%	12
White/Caucasian		86.8%	500
Asian/Pacific		0.5%	3
Other (please specify)		0.2%	1
Total Respondents			576
(skipped this question)			4

16. Education: Please check the highest level completed:			
		Response Percent	Response Total
Elementary/Middle School		7%	40
High school diploma or GED		33.3%	190
Technical/Community College		20.5%	117
4 year College/Bachelor's degree		22.1%	126
Graduate/Advanced Degree		17.2%	98
Total Respondents			571
(skipped this question)			9

APPENDIX C-3

17. Employment Status:			
		Response Percent	Response Total
Employed Full-Time		73.1%	422
Employed Part-Time		5.4%	31
Unemployed		2.4%	14
Retired		11.3%	65
Home Maker		4.2%	24
Student		1.7%	10
Other (please specify)		1.9%	11
Total Respondents			577
(skipped this question)			3

18. Household Income:			
		Response Percent	Response Total
Less than \$10,000		5.5%	30
\$10,000 to \$20,000		10.5%	57
\$21,000 to \$30,000		14%	76
\$31,000 to \$50,000		25.4%	138
\$50,000 – \$99,000		36%	196
\$100,000 or more		8.6%	47
Total Respondents			544
(skipped this question)			36

**Nassau County
Survey Results**

Other Comments to select questions:

2. Check up to 5 selections you feel are the most important features of a healthy community:

Other:

- Adequate paid fire and rescue services and law enforcement
- Good doctors (private providers)
- Professional fire and rescue workers, no volunteers
- Commercial Development has now made shopping convenient enough that you don't even have to go to Jacksonville for as many items
- Close to the city but more neighborhood oriented
- Quality schools
- Public awareness of healthcare options
- Football
- Quality senior services

3. Check up to 5 health problems you feel are the most important in Nassau County

Other:

- Smoking
- Indigent population with no insurance
- Insurance is very expensive, costs me almost \$700
- Teenage addictions
- Access to flu shots
- Lack of parent training preparation for proper care of children
- Pollution
- Lack of dental insurance that is affordable
- Crowded roads and the drivers that won't get over for you
- Access to free clinics

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County.

Other:

- Lack of exercise services in Yulee
- Local sex offenders
- Environmental pollutants possibly causing immune and cancer disorders
- Chewing tobacco
- Not wearing seat belts
- Teen sexual activity in the middle school
- Unmet emergency psychiatric care needs

5. What health care services are difficult to obtain in your community?

Other:

- Overall help with assistance
- Mental health hospital
- Pediatric care
- All of the above, I live on the Westside
- I would like to see the health department back in Hilliard
- HMO
- Home health
- Those without insurance have problems in all areas except emergency room care
- Not enough dentists
- Inadequate funding for the health department clinics
- People who do not have money or health insurance
- Podiatry
- No dermatologist on island takes our insurance
- Need dentists that take our insurance
- Need more medically related services in all areas
- Premiums for monthly meds are too high (\$25 and \$40 copays)
- Most of these are available in town if they are not, they are 30 minute or more away, that means transportation
- My health insurance is outrageous
- Ob/gyn
- Long waits everywhere, dental insurance is a joke, doesn't cover much, prescriptions very expensive, insurance doesn't cover much of the cost
- Need ophthalmologists
- Proper help for children in need of special help that doesn't fit the state qualifications
- Dental/oral care with Nassau County BOE Health Plan
- Services for children who fall through the cracks
- Substance abuse services for teens
- Emergency psychiatric care
- Cannot find specialists on my insurance
- None are difficult if your family can afford \$700-800 per month for health insurance! Insurance doesn't cover many services
- I go out of county for my medical needs
- Need good primary care physicians, need more choices of providers on my insurance
- Dentists that are on my insurance
- Doctors
- Not enough good primary care physicians, not enough hospital/emergency services on Westside
- Support group for diabetes
- Long term care, rehab, nursing home care
- Unable to get into primary care physician

APPENDIX C-3

- Need Nassau MD's to take indigent patients as part of being on staff at BMC Nassau. I know one of the main problems is non-inured patients access to care, both medical and dental
- We are military so I really have not tried any community places

7. How is your health care covered?

Other:

- Medicare supplement
- Supplemental
- Humana HMO
- Medipass
- Can't afford family health coverage
- Spouse doesn't have insurance, Healthy Kids
- KidCare

8. Where would you go if you are sick?

Other:

- To the Lord
- VA clinic in Jax
- Shands Jacksonville
- I call different doctors until I get an appointment
- Emergency room in Nassau or doctor's office or local health department
- Winn Dixie
- Naval hospital

17. Employment Status

Other:

- Self-employed (3 responses)
- Elected official
- Disabled (4 responses)
- Employed for 10 months
- PRN
- Care for husband 24/7

**West Nassau
Survey Results****Total Surveys = 291**

1. How do you rate your overall health? (check one selection)			
		Response Percent	Response Total
	Excellent	15.8%	44
	Good	57.2%	159
	Fair	18.3%	51
	Poor	5.8%	16
	Don't Know	2.9%	8
Total Respondents			278

APPENDIX C-4

2. Check up to 5 selections you feel are the most important features of a healthy community:			
		Response Percent	Response Total
	Access to churches or other places of worship	64.8%	188
	Good place to raise kids	55.2%	160
	Access to healthcare	63.8%	185
	Good public transportation	7.9%	23
	Access to parks and recreation	19.3%	56
	Good education	56.2%	163
	Good jobs, healthy economy	50.7%	147
	Low crime rates/safe neighborhoods	47.9%	139
	Affordable and/or available housing options	18.3%	53
	Preventative health services	13.1%	38
	Available arts and cultural events	3.8%	11
	Quality child care	9.7%	28
	Clean environment	49%	142
	Quality social services	10%	29
	Excellent race relations	8.3%	24
	Good place to grow old	20.3%	59
	Adequate handicapped parking and other accommodations for persons with disabilities	12.1%	35
	Other (please specify)	2.4%	7
Total Respondents			290

APPENDIX C-4

3. Check up to 5 health problems you feel are the most important in Nassau County:			
		Response Percent	Response Total
	Asthma	16.8%	48
	Addiction – alcohol or drug	48.4%	138
	High blood pressure	51.2%	146
	Mental health problems	14%	40
	Cancers	50.2%	143
	Child abuse/neglect	21.8%	62
	Contagious diseases (i.e. flu, pneumonia)	11.2%	32
	Teenage pregnancy	31.6%	90
	Diabetes	30.9%	88
	Firearm-related injuries	1.4%	4
	Heart disease & stroke	42.8%	122
	Domestic violence	17.5%	50
	HIV/ AIDS/Sexually Transmitted Diseases	12.3%	35
	Infant death/ premature birth	1.8%	50
	Obesity	43.9%	125
	Homicide	3.2%	9
	Respiratory/ lung disease (COPD, emphysema)	15.4%	44
	Environmental health, sewers, septic tanks	8.4%	24
	End of life care (nursing homes, hospice)	11.6%	33
	Motor vehicle crash injuries	15.1%	43
	Dental problems	22.1%	63
	Suicide	3.9%	11
	Rape/sexual assault	4.9%	14
	Other (please specify)	1.1%	3
Total Respondents			285

APPENDIX C-4

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County:			
		Response Percent	Response Total
	Alcohol abuse	53.6%	155
	Being overweight	36.3%	105
	Lack of exercise	26.3%	76
	Not getting "shots" to prevent disease	8%	23
	Tobacco use (i.e. cigarettes, cigars, chewing tobacco)	32.9%	95
	Dropping out of school	32.9%	95
	Drug abuse	42.6%	123
	Poor eating habits	13.5%	39
	Not using birth control	10.4%	30
	Racism	4.2%	12
	Teen sexual activity	28.4%	82
	Unlicensed and/or unsafe drivers	14.2%	41
	Unsafe sex	17%	49
	Other (please specify)	0.3%	1
Total Respondents			289

APPENDIX C-4

5. What health care services are difficult to obtain in your community? (Check all that apply):			
		Response Percent	Response Total
	Alternative therapy (i.e. herbals, acupuncture)	22.7%	61
	Outpatient hospital (no overnight stay)	22.7%	61
	Physical therapy, rehab therapy	10.8%	29
	Ambulance services	7.4%	20
	Prescriptions/medications/medical supplies	14.5%	39
	Chiropractic care	5.6%	15
	Preventive care	17.5%	47
	Dental/oral care	32.7%	88
	Primary care (family doctor)	15.2%	41
	Emergency room care	42.4%	114
	Specialty care	28.6%	77
	Inpatient hospital	19%	51
	Substance abuse services	14.9%	40
	Lab work	34.9%	94
	Vision care	17.8%	48
	Mental health/counseling	17.8%	48
	X-rays/mammograms	39.4%	106
	Walk-in medical clinic	34.9%	94
	Other (please specify)	8.6%	23
Total Respondents			269

APPENDIX C-4

6. What do you feel are barriers for you in getting healthcare? (Check all that apply):			
		Response Percent	Response Total
	Lack of transportation	8.3%	18
	Have no regular source of healthcare	8.8%	19
	Can't pay for services/medication	41.2%	89
	Lack of evening and week-end services	41.7%	90
	Can't find providers that accept my insurance	26.9%	58
	Doubt the treatment will help	4.6%	10
	Don't know what types of services are available	18.1%	39
	Long waits for appointments	44%	95
	Afraid to have health check-up	10.6%	23
	Not sure when I need healthcare	3.7%	8
	Don't like accepting government assistance	7.9%	17
	Healthcare information is not kept confidential	5.1%	11
Total Respondents			216

APPENDIX C-4

7. How is your health care covered? (check all that apply)			
		Response Percent	Response Total
Health insurance offered from your job or a family member's job		70.2%	200
Medicare		14.7%	42
Health insurance that you pay for on your own		10.5%	30
Medicaid		5.6%	16
Veterans Administration		1.1%	3
Military Coverage		4.6%	13
I don't have health insurance		7.4%	21
Other (please specify)		1.1%	3
Total Respondents			285

8. Where would you go if you are sick? (check ONE selection)			
		Response Percent	Response Total
Hospital emergency room in Nassau County		11.9%	34
Your doctor's office		62.6%	179
Hospital emergency room outside the county		19.6%	56
The local health department		1.7%	5
No where—I don't have a place to go when I get sick		2.8%	8
A school clinic		0%	0
Other (please specify)		1.4%	4
Total Respondents			286

APPENDIX C-4

9. Have you ever received health services at the Nassau County Health Department?			
		Response Percent	Response Total
	Yes	44.8%	129
	No	52.8%	152
	I am not sure	2.4%	7
Total Respondents			288

10. If you have not received services at Nassau County Health Department, do you know how to contact the local health department?			
		Response Percent	Response Total
	Yes	43%	122
	No	12.7%	36
	Not applicable, I have received services at the local health department	44.4%	126
Total Respondents			284

APPENDIX C-4

11. Name of City/Town where you live: (select one)			
		Response Percent	Response Total
	Bryceville	7.9%	23
	Callahan	49.1%	143
	Fernandina Beach	0.3%	1
	Hilliard	41.2%	120
	Yulee	0.3%	1
	Other (please specify)	1%	3
Total Respondents			291

12. Zip Code where you live: (select one)			
		Response Percent	Response Total
	32009	7.6%	22
	32011	49.5%	144
	32034	0%	0
	32035	0%	0
	32046	43%	125
	32097	0%	0
	32041	0%	0
	Other (please specify)	0%	0
Total Respondents			291

APPENDIX C-4

13. Age:			
		Response Percent	Response Total
	Less than 18	1.8%	5
	18-25	4.9%	14
	26-39	23.2%	66
	40-54	41.8%	119
	55-64	14.7%	42
	65 -74	6%	17
	75+	7.7%	22
Total Respondents			285

14. Gender:			
		Response Percent	Response Total
	Female	64.5%	178
	Male	35.5%	98
Total Respondents			276

APPENDIX C-4

15. Race/Ethnicity: Which group do you most identify with?			
		Response Percent	Response Total
Black/African American		5.9%	17
Hispanic		0%	0
Native American		2.4%	7
White/Caucasian		91.3%	263
Asian/Pacific		0%	0
Other (please specify)		0.3%	1
Total Respondents			288

16. Education: Please check the highest level completed:			
		Response Percent	Response Total
Elementary/Middle School		9.4%	27
High school diploma or GED		43.7%	125
Technical/Community College		23.1%	66
4 year College/Bachelor's degree		14.3%	41
Graduate/Advanced Degree		9.4%	27
Total Respondents			286

APPENDIX C-4

17. Employment Status:			
		Response Percent	Response Total
Employed Full-Time		65.7%	190
Employed Part-Time		3.5%	10
Unemployed		3.5%	10
Retired		16.3%	47
Home Maker		6.2%	18
Student		2.1%	6
Other (please specify)		2.8%	8
Total Respondents			289

18. Household Income:			
		Response Percent	Response Total
Less than \$10,000		6.2%	17
\$10,000 to \$20,000		13.9%	38
\$21,000 to \$30,000		15.3%	42
\$31,000 to \$50,000		24.5%	67
\$50,000 – \$99,000		33.9%	93
\$100,000 or more		6.2%	17
Total Respondents			274

**East Nassau
Survey Results**

Total = 282 Surveys

1. How do you rate your overall health? (check one selection)			
		Response Percent	Response Total
	Excellent	22%	59
	Good	62.3%	167
	Fair	13.8%	37
	Poor	0.7%	2
	Don't Know	1.1%	3
Total Respondents			268

APPENDIX C-5

2. Check up to 5 selections you feel are the most important features of a healthy community:			
		Response Percent	Response Total
	Access to churches or other places of worship	49.8%	140
	Good place to raise kids	46.6%	131
	Access to healthcare	67.6%	190
	Good public transportation	4.6%	13
	Access to parks and recreation	20.3%	57
	Good education	61.9%	174
	Good jobs, healthy economy	59.8%	168
	Low crime rates/safe neighborhoods	49.8%	140
	Affordable and/or available housing options	27.4%	77
	Preventative health services	16.7%	47
	Available arts and cultural events	8.5%	24
	Quality child care	14.9%	42
	Clean environment	49.8%	140
	Quality social services	7.1%	20
	Excellent race relations	10%	28
	Good place to grow old	13.2%	37
	Adequate handicapped parking and other accommodations for persons with disabilities	5.7%	16
	Other (please specify)	1.4%	4
Total Respondents			281

APPENDIX C-5

3. Check up to 5 health problems you feel are the most important in Nassau County:			
		Response Percent	Response Total
	Asthma	19.5%	55
	Addiction – alcohol or drug	57.1%	161
	High blood pressure	31.6%	89
	Mental health problems	20.2%	57
	Cancers	50%	141
	Child abuse/neglect	29.4%	83
	Contagious diseases (i.e. flu, pneumonia)	14.5%	41
	Teenage pregnancy	28%	79
	Diabetes	28.7%	81
	Firearm-related injuries	1.1%	3
	Heart disease & stroke	32.3%	91
	Domestic violence	24.1%	68
	HIV/ AIDS/Sexually Transmitted Diseases	18.4%	52
	Infant death/ premature birth	2.1%	6
	Obesity	40.1%	113
	Homicide	2.5%	7
	Respiratory/ lung disease (COPD, emphysema)	16.7%	47
	Environmental health, sewers, septic tanks	13.1%	37
	End of life care (nursing homes, hospice)	15.2%	43
	Motor vehicle crash injuries	15.2%	43
	Dental problems	14.9%	42
	Suicide	1.1%	3
	Rape/sexual assault	5.3%	15
	Other (please specify)	3.2%	9
Total Respondents			282

APPENDIX C-5

4. Check up to 3 unhealthy behaviors you are most concerned about in Nassau County:			
		Response Percent	Response Total
	Alcohol abuse	39.6%	111
	Being overweight	34.3%	96
	Lack of exercise	24.3%	68
	Not getting "shots" to prevent disease	8.2%	23
	Tobacco use (i.e. cigarettes, cigars, chewing tobacco)	28.9%	81
	Dropping out of school	32.5%	91
	Drug abuse	52.1%	146
	Poor eating habits	16.8%	47
	Not using birth control	11.1%	31
	Racism	8.2%	23
	Teen sexual activity	28.9%	81
	Unlicensed and/or unsafe drivers	15.4%	43
	Unsafe sex	16.1%	45
	Other (please specify)	2.1%	6
Total Respondents			280

APPENDIX C-5

5. What health care services are difficult to obtain in your community? (Check all that apply):			
		Response Percent	Response Total
	Alternative therapy (i.e. herbals, acupuncture)	26.3%	65
	Outpatient hospital (no overnight stay)	14.2%	35
	Physical therapy, rehab therapy	7.3%	18
	Ambulance services	4%	10
	Prescriptions/medications/medical supplies	10.1%	25
	Chiropractic care	4.5%	11
	Preventive care	27.9%	69
	Dental/oral care	19.8%	49
	Primary care (family doctor)	10.5%	26
	Emergency room care	17.4%	43
	Specialty care	35.2%	87
	Inpatient hospital	2%	5
	Substance abuse services	21.5%	53
	Lab work	6.5%	16
	Vision care	7.7%	19
	Mental health/counseling	18.6%	46
	X-rays/mammograms	13.4%	33
	Walk-in medical clinic	48.2%	119
	Other (please specify)	10.5%	26
Total Respondents			247

APPENDIX C-5

6. What do you feel are barriers for you in getting healthcare? (Check all that apply):			
		Response Percent	Response Total
	Lack of transportation	9.6%	21
	Have no regular source of healthcare	9.6%	21
	Can't pay for services/medication	29.2%	64
	Lack of evening and week-end services	50.2%	110
	Can't find providers that accept my insurance	32.4%	71
	Doubt the treatment will help	5.5%	12
	Don't know what types of services are available	19.2%	42
	Long waits for appointments	45.2%	99
	Afraid to have health check-up	8.7%	19
	Not sure when I need healthcare	2.3%	5
	Don't like accepting government assistance	4.6%	10
	Healthcare information is not kept confidential	5.5%	12
	Total Respondents		219

APPENDIX C-5

7. How is your health care covered? (check all that apply)			
		Response Percent	Response Total
Health insurance offered from your job or a family member's job		80.5%	227
Medicare		6.7%	19
Health insurance that you pay for on your own		12.1%	34
Medicaid		4.6%	13
Veterans Administration		1.8%	5
Military Coverage		3.5%	10
I don't have health insurance		3.2%	9
Other (please specify)		1.4%	4
Total Respondents			282

8. Where would you go if you are sick? (check ONE selection)			
		Response Percent	Response Total
Hospital emergency room in Nassau County		7.9%	22
Your doctor's office		83.2%	233
Hospital emergency room outside the county		3.9%	11
The local health department		1.8%	5
No where—I don't have a place to go when I get sick		1.1%	3
A school clinic		0%	0
Other (please specify)		2.1%	6
Total Respondents			280

APPENDIX C-5

9. Have you ever received health services at the Nassau County Health Department?			
		Response Percent	Response Total
Yes		42%	118
No		55.9%	157
I am not sure		2.1%	6
Total Respondents			281

10. If you have not received services at Nassau County Health Department, do you know how to contact the local health department?			
		Response Percent	Response Total
Yes		46%	126
No		12%	33
Not applicable, I have received services at the local health department		42%	115
Total Respondents			274

APPENDIX C-5

11. Name of City/Town where you live: (select one)			
		Response Percent	Response Total
	Bryceville	0%	0
	Callahan	0.4%	1
	Fernandina Beach	62.8%	177
	Hilliard	1.4%	4
	Yulee	35.1%	99
	Other (please specify)	0.4%	1
Total Respondents			282

12. Zip Code where you live: (select one)			
		Response Percent	Response Total
	32009	0%	0
	32011	0%	0
	32034	62.4%	176
	32035	2.5%	7
	32046	0%	0
	32097	29.1%	82
	32041	6%	17
	Other (please specify)	0%	0
Total Respondents			282

APPENDIX C-5

13. Age:			
		Response Percent	Response Total
Less than 18		0.7%	2
18-25		6%	17
26-39		21%	59
40-54		47.3%	133
55-64		19.2%	54
65-74		3.9%	11
75+		1.8%	5
Total Respondents			281

14. Gender:			
		Response Percent	Response Total
Female		87.9%	240
Male		12.1%	33
Total Respondents			273

APPENDIX C-5

15. Race/Ethnicity: Which group do you most identify with?			
		Response Percent	Response Total
Black/African American		13.5%	38
Hispanic		0.7%	2
Native American		1.8%	5
White/Caucasian		82.9%	233
Asian/Pacific		1.1%	3
Other (please specify)		0%	0
Total Respondents			281

16. Education: Please check the highest level completed:			
		Response Percent	Response Total
Elementary/Middle School		4.6%	13
High school diploma or GED		22.5%	63
Technical/Community College		17.5%	49
4 year College/Bachelor's degree		30.4%	85
Graduate/Advanced Degree		25%	70
Total Respondents			280

APPENDIX C-5

17. Employment Status:			
		Response Percent	Response Total
Employed Full-Time		80.4%	226
Employed Part-Time		7.1%	20
Unemployed		1.4%	4
Retired		6.4%	18
Home Maker		2.1%	6
Student		1.4%	4
Other (please specify)		1.1%	3
Total Respondents			281

18. Household Income:			
		Response Percent	Response Total
Less than \$10,000		4.9%	13
\$10,000 to \$20,000		6.8%	18
\$21,000 to \$30,000		12.5%	33
\$31,000 to \$50,000		26.2%	69
\$50,000 – \$99,000		38%	100
\$100,000 or more		11.4%	30
Total Respondents			263