



Executive Summary of the 2015 Sarasota County

Community Health Assessment



A Snapshot of Our Community's Health

The Florida Department of Health in Sarasota County completed the 2015 Community Health Assessment to better understand and analyze the health of the county and its residents. The assessment looked at health factors like:

- The environment
- Social and economic status
- Disease incidence
- Disability
- Behavioral health
- Healthy weight
- Access to care

These factors can all contribute to the health of the individual and the community.

Sarasota County Overview

Population: 387,624 in 2013 (Expected to grow to 500,000 by 2040)

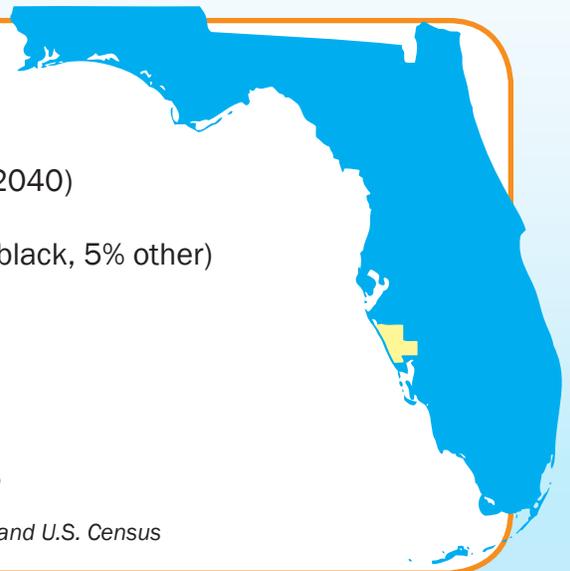
Race: 92% white, 5% black, 3% other (Florida: 78% white, 17% black, 5% other)

Age: About 33% between 65 and 74 years old (Florida: 18%)

Income: Median income - \$49,212; 12% living in poverty

Education: HS diploma - 92%; bachelor's degree or higher - 31%

Sources: Florida CHARTS, Sarasota County Government, and U.S. Census



Methods

Components of the Assessment

The 2015 Community Health Assessment had four major components: community survey, one-on-one interviews, focus groups, and analysis of statistical data. Each component provided a different insight into the health of Sarasota County.

DOH-Sarasota utilized the Mobilizing for Action through Planning and Partnerships (MAPP) process throughout the assessment. MAPP is a strategic approach to community health planning developed by the National Association of County and City Health Officials (NACCHO) and the Centers for Disease Control and Prevention (CDC).



Community Survey

A community survey was administered using a CDC model known as CASPER. Thirty census blocks were randomly selected and the goal was to complete seven surveys within each block. This gives a representative sample at the county level, not just for the census blocks surveyed. Staff and volunteers interviewed residents in these areas. Surveys were also sent through the mail to households within the randomized blocks. A total of 154 surveys were collected.

Health priority identified: *Healthy Weight*



One-on-One Interviews

Thirty-two organizations were contacted and 19 participated in one-on-one interviews. The organizations selected all had deep knowledge and understanding of the health and wellness of Sarasota County and its residents. Each organization was asked the same set of questions. The responses were then compared to identify health priorities.

Health priorities identified:
Access to Care, Mental Health and Substance Abuse



Focus Groups

Focus groups were used to gain insight into the county's health from the perspective of residents. Three focus groups were conducted – one each in north, central, and south county. Participation was open to all to encourage community members to make their voices heard. In total, 37 participated. The same set of questions was asked in each focus group.

Health priorities identified:
*Healthy Weight, Access to Care,
Mental Health and Substance Abuse*



Analysis of Statistical Data

The other components (surveys, one-on-one interviews, and focus groups) pointed to three key health priorities: healthy weight, access to care, and mental health and substance abuse. Statistical data were then analyzed, which found support for the selection of these priorities and helped identify at-risk populations.

Outcomes:
*Health priorities confirmed
At-risk populations identified*

Results

Key Health Priorities

Through the 2015 Community Health Assessment, DOH-Sarasota identified three key areas as health priorities. These priorities will guide community health planning in Sarasota County.

	 Healthy Weight	 Access to Care	 Mental Health & Substance Abuse
Community Survey	Survey data showed 48% of adults were overweight and 13% were obese.	Data from the sample did not identify access to care as a top priority.	Data from the sample did not identify mental health and substance abuse as a top priority.
One-on-One Interviews	Key informants did not identify healthy weight as a top priority.	Access to care was reported frequently as a top concern in all interviews and for almost every question asked.	Informants voiced great concern over a lack of mental health providers, inadequate services and access challenges in Sarasota County.
Focus Groups	Obesity, especially childhood obesity, was reported as an issue in all three focus groups.	All three focus groups reported care was not affordable for the average Sarasota County resident.	Substance abuse and mental health were reported as problems and discussed at length in all focus groups. Mental health problems were of particular concern.
Sarasota County Statistical Data	<ul style="list-style-type: none"> • 41% are at a healthy weight (vs. Florida 35%) • 36% of adults were overweight • 48% of men and 25% of women were overweight • 21% of adults were obese • 22% of men and 21% of women were obese • The age group with the highest percentage of overweight or obese was age 65 and older at 63% • Adults with more than a high school education were more overweight (39%) than those with less than a high school education • Adults with less than a high school education were more obese (37%) than those with a high school degree or more <p>Definitions: Healthy Weight = BMI of 18.5 - 24.9, Overweight = BMI of 25 - 29.9, Obese = BMI of 30 or greater</p>	<ul style="list-style-type: none"> • Most residents (72%) had a medical checkup in the past year • 80% of adults had some type of health care insurance coverage, (vs. Florida 77%) • Of those 18-44 years old, 46% lack health care coverage, 35% did not see a doctor due to cost, and only 49% had a medical checkup in the past year • Of those making less than \$25,000 per year, only 58% reported having a medical checkup in the past year, and coverage for this income group has dropped from 79% in 2002 to 60% in 2013 • About 26% of those with only a high school education do not have coverage; and 18% with more than a high school education do not have coverage 	<ul style="list-style-type: none"> • An increase in poor mental health has been documented across many segments of the population • 19% of residents have been told they have a depressive disorder, (vs. Florida 17%) • 33% of adults with income of less than \$25,000 have been told they have a depressive disorder • 18% of those aged 18-44 reported poor mental health within the month (vs. Florida 13%) • Binge drinking increased 11% for residents 18-44 years old between 2010 and 2013, from 24% to 35% • Binge drinking increased 13% in adults with an income of \$50,000 or more between 2010 and 2013, from 17% to 30% • More than 25% of those less than 65 years old smoke; higher than the same age group statewide at about 19%

Next Steps

Turning Assessment into Action

The Community Health Improvement Partnership, or CHIP, is a group of committed volunteers, organizations and businesses working together to improve health and quality of life. Learn more at www.chip4health.org.

Using findings from the Community Health Assessment, CHIP will create a Community Health Improvement Plan to address the key health priorities identified. The goal is to make Sarasota County a healthier place to live for all.

Community Health Improvement Plan: *coming in early 2016!*

Contributing Community Partners

Drug Free Sarasota	Multicultural Health Institute
Healthy Start Coalition of Sarasota County	Englewood Community Care Clinic
Interfaith Outreach, Inc.	North Port Health Center
First Step of Sarasota	Gulfcoast South Area Health Education Center
The Salvation Army	Jewish Family & Children's Service of the Suncoast
Community Based Care: Youth & Families Alternatives, Inc.	Sarasota County
UF/IFAS Extension - Sarasota County	Englewood, LOVN, Newtown and North Port Community Health Action Teams
City of North Port Social Services	Coastal Behavioral Healthcare, Inc.
All Faiths Food Bank	Sarasota Memorial Health Care System
The Friendship Centers	

To access the full report, visit sarasotahealth.org, or to request a hard copy, call 941-861-2969.



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