



Seminole Matters

Raising Awareness About How Your Neighborhood Affects Your Health

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Oviedo Neighborhoods Health Assessment 2018

Dear Reader,

Seminole County ranks among the top 5 healthiest of Florida's sixty-seven counties, according to the *County Health Rankings and Roadmaps* report published by the University of Wisconsin and the Robert Wood Johnson Foundation.

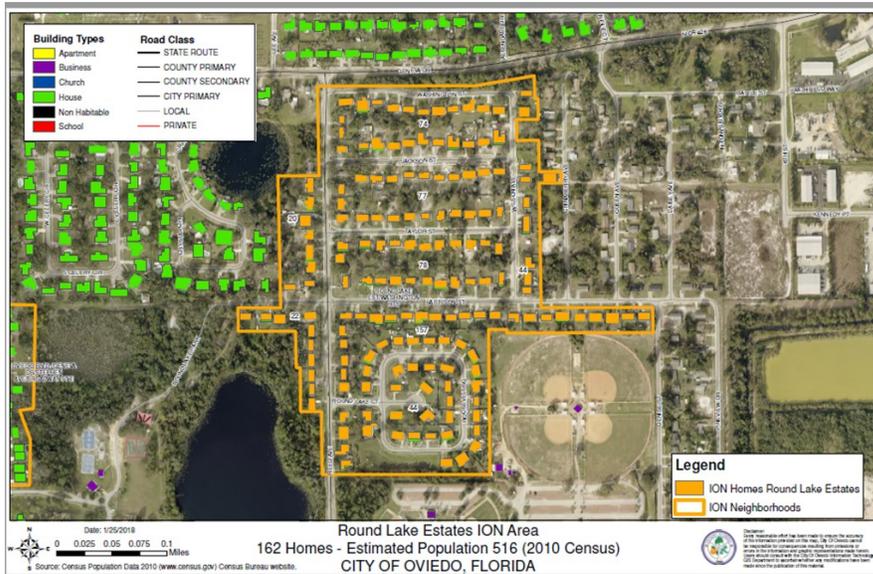
These rankings are a snapshot of the health of counties across the country and emphasize that health is not a singular effort, but the collective impact of community partners. The Florida Department of Health in Seminole County works in collaboration with local governments, non-profit organizations, health care facilities, businesses, schools, faith-based organizations and many other stakeholders to improve the health of all people in Seminole County.

Issues such as chronic diseases, access to care, lack of physical activity and nutritious food, accidents and injuries, infant mortality, mental health and sexually transmitted diseases among others continue to affect many Seminole County communities. The Community Health Improvement Plan (CHIP) is designed to address specific opportunities for improved health that have been identified by the community. The Florida Department of Health in Seminole County has partnered with many stakeholders to implement the CHIP and collaborates regularly to track progress.

The Seminole Matters report intends to create awareness of the social determinants of health that exists in Oviedo Neighborhoods, and promote dialogue with community members to develop strategies for the achievement of quality health for all.

Donna Walsh
Health Officer

Improving Oviedo Neighborhoods (ION)



- Predominantly African American neighborhood.
- Three out of six low income neighborhoods were selected by the Oviedo City Council to participate in an Improving Oviedo Neighborhoods (ION) initiative.
- Includes the Johnson Hill, Washington Heights, Avenue B, and Round Lake Estates neighborhoods.
- Consisting of 162 homes and 516 individuals as of the 2010 Census.
- ION partnership developed an action plan with specific goals, objectives and actions ranging from beautification and physical environment to public safety.

Historical Background of ION

The City of Oviedo is a multi-award winning city that boasts of economic and social prosperity. The city is governed by a Council/City Manager form of government which receives policy direction from a five-member elected City Council. Uniquely, in 2009, the City Mayor and Council established an initiative, Improving Oviedo Neighborhoods (ION), in partnership with the City of Oviedo, Florida Department of Health in Seminole County and local community outreach groups to address specific goals, objectives and actions for three out of six underserved neighborhoods. The City of Oviedo's Department of Development has utilized the process of conducting Health Impact Assessments (HIA) prior to implementing or planning new projects, programs and zoning policies keeping the interests of its residents a high priority. In 2009, the City of Oviedo partnered with the Florida Department of Health in Seminole County and received a grant to complete an Environmental Health Assessment Protocol for Assessing Community Excellence in Environmental Health (PACE-EH). As a result, the City Council began addressing environmental health concerns to improve health outcomes in underserved communities.



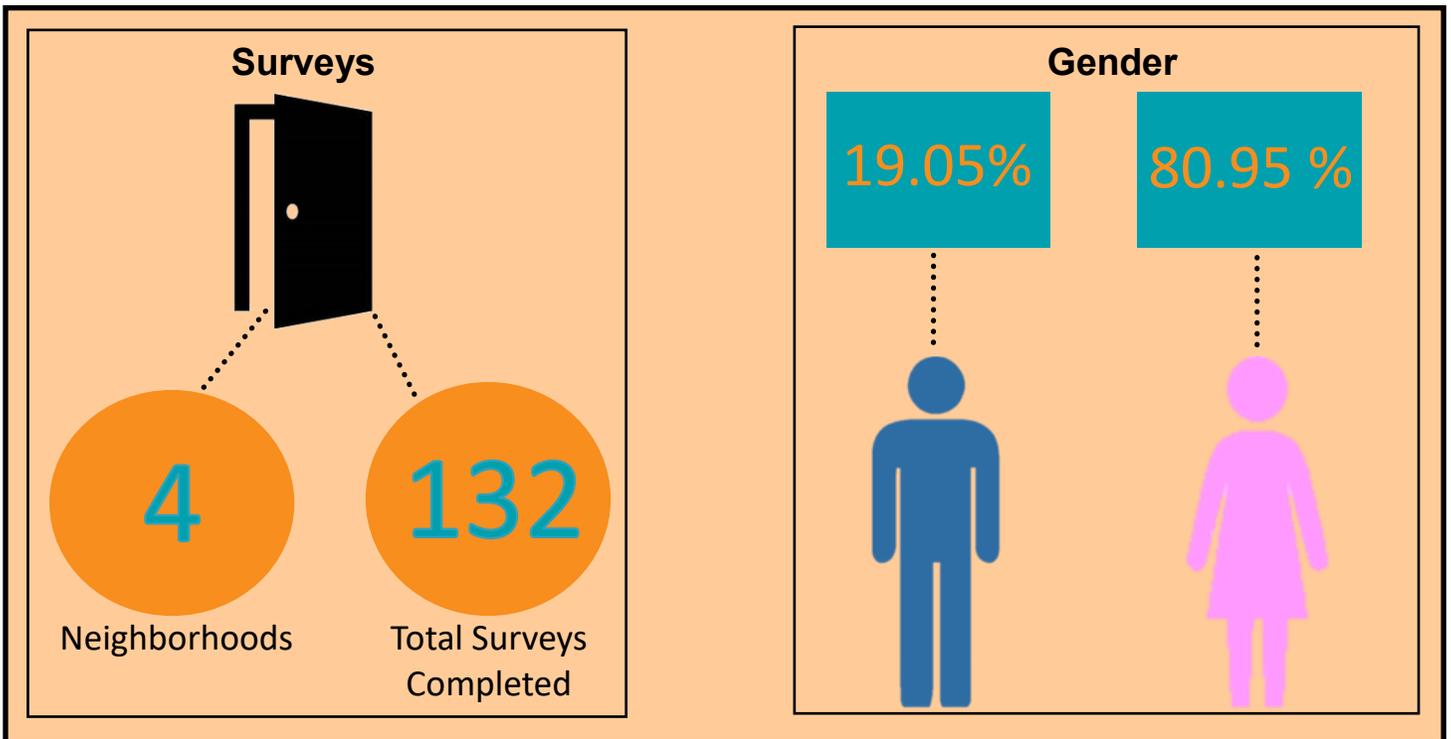
Street view of a neighborhood included in ION.

Health Assessment Survey Results

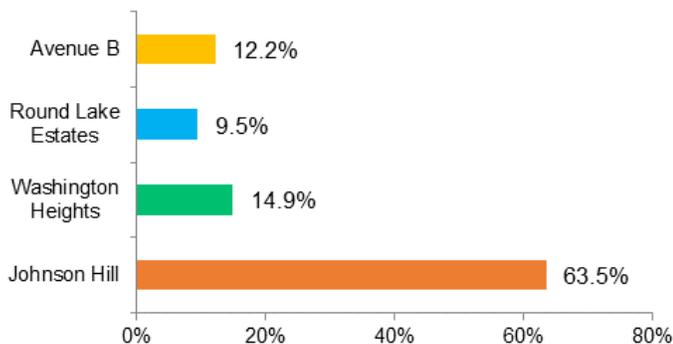
Survey Methodology and Demographics

The purpose of the survey was to gather information about the health of individuals (18 years and older) who live in ION neighborhoods, and to understand the health related issues. A total of 132 in person surveys were collected from the selected Oviedo neighborhoods. The surveys were conducted at various events and door to door visits:

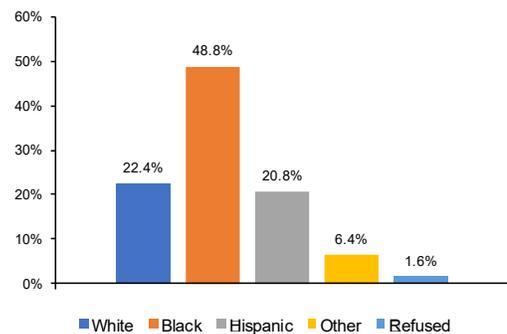
- *ION Earth Day*, April 21, 2018 at Refreshing Springs Baptist Church.
- Back to School Bash organized by Hope Helps on August 4, 2018 at the United Methodist Church of Oviedo. Surveys were also performed at the *Back to School 3 on 3 Basketball Tournament* on August 11, 2018 event held at the Jackson Heights Middle School in Oviedo.



Participation by Neighborhood



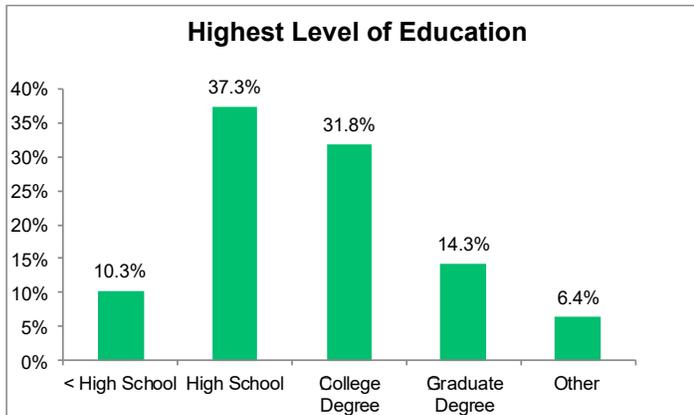
Participant Race/Ethnicity



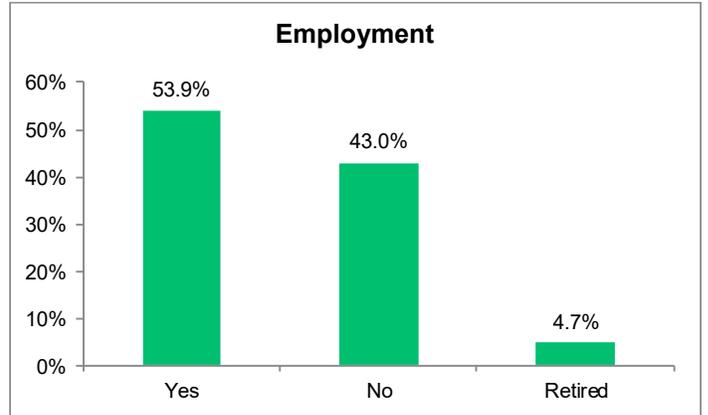
Race/Ethnicity

The residents from the four Oviedo neighborhoods participating in the survey were 48.80% African Americans, 22.40% White and 20.80% Hispanic, while 6.4% constituted other races.

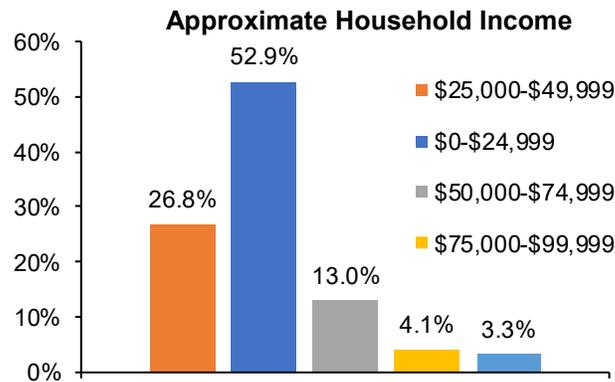
Demographics



37.30% surveyed had a high school diploma



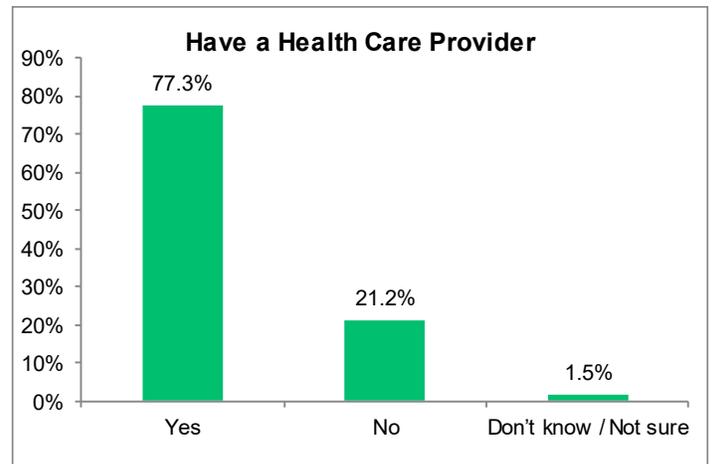
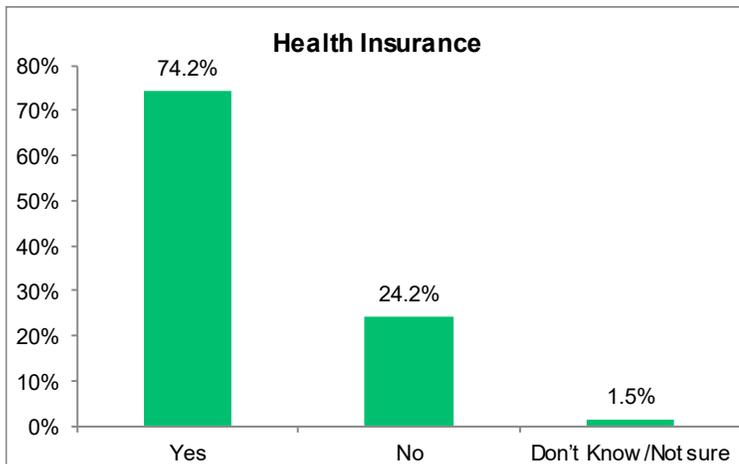
53.91% surveyed were employed



52.85% surveyed had a household income of \$0-\$24,000

Healthcare Coverage

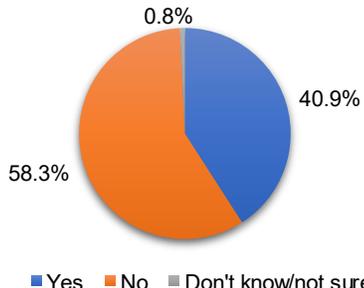
The majority of the respondents carried health insurance and 77.27% had a designated primary care physician.



High Blood Pressure

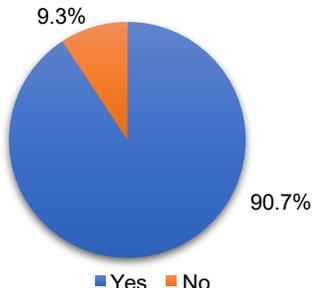
40.9% surveyed reported having high blood pressure as informed by their health care professional.

High Blood Pressure



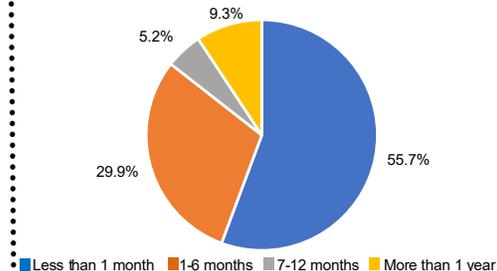
90.7% were prescribed blood pressure medicines.

Prescribed HBP Medications



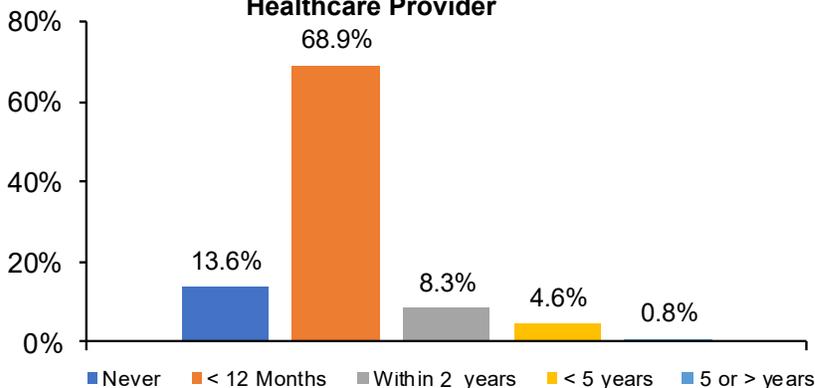
55.7% reported time since last blood pressure check was less than one month.

Time Since Last BP Check



Approximately two-thirds (68.9%) of the respondents had their blood cholesterol checked by a healthcare provider within the last 12 months, while 5% never had it checked and another 5.8% did not know if they had.

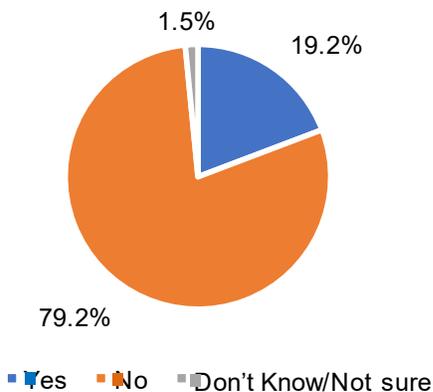
Blood Cholesterol Checked by a Healthcare Provider



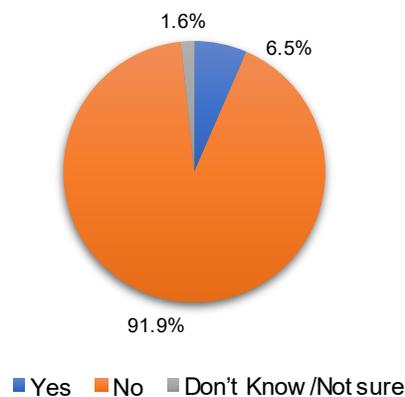
Respiratory Illnesses

The majority of the respondents (79.2%) were not informed by their healthcare provider that they have asthma, and only 6.5% reported ever being informed that they have Chronic Obstructive Pulmonary Disease or COPD.

Ever Had Asthma



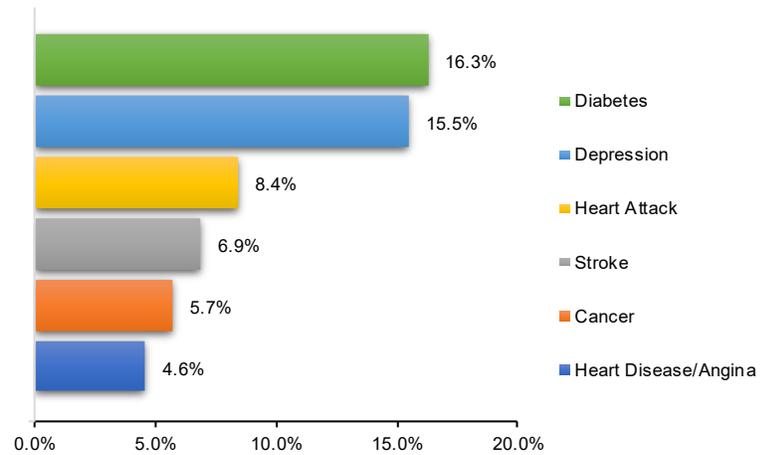
Ever Had COPD



Other Chronic Conditions

Other Chronic Conditions

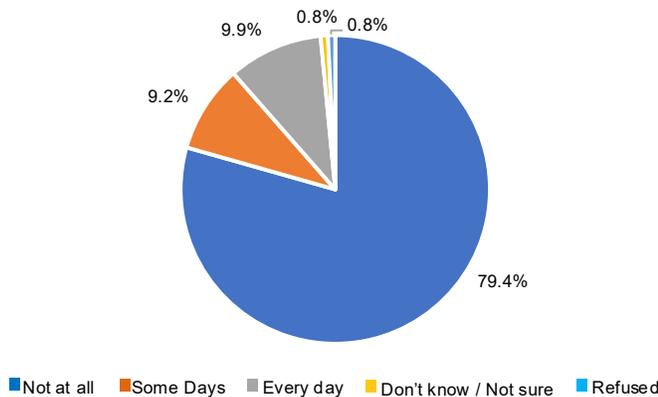
Diabetes, Depression, COPD and Heart Attack and Stroke were reported in higher percentages than the other chronic conditions; however, the number of respondents was very low as many skipped these questions.



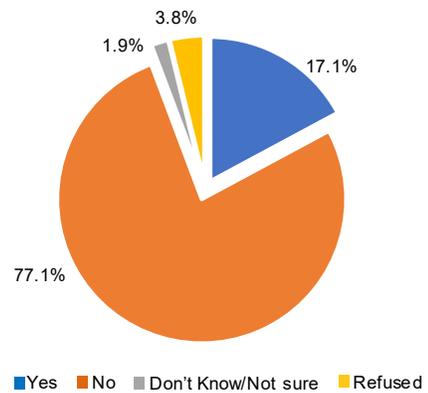
Social and Behavioral Factors

Less than 20% reported smoking every day or some days in the past 30 days, while 79.4% reported not smoking at all. The survey also questioned any attempt to quit smoking in the past year, to which 17.1% responded “yes”. Smoking behavior may not be a true reflection of the actual population, as respondents were mostly females who tend to be non-smokers as compared to men.

Currently Smoking



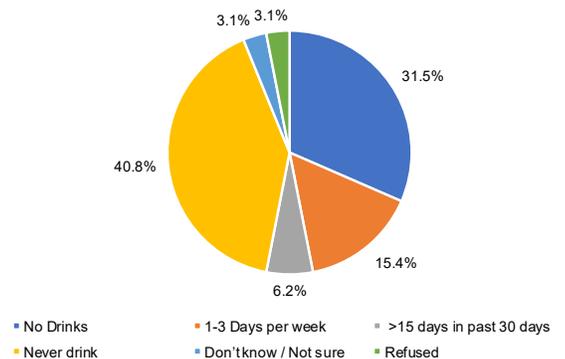
Attempted to Quit Smoking



Alcohol Consumption

- 40.8%** of respondents never had alcohol in the past 30 days
- 31.5%** had not consumed any alcohol
- 6.2%** consumed more than 15 days
- 15.4%** had 1-3 drinks
- 6.2%** were either not sure or refused

Alcohol Consumed in Past 30 Days



Fruit and Vegetables Consumption



Responses from survey participants regarding the amount of time per week they ate fresh, frozen or canned vegetables and fruits during the past 30 days:

48.09%

1-3 times a day

45.80%

1-3 times a week

3.82%

Never

2.29%

Not sure

Facts

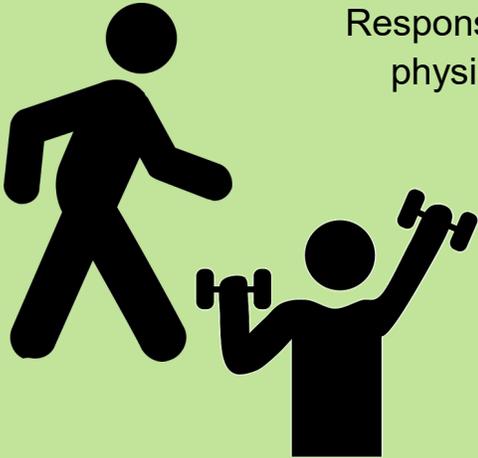
The following facts on fruit and vegetable consumption data in Seminole County was compiled during the 2013 Behavioral Risk Surveillance System (BRFSS):

17.2% reported eating 5 or more servings of fruits and vegetables in a day.

18.4% reported eating 3 or more servings of vegetables a day.

29.5% reported eating 2 or more servings of fresh fruits per day.

Physical Activity



Responses from survey participants regarding participation in any physical activity or exercises for at least 30 minutes on most days of the week during the past 30 days:

59.54% - YES

38.93% - NO

1.53% - Not Sure

Physical Activity Options

Responses from survey participants regarding having access to any of the following exercise or physical activity options in your community:

81.90% - Sidewalks

41.38% - Bicycle Lanes

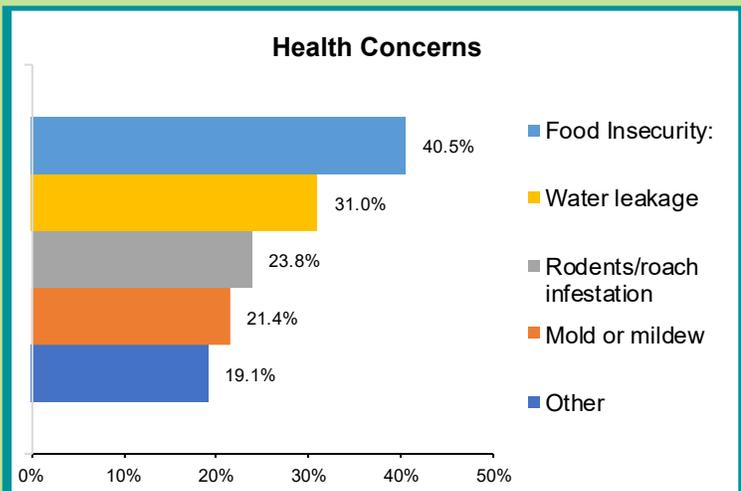
46.55% - Fitness Clubs

30.17% - Community Centers

6.03% - Other

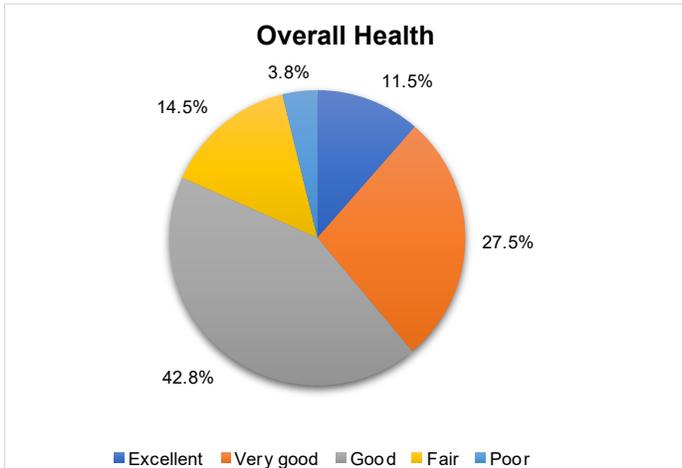


Community Environment and Health Concerns



- 40.5% reported food insecurity within the past 12 months
- 31.0% reported water leakage issues at home
- 23.8% had rodents and or roach infestations at home
- 21.4% reported mold or mildew problems
- 19.1% had other concerns such as traffic, speed bumps, septic tank issues, ants and affordable quality housing

Overall Health

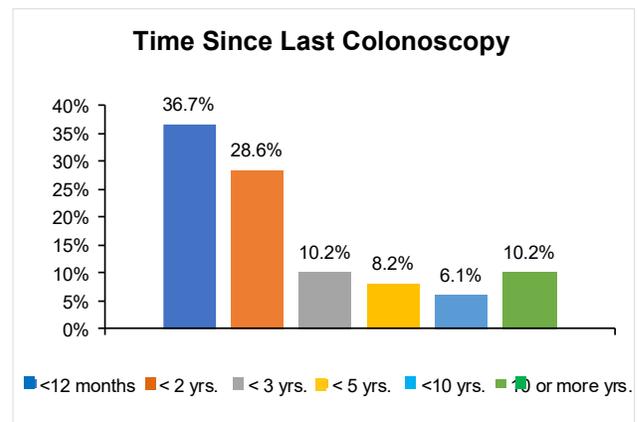
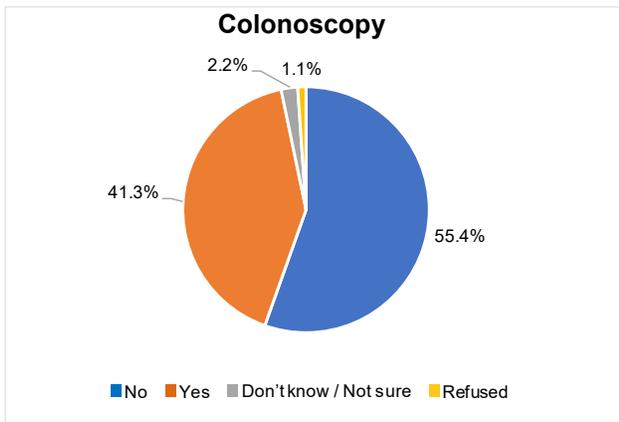
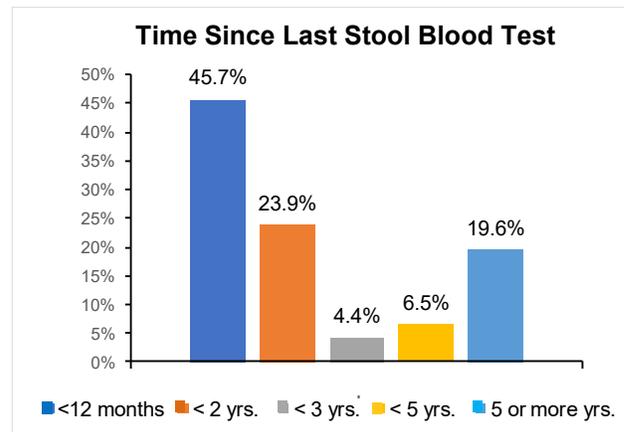
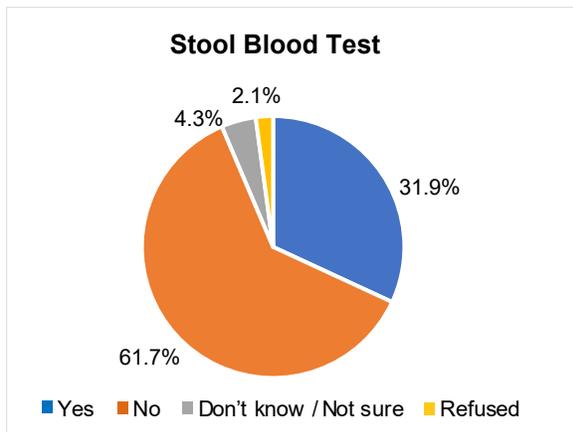


| Adults who said their overall health was "good" to "excellent" | | |
|--|------------------------|------------------------|
| Year | Seminole | Florida |
| 2007 | 86.6% (82.8 - 89.6) | 83.4% (82.5 - 84.2) |
| 2010 | 84.4% (80.5 - 88.2) | 82.9% (82.0 - 83.7) |
| 2013 | 80.8% (75.4 - 86.2) | 80.5% (79.5 - 81.4) |
| 2016 | 83.6% (79.5 - 87.6) | 80.5% (79.6 - 81.4) |

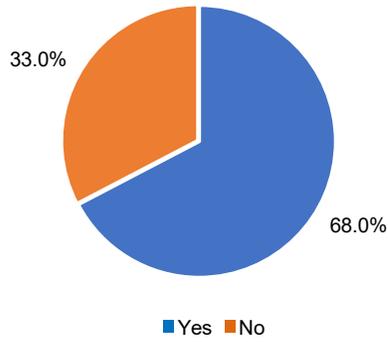
Health Screening

Approximately 32% of those surveyed had their stool blood tested, and 45.7% had tested within 12 months.

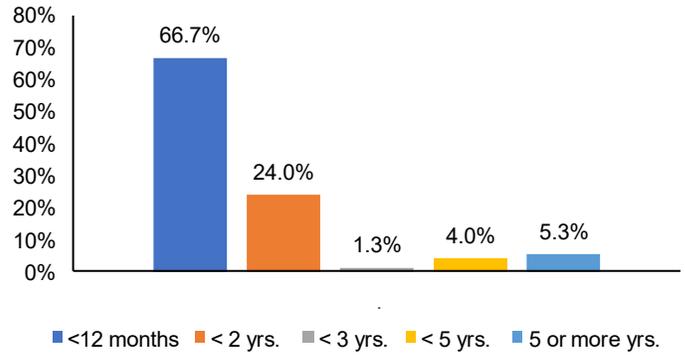
A total of 31.9% had a colonoscopy, and 45.7% had their last colonoscopy within 12 months.



Mammogram

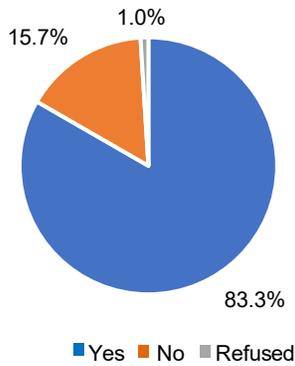


Time Since Last Mammogram

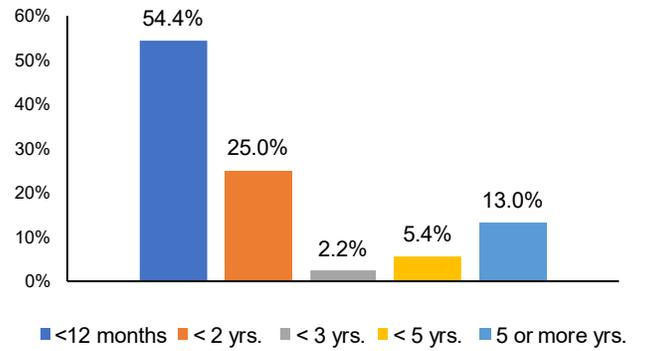


Of the women surveyed, 66.7% had their mammogram within 12 months, and 83.3% reported having a Pap test; more than half (54.4%) had their Pap test within 12 months.

Pap Test

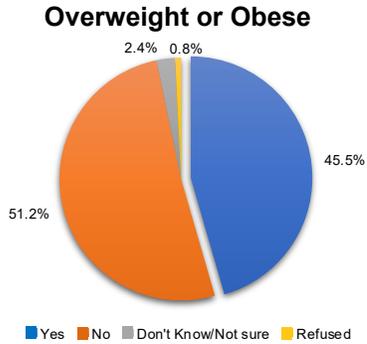


Time Since Last Pap Test



Location for *Back to School 3 on 3 Basketball Tournament* event where surveys were collected

Comparison of Health Conditions to State and Overall Seminole County



45.5% of Oviedo respondents reported being told they are overweight or obese by their health care providers.

The table below shows several health conditions such as stroke, high blood pressure, asthma and current smoking status. These conditions were found to be at a higher or worse level than Seminole County and Florida data. Disparity was also seen in diabetes, depression and chronic lung diseases when compared to Seminole County residents from self-reporting in the Behavioral Risk Surveillance System (BRFSS); however, the number of participants responding to these questions was low, hence it may not represent all participants.

The primary source of Seminole County and Florida data is obtained from Florida CHARTS and the BRFSS survey conducted in 2016. High blood pressure data is from the 2013 survey.



| Comparison of Health Conditions | | | |
|--|----------------------------|------------------------|----------------|
| <i>Health Indicator</i> | <i>Oviedo Neighborhood</i> | <i>Seminole County</i> | <i>Florida</i> |
| Heart Disease/Angina | 4.6% | 4.4% | 4.7% |
| Cancer | 5.7% | 6.4% | 7.5% |
| Stroke | 6.9% | 2.1% | 3.5% |
| Heart Attack | 8.4% | 3.4% | 5.2% |
| Depression | 15.5% | 12.2% | 14.2% |
| Diabetes | 16.3% | 11.7% | 11.8% |
| Current Smokers | 19.1% | 15.2% | 15.5% |
| Overweight/Obese | 45.5% | 62.8% | 63.2% |
| COPD | 6.5% | 5.6% | 7.1% |
| Asthma | 19.2% | 10.2% | 11.0% |
| High Blood Pressure | 40.9% | 33.7% | 34.6% |

Conclusions

- Nestled in the multi-award winning city of Oviedo, the ION neighborhood presents a community with opportunity to invest in education, employment and health literacy, and collaborate with municipalities to improve housing conditions and access to several other community services.
- 40% of the participants reported food insecurity; that they were worried about their food running out before they would have the money to purchase.
- More than half (53%) of the survey participants earned less than \$25,000 per year, while 80% reported earning less than \$50,000.
- Approximately half (48%) of the respondents were unemployed or retired.
- 10% of participants were less than high school educated, while the majority had at least a high school diploma.
- Respondents expressed concerns about their housing conditions: 30% had water leakage at home, 21.4% had mold or mildew issues, while rodents or roach infestation were reported by 23.8%.
- Community had awareness of cancer screening.
- Access to physical options was available to the respondents, two thirds (59.9%) of the respondents said they were physically active in the past 30 days.
- Fresh fruit and vegetable consumption was not optimal in those participating in the survey.
- Current smokers accounted for 19% of the participants; while the majority did not smoke at all.
- 45.5% were informed by their health care providers that they were overweight or obese; 2.4% were not sure if they were or not.

Next Steps

The Florida Department of Health in Seminole County has been an active partner with the City of Oviedo and the ION leadership to identify health needs and social determinants of health. The Seminole County Community Health Improvement Plan (CHIP) has the following priority areas to impact the health of the communities:

- Continue to bring together community leaders from every sector including parks and recreation, health, transportation, business and more to change how the community thinks about health and to ensure everyone has a chance to live a healthy life.
- Extend coverage of the department's mobile health services for referrals, screenings and health services in at risk neighborhoods.
- Increase the percentage of Seminole County residents at a healthy weight to prevent chronic diseases such as: heart disease, stroke, cancer, type 2 diabetes, and obesity.
- Access to Health Care in the following areas:
 - Mental Health screening referrals to partnering service providers in the County.
 - Opportunities for improvement of Men's Health in Seminole County for screenings, referrals and health services to improve the health of men.
 - Maternal and Child Health services and referrals.
 - Food pantry to decrease food insecurities in residents with limited resources.



Physical activities are offered at Round Lake Park to area residents.

Contact Information



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For more information visit <http://seminole.floridahealth.gov>