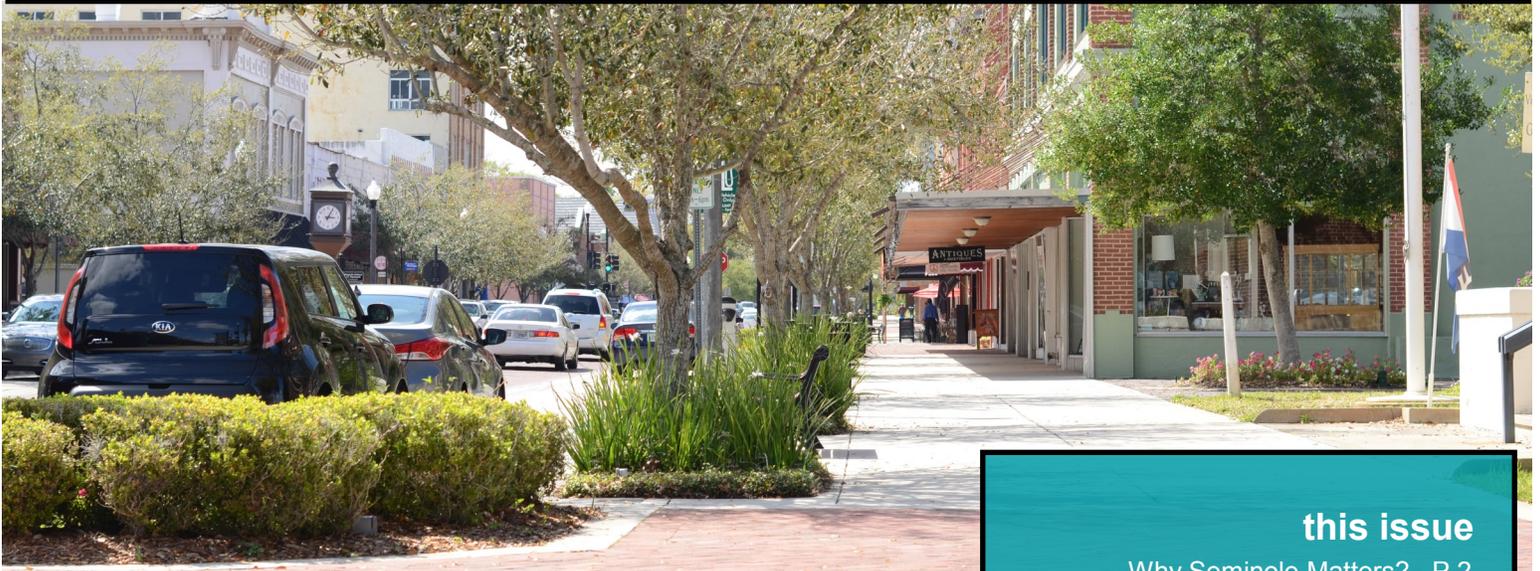




# Seminole Matters

A Publication from the Office of Health Planning and Policy Research



## Sanford Kicks Off Newsletter Series to Raise Awareness of How Your Neighborhood Affects Your Health

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Dear Reader,

Seminole County ranks fourth as the healthiest county in Florida, according to the County Health Rankings and Roadmaps report published by the Robert Wood Johnson. However, morbidity and mortality data indicates pockets of disparate populations with undesirable health outcomes. Infant mortality in African American women (14 per 1,000 live births) far exceeds that in white female population (3.9); correspondingly, African American women were found to have twice more chances of delivering a low birth weight infant than white females (13.3% vs. 6.6%). Chronic conditions such as cancers, cardiovascular diseases and diabetes are also disproportionately distributed in population subgroups. Researchers agree that access to proven health protective resources like clean air, healthy food, recreational space, opportunities for high-quality education, living wage employment, and safe housing, is highly dependent on the neighborhood where one lives.

In 2014, Department of Health in Seminole County created a new office of Health Planning and Policy Research (HPPR), to research root causes of health disparities, identify “hot spots” of health disparities in the county, collect and analyze neighborhood level data to produce population based reports for the use of community organizations, healthcare providers and public agencies.

Today, I am happy to present the first report compiled by the Health Planning and Policy Research office focusing on the City of Sanford, the largest city and our county’s seat. The information contained in this report is gathered through various sources including; Florida Department of Health’s Vital Statistics, Agency for the Healthcare Administration, neighborhood surveys conducted by the HPPR, Behavioral Risk Factor Surveillance Survey (BRFSS), US Bureau of Census, and internet resources such as Community Commons and Robert Wood Johnson Foundation websites.

The intent of this report is to create awareness and promote a dialogue related to economic, racial and ethnic health inequalities that exist within our communities, and to take actions on solutions. We will be presenting several reports in the coming months, focusing on one geographic area in the county in each issue.

Dr. Swannie Jett, DrPH, MSc  
Health Officer and Executive Director  
Florida Department of Health in Seminole County

## Why Seminole Matters?

The Florida Department of Health in Seminole County is committed to improving the health status of all residents in the county. The goal of this newsletter is to raise awareness of the differences in health outcomes across subgroups of populations and to identify those at greatest risk for poor health outcomes by examining one city and its neighborhoods at a time.

**Mission and Vision:** The mission of the Florida Department of Health aims to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Our vision is to be the Healthiest State in the Nation. This mission and vision cannot be achieved unless all residents have equal opportunity to achieve optimal health. This also means assuring that Health Equity is attained for all.

### What is Health Equity?

<p><b>HEALTH EQUITY MEANS THAT EVERY PERSON HAS AN OPPORTUNITY TO ACHIEVE OPTIMAL HEALTH REGARDLESS OF:</b></p>	<ul style="list-style-type: none"> <li>• THE COLOR OF THEIR SKIN</li> <li>• LEVEL OF EDUCATION</li> <li>• GENDER IDENTITY</li> <li>• SEXUAL ORIENTATION</li> <li>• THE JOB THEY HAVE</li> <li>• THE NEIGHBORHOOD THEY LIVE IN</li> <li>• WHETHER OR NOT THEY HAVE A DISABILITY<sup>3</sup></li> </ul>
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Practitioner's Guide for Advancing Health Equity, Health Disparities vs. Health Inequities

**Health disparities**, or health inequalities, are differences in the presence of disease, health outcomes, or access to health care between population groups.

**Health inequities**, on the other hand, are differences in health that are not only unnecessary and

avoidable but, in addition, are considered unfair and unjust. Health inequities are rooted in social injustices that make some population groups more vulnerable to poor health than other groups.

### What are Social Determinants of Health?

Where we live, learn, work and play has a tremendous impact on our health. While going to the doctor and receiving medical care are essential for detecting and curing illness, access to health care can only account for 10 to 15 percent of preventable deaths. Social factors such as housing, education, income and employment greatly influence the health and quality of life in neighborhoods and communities. These social factors, generally referred to as the *social determinants of health*, determine whether or not individuals have parks and playgrounds to exercise, supermarkets to buy fresh and affordable fruits and vegetables, job opportunities to support their families, and other resources that allow them to be healthy. (*Robert Wood Johnson*)

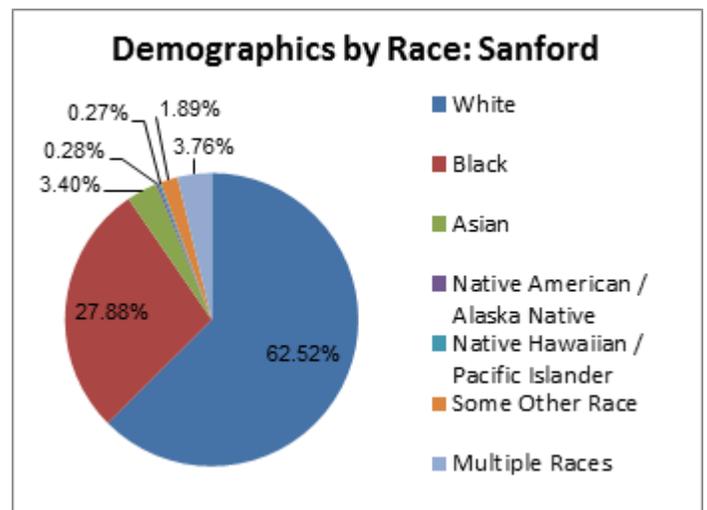
## The City of Sanford

The city of Sanford is the county seat and largest city in Seminole County with an estimated population of 53,653 in 2012. Bordered on its east by Lake Monroe and the St. Johns River, Sanford is also one of Florida's most densely populated areas. Although Sanford covers 15.3 square miles, it is home to almost 3,500 people per square mile, while Seminole County averages only 1,369 people per square mile, and Florida's population density is just over 350 people per square mile.

Between 2000 and 2010 the population of Sanford grew at a rate of 36%, which was much faster than the rate of Seminole County (16%), the rest of Florida (17.6%), and the rest of the nation (9.7%). However, some census tracts located in Sanford experienced a decrease in population.

The demographic snap shot of Sanford is diverse: 27.8% of its populace is black while 62.5% is white. This compares to a county average of 10.8% black and 80.7% white, and a state average of 16% black and 76% white. Hispanics represent 18.9%, similar to the rest of the county.

The median age in Sanford is 32.4 years which is 6 years younger than the rest of Seminole County and 8 years younger than Florida. Historically, Sanford has harbored the highest concentration of health inequities in its neighborhoods. This report explores and assesses the underlying factors responsible for the inequalities.

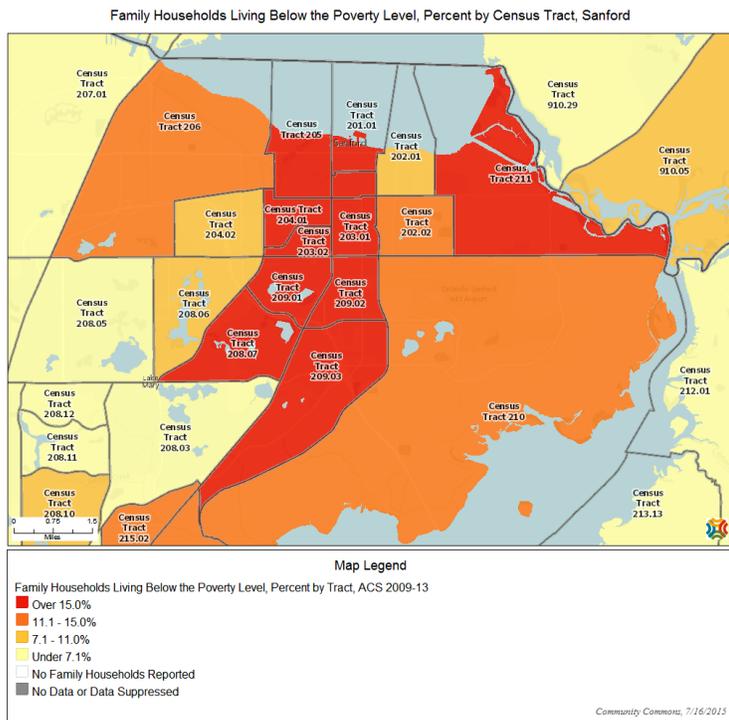


## Social Determinants of Health in the Sanford Area

Poverty is considered a key driver of health status, while education is a strong determinant of future income and employment. In the United States, educational attainment and income are the main indicators that are most commonly used to measure the effect of socioeconomic position on health. Vulnerable populations in Sanford based on low income and low educational attainment with evident health inequities are mostly dispersed in pockets or neighborhoods such as Goldsboro, Georgetown, Bookertown and Midway. Since neighborhood level demographic data is difficult to obtain, the information related to the census tracts overlying these neighborhoods and the zip codes representing these areas are used as proxy geographic boundaries in this report. The most vulnerable population resides in census tract 205, which also inhabits the neighborhoods of Goldsboro and Georgetown. Other census tracts of interest are: 201.02, 203.01, 203.02, 205, 209.01, 209.02 and 209.03. Two major zip codes, 32771 and 32773, serve the Sanford area.

### Income

Households in several census tracts in Sanford are living below poverty level as depicted in the map below. The percentage of children living below the poverty level is more than double than that of Seminole County (32% vs. 14%) poverty.

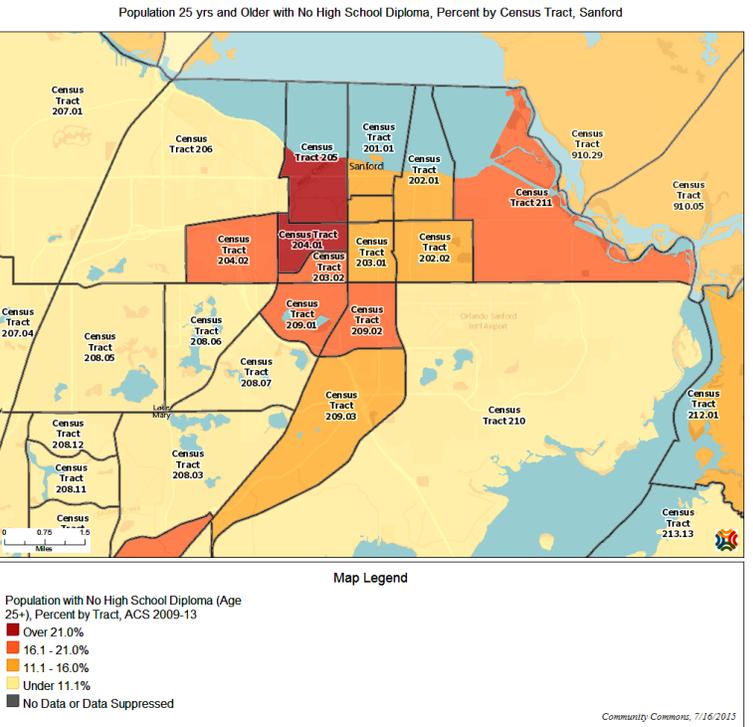


### Educational Attainment in Sanford

A lower level of educational attainment is seen in several areas in Sanford. Over 21% of the population 25 years and older residing in census tracts 205 and 204.01 are without a high school diploma.

### School Grades

Income and poverty has been linked with the performance of children in schools. In 2013-14 four out of five low performing schools in Seminole County were located in Sanford. More than half (54%) of students in public schools were eligible for free or reduced rate lunches.



### Transportation

More than 7% of households in Sanford do not own a motor vehicle. Not surprisingly, more workers in Sanford travel to work by public transportation than the rest of the county (1.2% vs. 0.5%). However, access to public transportation is limited in some Sanford neighborhoods. Low income families living in neighborhoods with limited or no public transportation have to spend a higher percentage of their income for transportation which they could otherwise utilize for other essential commodities.

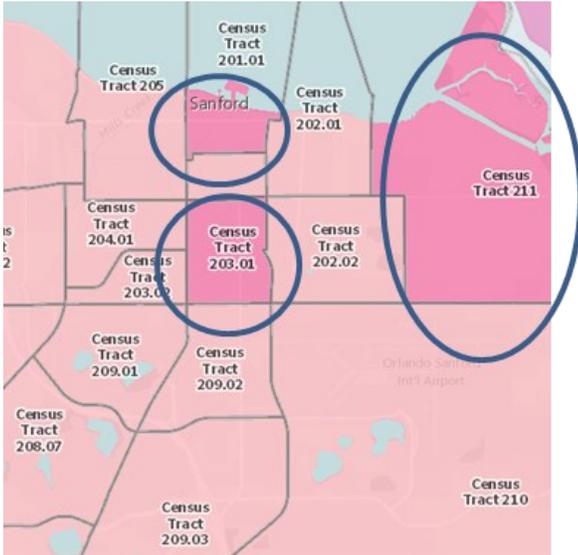
### Community Safety

Crime and insecurity have serious implications on health. Crime can directly affect health through physical and emotional trauma. In addition, individuals involved in the criminal justice system often have poor health and health risks even before a crime is committed. The fear of crime can also lead to social isolation, and loss of opportunities for physical activities within a crime threatened environment. Sanford has the highest concentration of offenses including violent and property crimes in Seminole County as reported by the 2013 Uniform Crime Reports by the Federal Bureau of Investigations. All 5 incidents of murders in 2013 in Seminole County were committed in Sanford.

## Housing

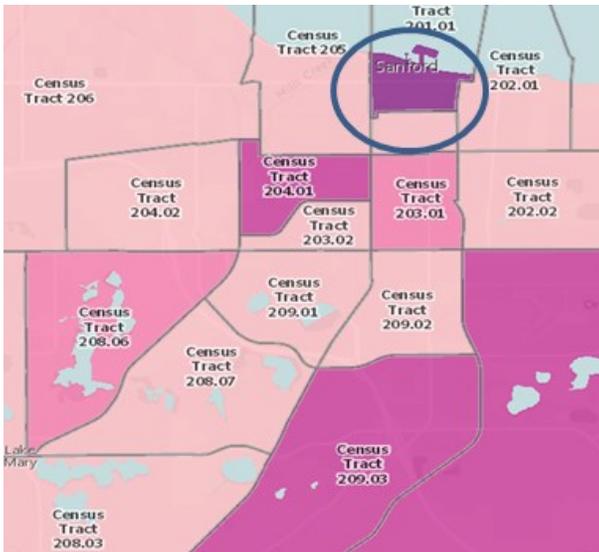
Approximately a quarter (24.1%) of the housing units in Sanford remained vacant according to the American Community survey 2009-13. The percentage of households where housing costs exceeded 30% of total household income was higher (46%) in Sanford affecting more than 8,000 households, compared to 40% for Seminole County.

### Over 2% Housing Units Lacking Complete Plumbing, by Census Tract, ACS 2009-13.



Besides higher housing costs compared to the household income, the percentage of overcrowded units in Sanford reported during 2008-12 was twice the percentage of the rest of the County (3% vs. 1.5%), while substandard housing in Sanford was 45% compared to 39% for the County.

The stress related to unaffordable housing and substandard housing conditions is associated with an increased risk for developing hypertension, and lower level of psychological wellbeing. **2%-4% Housing Units Lacking Complete Kitchen, by Census Tract, ACS 2009-13.**



## Accessibility to Fresh Produce



Certain areas, such as Census tract 205, in Sanford are designated Food Deserts by the United States Department of Agriculture. About 11% of low income populations have low food access, although the rate of Supplemental Nutrition Assistance Program (SNAP) retailers in Sanford is much higher than the rest of Seminole County (137/100,000 population vs. 75/100,000 population).

## Pedestrian Safety

Pedestrians and bicyclists are exposed to the danger of accidents on streets designed mainly for automobiles. Four of the most dangerous metro areas for pedestrians are in Florida, according to a ranking by the Transportation for America, a nonprofit group that measures safety on the streets. Several localities are making their neighborhoods walkable by improving sidewalks and creating bike lanes; however, most of the streets and sidewalks in Sanford neighborhoods are not pedestrian friendly.

## Parks and Recreation/Built Environment

Parks and recreation facilities offer opportunities for physical fitness and social wellbeing to residents of all ages. Neighborhoods ridden with vacant homes, dilapidated, foreclosed and ill-kempt dwellings produce a sense of instability and a perception of high crime in the area. Furthermore, these conditions can also attract mosquitoes and rodents, vandalism, trespassing, and drug dealing activities and are conducive to a decrease in value of properties and loss of neighborhood cohesion.

Although the City of Sanford boasts of access to many parks and recreational facilities, in poorer neighborhoods, such as Goldsboro and Georgetown, recreational facilities and safe walkable streets are non-existent.



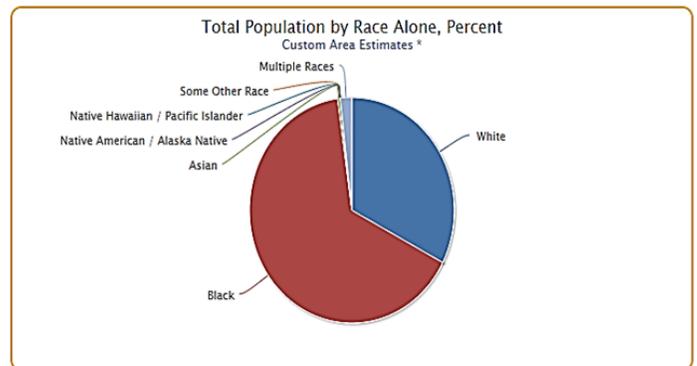
## Sanford’s “HOT SPOT”: Goldsboro and Georgetown Neighborhoods

Considering both low income and low educational attainment measures, census tract 205 that overlays the neighborhoods of Goldsboro and Georgetown appears to be a “hot spot” of health disparities in the Sanford area.

### Census Tract 205 (Goldsboro, Georgetown and surrounding neighborhoods)

The total population of census tract 205 is 3,118, with African Americans comprising 65% of the population, whites 33%, and Hispanics 6%. The area of census tract 205 is less than one square mile (0.86 square mile) and the population density is 36.37 per square mile which is much greater than the county, state and national average.

Between the 2000 and 2010 census, the population in this area fell by 115 persons. Approximately 1000 households reside in this census tract, including 389 families (or 38%) with children under 18 years of age. Females represent 52% of the population while 36% of the population is less than 18 years of age.



## Here are the Facts

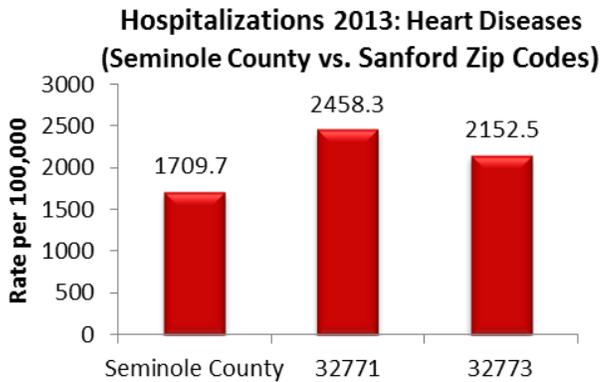
- 81% of children less than 18 years live below 100% poverty level.
- The median household income in 2009 2013 was \$20,000, 417 (*American Community Survey*).
- Unemployment in census tract 205 is consistent with Seminole County. The unemployment as of January 2015 (Bureau of Labor Statistics) was 5.9%.
- Percentage of households without a motor vehicle is 24%.
- No grocery store establishment in this census tract.
- Approximately 50% of households are cost burdened (housing costs over 30% of income).
- More than 50% of occupied housing has one or more substandard conditions.
- 70.86% of insured population receives Medicaid.
- Cigarette smoking in census tract 205: 18% current smokers, 38.2% current or former smokers.
- Binge drinking/heavy alcohol consumption: 21.3% (Seminole County 19.9%, Florida and United States 17%).

## Health Status Selected Disease and Mortality Rates

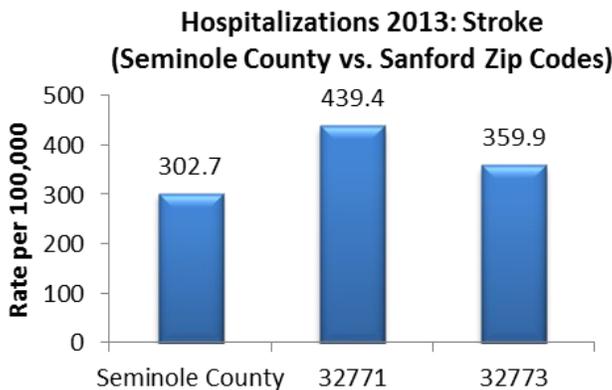
### Hospitalizations for Selected Conditions (Age Adjusted Rate per 100,000 Population)

In-patient hospitalization numbers and rates provide a measure of health status and disease burden in an area. Data for Seminole County residents in 2013 from the Agency for Health Care Administration (AHCA) is presented below. Since sub-county level data is available only down to zip-code levels, data for the 2 major zip codes 32771 and 32773 were analyzed to represent the Sanford area.

Age adjusted rate for hospitalizations due to or from heart diseases were higher in Sanford than the rest of the county.

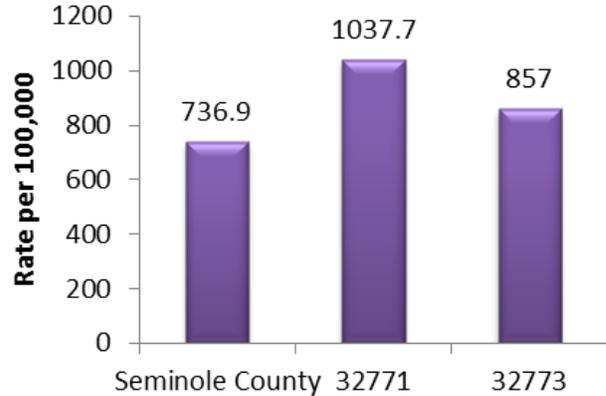


Highest rate was among residents of 32771. Consistent with heart disease, a higher rate of hospitalizations due to stroke was encountered by Sanford residents than the average of other residents in the county.

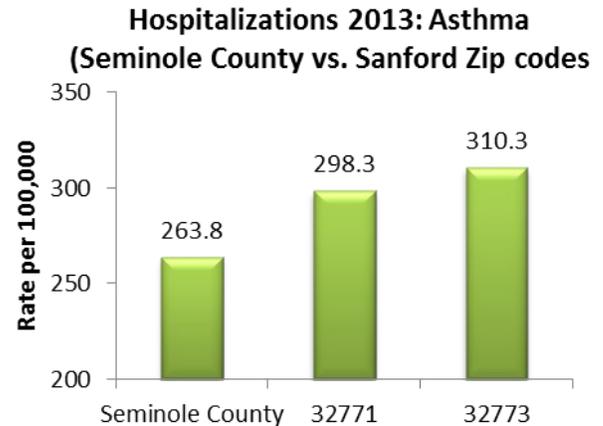


Residents from 32771 were more likely to be hospitalized due to diabetes.

### Hospitalizations 2013: Diabetes (Seminole County vs. Sanford Zip codes)



Asthma is a chronic condition of airway obstruction related to environmental pollution, overcrowding and substandard living conditions. The age adjusted rate of hospitalizations was the highest in zip code 32773 residents in 2013.

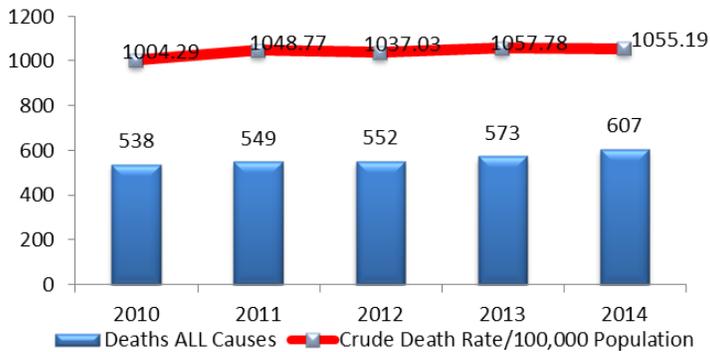


## Overall Mortality Due to Selected Conditions

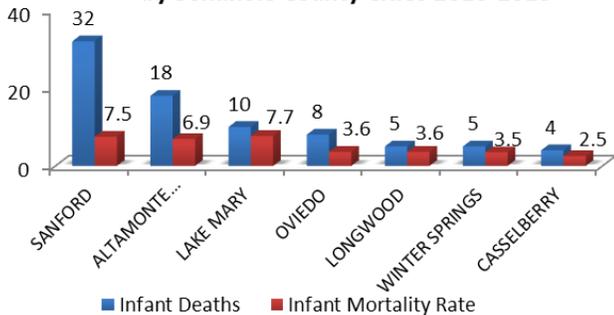
### Deaths Due to All causes

Death of an infant before its first birthday, or infant mortality, is a measure of health status of any given place. Infant mortality is a medical as well as a social problem. In Seminole County, the rate of infant mortality ranged between 2.5 to 7.7 per 1000 live births during 2010-2013; Sanford had an Infant Mortality Rate of 7.5 per 1000 live births; the highest in Seminole County.

Sanford Mortality 2010-14



Infant Death Counts and Rates (per 1000 Live Births) by Seminole County Cities 2010-2013



### Age Adjusted Mortality due to Selected Conditions 2013

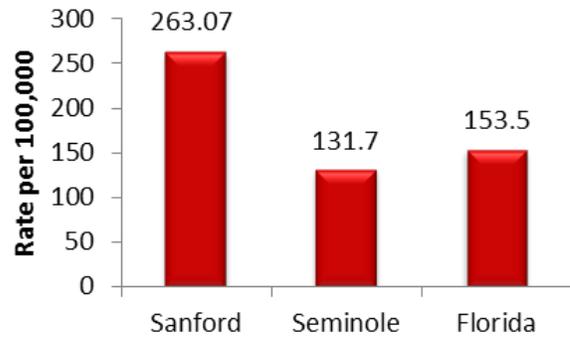
Mortality data from the Florida Department of Health, Bureau of Vital Statistics is presented below for major causes of deaths in Sanford, Seminole County and Florida in 2013. Sanford area data was selected based on the address of the deceased identifying Sanford as their city of residence.

Cancer and heart disease are the two top causes of deaths in Sanford, Seminole County and Florida. However, the age adjusted mortality rates were more than twice in Sanford than in Seminole County on average, and much higher than Florida.

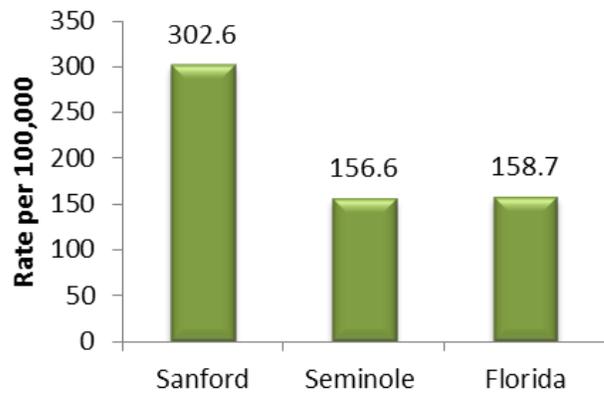
Age Adjusted Death Rate due to diabetes in Sanford residents was almost three times higher than Seminole County.

Sanford residents have a higher rate of deaths due to stroke compared to the county and Florida.

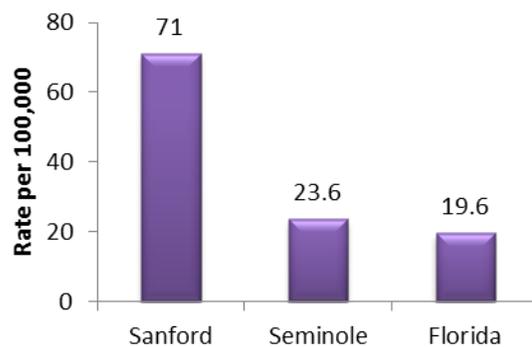
2013 Age Adjusted Death Rate : Heart Disease  
(Sanford, Seminole and Florida)



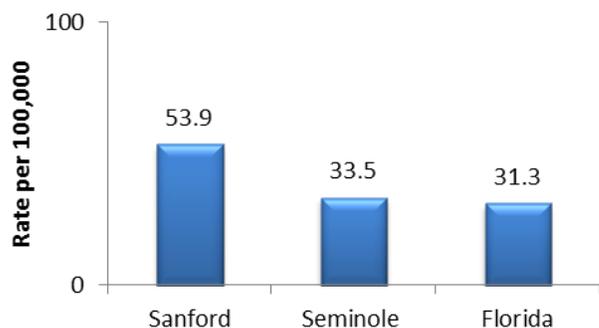
2013 Age Adjusted Death Rate: Cancer  
(Sanford, Seminole and Florida)



2013 Age Adjusted Death Rate: Diabetes  
(Sanford, Seminole and Florida)



2013 Age Adjusted Death Rate: Stroke  
(Sanford, Seminole and Florida)



# HEALTH STATUS

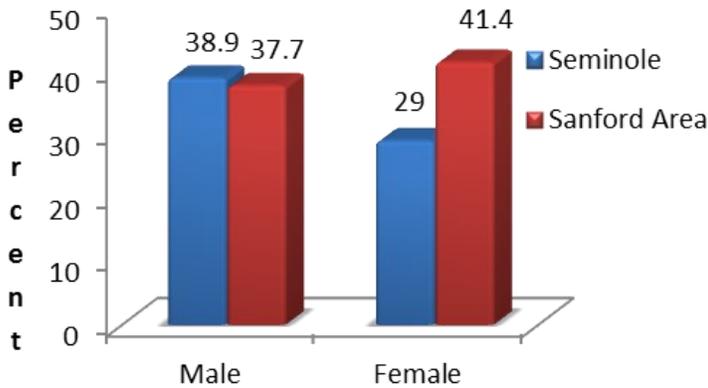
## Local Morbidity Data

### Behavioral Risk Factors Survey in Sanford Neighborhoods

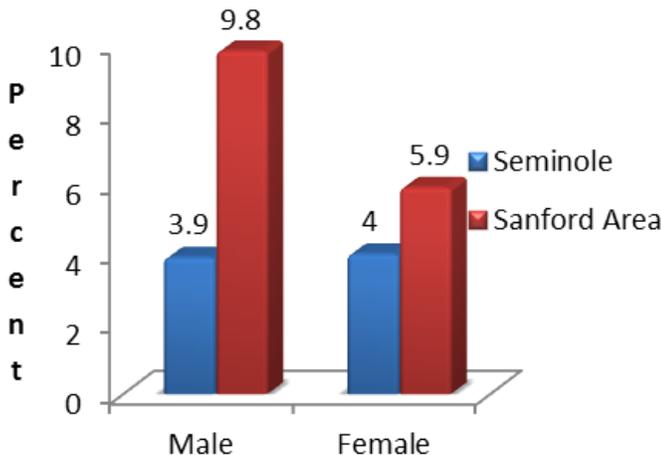
The Florida Department of Health in Seminole County recently (2014-15) surveyed the residents in Sanford's neighborhoods of Goldsboro, Midway, Georgetown, Bookertown and surrounding areas. The survey questionnaire was designed to be consistent with the Behavioral Risk Factor Surveillance System (BRFSS) conducted by the Centers for Disease Control and Prevention (CDC) to allow for comparisons. The findings of 280 completed surveys by the area residents were compared to the 2013 BRFSS survey and are presented in this report.

The survey showed that while male residents in the Sanford area reported a similar percentage to the rest of Seminole County, a higher percentage of the female population in Sanford reported having high blood pressure compared to the rest of Seminole County. High blood pressure is a major risk factor for other cardiovascular illnesses.

#### Ever told having High Blood Pressure?



#### Ever told having Heart Attack?

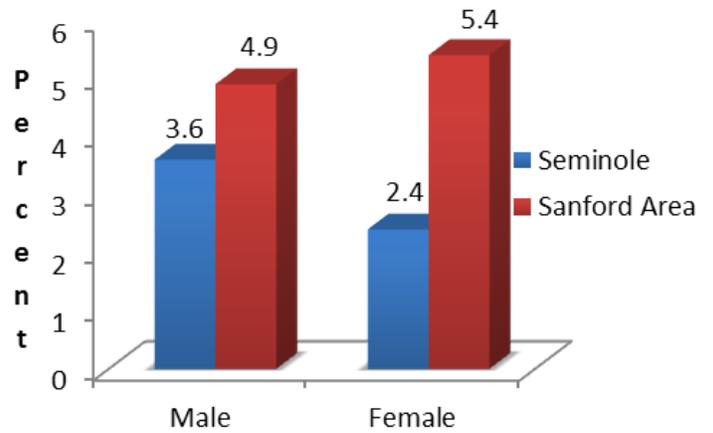


Both male and female populations in the Sanford area reported having a heart attack or myocardial infarction higher than the rest of the county; men in Sanford neighborhoods were more than twice more likely to report having a heart attack than men in the rest of Seminole County.

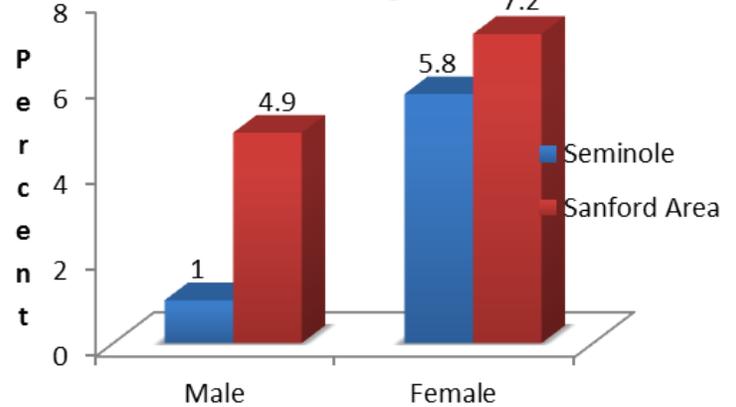
Similar to the heart attack prevalence, the percentage of respondents reporting ever having angina pain was also higher in both genders residing in the Sanford area.

The prevalence of stroke overall was higher in women than in men; however, the percentage of females who reported ever having a stroke was 24% higher in the Sanford area than in Seminole County.

#### Ever told having Angina?



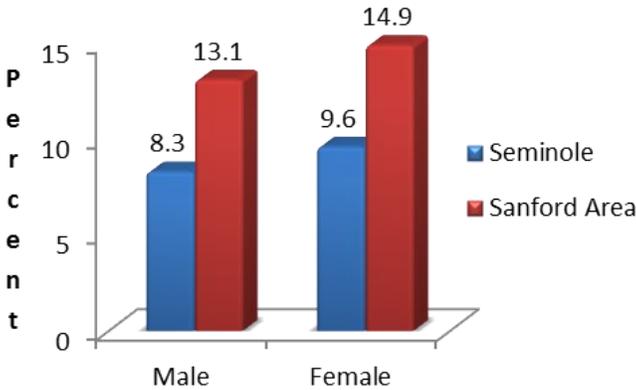
#### Ever told having Stroke?



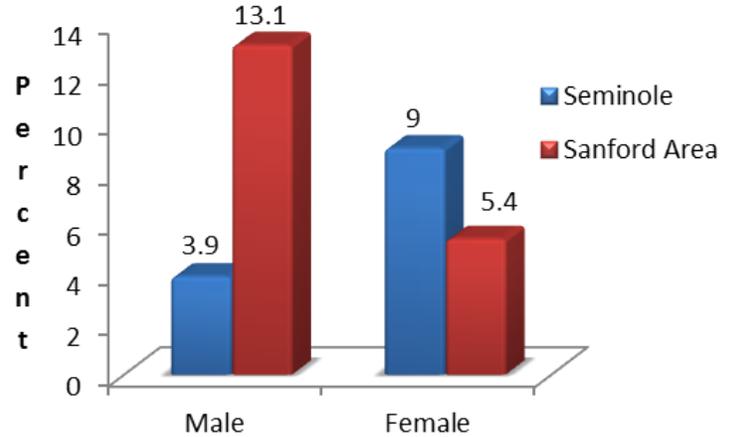
In 2013 BRFSS, females in Seminole County reported a higher prevalence of diabetes than males (9.6% vs. 8.3%). Consistently, female residents in Sanford area neighborhoods reported a higher percentage of diabetes than the males.

A low number of survey respondents reported being diagnosed with any type of cancer; however, of those who reported having any type of cancer, more than three time higher percentage of males in Sanford area reported having any type of cancer than male residents in Seminole County.

**Ever told having Diabetes?**



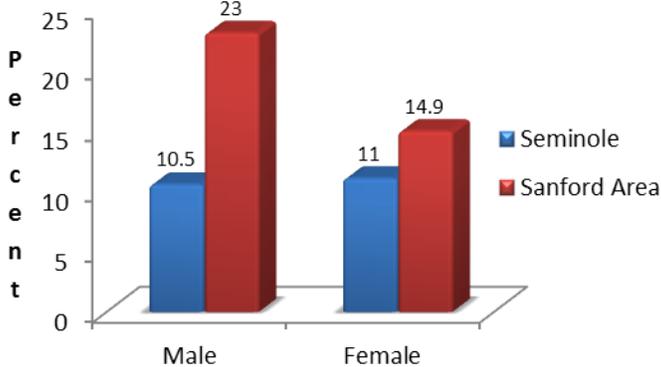
**Ever told having any Cancer?**



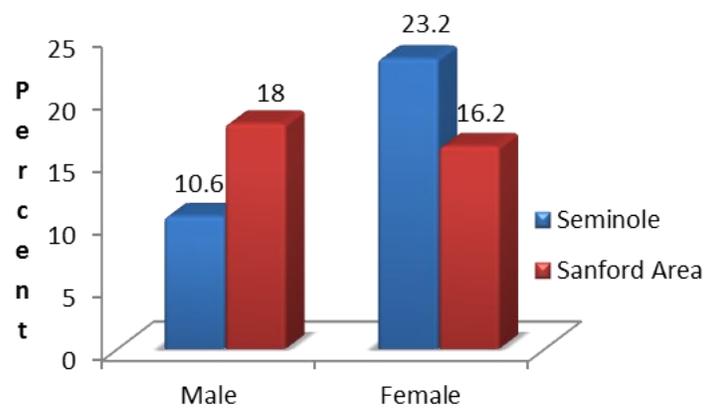
Overcrowding and environmental pollutants predispose to asthma attacks. More Sanford area residents reported asthma than Seminole County.

Depression was higher in the female population in Seminole County compared to males; however, in Sanford neighborhoods, a higher percentage of men reported ever having depression.

**Ever told having Asthma?**

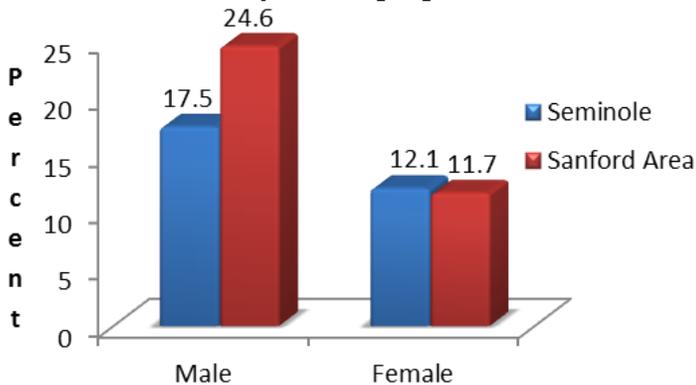


**Ever told having Depression?**

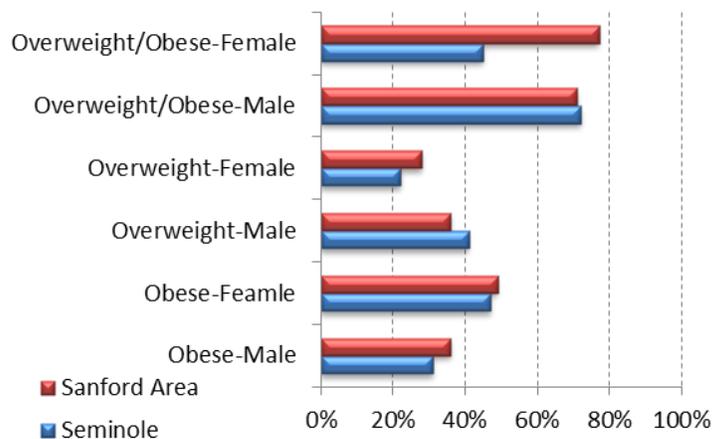


The percentage of current cigarette smokers was higher in male residents of the Sanford area than the average in Seminole County.

**Currently Smoking Cigarettes?**

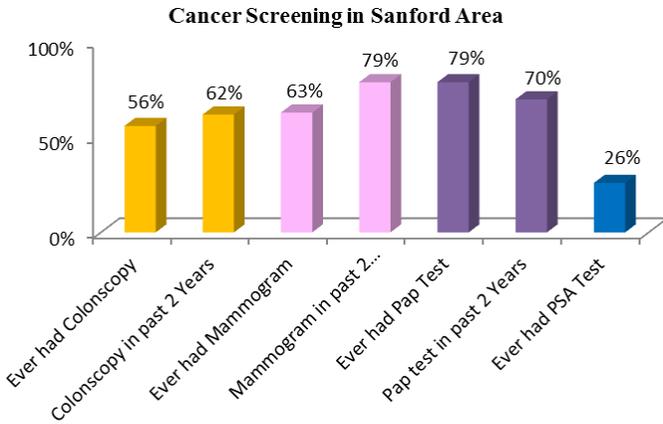


**Overweight and Obesity in Sanford:**



## Cancer Screening in Sanford Residents

Female respondents reported a higher awareness regarding breast and cervical cancer screening. Only 26% of male respondent reported ever having had a Prostate Specific Antigen (PSA) test to screen for prostate cancer. ■



## Conclusion

This report attempts to explore the underlying causes of health inequities and areas where health disparities exist. While county level data paints a healthy picture of Seminole County which ranks 4<sup>th</sup> healthiest among 67 counties in Florida per the County Health Rankings and Roadmaps Report by Robert Wood Johnson Foundation, differences in health status are evident in pockets of populations at a sub-county level.

- ⇒ Residents of Sanford have a very high mortality rate due to Heart Diseases, Diabetes, Cancer and Stroke.
- ⇒ Hospitalization rates in zip codes 32771 and 32773 in Sanford are higher for Heart Diseases, Stroke, Asthma and Diabetes compared to overall rates for Seminole County.
- ⇒ Hospitalizations due to Asthma in 2013 are higher in zip code 32773 than 32771
- ⇒ Behavioral risks assessed by a local survey shows a better awareness of cancer screenings in female respondents; screening for prostate cancer remained very low in male respondents.
- ⇒ A higher percentage of male respondents reported having depression in a local health assessment survey compared to Seminole County respondents in BRFSS conducted in 2013.
- ⇒ Cigarette smoking in male respondents in the Sanford area was higher than reported by the average Seminole County resident.

## Methodology and Data Sources

Material and data presented in this report is collected from various sources:

- Mortality Data-Vital Statistics, Florida Department of Health, Bureau of Vital Statistics
- Hospitalization Data-Agency for Health Care Administration (AHCA)
- Florida CHARTS: Florida Department of Health, Bureau of Vital Statistics
- Community Commons: <http://www.communitycommons.org/maps-data/>
- Robert Wood Johnson Foundation <http://www.countyhealthrankings.org/>
- Louisville Metro Health Equity Report

## Where do we go from here?

The Florida Department of Health in Seminole County has included the following goals in the Strategic Plan to change the health of Seminole County:

1. Build a partnership to operate a mobile health vehicle to do referrals, screenings and health services in the “hot spot” neighborhoods. COMING SOON! Look for the schedule in the Sanford Herald Newspaper, Healthy Seminole Collaboration [Facebook](#) page and on [www.seminolecohealth.com](http://www.seminolecohealth.com).
2. Offer Men’s Health Program at the Department of Health in Seminole County for screenings, referrals and health services to attempt to change the health statistics of men.
3. 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 every has a chance to live a healthy life.

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