



Seminole Matters

Raising Awareness on How Your Neighborhood Affects Your Health

ISSUE 17.1

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Greater Winwood Health Assessment

Dear Reader,

Seminole County ranks as the fourth healthiest county among Florida's sixty-seven counties, according to the 2016 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 they emphasize that health is not a singular effort, but a collective partnership in the community. The department works in collaboration with local government, municipalities, non-profit organizations, health care facilities, business groups, 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, mental health, infant mortality, lack of physical activity and nutritious food, accidents and injuries, and sexually transmitted diseases among others continue to affect many of our Seminole County communities. Our recent Community Health Improvement Planning (CHIP) process focused on prioritizing health improvement activities through community collaborations.

This *Seminole Matters* report presents findings of a survey conducted during 2015-16 by the Florida Department of Health in Seminole County in collaboration with the South Seminole Community Association for Progress (SSCAP), and other community partners. The report intends to create awareness and promote a dialogue related to the social determinants of health that exist in the Greater Winwood community.

A handwritten signature in black ink, appearing to read "Donna J. Walsh".

Donna J. Walsh, MPA, BSN, RN
Health Officer
Florida Department of Health in Seminole County

Where is Greater Winwood?



- Located in the eastern part of the City of Altamonte Springs.
- Historically African American neighborhood.
- Relatively lower household incomes and high unemployment compared to the rest of Seminole County.
- Comprised of 15 subdivisions.
- An unincorporated area falling under the administrative jurisdiction of Seminole County government.
- The newly constructed Sunrail train station is located at the intersection of Ronald Reagan Boulevard and Altamonte Springs Drive (SR 436), on the station street which runs diagonally through the Greater Winwood area.

Why focus on Greater Winwood?

In 2009, residents of East Altamonte Springs formed a grass root organization known as South Seminole Community Association for Progress (SSCAP) to advocate for progress and development in their neighborhoods. They developed an action plan, *We Kare Action Plan*, to reduce crime, improve the appearance of the community, and identify resources to provide for the needs of youth, young adults and senior citizens. The action plan identified the community's needs, including facilities, services, programs and maintenance.

Meanwhile, with the development of the Sunrail station in 2010 in the area, East Altamonte Springs became the center of attention as neighborhoods surrounding the proposed Sunrail station were directly impacted with this transportation oriented development.

The East Central Florida Regional Planning Council (ECFRPC) received federal funding to conduct a study to collect baseline data on the population living in the area. This study, however, did not include the health status of residents.

In 2015, the SSCAP members met with the Florida Department of Health in Seminole County (DOH-Seminole) and shared their action plans with the staff. In 2015-16, DOH-Seminole and SSCAP partnered to conduct a door to door health assessment of residents to understand the health-related needs of the community. The results are outlined in the following section.



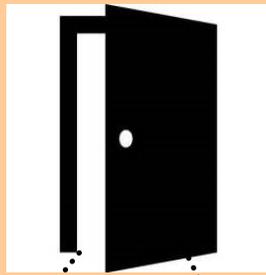
Health Assessment Survey Results

Survey Methodology and Demographics

The Health Assessment Survey was administered to residents living in the 15 subdivisions of Greater Winwood. Community volunteers assisted in door to door outreach; the questionnaires were either completed by the respondents themselves or by trained volunteers through interviews. Surveys were also performed at the Community Unity Day event held at the Boys and Girls Club of Greater Winwood as well as the Annual Toy Drive organized by SSCAP. A total of 147 surveys were completed and analyzed for results.

Survey Methodology

Door to Door Surveys to Residents
2015



15

Subdivisions

147

Total Surveys Completed

Gender

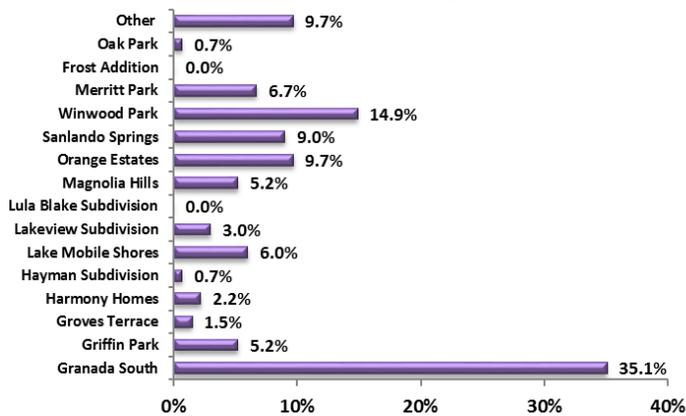
23 %



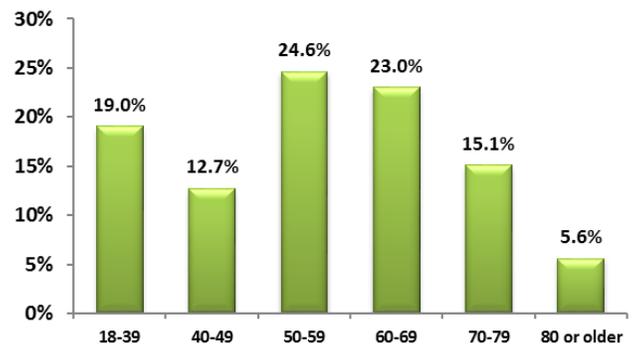
77 %



Participation by Neighborhood



Age Groups (Years)

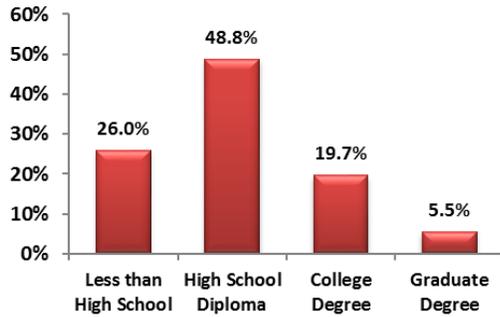


Race/Ethnicity

Predominantly (97%) of the residents of Greater Winwood area participating in the survey were African Americans.

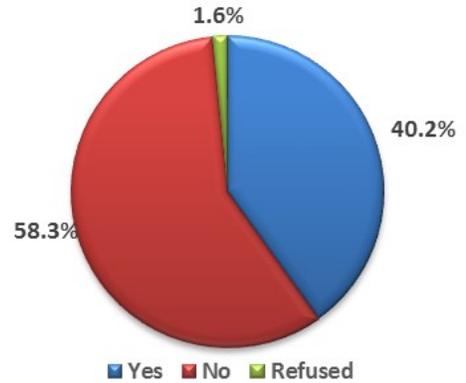
Socioeconomic Status

Highest Level of Education



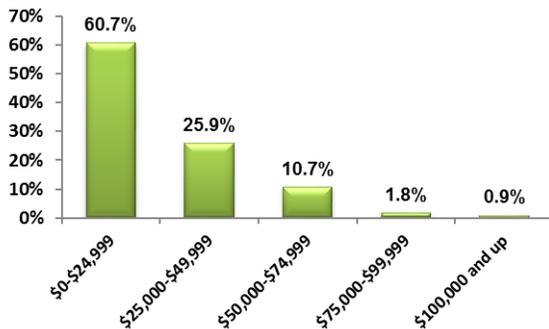
48.8% surveyed have a high school diploma

Employment



58.3% surveyed are not employed

Approximate Household Income



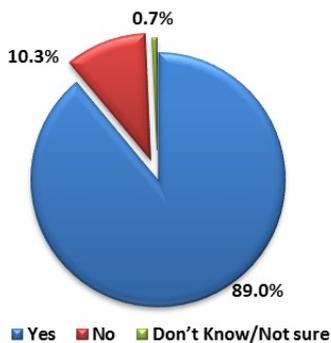
60.7% surveyed have a household income of \$0-\$24,000



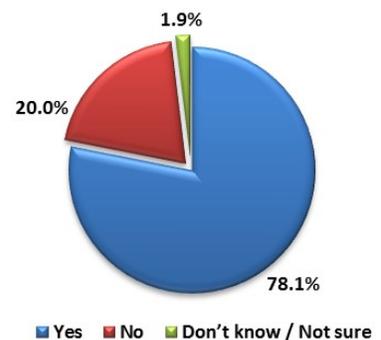
Healthcare Coverage

The majority of respondents have health insurance: however, only 78% have a designated primary care physician.

Healthcare Coverage

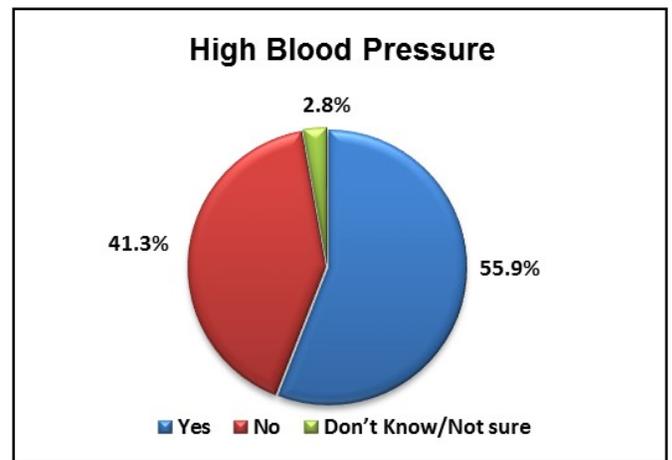
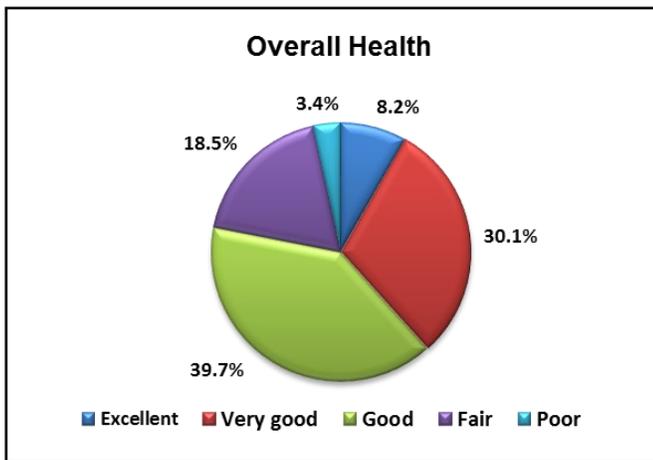


Have Primary Care Provider



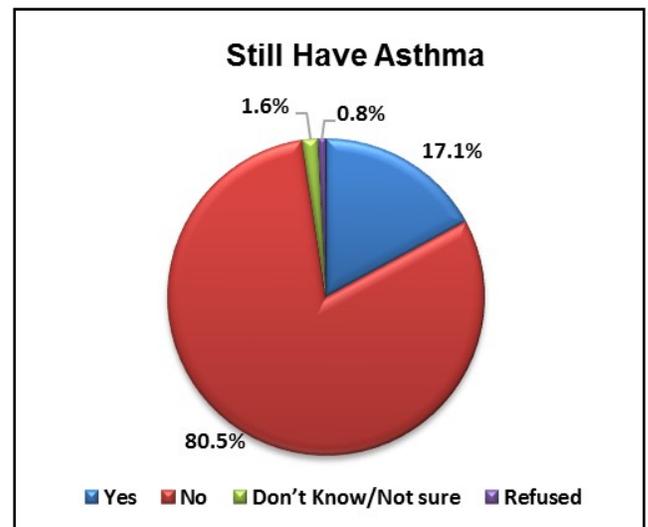
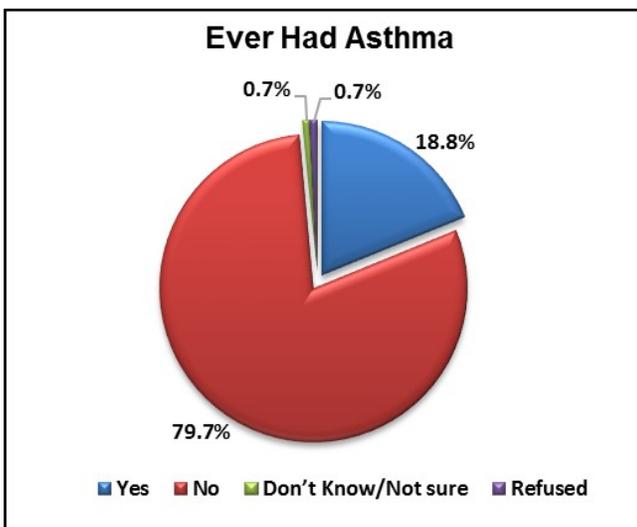
Overall Health

- **78%** of survey respondents perceived their overall health to be excellent, very good or good.
- **55.9%** have high blood pressure and **93%** reported taking blood pressure medicines.
- **70.6%** reported time since last blood pressure check was less than one month.
- **55%** of respondents had a normal blood pressure at their last checkup reflecting good blood pressure control. However, more than **40%** of respondents reported high or borderline high blood pressure at their last checkup.
- **74.4%** 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 it checked.



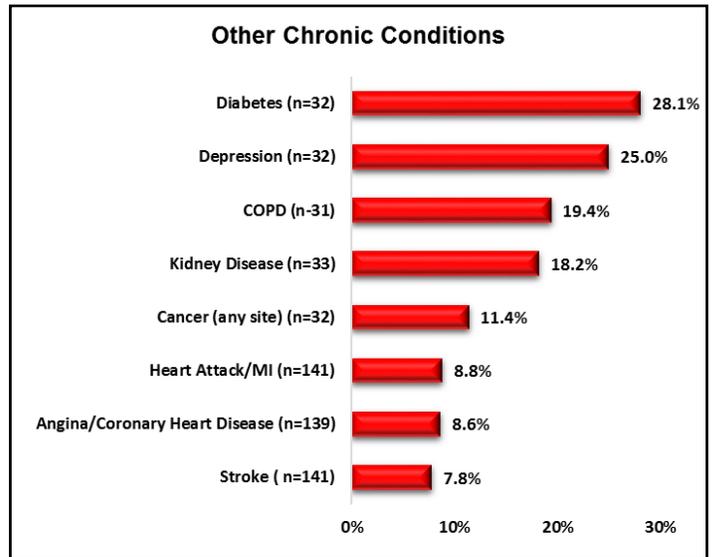
Asthma

Approximately **19%** of survey respondents reported having asthma at some point in their lives and **17%** reported still having the condition; this proportion is higher when compared to the statistics for the overall population of Seminole County. Asthma could be linked to environmental, social and behavioral factors besides genetics.



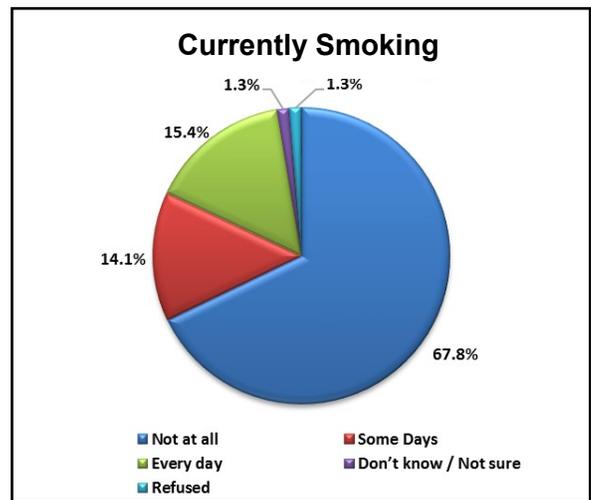
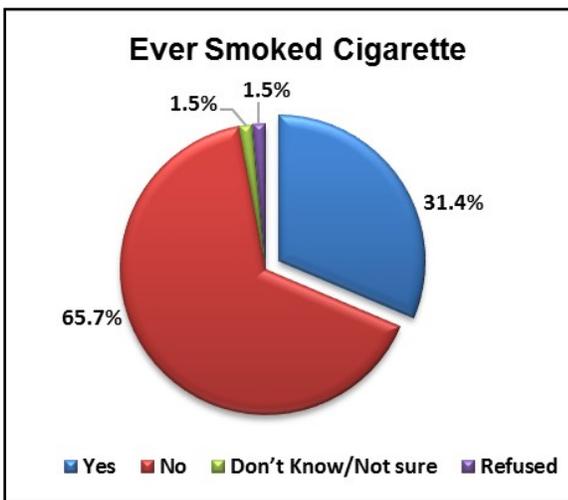
Other Chronic Conditions

Diabetes, depression, Chronic Obstructive Pulmonary Disease (COPD) and kidney diseases were reported with higher percentages than the other chronic conditions; however, the number of respondents was very low as these questions were skipped.



Social and Behavioral Factors

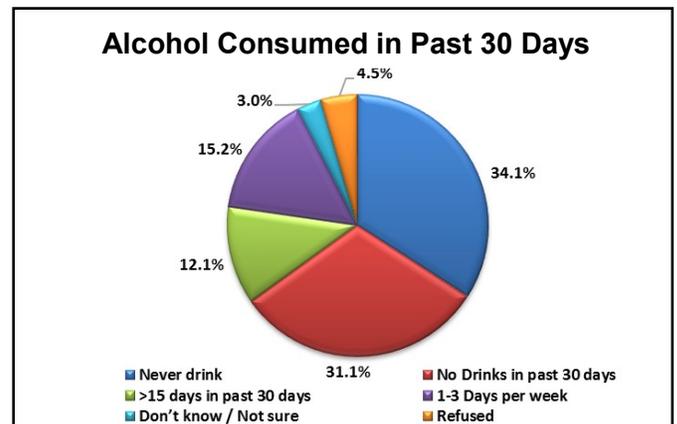
Approximately one third of residents reported smoking 100 cigarettes in a lifetime; only **15.4%** reported smoking every day and **14.1%** were occasional smokers. The survey also questioned whether any attempt had been made by the respondent to quit smoking in the past year, to which **24.4%** responded “yes”. Only four respondents engaged in chewing tobacco or snuff.



Alcohol Consumption

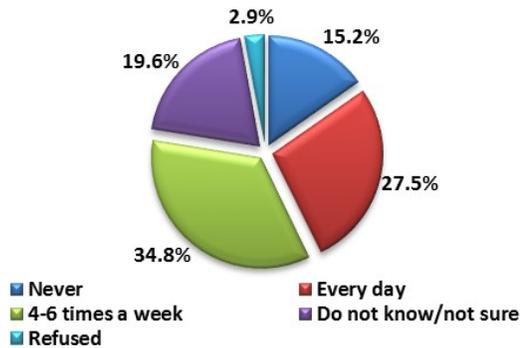
64.2 had not consumed alcohol in the past 30 days.

7.5% were either not sure or refused to give an answer.



Fruits and Vegetables Consumption

Drink Pure Fruit Juices



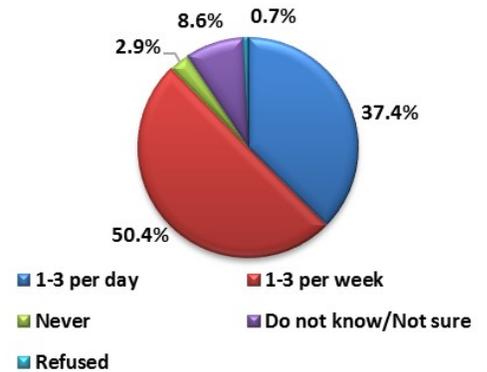
34.8%

Drink Pure Fruit Juice
4-6 times a week

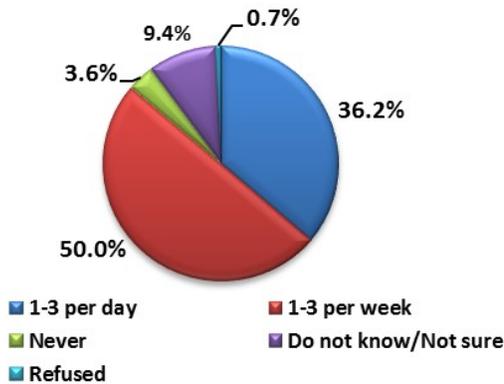
2.9%

Never Eat Green
Vegetables

Eat Dark Green Vegetables



Eat Fresh, Frozen, Canned Fruits



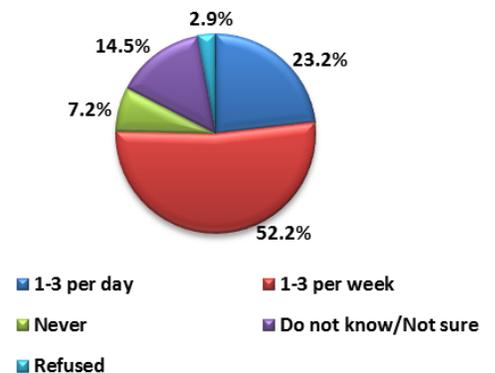
50%

Eat 1-3 Fruits
Per Day

7.2%

Never Eat Orange
Vegetables

Eat Orange-Colored Vegetables



Physical Activity

Physical Activity Options and Duration

Surveys revealed the following information:

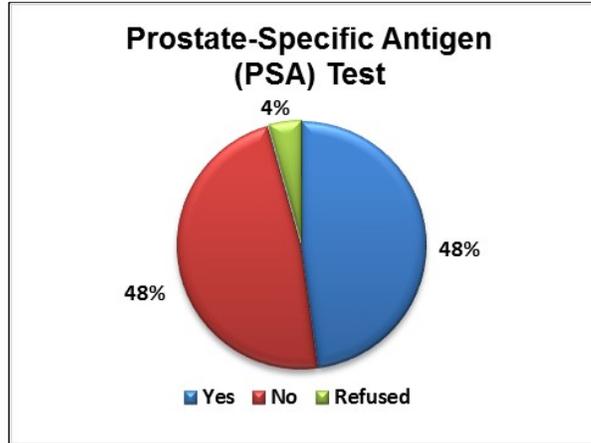
- **82.8%** of respondents used sidewalks to engage in physical activity
- **31.7%** did not engage in any physical activity
- **75%** practiced physical activity 1-3 times per week
- **35.7%** engaged in physical activity for 30 minutes to 1 hour



Health Screenings

Prostate Cancer Screening

The majority of respondents were aware of the recommended health screenings such as colonoscopy, mammogram, clinical breast examination and pap tests. However, less than half (**48%**) of men were getting PSA tests for prostate cancer screening and **for 18.9%**, it had been over 5.5 years or more.

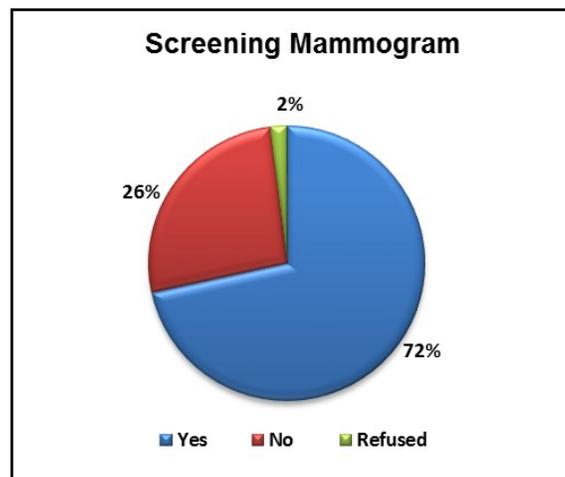


Other Health Screenings

- Colonoscopy: **65.4%** of respondents were getting a colonoscopy, and for **9.5%** it had been at least 10 years since their last colonoscopy.
- Blood Stool Test: **49.5%** had not received a blood stool test and for **15.1%** of respondents it has been 5 years since their last test.

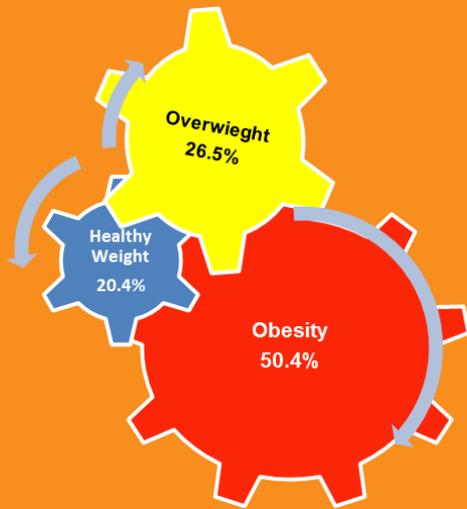
Female Exams

- The majority of female respondents (**85.6%**) had a Clinical Breast Exam, and for **57.7%** it had been 12 months or less since their last exam.
- **84.3%** of female respondents had a Pap test, and **39.4%** of them had their last test less than a year ago.
- **72%** of female respondents had a mammogram, and **59.5%** had it less than a year ago.

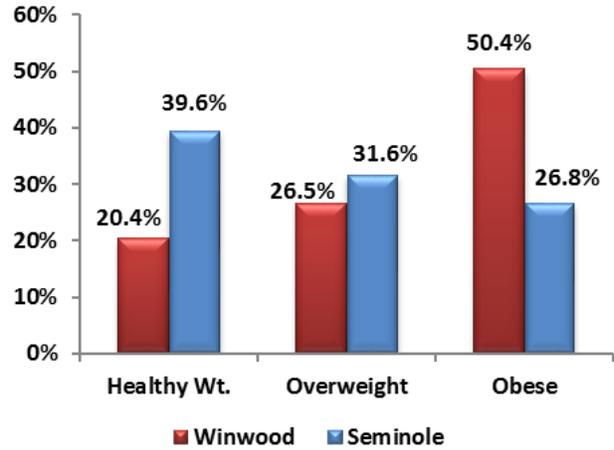


Healthy Weight and Body Mass Index (BMI)

The Body Mass Index (BMI) is a calculated index that is used as an indirect measurement of body fat. A BMI of 25 to 29 is classified as overweight and a BMI of 30 or more indicates obese. The survey asked participants for their height and weight to compute BMI.



Overweight and Obesity



Comparison of Health Conditions to Overall Seminole County

This section presents a comparison of selected health indicators and health conditions for Greater Winwood residents and overall Seminole County residents. The primary source of Seminole County data is obtained from Florida CHARTS and the Behavioral Risk Surveillance System (BRFSS) Survey conducted in 2013.



Several health conditions presented in the table below such as high blood pressure, asthma, heart diseases and stroke were found to be at a higher or worse level than Seminole County data. Disparity was also seen in diabetes, depression and chronic lung diseases when compared to Seminole County residents who self-reported in BRFSS; however, the number responding to these questions was low, hence it may not represent all participants.

Health Indicator	Winwood Residents	Seminole County
High Blood Pressure	55%	33.70%
Asthma (Ever)	18.80%	10.70%
Asthma (Current)	17.10%	8.40%
Coronary Diseases/Angina	8.60%	3%
Heart Attack	8.80%	3.90%
Stroke	7.80%	3.50%
Current Smokers	29.50%	14.60%

Community Needs and Concerns

Respondents highlighted the following concerns and needs:

- Better communication of health education and healthy living
- Opportunities for working out in the neighborhood
- More sidewalks and parks
- Community pool
- Bike lanes
- Resource fairs
- Better water quality
- Speed limit with enforcement



Conclusions

In general, the survey data collected describes Greater Winwood as a community that is in great need of an investment in education, improving access to employment, health literacy and community services.

Findings indicate that twenty-six percent of residents have not achieved a high school diploma, creating a need for additional resources and assistance in the area of education. Access to employment and low income are also barriers with approximately 61% of respondents earning less than \$25,000 per year, and more than half (58.3%) unemployed. However, the age of the majority (68%) of survey participants was 50 years or over.

Health is an essential component of a community and results collected indicate there is awareness of cancer screenings and physical activity reported by the majority (59%) of respondents, and more than 75% reported exercising for 1-3 days a week. An active community leads to a healthy and engaged community, and additional health education as well as awareness of local exercise opportunities, sidewalk availability and local parks are critical to reach and maintain an optimal health status. Nutrition is also vital; however, consumption of fresh fruit juice and fresh fruits and vegetables was reported in less than the recommended frequency. Healthy food choices along with moving helps prevent overweight and obesity. More than 75% of respondents were either overweight or obese, and 30% reported smoking cigarettes, both risk factors for chronic diseases such as heart disease and diabetes.



Where Do We Go From Here?



The Seminole County Community Health Improvement Plan (CHIP) focuses on the following priority areas for the next three years to impact the health of our communities. The four priority areas are:

1. Access to Health Care: Ease with which an individual can obtain needed medical services.
2. Chronic Disease: 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.
3. Maternal and Child Health: Maternal and child well-being determines the health of the next generation and can help predict future health challenges for families, communities and the health care system. Preventing infant mortality is a strategic goal under this priority.
4. Mental Health: Individuals with psychological disorders are at a greater risk for decreased quality of life, educational difficulties, lowered productivity and poverty, social problems, vulnerability to abuse and additional health problems. Reducing depression rates is important among communities.

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www.seminolecohealth.com




SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE

WINWOOD PARK

Daily Hours: 8:00 am to 9:00

RULES

- No Alcoholic Beverages
- No Firearms, Fireworks, or Weapons*
- No Soliciting or Lotteries
- Loud Noise, Music, and Public Address Systems are Prohibited
- No Pets
- No Profanity or Filth
- Park in Designated Areas
- Help Keep Your Park Beautiful

* Except as provided under Chapter 790, Florida Statutes

Persons who enter this county facility are subject to the provisions of the Seminole County Related Rules

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www.seminolecountyfl.gov
Leisure Services Department 407-655-XXXX

HEALTHY LUNGS AT PLAY



Please Refrain From Smoking



THANK YOU FOR YOUR COOPERATION!



SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE
LEISURE SERVICES DEPARTMENT