

Health Promotion and Disease Prevention

Health Behaviors

Nutrition

- 88.7% of adults drank one or more sugar sweetened drinks per day (CPPW BRFSS)
- 60.1% of adults did not meet daily fruit and vegetable consumption recommendations (CPPW BRFSS)

Obesity

- Several sources have indicated alarming rates of obese and overweight adults within Pinellas County:
 - 2010 BRFSS: 41.6% overweight (37.8% FL), 24% obese (27.2% FL)
 - 2010 CPPW BRFSS: 36.5% overweight, 24.6% obese

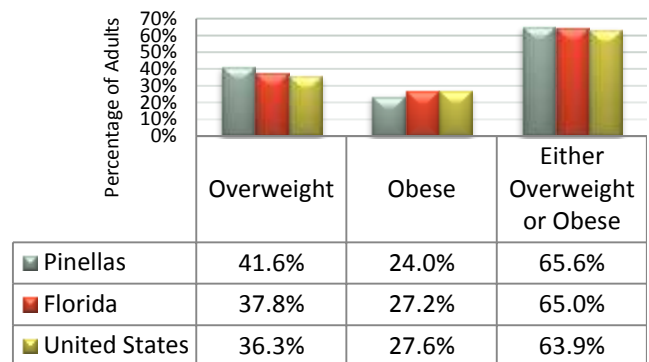
Tobacco

- In Pinellas County, nearly 20% of the adult population (19.3%) smoked tobacco in 2010, higher than the state rate of 17.1% and the Healthy People 2020 goal of only 12% of adults smoking tobacco by 2020
- 22.6% of adults allowed smoking inside their vehicle (CPPW BRFSS)
- Only 40.4% of adults were aware of telephone “Quitline” services to help with smoking cessation

Physical Activity

- In the month preceding the CPPW BRFSS survey, 25.5% of adults were sedentary – participating in no leisure time physical activity¹
- Of the 2012 middle school students in Pinellas County, 28.1% did not receive sufficient vigorous physical activity (29.9% in the state)¹
- In 2012 high school students, 37.1% of students in the county were without sufficient vigorous physical activity (37.3% in the state)

Pinellas County 2010 BRFSS Obese and Overweight Adults



Source: 2010 BRFSS

Community Perspective

In the community themes and strengths assessment, healthy behaviors was the second most frequent factor chosen when residents were asked the top three factors needed for a healthy community. Similarly, among the top health problems of concern were obesity (#2) and chronic diseases (#3). The most frequent behaviors of concern included: poor nutrition (#2), lack of physical activity (#3), being overweight (#4), and smoking (#5).

Chronic Diseases

Heart Disease

- The age-adjusted deaths due to all heart disease have declined during the past decade in Pinellas County; however, at a much slower rate in persons who are black (221/100,000 in 2009-2011) compared to persons who are white (150/100,000 in 2009-2011)
- Although the overall rate of deaths due to stroke in Pinellas County meets the Healthy People 2020 goal, the rate of deaths due to stroke in persons who are black is almost double that of persons who are white (42.6 and 25.0 per 100,000 in 2009 - 2011)

Cancer

- Lung cancer is the most prevalent type of cancer in the county, followed by breast cancer
- The lung cancer age adjusted death rate in Pinellas (51.1/100,000) is higher than the state rate (46.1/100,000) for 2009-2011 and Healthy People 2020 goal of 45.5/100,000
- The breast cancer age adjusted death rate was 20.9/100,000 in 2009-2011, same as the state rate and just below Healthy People 2020 goal of 20.6/100,000
- In Pinellas County, 61.5% of women over age 40 received a mammogram, just slightly less than state rate of 61.9/100,000
- Colorectal cancer screenings among adults age 50 or older decreased in recent years:
 - Sigmoidoscopy or colonoscopy rates dropped were 54.1% 2010 in Pinellas (56.4% FL)
 - Blood stool tests were 18.4% in 2010, Pinellas (14.7% FL)
- The skin cancer incidence in Pinellas is higher than FL and the age adjusted death rate (3.4/100,000 2009-2011) was higher than FL (2.9/100,000) and Healthy People 2020 goal (2.4/100,000)

Chronic Lower Respiratory Diseases

- Asthma hospitalizations among Pinellas children 1-5 were less than the state rate at 824.9/100,000, but still put Pinellas in the 3rd quartile in the state
- Asthma hospitalizations per 100,000 children 12-18 were 453.8 in 2009-2011 (345.7 FL), placing Pinellas in the 4th quartile in FL
- Age adjusted asthma hospitalizations per 100,000 are higher than FL at 783.9 in 2009 - 2011 (775.1 FL)
- The chronic lower respiratory disease related hospitalizations and age-adjusted death rates in adults are also high (2009 – 2011):
 - Hospitalizations: 367.3/100,000 Pinellas and 370.8/100,000 FL
 - Deaths: 40.0/100,000 Pinellas and 38.6/100,000 FL

Diabetes:

- The diabetes hospitalization rate per 100,000 children 12-18 (116.6 in 2009-2011) is lower than FL (123.5), but still places Pinellas in the 3rd quartile in FL
- Pinellas adults with diagnosed diabetes are on the rise, with 12.4% reported on 2010 BRFSS (10.4% FL)
- Pinellas County meets the Healthy People 2020 goal for deaths due to diabetic complications (20.5 per 100,000 in 2009 - 2011).
 - However, there were 50.4 deaths per 100,000 in persons who are black compared to 18.9 per 100,000 in persons who are white

Communicable Disease

Sexually Transmitted Diseases

- The difference between the county and state rates for bacterially transmitted sexually transmitted infections in women ages 15 to 34 is large, with 3,327 per 100,000 within Pinellas County and 2,603 per 100,000 within the state
- Sexually transmitted infections may cause an increased risk of labor and pregnancy complications for the mother. They may also negatively affect the child, increasing the likelihood of stillborn births, low birth weight, and health complications

Immunization Rates

- In 2011, 84.6% of two year olds fully immunized in Pinellas County, up from 82.4% in 2010 (within the state, 86.1% of two year olds were fully immunized in 2011, up from 81.1% in 2010)
- In 2009 – 2011, Pinellas County fell within the fourth quartile ranking of completing immunizations by Kindergarten, with 89.9% of Kindergarteners in the county being fully immunized (FL, 91.7%)