

OVERVIEW: HEALTH PROMOTION AND DISEASE PREVENTION

Key Community Health Status Assessment Findings:

HEALTHY BEHAVIORS:

1. Physical activity has been shown to decrease in students between middle school and high school in Pinellas County:
 - a. In middle schools, 27.7% of students did not receive sufficient vigorous physical activity (30.7% FL).
 - b. In high schools 39.7% of students did not receive sufficient physical activity (39.1% FL), placing Pinellas in 3rd quartile in the state.
2. Obesity rates among Pinellas students increased from middle school (6.9%) to high school (10.3%) in 2012, but are lower than state rates of 11.1% and 14.3%, respectively.
3. The majority of adults (88.7%) in Pinellas drank one or more servings of sugar-sweetened drinks per day in the week preceding the 2010 CPPW BRFSS survey.
4. Over half (60.1%) of Pinellas adults did not meet the daily recommendations for fruit and vegetable consumption in 2010.
5. In the 30 days prior to the 2010 CPPW BRFSS survey, 25.5% of Pinellas adults were sedentary - participating in no leisure time physical activity.
6. In Pinellas County, 19.3% of adults smoke, compared to 17.1% in the state and well over the Healthy People 2020 goal of 12%.
7. Several sources have indicated alarming rates of obese and overweight adults within Pinellas County:
 - a. 2010 BRFSS: 41.6% overweight (37.8% FL), 24% obese (27.2% FL)
 - b. 2010 CPPW BRFSS: 36.5% overweight, 24.6% obese

CHRONIC DISEASES

1. Cancer and heart disease account for almost half of all deaths within the county, 45% in 2011.

Heart Disease:

1. 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).
2. 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 (46.1 and 25.2 per 100,000 respectively in 2011).

Diabetes:

1. 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.
2. Pinellas adults with diagnosed diabetes are on the rise, with 12.4% reported on 2010 BRFSS (10.4% FL).
3. Pinellas County meets the Healthy People 2020 goal for deaths due to diabetic complications (20 per 100,000 in 2010).
 - a. However, there were 43 deaths per 100,000 in persons who are black compared to 18.8 per 100,000 in persons who are white.

Chronic Lower Respiratory Diseases:

1. 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.
2. The percent of Pinellas students reporting asthma in middle school (21.2%) and high school (20.9%) in 2012 were both slightly higher than state rates.
 - a. 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.
3. Age adjusted asthma hospitalizations per 100,000 decreased between 2006 and 2010 in Pinellas, but are still higher than FL at 770.1 in 2010 (759.3 FL).
4. The chronic lower respiratory disease related hospitalizations and age-adjusted death rates in adults are higher in the county than the state:
 - a. Hospitalizations: 365.5/100,000 Pinellas and 346.6/100,000 FL
 - b. Deaths: 40.8/100,000 Pinellas and 38.7/100,000 FL.

Cancer:

1. Lung cancer is the most prevalent type of cancer in the county, followed by breast cancer.
2. 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.
3. Age-adjusted death rates for most cancers are lower in persons who are Hispanic than the rates for both persons who are white and black.
4. 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.
5. In Pinellas County, 61.5/100,000 women over age 40 received a mammogram, just slightly less than state rate of 61.9/100,000.
6. 52.4% of women in both the county and the state received a pap test within the last year.
7. Colorectal cancer screenings among adults age 50 or older decreased in recent years:
 - a. Sigmoidoscopy or colonoscopy rates dropped from 56% in 2006 - 2008 to 54.1% in 2008 - 2010 in Pinellas (56.4% FL)
 - b. Blood stool tests dropped from 27.7% in 2006 - 2008 to 18.8% in 2008 - 2010 in Pinellas (14.7% FL).
8. 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).

HEALTH PROTECTION

1. In Pinellas County, immunization rates among children have declined in recent years. In 2011, 84.6% of two year olds were fully immunized (86.1% FL) and 90.3% of children in Kindergarten are fully immunized (92.6% FL).
2. **The rate of bacterial STD's in women ages 15 - 34** within the county is 3326.8 /100,000; much higher than FL rate of 2603.3/100,000.
3. The 2009 - 2011 HIV/AIDS age-adjusted death rate within the county (4.9/100,000) was lower than FL (5.6/100,000), however:
 - a. This same rate is 2.9/100,000 in persons who are white, but 21.9/100,000 in persons who are black.

Key Community Themes & Strengths Findings:

1. When asked the most important factors for a healthy community, survey respondents ranked healthy behaviors #2. It was selected by 42.5% of respondents as one of their top three factors for a healthy community.
2. The top health problems of concern within the community included obesity (ranked #2 and selected by 35.9% of respondents as one of their top three concerns) and chronic diseases (ranked #3 and selected by 30.9% of respondents as one of their top three concerns).
3. Of the behaviors of concern in the community, factors relating to health promotion and disease prevention ranked high, including: poor nutrition (#2), lack of physical activity (#3), being overweight (#4), and smoking (#5).