

COMMUNITY HEALTH STATUS



Mobilizing for Action through Planning & Partnerships
(MAPP)

Assessment 4

Polk County, Florida

Released October 2011



www.MyPolkHealth.org

You are encouraged to review this report online. There are hyperlinks in the report to access more information. Once on the My Polk Health website, select **Data/ Reports** from the menu at the top of the page. Then select **Polk MAPP Reports**. The title of this report is “**2011 Community Health Status Report**”.

Introduction

The Community Health Status Assessment was created to highlight the major health and social issues affecting the health status and quality of life in Polk County. It answers the questions, "**How healthy are our residents?**" and "**What does the health status of our community look like?**" Where we live, work and play matters to our health.

Everyone has a stake in our community's health. We all need to work together to find solutions. This report will assist local health system partners to align strategic efforts aimed at improving the health of all people in Polk County. We can improve health outcomes in our county by addressing health factors with effective, evidenced-based programs and policies.

Health outcomes are measures that describe our current health status. This report looks broadly at the leading causes of death and illness, health behaviors, socio-economic factors, and our physical environment.

The Community Health Status Assessment is the fourth of a series of "Mobilizing for Action through Planning and Partnership" (MAPP) assessments. The overall results of the MAPP assessments will be used to develop a Community Health Improvement Plan (CHIP). The CHIP will serve as the strategic plan to improve the health and quality of life for residents of Polk County.

View this report online in order to access hyperlinks to additional data and resources.

www.mypolkhealth.org

Acknowledgements

We thank the following individuals who contributed to the development of this report.

Polk Health Care Alliance Community Health Status Committee

Sheryl S. Cooper, RN, BSN, MPH, Health Promotion and Preparedness Director, Polk County Health Department

Linda Hawbaker, Health Education Program Manager, Polk County Health Department

Paula C. McGhee, Provider Network Coordinator, Polk HealthCare Plan

Donn Van Stee, Administrative Director, Agency Operations/Compliance, Tri-County Human Services, Inc.

Patty Strickland, Community Outreach Manager, Clark and Daughtrey Medical Group

Subject Matter Contributors

Daniel O. Haight, MD, FACP, Director

Kathy Hayes, LCSW, Executive Director, Behavioral Health, Winter Haven Hospital, Inc.

Elaine Pachal, R.N., MPH Student, Walden University

Celeste Philip, MD, MPH, Assistant Director for Public Health, Volusia County Health Department

J. Gilbert Sierra, CEO, Peace River Center

Polk County Health Department Staff

Angela Anderson, Staff Assistant

Bobbie Duffey, Publications Production Specialist

Seyi Omaivboje, MPH, Epidemiologist

Teresa Singleton-Motley, Staff Assistant

TABLE OF CONTENTS

Major Causes of Death and Premature Death	1
Heart Disease	1
Cancer	3
Chronic Lower Respiratory Disease (including Asthma)	5
Unintentional Injuries	7
Stroke	9
Chronic Diseases	11
Risk Factors for Adults and Polk County's Status	12
Risk Factors for School-Aged Children and Polk County's Status	14
Health Disparities	16
Communicable and Infectious Diseases	20
Vaccine Preventable Diseases	20
Tuberculosis	21
Sexually Transmitted Diseases (STDs)	21
HIV/AIDS	23
Health Disparities	24
Maternal, Infant and Young Child Health	26
Health Disparities	28
Oral Health	30
Mental Health	33
Substance Abuse, Alcohol, Illegal Substances and Tobacco	36
Alcohol	37
Illegal Substances	39
Tobacco	40
Population Demographics	43
Race, Ethnicity, Age and Gender	43
Median Family Income	44
Families in Poverty	44
Household Income	45
Unemployment Rate	45
Educational Level	46
Physical Environment	47
Air Quality	47
Access to Healthy Food	49
Access to Recreational Facilities	50
Glossary	51
Website Addresses	56

Major Causes of Death and Premature Death

The five leading causes of death and premature death in Polk County are heart disease, cancer, respiratory diseases, injuries and stroke.

Heart Disease

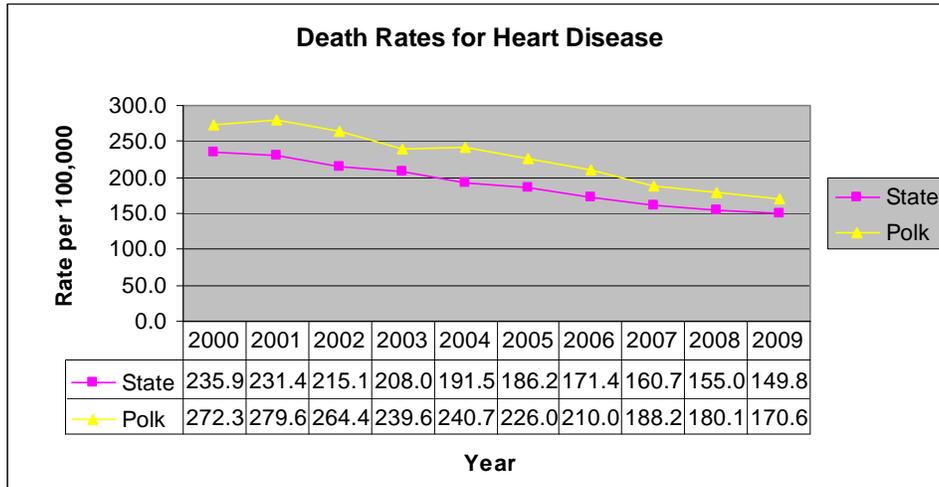
Heart disease is the **leading cause of death** in Polk County and in Florida. Heart disease continues to be a major cause of disability and a significant contributor to increases in health care costs in the United States. Heart disease death rates reflect the health and well-being of the population as well as the quality of the health care available.

The goals of reducing deaths caused by heart disease include education; outreach; and community involvement. There is a need for increased emphasis on nutrition; smoking cessation; exercise; and monitoring of individual health indicators through routine clinic visits.

Source: Florida Department of Health CHARTS
<http://www.floridacharts.com/>

Deaths from heart disease are declining for the state and the county.

CHART 1



The data is age adjusted. The trend is getting better and is statistically significant (95% confidence).
 Data Source: Florida Department of Health CHARTS

Need to do better to reach national goal.

Healthy People 2020 Target: 100.8 deaths per 100,000 population.

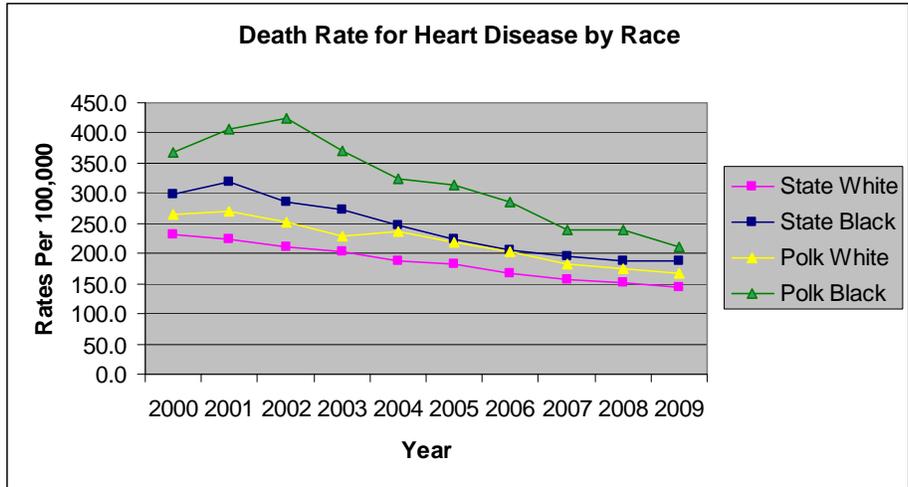
Online access: [Healthy People 2020 Heart Disease and Stroke Objectives and Interventions](#)

Heart Disease

Deaths from heart disease are declining for all races.

A disparity exists between the black and white populations with the black population having a higher death rate, but the gap is narrowing.

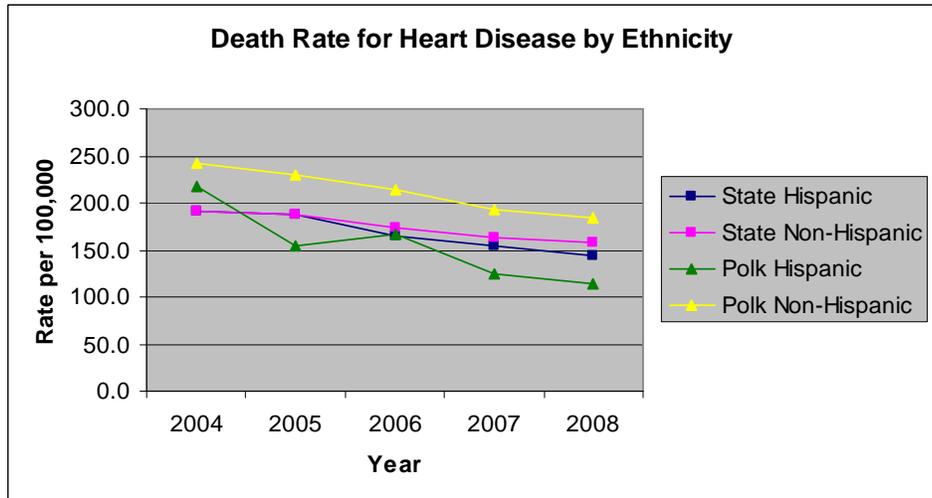
CHART 2



Data source: Florida Department of Health CHARTS

Deaths from heart disease have been consistently lower for those of Hispanic ethnicity.

CHART 3



Data source: Florida Department of Health CHARTS

Cancer

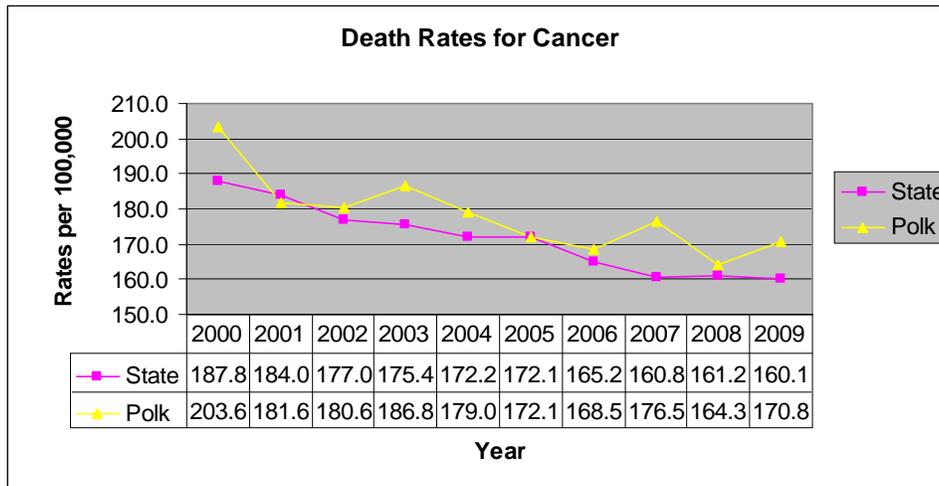
Cancer is the **second leading cause of death** in Polk County and in Florida. Suffering and death from cancer can be prevented by organized efforts to:

- reduce tobacco use
- improve diet and physical activity
- reduce obesity
- expand the use of established screening tests

Source: Florida Department of Health CHARTS

In the last 10 years, the trend in deaths from all cancers is improving.

CHART 4



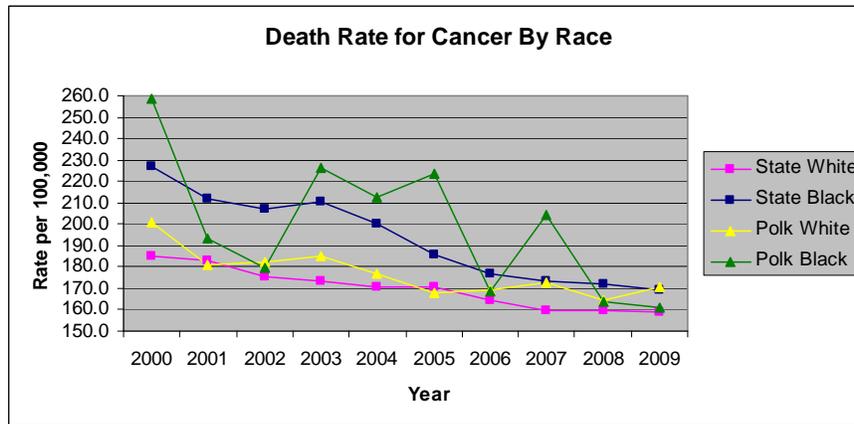
The data is age adjusted. Trend is getting better and is statistically significant (95% confidence)
Data source: Florida Department of Health CHARTS

Healthy People 2020 Target: 160.6 per 100,000 population

Online access: [Healthy People 2020 Cancer Objectives and Interventions](#)

Chart 5 demonstrates that deaths from cancer are improving for all races.

CHART 5

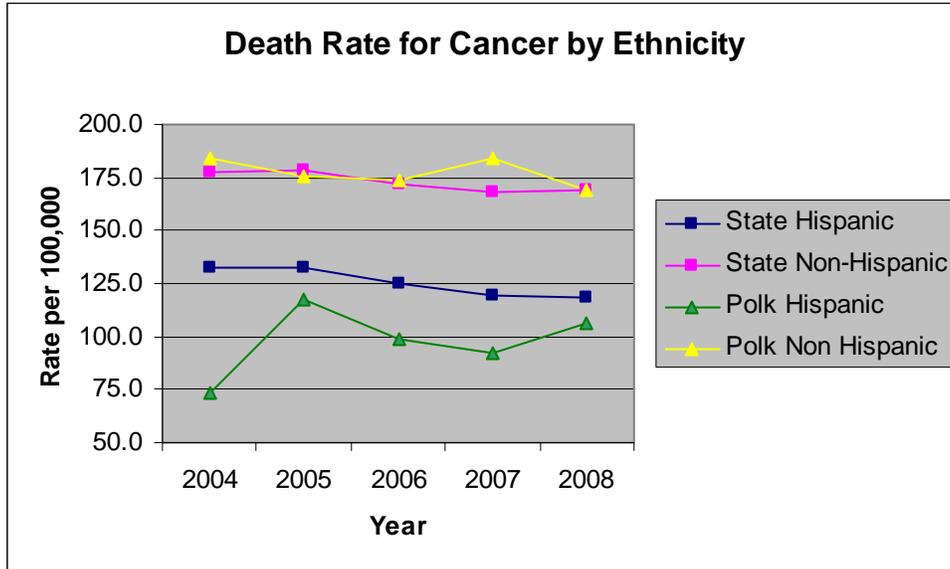


Data source: Florida Department of Health CHARTS

Cancer

The cancer death rate for non-Hispanics has been consistently higher than for Hispanics in Polk County and the state.

CHART 6



Data source: Florida Department of Health CHARTS

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

TABLE 1 Most Common Causes of Death from Cancer, Polk County, 2007-2009

Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend	Healthy People 2020 Goals
All Cancers							
Death rate	2007-09	Per 100,000	3	170.5	160.7	See Chart 4	160.6
Lung Cancer							
Death rate	2007-09	Per 100,000	3	57.4	46.9	Better ↓	45.5
Breast Cancer							
Death rate	2007-09	Per 100,000	2	18.6	20.4	No Trend ↔	20.6
Prostate Cancer							
Death rate, male	2007-09	Per 100,000	3	18.2	18.2	Better ↓	21.2
Colorectal Cancer							
Death rate	2007-09	Per 100,000	2	15.1	14.7	Better ↓	14.5

Data source: Florida Department of Health CHARTS. The data is age adjusted. Trends based on three years of data.

(CLRD) Chronic Lower Respiratory Disease (including Asthma)

The **third leading cause of death** in Polk County and in Florida is from chronic lower respiratory disease.

Chronic lower respiratory disease refers to chronic (ongoing) diseases that affect the lower respiratory tract. The most prevalent are chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, and smoking-related disorders.

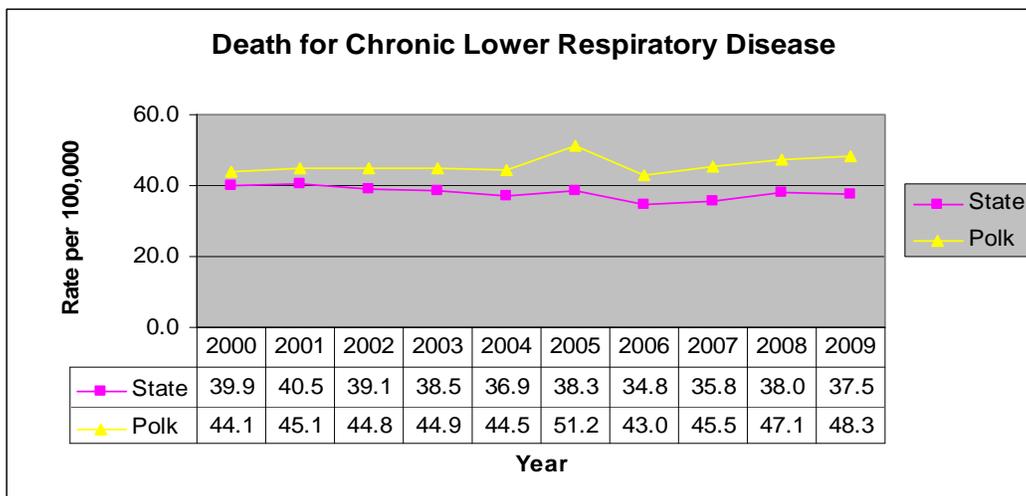
Source: Florida Department of Health CHARTS

In nearly 8 out of 10 cases, COPD is caused by exposure to cigarette smoke.

Source: Healthy People 2020

Death rates from chronic lower respiratory disease have been consistently higher than the state over the last 10 years and the gap is widening.

CHART 7



Data source: Florida Department of Health CHARTS. The data is age adjusted.

Healthy People 2020 are a set of national leading health improvement goals.

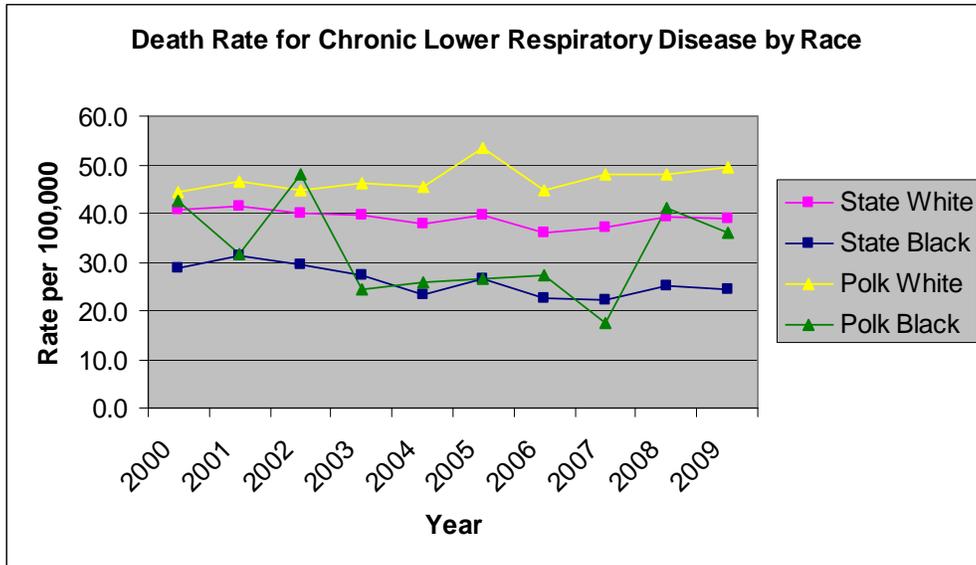
 **Healthy People 2020 Target:** 98.5 deaths per 100,000 population (excludes asthma)

Online access: [Healthy People 2020 Respiratory Objectives and Interventions](#)

(CLRD) Chronic Lower Respiratory Disease (including Asthma)

The white population has a higher death rate for CLRD than the black population.

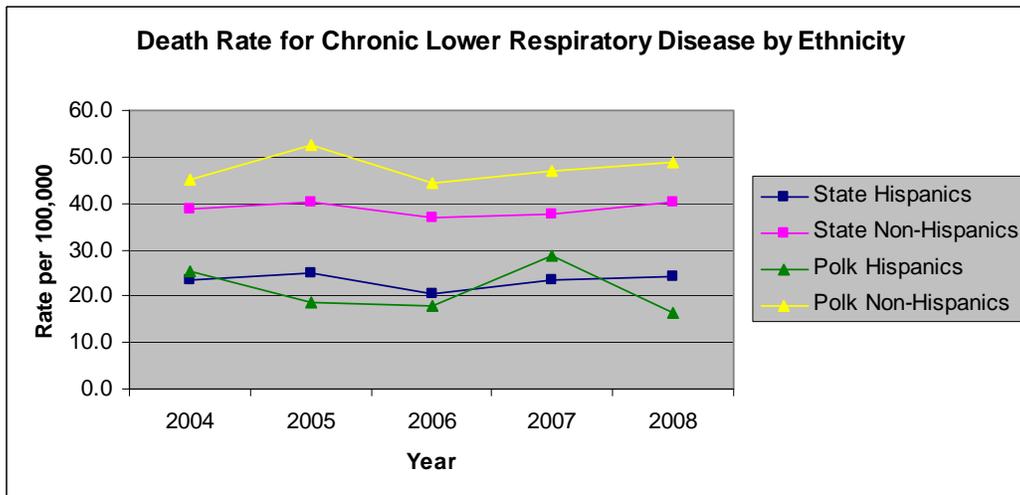
CHART 8



Data source: Florida Department of Health CHARTS. The data is age adjusted.

The death rate for non-Hispanics has been consistently higher than that for Hispanics in Polk County and is higher than the state.

CHART 9



Data source: Florida Department of Health CHARTS. The data is age adjusted.

Unintentional Injuries

In 2007, **Florida's** injury death rates were **higher than the national average** by:

- **186%** for unintentional drownings among children ages 1-4
- **39%** for unintentional poisonings
- **23%** for unintentional motor vehicle injuries
- **23%** for suicides
- **13%** for all unintentional injuries

Children are at risk when not supervised around water.

Florida's death rates in each of these categories were the highest among the nation's five most populous states: CA, TX, NY, FL, and IL.

Online access: [Florida Department of Health, Injury Prevention](#)

Unintentional injuries are the leading cause of death for Florida residents ages 1- 44, and the fourth leading cause of death for all ages in Polk County.

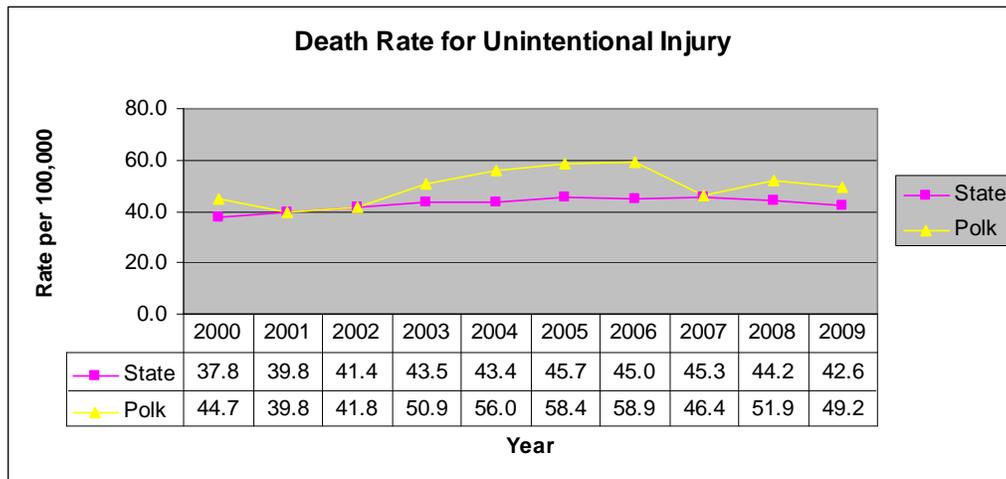
Online access: [Florida Department of Health, Injury Prevention Strategic Plan](#)

Unintentional Injuries include, but are not limited to, those that result from motor vehicle crashes, falls, fires, poisonings, drownings, suffocations, choking, animal bites, and recreational and sports-related activities.

Injury related deaths can be prevented through direct and indirect community efforts.

Source: Florida Department of Health CHARTS

CHART 10



The data is age adjusted. Trend is getting worse and is statistically significant (95% confidence).
Data source: Florida Department of Health CHARTS

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2010 Injury and Violence Prevention Objectives and Interventions](#)

Unintentional Injuries

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

TABLE 2 Most Common Causes of Death from Injuries, Polk County, 2007-2009

Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend	Healthy People 2020 Goals
All Unintentional Injuries	2007-09	Per 100,000	2	49.1	44	↑ Worse	36.0
Motor Vehicle Crashes	2007-09	Per 100,000	2	21.0	15.7	↔ No Trend	12.4
Unintentional Poisonings	2007-09	Per 100,000	3	14.5	14	↑ Worse	13.1
Suicide	2007-09	Per 100,000	2	13.4	13.7	↔ No Trend	10.2

Data source: Florida Department of Health CHARTS

Table 3 demonstrates the cause of injury deaths varies by age group. For instance:

- Ages 1 - 4 are more likely to die from drowning
- Ages 25- 54 are more likely to die from poisoning
- 75 and over are more likely to die from falls

Poisoning may be related to prescription medication

TABLE 3 Injury Deaths by Age Groups and Type- Polk County - 2009

Age Groups												
Rank	<1	1-4	5-9	10-14	15-19	20-24	25-34	35-44	45-54	55-64	65-74	75+
1	Other Unspecified Injuries (6)	Drowning (4)	Drowning (1) Homicide (1)	MV Crashes (1) Homicide (1)	MV Crashes (10)	MV Crashes (10)	Poisoning (27)	Poisoning (16) Suicide (16)	Poisoning (27)	MV Crashes (16)	Suicide (12)	Falls (28)
2	Homicide (3)	MV Crashes (2)			Suicide (4)	Poisoning (5) Suicide (5) Homicide (5)	MV Crashes (19)	MV Crashes (13)	MV Crashes (15)	Poisoning (14)	MV Crashes (8)	Suicide (11)
3	MV Crashes (1) Smoke/Fire (1)	Homicide (1)			Homicide (3)	Smoke/Fire (2)	Suicide (9)	Homicide (5)	Suicide (13)	Suicide (11)	Falls (7)	MV Crashes (9)

Data Source: Florida Department of Health, Office of Vital Statistics. The numbers in the parenthesis are the actual number of deaths.

Stroke

Stroke deaths are the **fifth leading cause of death** in Polk County and in Florida.

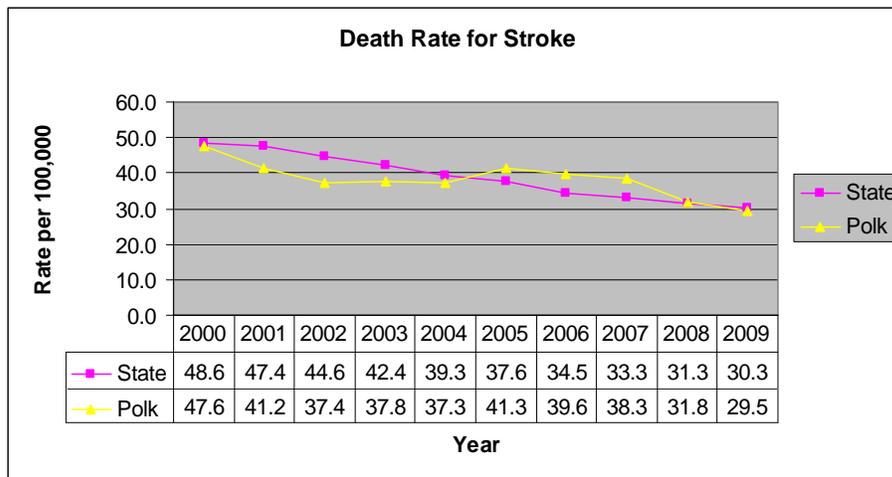
High blood pressure is one of the most common causes of stroke because it puts unnecessary stress on blood vessel walls, causing them to thicken and deteriorate, which can eventually lead to a stroke. It can also speed up several common forms of heart disease.

In most people, high blood pressure can be controlled through diet, exercise, medication, or a combination of all three. A diet that is low in salt and rich in vegetables, fruits, and low-fat dairy products may help lower your blood pressure. Recent studies have also shown that increasing potassium intake, for example by eating fresh fruits and vegetables, may help lower blood pressure.

A program of regular exercise, appropriate to age and fitness level and approved by a health care provider, may aid in weight loss and help lower blood pressure.

Source: Florida Department of Health CHARTS

CHART 11



Death rates from stroke are declining and lower than the state.

The data is age adjusted. Trend is getting better and is statistically significant (95% confidence).
Data source: Florida Department of Health CHARTS

Healthy People 2020 are a set of national leading health improvement goals.

Polk has met the national goal.

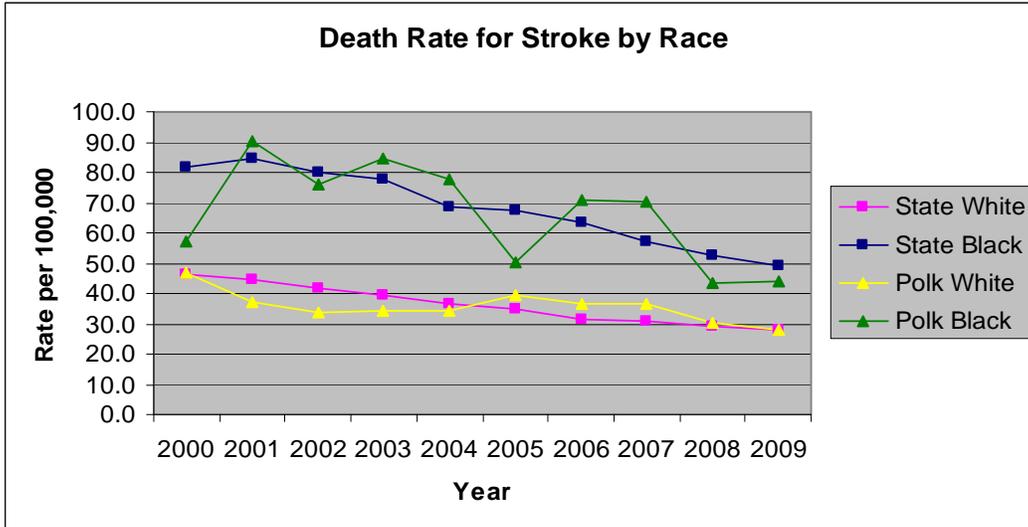
 **Healthy People 2020 Target:** 33.8 deaths per 100,000 population

Online access: [Healthy People 2020 Heart Disease and Stroke Objectives and Interventions](#)

Stroke

Stroke death rates for the black population are higher than the white, however both are trending down and the gap is narrowing.

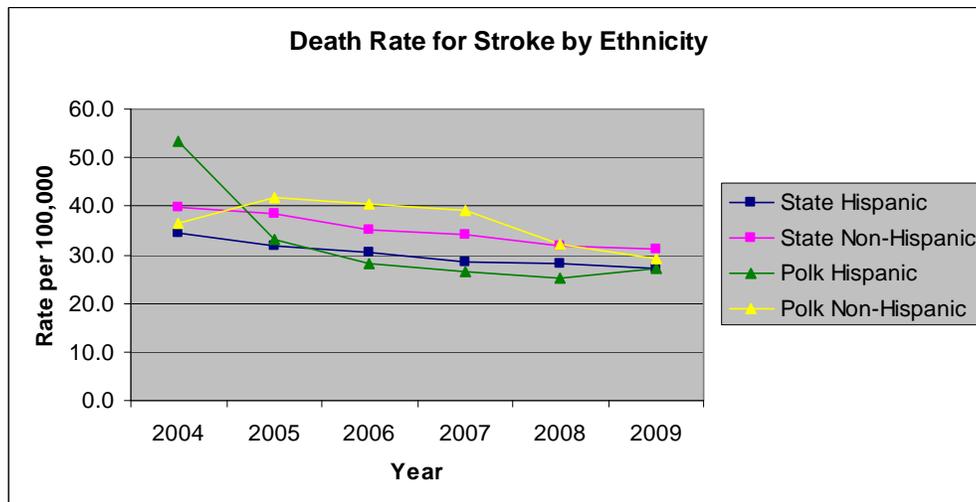
CHART 12



Data source: Florida Department of Health CHARTS. The data is age adjusted.

Stroke death rates for the Hispanic population are lower than non-Hispanic and lower than the state.

CHART 13



Data source: Florida Department of Health CHARTS. The data is age adjusted.

Chronic Diseases

Chronic diseases such as heart disease, cancer, and diabetes are among the most prevalent, costly, and preventable of all health problems. Consideration of deaths alone severely understates the burden of chronic disease.

Source: Florida Department of Health

Chronic disease is widespread and impacts everyone, either directly or indirectly. A review of the data confirms that chronic disease is a primary cause of our overall decline in health status.

Source: One Bay Healthy Communities, February 2011

Our state cannot reduce its enormous health care costs, much less its priority health problems, without addressing the prevention of chronic disease in a more aggressive manner. Adopting healthy behaviors such as eating nutritious foods, being physically active and avoiding tobacco use can prevent or control the devastating effects of these diseases.

Source: Florida Department of Health

The number of people *dying* from chronic disease in the last decade has fallen, while the number of people *living* with chronic disease has increased.

Risk Factors and Polk County's Status for Adults and School-Aged Children

The following charts help answer the questions, "**How healthy are our residents?**" and "**What does the health status of our community look like?**" The data in these reports provide a picture of Polk County's health status and will help identify priorities for specific health outcomes in Polk County.

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

County trends seen in these reports are only calculated for indicators that have 12 or more years of data. Trend Values show:

-  Trend is getting better and is statistically significant
-  Trend is getting worse and is statistically significant
-  Trend is not statistically significant
- N/A** Not enough data to compute a trend

Chronic Diseases

TABLE 4

 Polk County, Florida County Health Status Summary							
Indicator	Year(s)	Rate Type	County Quartile ^A 1=most favorable 4=least favorable	County Rate	State Rate	County Trend ^B (click to view)	Healthy People 2020 Goals ^C
Major External (Nongenetic) Factors That Contribute to Death							
Physical Activity							
Adults who meet moderate physical activity recommendations ¹	2007	Percent	 4	30.2%	34.6%	N/A	
Adults who meet vigorous physical activity recommendations ¹	2007	Percent	 3	22.6%	26.0%	N/A	
Adults who engage in no leisure-time physical activity ¹	2002	Percent	 3	31.5%	26.4%	N/A	32.6%
Overweight and Obesity							
Adults who consume at least five servings of fruits and vegetables a day ¹	2007	Percent	 4	21.3%	26.2%	N/A	
Adults who are overweight ¹ (BMI 25-29.9)	2007	Percent	 1	32.6%	38.0%	N/A	
Adults who are obese ¹ (BMI ≥ 30)	2007	Percent	 4	33.2%	24.1%	N/A	30.6%
Tobacco Use							
Adults who are current smokers ¹	2007	Percent	 2	19.0%	19.3%	N/A	12%
Chronic Diseases							
Coronary Heart Disease							
Coronary heart disease age-adjusted death rate ⁷	2007-09	Per 100,000	 4	130.2	108.5	Better ↓	100.8
Coronary heart disease age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	 3	565.7	440.4	Better ↓	
Stroke							
Stroke age-adjusted death rate ⁷	2007-09	Per 100,000	 2	33.1	31.6	Better ↓	33.8
Stroke age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	 4	311.0	268.6	Better ↓	
Heart Failure							
Heart failure age-adjusted death rate ⁷	2007-09	Per 100,000	 2	8.5	7.6	Worse ↑	
Congestive heart failure age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	 4	237.5	185.3	No Trend ↔	
Adults with diagnosed hypertension ¹	2007	Percent	 3	31.7%	28.2%	N/A	
Adults who have diagnosed high blood cholesterol ¹	2007	Percent	 3	40.1%	37.1%	N/A	13.5%
Adults who had their cholesterol checked in the past five years ¹	2007	Percent	 2	72.9%	73.3%	N/A	

Chronic Diseases



Polk County, Florida County Health Status Summary

Indicator	Year(s)	Rate Type	County Quartile ^A 1=most favorable 4=least favorable	County Rate	State Rate	County Trend ^B (click to view)	Healthy People 2020 Goals ^C
Lung Cancer							
Lung cancer age-adjusted death rate ⁷	2007-09	Per 100,000	3	57.4	46.9	Better ↓	45.5
Lung cancer age-adjusted incidence rate ⁹	2005-07	Per 100,000	3	80.4	67.7	No Trend ↔	
Colorectal Cancer							
Colorectal cancer age-adjusted death rate ⁷	2007-09	Per 100,000	2	15.1	14.7	Better ↓	14.5
Colorectal cancer age-adjusted incidence rate ⁹	2005-07	Per 100,000	4	51.0	43.0	Better ↓	
Adults 50 years of age and older who received a sigmoidoscopy or colonoscopy in the past five years ¹	2007	Percent	1	57.7%	53.7%	N/A	
Adults 50 years of age and older who received a blood stool test in the past year ¹	2007	Percent	3	18.2%	21.2%	N/A	
Breast Cancer							
Breast cancer age-adjusted death rate ⁷	2007-09	Per 100,000	2	18.6	20.4	No Trend ↔	20.6
Breast cancer age-adjusted incidence rate ⁹	2005-07	Per 100,000	2	104.2	109.3	No Trend ↔	
Women 40 years of age and older who received a mammogram in the past year ¹	2007	Percent	2	63.3%	64.9%	N/A	
Prostate Cancer							
Prostate cancer age-adjusted death rate ⁷	2007-09	Per 100,000	3	18.3	18.3	Better ↓	21.2
Prostate cancer age-adjusted incidence rate ⁹	2005-07	Per 100,000	4	143.1	130.6	No Trend ↔	
Cervical Cancer							
Cervical cancer age-adjusted death rate ⁷	2007-09	Per 100,000	4	3.8	2.5	No Trend ↔	2.2
Cervical cancer age-adjusted incidence rate ⁹	2005-07	Per 100,000	3	11.1	9.1	Better ↓	
Women 18 years of age and older who received a Pap test in the past year ¹	2007	Percent	3	62.3%	64.8%	N/A	93%
Melanoma							
Melanoma age-adjusted death rate ⁷	2007-09	Per 100,000	2	3.1	2.9	No Trend ↔	2.4
Melanoma age-adjusted incidence rate ⁹	2005-07	Per 100,000	4	25.9	17.4	Worse ↑	
Chronic Lower Respiratory Diseases							
Chronic lower respiratory diseases (CLRD) age-adjusted death rate ⁷	2007-09	Per 100,000	3	47.0	37.1	No Trend ↔	
CLRD age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	4	561.0	339.9	Worse ↑	50.1

Chronic Diseases

 Polk County, Florida County Health Status Summary							
Indicator	Year(s)	Rate Type	County Quartile ^A 1=most favorable 4=least favorable	County Rate	State Rate	County Trend ^B (click to view)	Healthy People 2020 Goals ^C
Adults who currently have asthma ¹	2007	Percent	4	7.9%	6.2%	N/A	
Asthma age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	4	1018.2	729.9	Worse ↑	
Diabetes							
Diabetes age-adjusted death rate ⁷	2007-09	Per 100,000	2	19.7	20.0	Better ↓	65.8
Diabetes age-adjusted hospitalization rate ⁸	2007-09	Per 100,000	4	2824.5	2130.8	Worse ↑	
Amputation due to diabetes age-adjusted hospitalization rate ⁸	2006-08	Per 100,000	3	24.9	23.8	Better ↓	
Adults with diagnosed diabetes ¹	2007	Percent	3	9.3%	8.7%	N/A	

Data Source: Florida Department of Health CHARTS

TABLE 5 Polk County Chronic Disease Risk Factors for School Aged Children

School-aged Child and Adolescent Profile, Polk County						
Measure	Rate Type	Year(s)	County Quartile ^A 1=most favorable 4=least favorable	County Numbers	County Rate	State Comparison
Modifiable Behaviors Leading to Premature Death³						
Insufficient Physical Activity						
Percent of students without sufficient vigorous physical activity						
Middle school	Percent	2008	3		32.40%	31.60%
High school	Percent	2008	3		40.90%	40.60%
Overweight						
Percent of students reporting BMI at or above 95th percentile						
Middle school	Percent	2008	3		12.20%	11.30%
High school	Percent	2008	3		14.10%	11.00%
Access to Care						
Potentially Avoidable Hospitalizations⁷						
Asthma hospitalizations per 100,000 population (3-year rate)						
5-11	Per 100,000	2007-09	4	282	516.8	387.3
12-18	Per 100,000	2007-09	4	196	364.4	314.1
Percent of students who report having asthma						
Middle school	Percent	2008	3		19.50%	16.90%
High school	Percent	2008	4		19.20%	17.20%
Diabetes hospitalizations per 100,000 population (3-year rate)						
5-11	Per 100,000	2007-09	3	21	39.6	41.4
12-18	Per 100,000	2007-09	3	70	129.9	121.4

Data Source: Florida Department of Health CHARTS

Chronic Diseases

Data Sources

- ¹Florida Department of Health, Bureau of Epidemiology, Florida BRFSS survey
- ²US Census Bureau
- ³US Department of Labor, Bureau of Labor Statistics
- ⁴Florida Department of Health, Division of Medical Quality Assurance
- ⁵Florida Agency for Health Care Administration, Certificate of Need Office
- ⁶Florida Department of Health, Office of Health Statistics and Assessment
- ⁷Florida Department of Health, Office of Vital Statistics
- ⁸Florida Agency for Health Care Administration (AHCA)
- ⁹University of Miami (FL) Medical School, Florida Cancer Data System
- ¹⁰Florida Department of Health, Division of Disease Control
- ¹¹Florida Department of Health, Bureau of Immunization
- ¹²Florida Department of Law Enforcement

All Age-Adjusted rates are 3-year rates per 100,000 and are calculated using the 2000 Standard US Population. These rates also use July 1 Florida population estimates from the Florida Legislature, Office of Economic and Demographic Research

[View ICD Codes for death, cancer, and hospitalization indicators](#)

^ACounty Quartiles

Most favorable situation	Average	Least favorable situation
1	2 or 3	4
(25% of counties)	(50% of counties)	(25% of counties)

Quartiles in this report allow you to compare health data from one county to another in the state. Quartiles are calculated by ordering an indicator from most favorable to least favorable by county and dividing the list into 4 equal-size groups. In this report, a low quartile number (1) always represents more favorable health situations while fours (4) represent less favorable situations.

^BCounty Trends

As with rates, there is also random variation in the trend lines of these rates, so that a line that slopes upward may not represent a statistically significant increase, particularly if it is based on small numbers. For that reason, we test statistically to determine whether or not we can be at least 95 percent confident that what appears to be an increase or decrease is real, not just the result of random fluctuation.

Trends only calculated for indicators with 12 or more years of data available.

[Click here for more information about trends](#)

Trend Values

 Trend is getting better and is statistically significant

 Trend is getting worse and is statistically significant

 Trend is not statistically significant

N/A - Not enough data to compute a trend

^CHealthy People 2020 Goals

Healthy People 2020 is a national health promotion and disease prevention initiative. Its goals are to increase the quality and years of healthy life and eliminate health disparities. More information available at: <http://www.healthypeople.gov/>. Goals are not available for every indicator. Data source: Florida Department of Health CHARTS

Health Disparities

What are health disparities?

Health disparities exist when **one group of people get sick or die more often** than another group.

For example in Polk:

- Blacks make up a disproportionate number of hospitalizations from heart disease, stroke and asthma (See Tables 6 & 8).
- Whites have higher diagnoses of hypertension and diabetes (See Tables 6 & 9).
- Hospitalizations from diabetes and from amputations attributable to diabetes are higher in minorities (See Table 9).

[Minority Health Profile Report- Black/White](#)

[Minority Health Profile Report- Hispanic/Hon-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.



It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by these groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

Health Disparities

P- White column represents the number of whites with the health indicator compared to the total population of whites in Polk County.

P- Black column represents the number of blacks with the health indicator compared to the total population of blacks in Polk County.

P- Hispanic column represents the number of Hispanics with the health indicator compared to the total population of Hispanics in Polk County.

The highlighted areas in Tables 6 – 10 shows where a racial or ethnic group is disproportionately represented compared to the overall county rate.

For example:

- Blacks makeup a disproportionate number of hospitalizations from heart disease, stroke and asthma (see Tables 6 & 8).
- Whites have a higher diagnoses of hypertension and diabetes (see Tables 6 & 9)
- A higher proportion of white women over 18 received a Pap test in the past year (see Table 7).
- Hospitalizations from diabetes and from amputations attributable to diabetes are higher in minorities (see Table 9).
- Blacks and Hispanics make up a disproportionate number of overweight and obese (see Table 10).

This may mean some groups are not accessing primary care to be diagnosed.

TABLE 6 Heart Disease and Stroke Disparities for Adults.

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Cardiovascular Disease					
Hospitalizations from congestive heart failure; age-adjusted 3 yr. rolling rate	2007-2009	237.5	205.1	488.1	183
Deaths from heart diseases; 3-year age-adjusted death rate per 100,000	2007-2009	179.4	128.2	156.6	86.7
Percentage of adults with diagnosed hypertension; age-adjusted rate	2010	36	39.5	28.9	13
Adults who have diagnosed high blood cholesterol	2010	35.8	39.3	31.5	14.3
Adults who had their cholesterol checked in the past 2 years	2007	72.9	80.1	82.7	n/a
Stroke					
Age-adjusted hospitalization rate	2007-2009	311	287.2	458.7	278.9
Age-adjusted death rate	2007-2009	33.1	31.6	52.3	26.3

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Heart Disease and Stroke Objectives and Interventions](#)

Health Disparities

TABLE 7 Cancer Disparities for Adults

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Cancer					
Percentage of women 18 years of age and older who received a Pap test in the past year	2007	62.3	58.3	83	66.6
Percentage of women 40 years of age and older who received a mammogram in the past year	2007	63.3	62.5	81.5	62.5
Percentage of adults 50 and over who have ever had a sigmoidoscopy or colonoscopy	2007	68.5	69.1	52.7	53.7
Percentage of adults 50 years of age and older who received a blood stool test in the past year	2007	18.2	19.1	16.5	10.1

Data Source: Florida Department of Health Behavioral Risk Factors Surveillance System (BRFSS)

Online access: [Healthy People 2020 Cancer Objectives and Interventions](#)

TABLE 8 Asthma Disparities for Adults

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Asthma					
Asthma age-adjusted hospitalization rate	2007-2009	1018.2	937.7	1418.4	965.7
Emergency room visits due to asthma, adults	2007-2009	N/A	328.3	548.6	261.3
Adults who currently have asthma	2010	9.3	8.6	16.3	5.2

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Respiratory Diseases Objectives and Interventions](#)

TABLE 9 Diabetes Disparities for Adults

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Diabetes					
Age-adjusted hospitalization rate from or with diabetes; 3 year rolling rates	2007-2009	2824.5	2527.6	4892.1	2982
Hospitalizations from amputation attributable to diabetes; age-adjusted 3 year rolling rate	2006-2008	24.9	20.4	61.6	26.3
Percentage of adults with diagnosed diabetes	2010	14.2	15.7	4.5	12.1
Age-adjusted diabetes 3-year rolling death rate	2007-2009	19.7	17.8	38.9	30.1

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Diabetes Objectives and Interventions](#)

Health Disparities

TABLE 10 Weight Disparities for Adults

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Overweight and Obesity					
Percentage of adults who are obese (BMI \geq 30)	2010	37.6	34.7	58.1	42.8
Adults who are overweight	2010	33.9	35.2	28.8	24.5
Adults who are overweight or obese	2010	71.5	69.8	86.9	67.2
Adults who engage in at least moderate physical activity	2007	30.2	33.9	13.4	22.4
Adults who consume at least 5 servings of fruits and vegetables a day	2007	21.3	20.1	25.4	25.9

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Nutrition and Weight Status Objectives and Interventions](#)

Online access: [Healthy People 2020 Physical Activity Objectives and Interventions](#)

Communicable and Infectious Diseases

Vaccine Preventable Diseases

In our mobile society, over a million people each day travel to and from other countries, where many vaccine-preventable diseases remain relatively common. Without vaccines, epidemics of many *preventable* diseases could return, resulting in increased and unnecessary illness, disability, and death among children.

We have record or near record low levels of vaccine-preventable childhood diseases in the United States, but that does not mean these have disappeared. Many of the viruses and bacteria are still circulating in this country or are only a plane ride away. That's why it's important that children, especially infants and young children receive recommended immunizations on time.

Source: Centers for Disease Control & Prevention (CDC)

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

Polk County is in the least favorable quartile for many vaccine preventable diseases.

TABLE 11 Vaccine Preventable Diseases

		Polk County, Florida County Health Status Summary					
Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend (click to view)	Healthy People 2020 Goals
Vaccine Preventable Diseases							
Vaccine preventable diseases	2007-09	Per 100,000	4	6.1	3.8	No Trend 	
Pertussis, 3 year rolling rate	2008-2010	Per 100,000	4	4.1	2.0	CHARTS	
Hepatitis A	2008-2010	Per 100,000	2	0.6	0.9	CHARTS	0.3
Acute Hepatitis B, 3 year rolling rate	2008-2010	Per 100,000	3	1.8	1.8	CHARTS	1.5
Haemophilus Influenza	2008-2010	Per 100,000	4	2.3	1.1	CHARTS	
Influenza & pneumonia; age adjusted death rate	2007-2009	Per 100,000	4	13.2	8.7	CHARTS	
Adults who received a flu shot in the past year	2007	Per 100,000	3	32	32.7	CHARTS	
Adults who have ever received a pneumonia vaccination	2007	Per 100,000	2	27.2	25.9	CHARTS	
Kindergarten children fully immunized	2007-09	Percent	4	91.8%	91.5%	No Trend 	

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Immunization & Infectious Diseases Objectives and Interventions](#)

Tuberculosis

Many people think that tuberculosis (TB) is a disease of the past — an illness that no longer threatens us today. One reason for this belief is that, in the United States, we are currently experiencing a decline in TB. We are at an all-time low in the number of persons diagnosed with active TB disease. That very success makes us vulnerable to complacency and neglect. But it also gives us an opportunity to eliminate TB in this country.

Source: Centers for Disease Control & Prevention (CDC)

TB can affect anyone but it places a heavier burden on groups such as the poor, foreign-born from countries with high TB rates, people with depressed immune systems and people in institutional settings.

Source: Florida Department of Health

Table 12 shows that although Polk is in the 3rd quartile, the trend is getting better and is statistically significant.

Table 12 Tuberculosis Cases

 Polk County, Florida County Health Status Summary							
Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend (click to view)	Healthy People 2020 Goals
Tuberculosis							
TB cases reported	2007-09	Per 100,000	3	3.4	4.9	Better ↓	1.0

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 Immunization & Infectious Diseases Objectives and Interventions](#)

Sexually Transmitted Diseases (STDs)

There are approximately 19 million new cases of STDs in the U. S. each year. Many of those who are infected don't know it because several STDs do not have any symptoms.

Although many STDs are easily treated and cured, most doctors do not automatically test for chlamydia or other STDs during a yearly checkup, routine pelvic exam or Pap test.

Most males who get an STD never develop any symptoms or health problems.

Source: Florida Department of Health, Bureau of STD Prevention and Control

Bacterial STDs reported to the state include chlamydia, gonorrhea and syphilis.

Chlamydia is the most frequently reported bacterial STD in the United States. Chlamydia cases frequently go undiagnosed and can cause serious problems in men and women as well as infections in newborn babies of infected mothers.

Sexually Transmitted Diseases (STDs)

Gonorrhea is the second most commonly reported bacterial STD in the United States. Gonorrhea can spread into the uterus and fallopian tubes, resulting in pelvic inflammatory disease (PID). PID affects more than 1 million women in the United States every year and can cause tubal (ectopic) pregnancy and infertility in as many as 10 percent of infected women. In addition to gonorrhea playing a major role in PID, some health researchers think it adds to the risk of getting HIV infection.

Syphilis is a sexually transmitted bacterial infection that causes genital ulcers (sores) in its early stages. If untreated, these ulcers can then lead to more serious symptoms of infection. In 2008, 13,500 cases of syphilis were reported in the United States, mostly in people 20 to 29 years of age. Of these reported cases, 63 percent were among men who have sex with men. Syphilis increases the risk of transmitting as well as getting infected with HIV.

Source: National Institute for Allergy and Infectious Disease

Sexually active teens and young adults are at higher risk for getting STDs. Healthy People 2020

TABLE 13 Chlamydia, Gonorrhea and Syphilis Cases

		Polk County, Florida County Health Status Summary				
Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend (click to view)
Chlamydia cases reported	2007-09	Per 100,000	3	377.5	357.3	Worse ↑
Gonorrhea cases reported	2007-09	Per 100,000	3	131.0	119.7	Better ↓
Infectious syphilis cases reported	2007-09	Per 100,000	4	4.0	5.3	No Trend ↔
Bacterial STDs aged 15- 19 (3 year rate)	2008-2010	Per 100,000	3	2627.0	2539.3	N/A
Bacterial STDs aged 15-24 (3 year rate)	2008-2010	Per 100,000	3	2897.8	2726.5	N/A

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 STDs Objectives and Interventions](#)

HIV/AIDS

HIV is a preventable disease. Effective HIV prevention interventions have been proven to reduce the spread of HIV. People who get tested for HIV and learn that they are infected can make behavior changes to improve their health and reduce the risk of passing on HIV to their sex or drug-using partners. Most new HIV infections occur when people who have HIV and do not know it, pass it on to others.

People with HIV are living longer, healthier, and more productive lives due to increasingly effective treatments. Deaths from HIV infection have greatly declined in the United States since the 1990s.

As the number of people living with HIV grows, it will be more important than ever to increase national HIV prevention and health care programs.
Source: Healthy People 2020

TABLE 14 HIV/AIDS Cases and Death Rate

 Polk County, Florida County Health Status Summary							
Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend (click to view)	Healthy People 2020 Goals
HIV/AIDS							
HIV cases reported	2007-09	Per 100,000	3	21.3	33.2	N/A	
Reported new HIV cases ages 13-19 (3-year rate)	2007-09	Per 100,000	3	10.7	14.8	N/A	
AIDS cases reported	2007-09	Per 100,000	3	18.1	22.9	No Trend 	
HIV/AIDS age-adjusted death rate	2007-09	Per 100,000	3	5.4	7.4	Better 	3.7

Data Source: Florida Department of Health CHARTS

Health Disparities

What are health disparities?

Health disparities exist when **one group of people get sick or die more often** than another group.

For example in Polk:

- Blacks and Hispanics make up a disproportionate number of HIV and AIDS cases (see Table 15).
- The death rate for HIV/AIDS is higher for blacks than for other racial and ethnic groups (see Table 15).

[Minority Health Profile Report- Black/White](#)

[Minority Health Profile Report- Hispanic/Hon-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.

- ➔ It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by racial and ethnic groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

Health Disparities

P- White column represents the number of whites with the health indicator compared to the total population of whites in Polk County.

P- Black column represents the number of blacks with the health indicator compared to the total population of blacks in Polk County.

P- Hispanic column represents the number of Hispanics with the health indicator compared to the total population of Hispanics in Polk County.

Table 15 shows where one where one racial or ethnic group is disproportionately represented compared to the overall county rate.

For example:

- Blacks and Hispanics make up a disproportionate number of reported HIV/AIDS cases

TABLE 15 Health Disparities for HIV/AIDS

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Reported HIV cases, per 100,000	2007-2009	21.3	8.5	67	22.6
Reported AIDS cases, per 100,000	2007-2009	18.1	6.4	61.8	19.2
Age-adjusted HIV/AIDS death rate	2007-2009	5.4	2.3	22.5	2.3

Data Source: Florida Department of Health CHARTS

Online access: [Healthy People 2020 HIV Objectives and Interventions](#)

Maternal, Infant and Young Child Health Including Disparities

Improving the well-being of mothers, infants, and children is an important public health goal for the United States. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities, and the health care system.

The risk of maternal and infant death and pregnancy-related complications can be reduced by increasing access to quality **preconception (before pregnancy)** and **interconception (between pregnancies)** care. Moreover, healthy birth outcomes and early identification and treatment of health conditions among infants can prevent death or disability and enable children to reach their full potential.

Healthy birth outcomes make it possible for children to reach their full potential.

Many factors can affect pregnancy and childbirth, including:

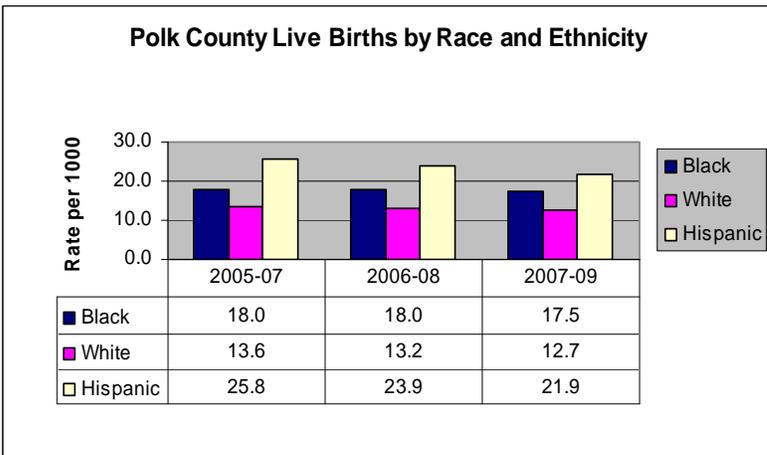
- Preconception health status
- Age
- Access to appropriate preconception and interconception health care
- Poverty

Source: Healthy People 2020

Children born to teen parents are at greater risk for living in poverty, experiencing health problems or difficulty in school, serving time in jail, and/or becoming teen parents themselves.

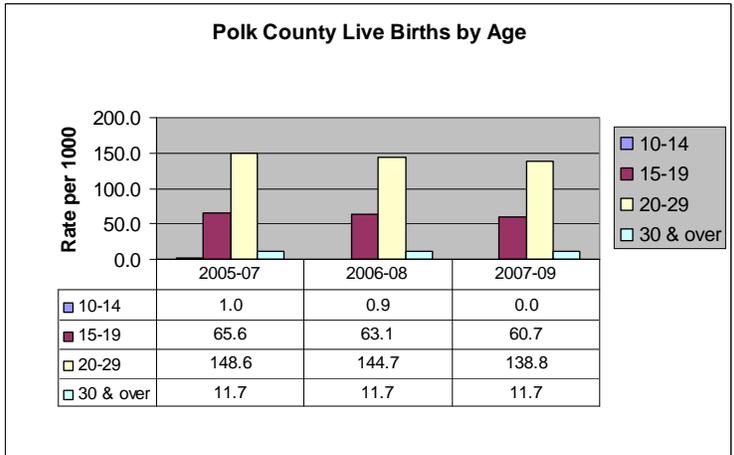
Charts 14 and 15 show the numbers of live births in Polk County by race, ethnicity and age group for 2005-2009.

CHART 14



Data Source: Florida Department of Health CHARTS
Three year rolling rates

CHART 15



Data Source: Florida Department of Health CHARTS
Three year rolling rates

Maternal, Infant and Young Child Health

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

TABLE 16 Polk County Health Status Summary for Maternal and Child Health

 Polk County, Florida County Health Status Summary							
Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate	County Trend (click to view)	Healthy People 2020 Goals
Maternal ,Infant & Young Child Health							
Early prenatal care (care began 1st trimester)	2007-09	Percent	4	63.5%	77.0%	N/A	77.9%
Late or no prenatal care	2007-09	Percent	4	9.8%	5.6%	N/A	
Low birth weight births (births < 2500 grams or less than 5.5 pounds)	2007-09	Percent	3	8.4%	8.7%	Worse ↑	
Very low birth weight births (births < 1500 grams or 3.3 pounds)	2007-09	Percent	3	1.6%	1.6%	N/A	
Premature births (births < 37 weeks gestation)	2007-09	Percent	2	13.4%	14.1%	Worse ↑	11.4%
Very premature births (births < 32 weeks gestation)	2007-09	Percent	3	2.4%	2.3%	N/A	
Multiple births	2007-09	Percent	2	2.9%	3.2%	Worse ↑	
Births to mothers 10-14	2007-09	Rate per 1,000	3	0.8%	0.6%	N/A	
Births to teens 15-19	2007-09	Rate per 1,000	3	60.7	40.4	Better ↓	
Repeat births to mothers 15-19	2007-09	Percent	3	23.2%	22.7%	Better ↓	
Infant death rate	2007-09	Per 1,000 live births	3	8.1	7.1	No Trend ↔	6.0
Neonatal death rate	2007-09	Per 1,000 live births	3	4.7	4.5	No Trend ↔	4.1
Postneonatal death rate	2007-09	Per 1,000 live births	3	3.4	2.5	No Trend ↔	2.0
Fetal death ratio	2007-09	Per 1,000 live births	3	7.7	7.4	No Trend ↔	5.6
Kindergarten children fully immunized	20009	Percent	3	92.9%	91.3%	No Trend ↔	

Data Source: Florida Department of Health CHARTS

Table 17 shows that over half of the births in Polk County are covered by Medicaid.

TABLE 17

Percentage of Polk County Mothers Using Medicaid as Payment Source by Year of Birth						
Polk	2004	2005	2006	2007	2008	2009
	46.30%	58.30%	52.30%	48.80%	50.80%	56.40%

Data Source: Florida Department of Health CHARTS

Health Disparities

What are health disparities?

Health disparities exist when **one group of people get sick or die more often** than another group.

For example in Polk (see Table 18):

- Blacks make up a disproportionate number of low birth weight babies.
- Black babies are more likely to die than white or Hispanic babies.
- Hispanics and blacks are more likely to have late or no prenatal care.
- Repeat births to mothers aged 15-19 is more likely to occur among minorities.

[Minority Health Profile Report- Black/White](#)

[Minority Health Profile Report- Hispanic/Non-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.

 It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by racial and ethnic groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

Health Disparities

P- White column represents the number of whites with the health indicator compared to the total population of whites in Polk County.

P- Black column represents the number of blacks with the health indicator compared to the total population of blacks in Polk County.

P- Hispanic column represents the number of Hispanics with the health indicator compared to the total population of Hispanics in Polk County.

Table 18 shows where one where one racial or ethnic group is disproportionately represented compared to the overall county rate.

For example:

- A higher proportion of black infants are born with low birth rate
- A higher proportion of white mothers smoke during pregnancy

TABLE 18 Health Disparities for Prenatal & Perinatal Health

Core Health Indicators	Year	Polk	P White	P Black	P Hispanic
Prenatal & Perinatal Health					
Live births under 2500 grams to all mothers; rolling 3-year rates	2007-2009	8.4	7.2	13.1	7.1
Total infant mortality; rate per 100,000; rolling 3 year rates	2007-2009	8.1	6.7	13.5	8
Births to mothers ages 15-19; rate per 100,000; rolling 3 year rates	2007-2009	60.7	57.3	71.2	83.4
Births to mothers with 3rd trimester or no prenatal care; rolling 3 year rates	2007-2009	9.8	8.8	13.8	11.7
Resident live births to mothers who smoked during pregnancy; rolling 3 year rates	2007-2009	10.2	11.6	6.1	2.1

Data Source: Florida Department of Health CHARTS

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Maternal, Infant and Child Health Objectives and Interventions](#)

Online access: [Healthy People 2020 Family Planning Objectives and Interventions](#)

Oral Health

The significant improvement in the oral health of Americans over the past 50 years is a result of effective prevention and treatment efforts. One major success is community water fluoridation, which now benefits about 7 out of 10 Americans who get water through public water systems.

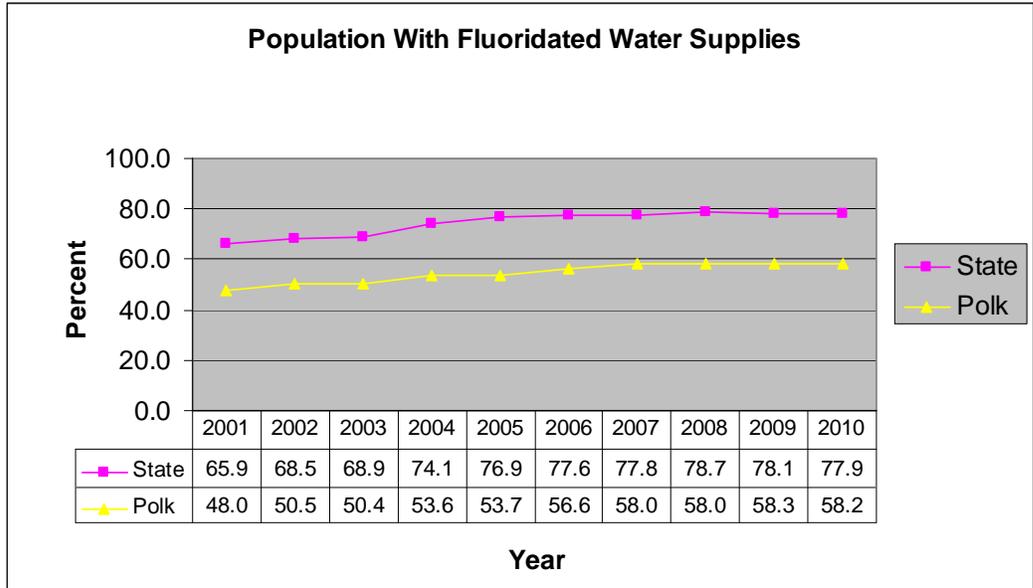
School-based dental sealant programs and community water fluoridation and are two leading evidence-based interventions to prevent tooth decay.

Source: Healthy People 2020

In March 2009, The Polk County Health Department Dental Program received a \$50,000 grant to start a school based sealant program for the Lake Wales Area Schools. The school based sealant program has served 1,417 students, placing sealants on 4,388 first permanent molars in the last two years.

Over 40% of Polk County's population does not have access to fluoridated water.

CHART 16



Data Source: Florida Department of Health CHARTS. Single-Year Percentages for All Races All Sexes.

Oral Health

People who have the least access to preventive services and dental treatment have greater rates of oral diseases.

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

Polk County is in the least favorable quartile for adults' visits to the dentist in the past year.

TABLE 19 Oral Health Indicators, Polk County

Indicator	Year(s)	Rate Type	County Quartile 1=most favorable 4=least favorable	County Rate	State Rate
Adults who could not see a dentist in the past year because of cost	2007	Percent	2	20.2%	19.2%
Percentage of adults who visited a dentist or a dental clinic in the past year	2010	Percent	4	49.8%	64.7 %
Total licensed dentists in Polk County	2007-09	Per 100,000	3	27.6	61.8
Low income persons with access to dental care	2009	Percent	3	27.1%	29.3%
Target population of low income persons reached by CHD for dental care	CY 2009	Percent	3	20.1%	16.3%

Data Source: County Health Summary- Florida CHARTS
CHD: County Health Department

Health Disparities

What are health disparities?

Health disparities exists when **one group of people get sick or die more often** than another group.

For example in Polk:

- Fewer black and Hispanic adults see a dentist annually due to cost (See table 20).

[Minority Health Profile Report- Black/White](#)

[Minority Health Profile Report- Hispanic/Hon-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.

Health Disparities

- ➔ It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by racial and ethnic groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

The following table highlights where racial and ethnic disparities exist.

P- White column represents the number of whites with the health indicator compared to the total population of whites in Polk County.

P- Black column represents the number of blacks with the health indicator compared to the total population of blacks in Polk County.

P- Hispanic column represents the number of Hispanics with the health indicator compared to the total population of Hispanics in Polk County.

Table 20 shows where one where one racial or ethnic group is disproportionately represented compared to the overall county rate.

For example:

- Blacks and Hispanics make up a disproportionate number of people who could not see a dentist in the past year because of cost.

TABLE 20 Oral Health Disparities for Adults

Core Health Indicator	Year	Polk	P White	P Black	P Hispanic
Percent of adults who could not see a dentist in the past year because of cost	2007	20.2	17.6	26.6	29.6

Data Source: Florida Department of Health Behavioral Risk Factors Surveillance System (BRFSS)

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Oral Health Objectives and Interventions](#)

Mental Health

According to Healthy People 2020, mental health and physical health are closely connected. Mental health plays a major role in people’s ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect people’s ability to participate in health-promoting behaviors. In turn, problems with physical health, such as chronic diseases, can have a serious impact on mental health and decrease a person’s ability to participate in treatment and recovery.

Source: Healthy People 2020

Mental illnesses affect people’s ability to make healthy choices.

The National Alliance for Mental Illness (NAMI) recently released its 2009 report card of states and Florida received an overall “D” grade.

According to the report, Floridians living with mental illness face uphill battles to get appropriate services due to a lack of funding and a shortage of mental health providers. The report’s authors noted concern with Florida’s insufficient efforts to address cultural competence and the inadequate supply of mental health professionals.

Source: One Bay Healthy Communities Report – February 2011

There are many sources that provide data for the state of Florida and the nation, such as the Florida Council of Community Mental Health (FCCMH) and the Substance Abuse and Mental Health Services Administration (SAMHSA). County level data is unavailable. However, the 2007 Behavioral Risk Factor Surveillance System (BRFSS) survey data contains county-level estimates of the prevalence of personal health behaviors that contribute to morbidity and mortality.

The Florida Department of Health uses *quartiles* to compare health data from one county to another. A low quartile number (1) always represents more favorable health situations while fours (4) represent least favorable situations. These quartiles are color coded from **green** to **red**.

TABLE 21 Mental Health Indicators for Adults

2007 Mental Health Indicators	Polk County	State	Quartile
Percentage of adults with good mental health	87.1 (82.8 – 90.5)	90.3 (89.6 – 91.0)	4
Adults who are “satisfied” or “very satisfied” with their lives	94.1 (90.7 – 96.2)	94.2 (93.6 – 94.8)	3
Adults who always or usually receive the social and emotional support they need	75.2 (70.1 – 79.7)	77.9 (76.8 – 79.0)	4
Average number of unhealthy mental days in the past 30 days	3.8 (2.8 – 4.8)	3.3 (3.1 – 3.5)	3
Average number of days where poor mental or physical health interfered with activities of daily living in the past 30 days	4.4 (3.3 – 5.6)	4.5 (4.2 – 4.7)	2
Adults who had poor mental health on 14 or more of the past 30 days	12.9 (9.5 – 17.2)	9.7 (9.0 – 10.4)	3

Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Mental Health

Poor mental and emotional health can lead to unintentional injuries and child abuse.

TABLE 22 Mental Health Indicators for School Aged Children and Adolescents

School-aged Child and Adolescent Profile, Polk County						
Measure	Rate Type	Year(s)	County Quartile	County Number	County Rate	State Comparison
			1=most favorable			
			4=least favorable			
Non-fatal hospitalizations for self-inflicted injuries per 100,000 pop. (3-yr rate)						
12-18	Per 100,000	2007-09	3	25	46.4	47.4
19-21	Per 100,000	2007-09	3	16	77.1	80.7
Non-fatal hospitalizations for eating disorders per 100,000 pop. (3-yr rate)						
12-18	Per 100,000	2007-09	2	3	6.8	12.9
19-21	Per 100,000	2007-09	3	<2	7.7(u)	9.9
Suicide deaths per 100,000 population (3-year rate)						
12-18	Per 100,000	2007-09	3	<2	3.1(u)	3.4
19-21	Per 100,000	2007-09	3	3	15.4	11.5
Percent of emotionally handicapped children in schools grades K-12	Percent	2009-10 (SY)	1	574	0.60%	1.00%
Referrals to Department of Juvenile Justice per 10,000 pop. 10-17	Per 10,000	2007-09	4	6,041	973.9	714.5
Social Environment						
Children 5-11 experiencing child abuse per 1,000 pop. 5-11	Per 1,000	2006-08	2	756	13.9	11
Children 5-11 experiencing sexual violence per 1,000 pop. 5-11	Per 1,000	2006-08	3	54	1	0.6

Data Source: Florida Department of Health CHARTS

Healthy People 2020 are a set of national leading health improvement goals.



Healthy People 2020 Target: An indicator for Healthy People 2020 to improve the mental health status of the community is to reduce the suicide rate.

Online access: [Healthy People 2020 Mental Health Objectives and Interventions](#)

Mental Health

About 15 percent of the population will suffer from clinical depression at some time during their lifetime. Thirty percent of all clinically depressed patients attempt suicide; half of them ultimately die by suicide.

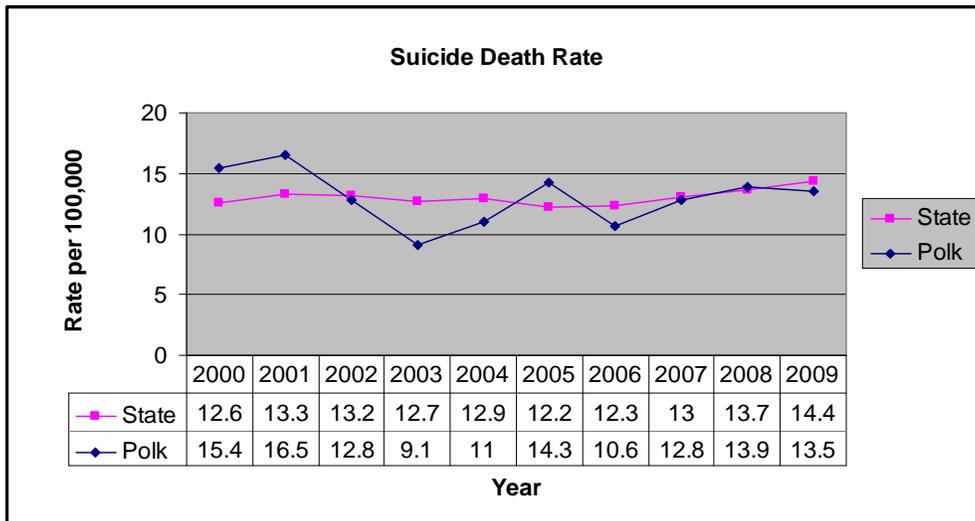
Source: American Foundation for Suicide Prevention, accessed 2010

The rate of suicides among 19-21 year olds in Polk County has doubled in the last 10 years.

Studies indicate that the best way to prevent suicide is through the early recognition and treatment of depression and other psychiatric illnesses.

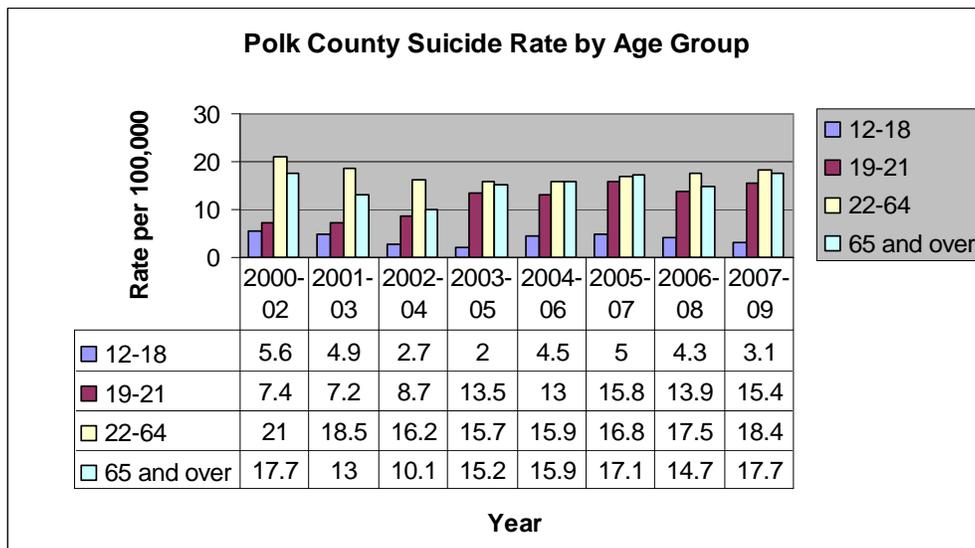
Source: Florida Council for Community Mental Health – November 2010

CHART 17



Data Source: Florida Department of Health, Bureau of Vital Statistics

CHART 18



Data Source: Florida Department of Health, Bureau of Vital Statistics

Substance Abuse, Alcohol, Illegal Substances and Tobacco

In 2005, an estimated 22 million Americans struggled with a drug or alcohol problem. Almost 95 percent of people with substance use problems are considered unaware of their problem. Of those who recognize their problem, 273,000 have made an unsuccessful effort to obtain treatment. These estimates highlight the importance of increasing prevention efforts and improving access to treatment for substance abuse and co-occurring disorders.

Most people with a substance abuse problem are unaware of their problem.

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse contribute to costly social, physical, mental, and public health problems.

These problems include:

- Teenage pregnancy
- HIV/AIDS
- Sexually transmitted diseases
- Domestic violence
- Child abuse
- Motor vehicle crashes
- Physical fights
- Crime
- Homicide
- Suicide

Social attitudes and political and legal responses to the consumption of alcohol and illicit drugs make substance abuse one of the most complex public health issues. In addition to the many health implications, substance abuse has been a flash-point in the criminal justice system and a major focal point in discussions about social values: people argue over whether substance abuse is a disease with genetic and biological foundations or a matter of personal choice.

Source: Healthy People 2020

According to the 2008 National Survey on Drug Use and Health, the overall rate of drug and alcohol use and abuse is about 8.9% of the general population over age 12. This would amount to approximately 58,723 persons in the tri-county area. DCF reports they have most recently served 6,829 adults and children in substance abuse services for FY 2008-2009, representing only about 12% of those estimated in need.

Almost 60,000 people in the tri-county area could have a substance abuse problem.

Source: Florida Department of Children and Families

Substance Abuse, Alcohol, Illegal Substances and Tobacco

Alcohol

The percentage of adults who reported binge drinking in 2010 is lower than in 2007 and lower than the state.

TABLE 23 Adults Who Engage in Heavy or Binge Drinking

	2007 Polk %	2007 State %	2010 Polk %	2010 State %
% of adults who engage in heavy or binge drinking	16.3	16.2	13.9	15.01

Data Source: Florida County-level Behavioral Risk Factors Surveillance Telephone Survey

Table 24 shows:

- In 2010 fewer Polk County middle school students reported using alcohol or binge drinking than in 2006, but higher than the state in both years.
- In 2010 fewer high school students reported binge drinking than in 2006 and this is lower than the state.

TABLE 24 Alcohol Use in Adolescents

Polk County/Florida Alcohol Use In Adolescents By Grade								
	Middle School				High School			
	Polk County		Florida		Polk County		Florida	
	2006	2010	2006	2010	2006	2010	2006	2010
Alcohol use in past 30 days	22.7%	17.8%	19.0%	16.8%	36.3%	38.8%	41.8%	38.0%
Binge drinking In past 30 days	10.1%	7.5%	8.4%	6.9%	22.9%	18.3%	23.0%	19.6%

Data Source: 2010 Florida Youth Substance Abuse Survey. Retrieved from:
<http://www.dcf.state.fl.us/programs/samh/publications/fysas/10Survey/Polk%20County.pdf>

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Substance Abuse \(including Alcohol\) Objectives and Interventions](#)

Health Disparities

What are health disparities?

Health disparities exists when **one group of people get sick or die more often** than another group.

- [Minority Health Profile Report- Black/White](#)
- [Minority Health Profile Report- Hispanic/Non-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.

 It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by racial and ethnic groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

A disproportionate percentage of Hispanic adults engage in heavy or binge drinking.

TABLE 25

Health Disparities	Year	Polk	P White	P Hispanic	P Black
Percentage of adults who engage in heavy or binge drinking	2010	13.9	12.6	30.2	5.8

Data Source: Florida County-level Behavioral Risk Factors Surveillance Telephone Survey

Illegal Substances

Illicit drug use (used in the last 30 days) has decreased for all drugs in 2010 as compared to 2006, except marijuana use in high school students.

TABLE 26 Illicit Drug Preferences in Adolescents

Polk County/Florida Illicit Drug Preferences In Adolescents By Grade								
Past 30 Day Trend	Middle School				High School			
	Polk County		Florida		Polk County		Florida	
	2006	2010	2006	2010	2006	2010	2006	2010
Non-medical use of prescription medications	4.7%	2.6%	3.6%	3.1%	8.0%	5.6%	6.3%	5.2%
Inhalants	7.9%	4.8%	5.5%	4.8%	2.2%	1.3%	2.8%	2.0%
Marijuana or hashish	8.2%	4.3%	5.2%	5.7%	11.2%	15.0%	16.0%	18.6%
Hallucinogens	2.5%	1.0%	1.5%	0.7%	3.1%	0.8%	2.4%	1.4%
Cocaine or crack cocaine	2.8%	0.4%	1.4%	0.7%	4.0%	1.1%	2.8%	0.9%

Data Source: 2010 Florida Youth Substance Abuse Survey. Retrieved from:
<http://www.dcf.state.fl.us/programs/samh/publications/fysas/10Survey/Polk%20County.pdf>

[2010 Florida Youth Substance Abuse Survey](#)

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Substance Abuse \(including Alcohol\) Objectives and Interventions](#)

Tobacco

Each year, approximately 443,000 Americans die from tobacco-related illnesses. For every person who dies from tobacco use, 20 more people suffer with at least 1 serious tobacco-related illness. In addition, tobacco use costs the U.S. \$193 billion annually in direct medical expenses and lost productivity.

Tobacco use causes:

- Cancer
- Heart disease
- Lung diseases (including emphysema, bronchitis, and chronic airway obstruction)
- Premature birth, low birth weight, stillbirth, and infant death

Tobacco use is the single most preventable cause of death and disease in the United States.

There is no risk-free level of exposure to **secondhand smoke**. Secondhand smoke causes heart disease and lung cancer in adults and a number of health problems in infants and children, including:

- Severe asthma attacks
- Respiratory infections
- Ear infections
- Sudden infant death syndrome (SIDS)

Smokeless tobacco causes a number of serious oral health problems, including cancer of the mouth and gums, periodontitis, and tooth loss. Cigar use causes cancer of the larynx, mouth, esophagus, and lung.

Preventing tobacco use and helping tobacco users quit can improve the health and quality of life for Americans of all ages. People who stop smoking greatly reduce their risk of disease and premature death. Benefits are greater for people who stop at earlier ages, but quitting tobacco use is beneficial at any age.

Source: Healthy People 2020

The percentage of adult smokers and those who have tried to quit smoking have increased in the past year.

TABLE 27 Adults Who Smoke

	2007 Polk %	2007 State %	2010 Polk %	2010 State %
% of adults who are current smokers	19.0	19.3	21.2	17.1
% of adults; current smokers who tried to quit smoking at least once in the past year.	56.7	53.2	59.4	60.1

Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Health Disparities

What are health disparities?

Health disparities exists when **one group of people get sick or die more often** than another group.

[Minority Health Profile Report- Black/White](#)

[Minority Health Profile Report- Hispanic/Non-Hispanic](#)

Why is addressing health disparities so important in Polk?

Health disparities contribute to increased healthcare costs. Polk is a very culturally diverse county and failure to address race- and ethnic-based health disparities could be devastating.

 It is important that Polk County monitors health disparities to reduce disease burden by identifying high-risk groups, formulating appropriate health care policy, and evaluating progress in eliminating health disparities.

Why do health disparities exist?

According to the [Institute of Medicine Report: Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care](#) health disparities may persist because of differences in **access** to medical care for racial and ethnic groups and differences in the **quality** of care received by racial and ethnic groups.

Examples of problems can include:

- Lack of Health Insurance
- Lack of Routine Care
- Health Literacy and Language Barriers
- Provider Prejudices and Stereotyping
- Patient Mistrust and Refusal of Services
- Medically Underserved Communities
- Lack of Participation of Minorities in the Health Professions

Source: Florida Department of Health, Office of Minority Health

Whites and Hispanics are more likely to smoke than Blacks.

TABLE 28

Health Disparities	Year	Polk	P White	P Hispanic	P Black
Percent of adults who are current smokers	2010	21.2	22.3	23.9	14.6

Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Tobacco

According to the Florida Youth Tobacco Survey (FYTS), Polk continues to show percentages higher than the state in the number of current tobacco users in all forms of tobacco and from secondhand smoke. High school tobacco use appears to be increasing in Polk County.

TABLE 29 Youth Tobacco Use 2008-2010 Comparison

	2008 Polk %	2008 Florida%	2010 Polk %	2010 Florida%
Current Tobacco Users				
Middle	11.7	9	10.5	8.7
High	24.5	22.4	27.8	22.2
Current Cigarette Users				
Middle	6.3	5	6.0	4.9
High	16.3	14.5	16.5	13.1
Current Cigar Users				
Middle	6.2	5.3	6.4	5.1
High	15.2	13.5	17.9	14.5
Smokeless Tobacco Users				
Middle	5.6	3	3.8	3.0
High	9.2	6	10.0	6.4
Students Exposed to Secondhand Smoke				
Middle	54.4	50.3	49.3	47.0
High	61.3	58.8	58.4	54.0
Students Never Smoked a Cigarette and Will Definitely Not Smoke a Cigarette in the Future.				
Middle	65.6	68.9	69.4	68.6
High	53.1	54.6	52.2	55.4

Data Source: 2010 Florida Youth Tobacco Survey

[2010 Florida Youth Tobacco Survey](#)

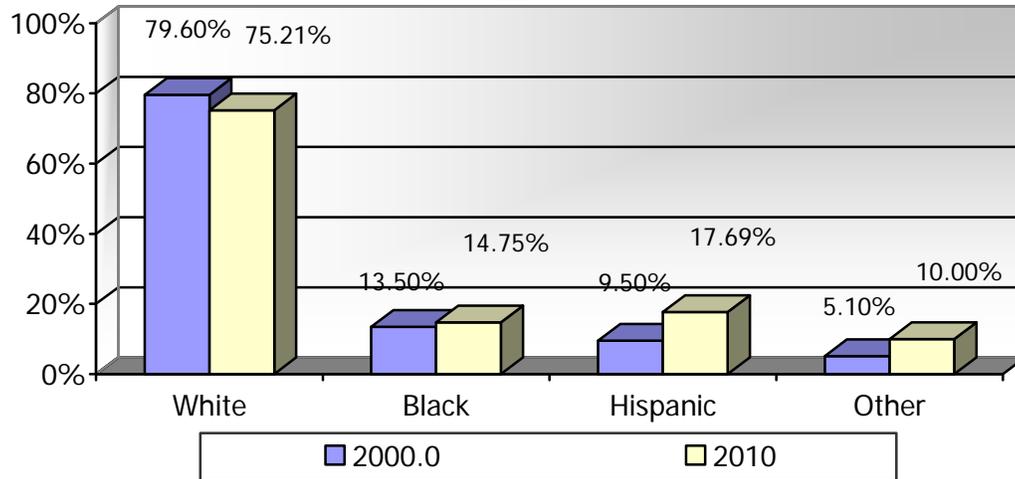
Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Tobacco Use Objectives and Interventions](#)

Population Demographics

Polk County's population is 602,095, a 24.4% increase in overall population between the 2000 and 2010 census. Polk County's Hispanic population and those identified as other races (Asian, American Indian and other) have had the largest increase since 2000.

CHART 19 Polk County Population by Race/Ethnicity

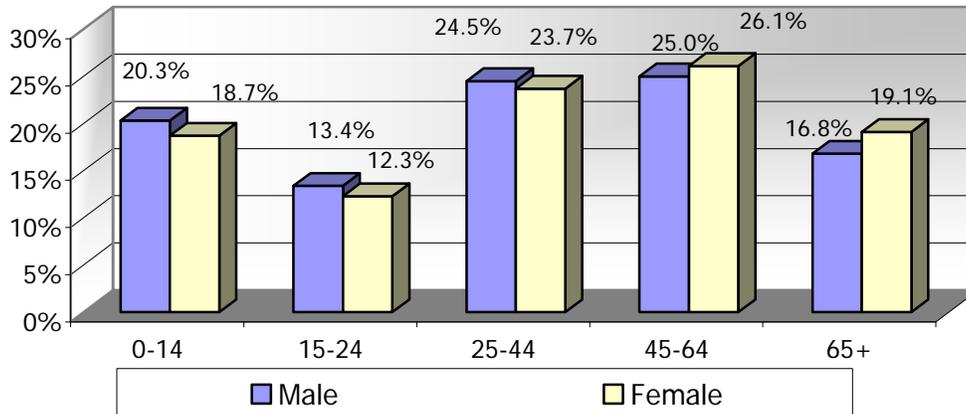


Data Source: 2010 Census Data

The percentage of Polk County's population aged 65 and older is 18% compared to the national average of 13%. This population accesses the health care system more frequently than other age group and has created greater demand for health care services and end of life care.

Source: One Bay Healthy Communities, February 2011

CHART 20 Polk County Population by Age and Gender, 2010

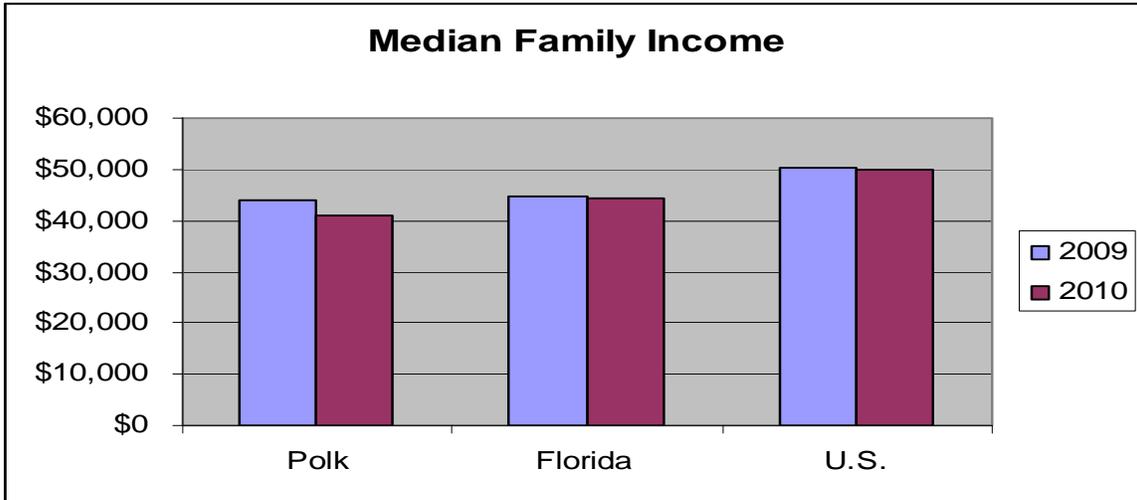


Data Source: 2010 Census Data

Population Demographics

The median household income for families dropped in 2010 compared to 2009. Polk County experienced the biggest drop compared to the state and nation.

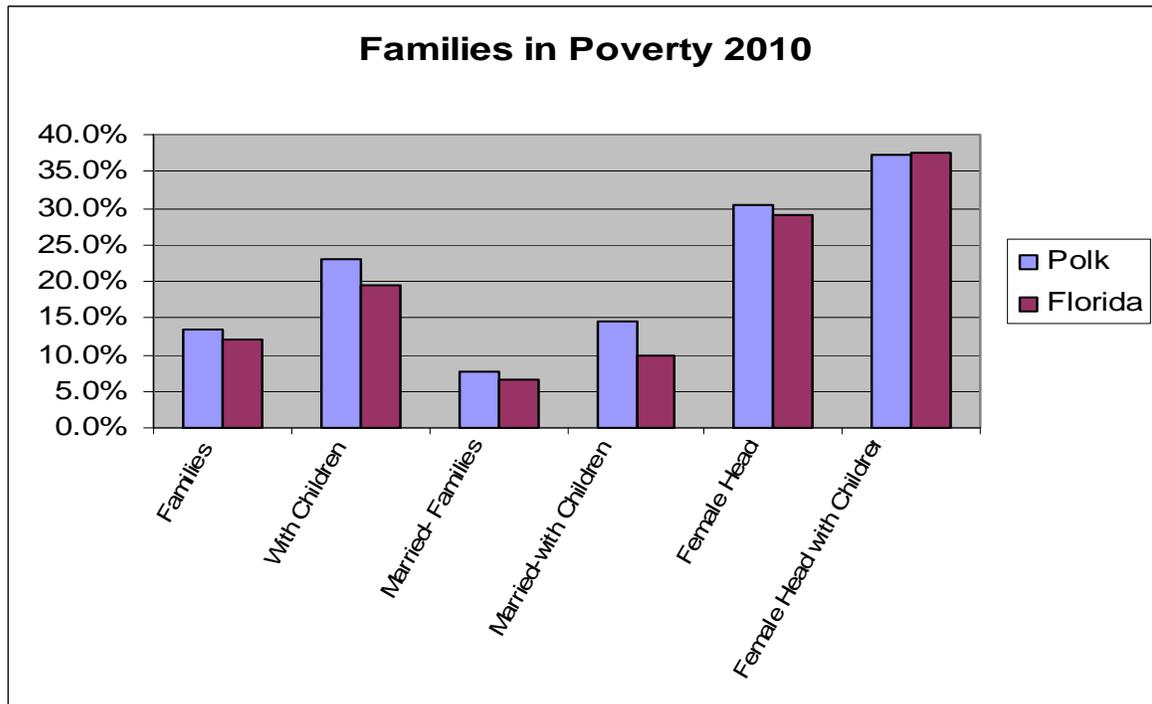
CHART 21



Data Source: U.S. Census Bureau

In Polk County 13% of all families live in poverty and 23% of those families have children under age 18 living with them. Chart 22 demonstrates that the largest percentage living in poverty live in families where a female is head of the household.

CHART 22



Data Source: U.S. Census Bureau.

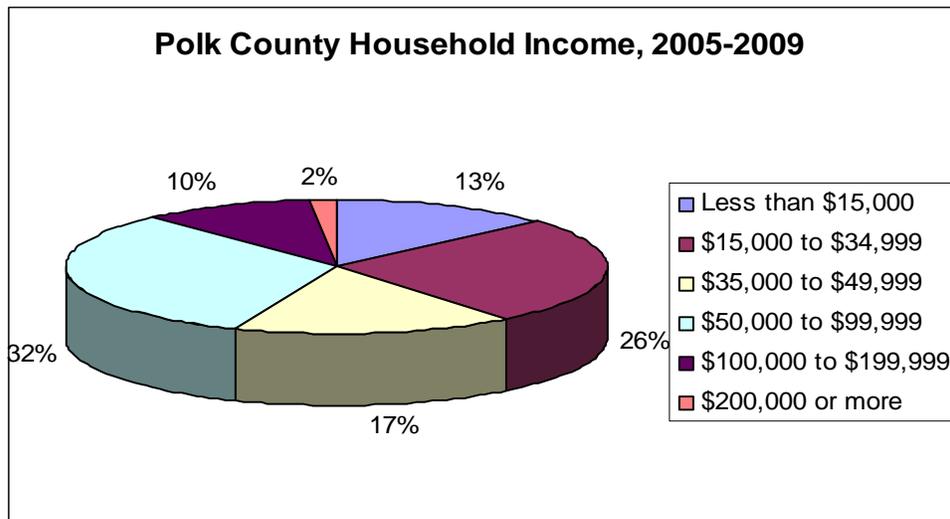
Population Demographics

According to the 2009/2010 Poverty Guidelines from the US Department of Health and Human Services:

- \$22,050 annual income for a family of four is considered 100% of the poverty level
- \$33,075 annual income for a family of four is considered 150% of the poverty level
- \$44,100 annual income for a family of four is considered 200% of the poverty level

Chart 23 shows the distribution of income among households in Polk County.

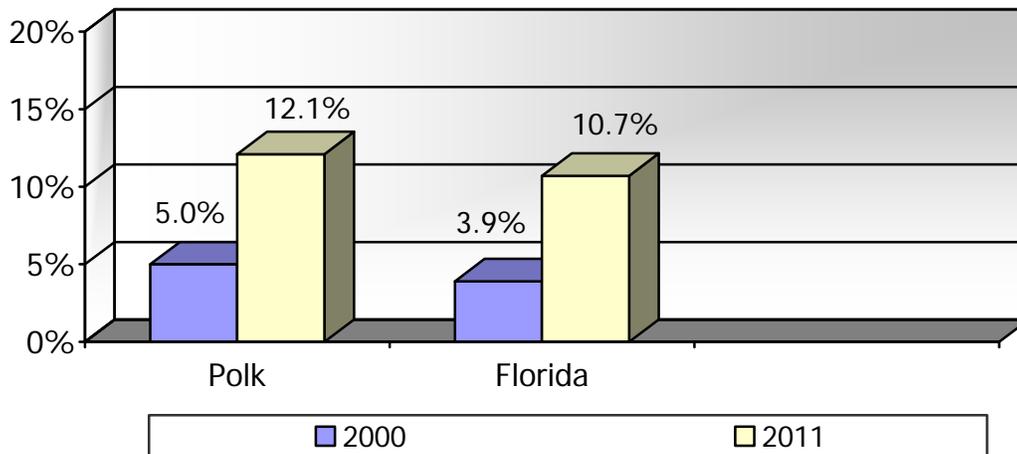
CHART 23



Data Source: 2005-2009 American Community Survey 5-Year Estimates

- Florida ranks 43rd in the nation for unemployment (July 2011).
- Out of the 18 large metropolitan areas in Florida, the Lakeland /Winter Haven metropolitan area ranks 13 (July 2011).

CHART 24 Unemployment Rate, Comparison of 2000 and 2011 Rates



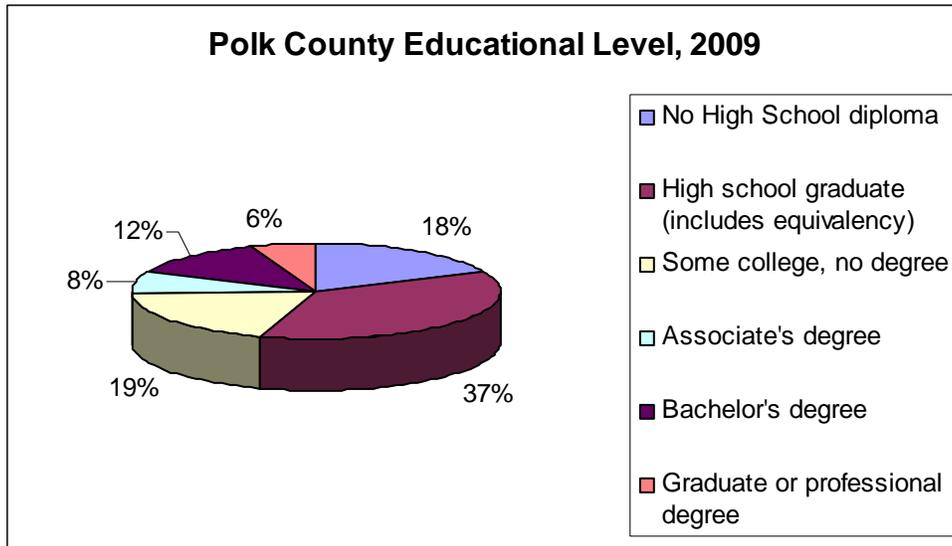
Data Source: U.S. Bureau of Labor Statistics

Note: Both data sets were from the month of July 2011 and were not seasonally adjusted.

Population Demographics

According to the American Community Survey, 55% of Polk County's population aged 25 and over have a high school diploma or less and 18% have a degree in higher education.

Chart 25



Data Source: 2005-2009 American Community Survey 5-Year Estimates. Population 25 years and over.

Physical Environment

Where you live can have an impact on your health and your ability to stay healthy. This section looks at air quality, access to healthy foods and access to recreational facilities.

Air Quality

National air quality has improved over the last 20 years. However, there are still many challenges in protecting public health and the environment from outdoor air quality problems. Chemicals in the air, like particle pollution and ozone may increase health risks to certain people, particularly children, older adults, people with asthma, heart, lung disease, or breathing problems.

Source: Florida Department of Health, Division of Environmental Health

Particle pollution, or particulate matter, consists of particles that are in the air, including dust, dirt, soot and smoke, and little drops of liquid.

Small particles less than 10 micrometers in diameter pose the greatest health problems, because they can get deep into your lungs, and some may even get into your bloodstream. Larger particles are of less concern, although they can irritate your eyes, nose, and throat.

Particle pollution can come from wood stoves, forest fires, coal fires, power plants, motor vehicles, factories and construction sites.

Small particles of concern include "fine particles" (such as those found in smoke and haze), which are 2.5 micrometers in diameter or less; and "coarse particles" (such as those found in wind-blown dust), which have diameters between 2.5 and 10 micrometers.

Being exposed to any kind of particulate matter may cause: increased emergency department visits and hospital stays for breathing and heart problems, worsened asthma symptoms, adverse birth outcomes, breathing problems, decreased lung growth in children, lung cancer, and early deaths.

Source: Florida Department of Health, Division of Environmental Health

The national benchmark for particulate matter level is 0. Table 30 shows the percent of days that air quality was unhealthy for sensitive populations due to fine particulate matter (FPM, < 2.5 µm in diameter).

Polk County met the national benchmark 5 years between 2001 and 2008.

TABLE 30
Percent of Days with Particulate Matter (PM2.5) Levels Over the National Standard

County	2001	2002	2003	2004	2005	2006	2007	2008
Polk	0.95	0	0	0	0.87	0	0.83	0

Data Source: The U.S. Environmental Protection Agency.

The US EPA 24 hour National Ambient Air Quality Standard for pm2.5 is 35 micrograms per cubic meter of air (mcg/m3).

Physical Environment

Ozone is a gas that you cannot see or smell that occurs naturally in the sky about 10 to 30 miles above the earth's surface. Some ozone is "good ozone" because it forms a layer that protects life on earth from the sun's harmful rays.

Ground-level ozone can be bad for your health and the environment.

Ground-level ozone forms when pollutants from cars and trucks, power plants, factories, and other sources come in contact with each other in heat and sunlight. Factors such as weather conditions and intensity of sunlight also play a part in how ozone is formed.

Everyone should be concerned about exposure to very high ozone levels. But ozone bothers some people more than others, mainly when they are outside.

Those most likely to be bothered by ozone include:

- people with asthma or lung disease
- children who spend a lot of time outdoors
- older adults
- active people of all ages who exercise or work hard outside
- infants.

Source: Florida Department of Health, Division of Environmental Health

The national benchmark for ozone is 0. Table 31 shows the number of days during the years 2001-2008 when ozone concentrations were over 0.

TABLE 31
Number of Days with Maximum 8-Hour Average Ozone Concentration Over the National Air Quality Standard

County	2001	2002	2003	2004	2005	2006	2007	2008
Polk	7	2	6	1	4	6	4	3

Data Source: The U.S. Environmental Protection Agency.

The US EPA Daily Maximum 8 hour National Ambient Air Quality Standard for ozone is 0.075 parts per million (ppm).

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Environmental Health Objectives and Interventions](#)

Physical Environment

Access to Healthy Foods

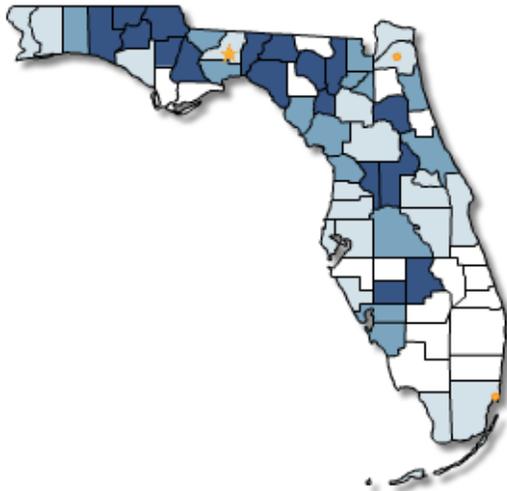
Studies have shown that people are more likely to eat healthy foods if they have access to them.

Access to healthy foods is measured as the percent of zip codes in a county with a healthy food outlet, defined as a grocery store or produce stand/farmers' market.

Source: County Health Rankings

The counties are shaded with lighter counties having a better rank. In Florida, 20 counties meet or exceed the national benchmark of 92%.

Data Source: County Health Rankings



In 2008, 75% of Polk County's zip codes had a healthy food outlet (24 of 32 zip codes).

[County Health Rankings. Access to Healthy Foods - Polk](#)

Physical Environment

Access to Recreational Facilities

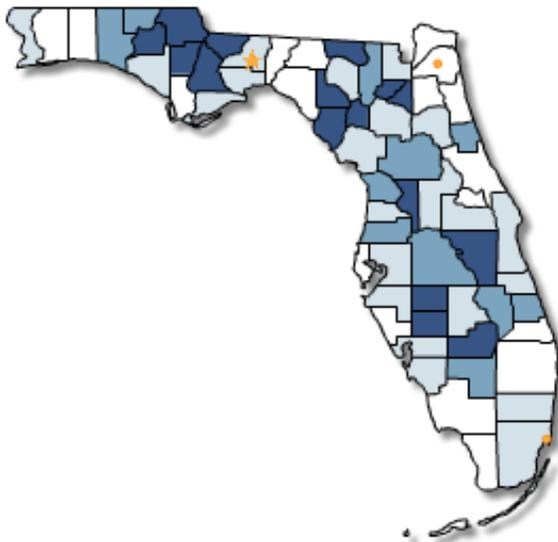
Being near places with recreational opportunities is associated with higher physical activity levels. This in turn is associated with lower rates of adverse health outcomes associated with poor diet, lack of physical activity, and obesity.

The availability of recreational facilities can influence individuals' and communities' choices to engage in physical activity. Recreational facilities are defined as establishments primarily engaged in operating fitness and recreational sports activities. This measure represents the number of recreational facilities per 100,000 population in a given county.

Source: County Health Rankings

The lighter shaded counties have a better ranking. In Florida, two counties meet or exceed the national benchmark of 17.

Data Source: County Health Rankings



In 2008, Polk County's recreational facility access rate per 100,000 population was 6.

[County Health Rankings- Access to Recreational Facilities- Polk](#)

Healthy People 2020 are a set of national leading health improvement goals.

Online access: [Healthy People 2020 Environmental Health Objectives and Interventions](#)

Glossary of Terms

3-year Rolling Rates

3-year rates are calculated by taking the average number of events and average total population.

Age-adjusted Death Rates (AADR)

An AADR is a death rate that has been adjusted for age distribution within a given population, or community.

Binge Drinking

Consuming four or more alcoholic drinks for women and five or more alcoholic drinks for men on one occasion.

Birth Rate

The number of births per 1,000 resident population.

Body Mass Index (BMI)

A measure used to estimate the amount of excess body weight. BMI is calculated using self-reported height and weight.

Chronic Disease

An illness, such as heart disease, asthma, or diabetes, that is ongoing or recurring but is not caused by infection and is not passed on by contact.

Chronic Obstructive Pulmonary Disease (COPD/CLRD)

A progressive lung disease process characterized by difficulty breathing, wheezing, and a chronic cough. Complications include bronchitis, pneumonia, and lung cancer.

Community Health Assessment

One of the assessments in the series of Mobilizing for Action through Planning and Partnerships (MAPP) process. This assessment highlights the major health and social issues affecting the health status and quality of life in Polk County.

Community Health Improvement Plan (CHIP)

A community-wide strategic plan for systematic health improvement at the individual and community levels. This plan is built through collaborative analysis and partnership, and is adopted by the community-at-large.

County Trends

County trends seen in these reports are only calculated for indicators that have 12 or more years of data. Trend Values show:

-  Trend is getting better and is statistically significant
-  Trend is getting worse and is statistically significant
-  Trend is not statistically significant

Blank cell or N/A - Not enough data to compute a trend

As with rates, there is also random variation in the trend lines of these rates, so that a line that slopes upward may not represent a statistically significant increase, particularly if it is based on small numbers. For that reason, we test statistically to determine whether or not we can be at least 95 percent confident that what appears to be an increase or decrease is real, not just the result of random fluctuation.

Current Smokers

Adults who have ever smoked at least 100 cigarettes and who smoked on some or all days in the previous 30 days.

Demographics

The statistical characteristics of human populations and households (such as age or income).

Dental Sealant

Sealants are thin plastic coatings applied to the tiny grooves on the chewing surfaces of the back teeth. This is where most tooth decay in children and teens occurs. Sealants protect the chewing surfaces from decay by keeping germs and pieces of food out.

Diabetes

A chronic health condition where the body is unable to produce insulin and properly break down sugar (glucose) in the blood. Symptoms include hunger, thirst, excessive urination, dehydration and weight loss. The treatment of diabetes requires daily insulin injections, proper nutrition and regular exercise.

Disparities

Socioeconomic or health inequality or difference relative to the local community or wider society to which an individual, family or group belongs.

Former Smokers

Adults who have ever smoked at least 100 cigarettes, but did not smoke on any of the previous 30 days.

Haemophilus Influenza

A severe bacterial infection, occurring primarily in infants and children under 5 years.

Health Disparities

Health disparities exists when one group of people get sick or die more often than another group. A health issue affects one group disproportionately.

Health Insurance Coverage

Includes health insurance, prepaid plans such as HMOs, and government plans such as Medicare.

Healthy People 2020

Healthy People 2020 is a national health promotion and disease prevention initiative. Its goals are to increase the quality and years of healthy life and eliminate health disparities. More information available at: <http://www.healthypeople.gov/>. Goals are not available for every indicator.

Healthy Weight

Having a Body Mass Index (BMI) between 18.5 and 24.9. BMI is calculated using self-reported height and weight.

Heavy Drinking (also called chronic drinking)

In the previous 30 days, women consuming an average of one or more alcoholic drinks per day or men consuming an average of two or more alcoholic drinks per day.

Hepatitis

Inflammation of the liver. May be caused by bacterial or viral infection, parasitic infestation, alcohol, drugs, toxins, or transfusion of incompatible blood. Although many cases of hepatitis are not a serious health threat, the disease can become chronic and sometimes lead to liver failure and death.

Hepatitis A

A contagious liver disease that results from infection with the Hepatitis A virus. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months. Hepatitis A is usually spread when a person ingests fecal matter — even in microscopic amounts — from contact with objects, food, or drinks contaminated by the feces or stool of an infected person.

High Risk Behavior Groups

Those who have had sex with a man who has had sex with other men, used intravenous street drugs, traded sex for money or drugs, tested positive for HIV, had two or more sex partners in the past year, or who had sex with anyone who would be categorized in any of these groups listed.

HIV

Human immunodeficiency virus (HIV) is a retrovirus that causes acquired immunodeficiency syndrome (AIDS), a condition in humans in which the immune system begins to fail, leading to life-threatening opportunistic infections.

Hypertension/High Blood Pressure

A condition of elevated blood pressure that can lead to kidney disease, heart disease and stroke.

Indicator

Something observed or calculated that is used to show the presence or state of a condition or trend.

Influenza

Influenza, also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs). People age 65 years and older, people of any age with chronic medical conditions, and very young children are more likely to get complications from influenza. Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu.

Infant Death (Mortality) Rate

The number of deaths to individuals less than one year of age (0-364 days old) per 1,000 live births.

Low Birth Weight

Infants born who weighed less than 2500 grams (5 lbs., 8.2 oz) at birth.

Mammogram

An x-ray of each breast to look for breast cancer.

Mobilizing for Action Through Planning and Partnerships (MAPP)

A tool to help communities prioritize public health issues, identify resources for addressing them and take action.

Moderate Physical Activity

Brisk walking, bicycling, vacuuming, gardening, or anything that causes some increase in breathing.

Neonatal Death Rate

The number of deaths to individuals 0-27 days old per 1,000 live births.

Obese

Having a Body Mass Index (BMI) that is greater than or equal to 30.0. BMI is calculated using self-reported height and weight.

Overweight

Having a Body Mass Index (BMI) ranging from 25.0 to 29.9. BMI is calculated using self-reported height and weight.

Overweight and Obese

Having a Body Mass Index (BMI) that is greater than or equal to 25.0.

Pap Test

A cervical cancer screening test in which surface cells from the cervix are examined for cancer or pre-cancer characteristics.

Perinatal

Relating to or occurring during the period around childbirth, specifically from around week 28 of pregnancy to around one month after the birth.

Pertussis

A bacterial infection of the respiratory tract characterized by short, convulsive coughs that end in a whoop sound when breath is inhaled (commonly called whooping cough); mainly affects children.

Polk Health Care Alliance

A task force of over 30 community health care and social service representatives whose mission is to create conditions for a healthier community whose citizens achieve a high quality of life, and to ensure access to affordable quality health care.

Poor Mental Health

Adults who report that their mental health, which includes stress, depression, and problems with emotions, was not good on 14 or more of the previous 30 days.

Postneonatal Death Rate

The number of deaths to individuals 28-364 days old per 1,000 live births.

Prenatal

Existing or happening during pregnancy but before childbirth.

Quartile

The Florida Department of Health uses *quartiles* to compare health data from one county to another in the state. These are calculated by ordering an indicator from most favorable to least favorable by county and dividing the list into 4 equal-size groups. In this report, a low quartile number (1) always represents more favorable health situations while fours (4) represent less favorable situations.

- 1 - Most favorable situation (25% of counties)
- 2 or 3 - Average (50% of counties)
- 4 - Least favorable situation (25% of counties)

Secondhand Smoke

Being exposed to someone else's tobacco smoke in a room (at work or home) during the past seven days.

Sigmoidoscopy/Colonoscopy

Exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems.

Teen Birth Rate

The number of births to teenage females per 1,000.

Tobacco Cessation Services

Medical and/or psychobehavioral treatment that seeks to reduce or eliminate the use of tobacco products.

Unintentional Injuries – include motor vehicle crashes, falls, fires, poisonings, drownings, suffocations, choking, animal bites and recreational and sports-related activities.

Very Low Birth Weight

Infants born who weighed less than 1500 grams (3 lbs., 5 oz) at birth.

Vigorous Physical Activity

Running, aerobics, heavy yard work or anything that causes a large increase in breathing.

Website Addresses

Listed are the website addresses for the sources of information and data that are listed in this report. If you are viewing the report online, there are hyperlinks to the sites.

American Community Survey 2005-2009

http://factfinder.census.gov/servlet/ACSSAFFacts?_submenuId=factsheet_0&_sse=on

American FactFinder (U.S. Census Bureau)

<http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml>

American Foundation for Suicide Prevention

<http://www.afsp.org/>

Centers for Disease Control

<http://www.cdc.gov/>

County Health Rankings

<http://www.countyhealthrankings.org/florida>

Florida Department of Children and Families

<http://www.dcf.state.fl.us/programs/samh/SubstanceAbuse/index.shtml>

Florida Department of Health, Division of Environmental Health

<http://www.floridatracking.com/HealthTrackFL/DealIndicator.aspx?PageId=11700>

Florida Department of Health, Bureau of STD Prevention and Control

http://www.doh.state.fl.us/Disease_ctrl/std/index.html

Florida Department of Health CHARTS

<http://www.floridacharts.com/charts/chart.aspx>

Florida Department of Health Office of Injury Prevention

<http://www.doh.state.fl.us/demo/InjuryPrevention/index.html>

Florida Department of Health Office of Minority Health

<http://www.doh.state.fl.us/minority/>

2010 Florida Youth Tobacco Survey

http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/FYTS/Reports.htm

Healthy People 2020

<http://www.healthypeople.gov/2020/topicsobjectives2020/>

Institute of Medicine of the National Academies

<http://www.iom.edu/Reports.aspx>

Mobilizing for Action Through Planning and Partnerships (MAPP)

http://www.doh.state.fl.us/planning_eval/CHAI/Resources/FieldGuide/contentsFguide.htm

National Alliance for Mental Illness

<http://www.nami.org/>

National Institute for Allergy and Infectious Diseases

<http://www.niaid.nih.gov/topics/std/Pages/default.aspx>

One Bay Healthy Communities

<http://www.myonebay.com/>

Polk County Health Department

<http://www.mypolkhealth.org/>

U.S. Bureau of Labor Statistics

<http://www.bls.gov/>

U.S. Census Bureau, 2010 Census

<http://2010.census.gov/2010census/>