

Community Report Card

Examining the quality of life in Sarasota County through data and indicators



The above illustration represents the Natural, Built, Economic, and Social environments. They are represented as a streetscape to highlight that despite being identified as separate environments, they interact to make up the whole of Sarasota County.

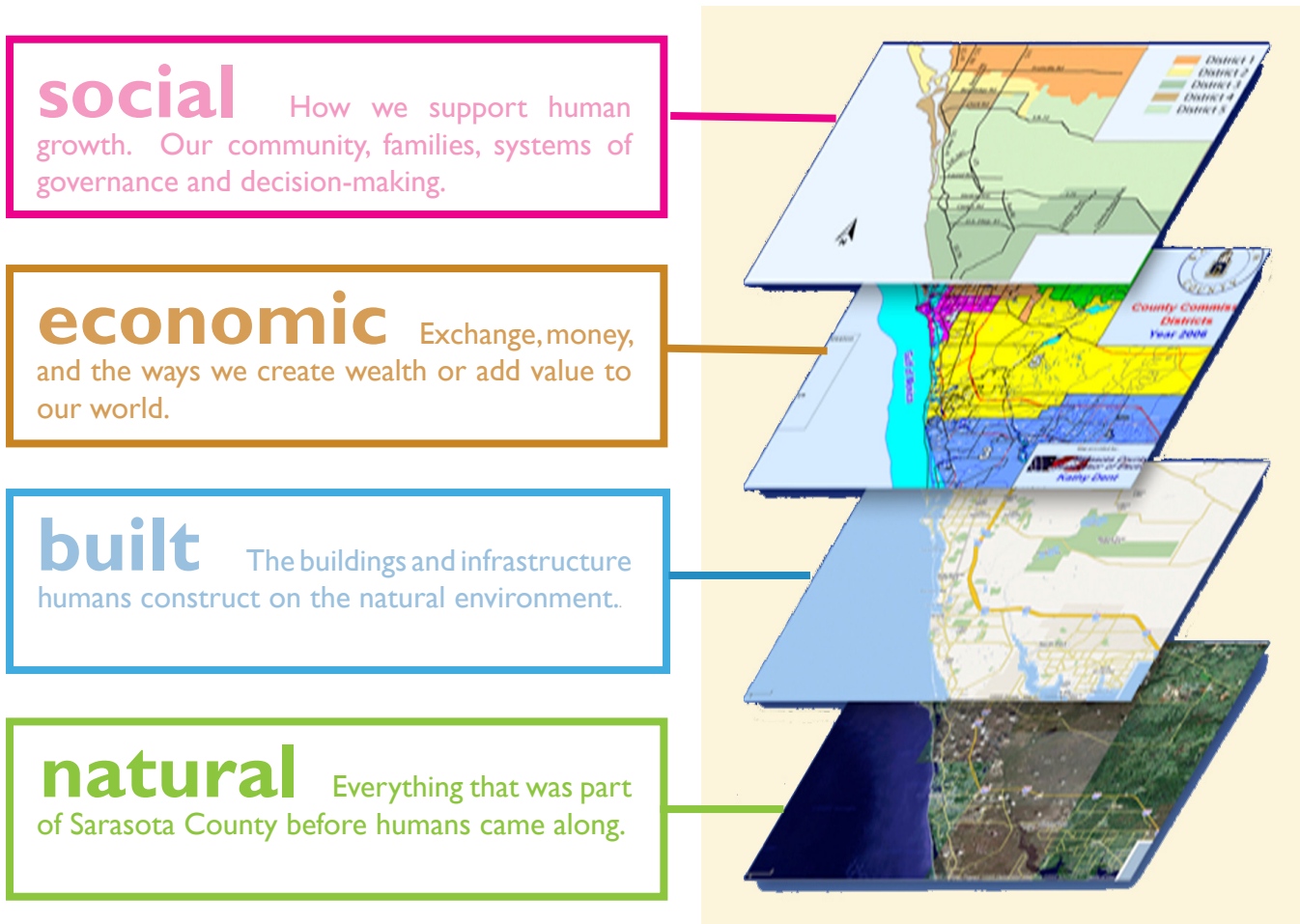
The Social Environment

*How we support human growth.
Our community, families, systems of
governance and decision making.*

2007-2008 Community Report Card: Examining the quality of life in Sarasota County

From August 2007 through August 2008, SCOPE's *Community Report Card* will use data about our community to share information about Sarasota County's quality of life. The *Community Report Card* hopes to ask and answer questions about our community and encourages you to do the same.

The next year is split into four sections, or environments: the natural, built, economic, and social. Each environment is highlighted for three months, and each month will focus on a different indicator, or data set, that reveals information about our community. The indicators will use data to tell a story about a different aspect of life in Sarasota County.



Graphic from the Florida House Institute for Sustainable Development

Through learning about these data and what they tell us our community can put together a picture of our quality of life. Throughout the coming year SCOPE will highlight community gatherings and sources of more information on our website. If you enjoy reading the *Community Report Card* and know someone else who you think would as well, please forward this to them! If you would like to learn more, SCOPE encourages you to download these supplements. You can find more information about the supplements and the whole report on our website at www.scopexcel.org. If you have immediate questions, comments or reactions to what you have just read, please email Kate Irwin at kirwin@scopexcel.org.

Question:

“How healthy is Sarasota County?”

We all have experience with these places - too many people, not enough chairs and lots of sneezing. You sit, hoping that you will get out of there with a minimum of time and money spent, not to mention hoping that it will be quick and painless and you won't have to come back for at least a year. Yes, we're talking about the doctor's waiting room.

But there is much more to health than the waiting room, and this indicator seeks to examine health from a more holistic perspective. This indicator studies health care, chronic disease and healthy lifestyles. By looking at a data-based picture of wellness and illness in our community, we seek to answer questions about the health of our whole community.

Indicator:

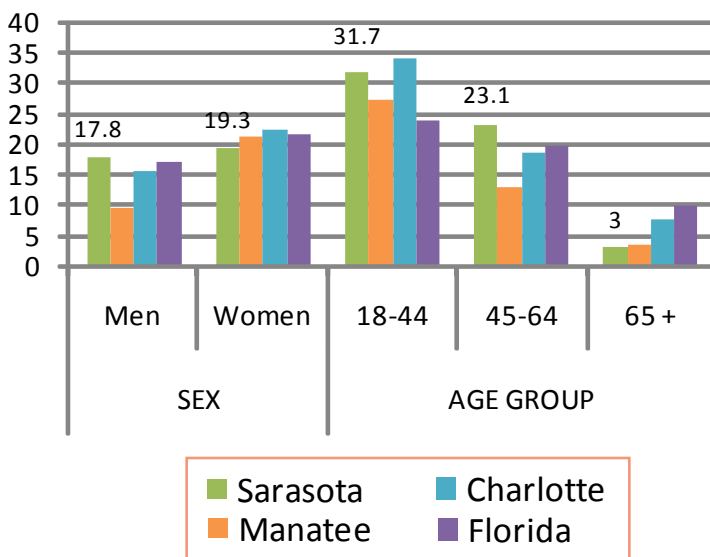
Health and Wellness in Sarasota County

This indicator measures the health of our community by looking at three topics: health coverage, chronic disease and healthy lifestyle. Each measure makes up an aspect of a holistic view of health - one involving illness and wellness.

ACCESS TO HEALTHCARE

These numbers tell us that 12% of Sarasota County residents did not see a doctor and 19% did not see a dentist in the past year due to cost. People 18-44 are the least likely to see a doctor (20% do not) or dentist (31%) due to cost. Women (15% and 19%) are more likely than men (9% and 18%) to not see a doctor or dentist due to cost.

Percent of Adults who Did Not See a Dentist in the Past Year Due to Cost



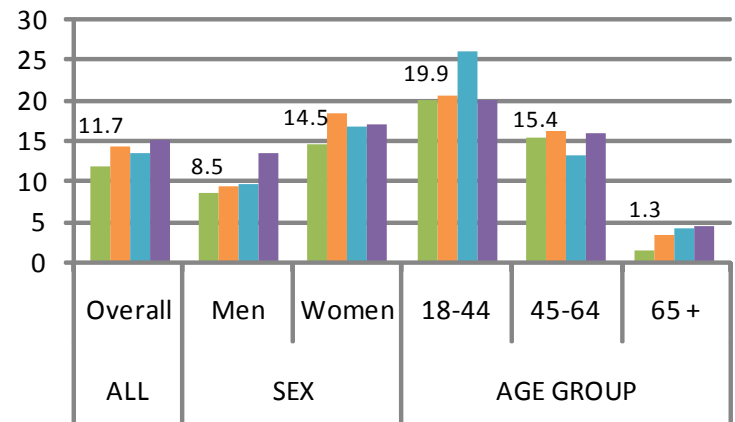
How is this measured?

The Florida Department of Health surveyed random Sarasota County and Florida residents.

How do we compare?

Sarasota County has a lower percentage of people who did not see a doctor in the past year due to cost than Manatee (14%) and Charlotte (13%) Counties and the state (15%). Manatee County has a lower percentage (16%) of people who did not see a dentist due to cost.

Percent of Adults Who Did Not See a Doctor in the Past Year Due To Cost



CHRONIC DISEASE MANAGEMENT

These numbers tell us that 8.4% of the total population and 15% of the over-65 population has diabetes. Proportionally, more men (10%) than women (7%) have diabetes. 56% of people diagnosed with diabetes have had self-management education. Fewer women (54%) than men (58%) receive this education.

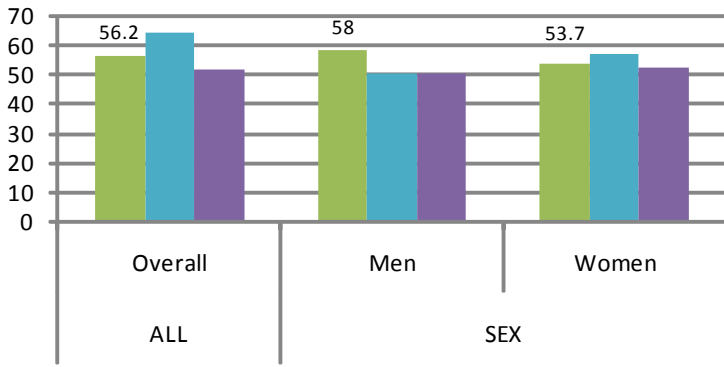
How is this measured?

The Florida Department of Health randomly surveyed Sarasota County and Florida residents.

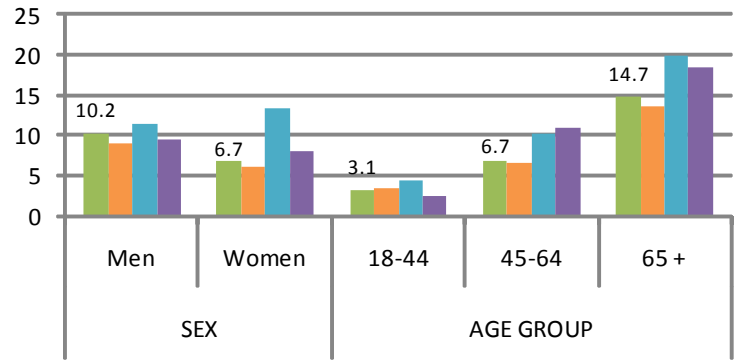
How do we compare?

Sarasota County has a lower percentage of diabetics than Charlotte County (12%) and the state (8.7%) but a higher percentage than Manatee County (7.5%). This holds for those over 65, with 20% of Charlotte County, 19% of the state and 14% of Manatee County seniors living with diabetes. Sarasota County does a poorer job overall than Charlotte County (64%) and a better job than the state (51.4%) at diabetes management education. (Data for Manatee County is unavailable)

Percent of Adults with Diabetes who have had Diabetes Self-Management Education



Percent of Adults with Diagnosed Diabetes



HEALTHY LIFESTYLE

These numbers tell us that 30% of Sarasota County residents eat at least 5 servings of fruits and vegetables per day. Those over 65 (32%) and women (33%) have the highest percentages of healthy eating. 44% of adults meet moderate physical activity recommendations. Men (46%) and 18-44 year olds (47%) have the highest percentage of physical activity.

How is this measured?

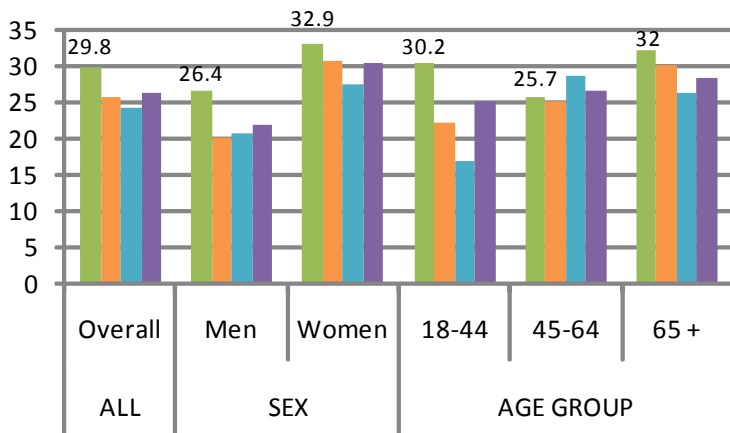
The Florida Department of Health randomly surveyed Sarasota County and Florida residents. Moderate physical activity is defined as “engaging

in activities such as brisk walking, bicycling, vacuuming, gardening, or the like for at least 30 minutes per day five or more days a week.”

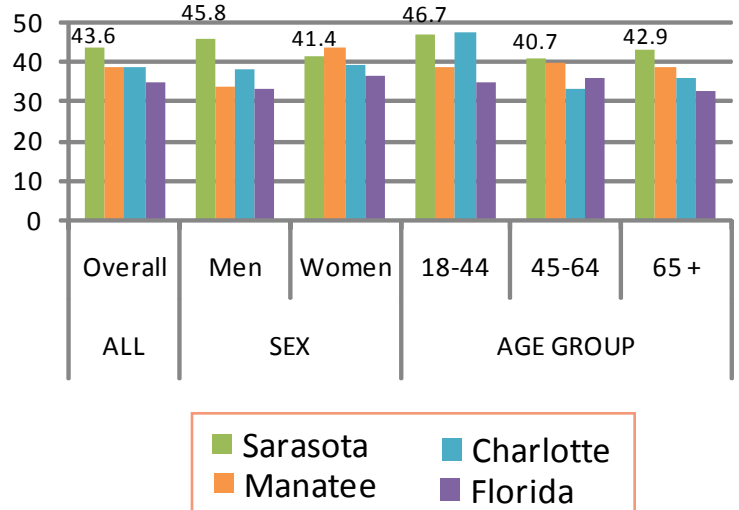
How do we compare?

Sarasota County has a higher percentage of residents eating 5 servings of fruits and vegetables a day than Manatee (25%) and Charlotte Counties (24%) and the state (26%). We have a higher percentage of adults who exercise moderately compared to Manatee (39%) and Charlotte Counties (38%) and the state (34%).

Percent of Adults Who Eat at Least Five Servings of Fruits & Vegetables Per Day



Percent of Adults Who Meet Moderate Physical Activity Recommendations



Why is this important?

The percentage of uninsured in the U.S. has risen in the last 20 years. Nearly one in five Americans is without health insurance. The risks of declining coverage affects all Americans through higher medical care costs, insurance premiums and taxes. In 2006, 77% of the uninsured in Sarasota County reported they did not have coverage due to cost.

Because dental care is often not covered even if one has health insurance, the cost often comes out of the patient's pocket. In 2007, 18% of Sarasota County residents did not see a dentist due to cost and almost one in three 18-44 year olds did the same. Regular dental care, like health care, is necessary to prevent future problems.

Chronic disease management is another area of concern for Sarasota County, and diabetes is an "emblematic" chronic disease. Chronic disease management is an approach that emphasizes helping individuals maintain independence and keep as healthy as possible through prevention, early detection, and management of chronic conditions. Chronic diseases like diabetes contribute to the expense of medical care, and the disease management approach can help limit the costs. Adjusted for differences between populations with and without diabetes, those with diabetes had medical expenditures in excess of 2.4 times higher than that which would be incurred by the same group in the absence of diabetes. If we take the chronic disease management approach, we can minimize strain on patients, their families, and the medical system.

The third area of focus, healthy lifestyle, seeks for people to have a minimum of medical care in the future. It has been estimated that behavior and lifestyle choices account for 40% of premature deaths. Our behaviors and lifestyle choices are bigger predictors of health than medical access, genetics, or the social conditions in which we live. Two out of three residents of Sarasota County are not eating the recommended amount of fresh vegetables and fruits each day, and more than half of our residents do not exercise moderately five or more days per week.

Both of these are warning factors for obesity, and obesity itself is a warning factor for many chronic diseases. Once one has a chronic disease, one feeds into the healthcare system and health care coverage becomes an important issue. This emphasizes that health is a holistic concern, and must be treated as such in order to really understand the health of an individual and the community.

What can I do?

- If you care about health care access, there is a group working to insure all Sarasota County residents. They are "a non-profit, community-based group of volunteers and organizations dedicated to building local solutions to the challenge of the uninsured" and can be found here: www.getsarasotainsured.com. For more information, call Jacqueline Chanudet at (941) 861-2880.
- The Sarasota County Health Department hosts the Volunteer Health Services Program where "volunteers promote access to quality health care for medically underserved and uninsured residents by working with DOH entities, community, and faith-based health care providers." To get involved, call Kathy Wilczynski at (941) 708-5791.
- Eat more fruits and vegetables! At www.fruitsandveggiesmatter.gov, you can input your age and gender to calculate how many fruits and vegetables you need to remain healthy. For recipes on how to incorporate fruits and veggies in your cooking, visit www.fruitsandveggiesmorematters.org.

Linkages

Natural Environment:

One way for a person to eat her or his daily share of fruits and vegetables and exercise is to 'eat local'. If a person lives in a walkable community with access to their local farmers market or tends a backyard garden, two health requirements are taken care of as well as the natural environment.

Built Environment:

Health links to the built environment via the concept of Universal Design, which means designing our homes and public spaces to accommodate people regardless of their health status. Universal Design includes features such as level floors (for unsteady residents), wide doorways and low counters (for wheelchairs). Buildings built in this manner reduce hardship when one experiences a health crisis.

Economic Environment:

Health has a link to the economic environment – the cost of being uninsured is borne by all taxpayers. In addition, chronic disease management is a lucrative business, with payouts going to drug, insurance and medical supply companies in addition to doctors while premiums for the insured remain high.

Social Environment:

Chronic disease affects more than the person afflicted. A person with a chronic disease also impacts his or her family members and friends. A patient's ability to follow medical advice, accommodate lifestyle changes, and access resources are all factors that influence successful management of an ongoing illness.

What else would we like to know?

It would be useful to have sound data on a racial and ethnic breakdown of any of the above indicators. Because of the small sample size, these data are unavailable.

It would also be useful to know if any people who did not see a doctor or dentist in the past year have health and/or dental insurance. If they are insured, it may indicate that the insurance premiums are too high to afford to see a doctor or dentist.

Also, the data on diet and exercise are self-reported, so it is unsure exactly how accurate the data are. People tend to over-report 'positive' things (such as amount of exercise and fruits and vegetables eaten). It would be useful to have an observed group of respondents to get an estimate of the accuracy of the survey.

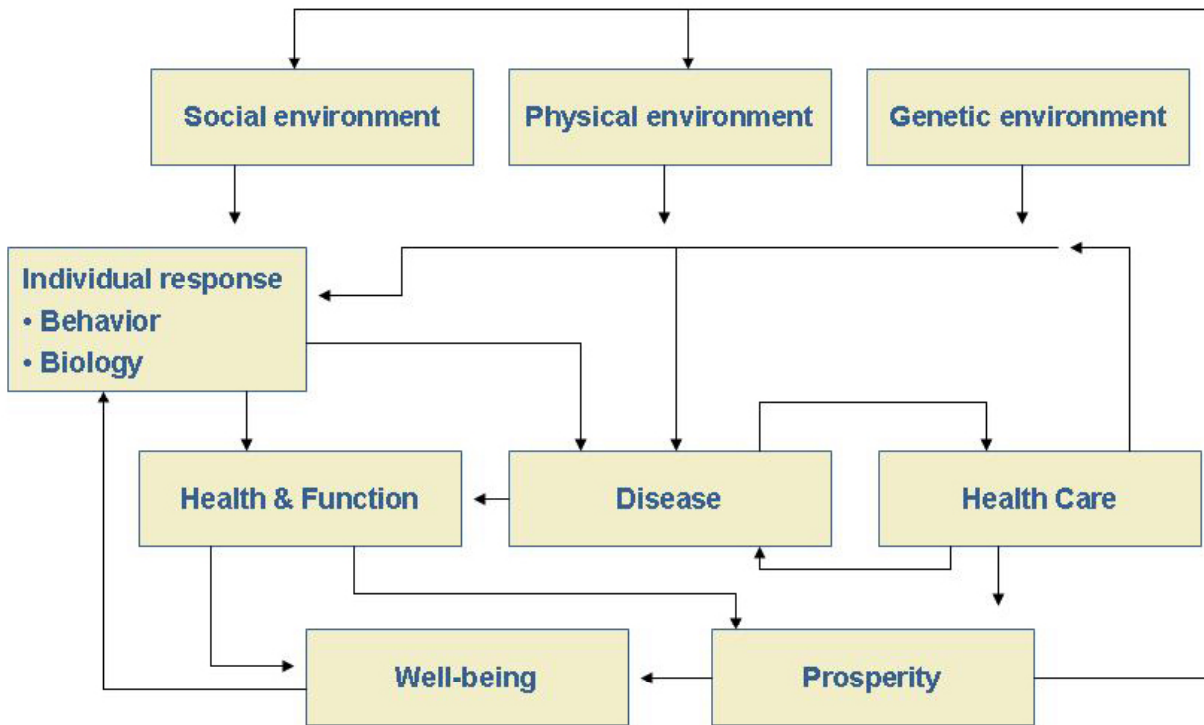
Reservations and Caveats

A larger sample size would give more accurate data. The data is based on completed surveys from 833 people out of a county that numbered 326,907 at the time of the survey. While this is a large enough sample size to provide fairly accurate data, the confidence interval varied slightly for each measure. A confidence interval gives an estimated range of values, where any one value in that range may be the true value. For example, the measure of adults who ate five servings of fruits and vegetables was 43.6 with a confidence interval between 38.2 and 49. This is a fairly small confidence interval, meaning that the numbers are pretty accurate. Compare it with the results for people 18 – 44 who ate five servings of fruits and vegetables: 46.7 with a confidence interval from 35 to 58.8. Since the confidence intervals are not constant, the numbers are not reported with the same accuracy. Generally, 'overall' figures are more accurate than figures that break down more detail.

Data Sources: 2007 Florida Behavioral Risk Factor Surveillance System (BRFSS) Data Report

References: www.chip4health.org, www.apha.org

Illustrations by Mark Villarreal



Above is the Evans and Stoddard model of community health. This model depicts health as influenced by individual behavior, biology, disease, the social and physical environment, and genetics. These factors create either health or disease, which determine the utilization of the health care system. This model is unique in that it pays attention to the environmental and physical factors as an impact on health as well as secondary outcomes of health. It fits in well with the Community Report Card's four environments, as it also highlights the linkages between different environments.

What is SCOPE ?

"To connect and inspire citizens to create a better community."

SCOPE is a not-for-profit organization that focuses on building community connections. Our goal is to engage a diverse group of people in conversations to look at what we want our future to be instead of

Connected communities have:

- Lower rates of school dropout
- An increased ownership of the decision-making process
- Lower crime rates
- Fewer colds and heart attacks

problemsolving the past. In addition to publishing a community indicators report (the *Community Report Card* you are reading), SCOPE conducts studies on topics such as Affordable Housing (2002), Mental Health (2003), and Family Violence (2004). Our two current studies are *Aging: The Possibilities* and *Race and Cultural Relations*.

Indicator Releases	
Introduction	August
Accessibility	September
Water Quality	October
Connectivity	November
Hurricane Preparation	December
Transportation	January
Land Use	February
Wealth & Income	March
Jobs & Industry	April
Affordable Housing	May
Education	June
Health	July
Civic Engagement	August

If you were forwarded this message & would like to receive the Community Report Card in your inbox, please email kirwin@scopexcel.org. If you want to get connected with SCOPE and our community, please visit www.scopexcel.org or call (941) 365-8751