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Florida Hospital Healthy Central Florida Program: Eatonville Community Survey

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**Institute for Social and
Behavioral Science**

UNIVERSITY OF CENTRAL FLORIDA

**Florida Hospital Healthy Central Florida Program
Eatonville Community Survey**

December 2017

Amy Donley, Ph.D.

Methods

The University of Central Florida's (UCF) Institute for Social and Behavioral Sciences (ISBS) conducted face-to-face surveys with residents of Eatonville, FL on behalf of the Florida Hospital Healthy Central Florida Program. The survey was administered between August 2017 and December 2017. The survey consisted of a structured, electronic questionnaire administered using an iPad-based surveying program. The survey questionnaire was largely designed by Healthy Central Florida with input from ISBS as well as members from the Winter Park Health Foundation. The survey consisted of demographic questions from previous years as well as 30 questions about health status and health behavior. All interviewers were thoroughly trained before surveying participants.

Surveyors for this project consisted of undergraduate and graduate students from UCF employed by ISBS. The UCF surveyors are a diverse group of students who represent a variety of majors (e.g., sociology, pre-medicine, psychology, anthropology), socioeconomic backgrounds, and races/ethnicities. UCF surveyors administered surveys at community events in Eatonville and worked in teams to survey residents at their homes if available. The survey took between 8 minutes to 10 minutes to administer.

The aim of the survey was to collect input on attitudes and behaviors related to food, exercise, and healthy living among residents of Eatonville. Survey participants were required to be at least 18 years of age or older. Only current Eatonville residents were eligible to complete the survey. ISBS was provided access into school pick-up lines, the Eatonville library, and to multiple community events such as church services, farmer's markets, and walking groups where survey teams were able to carry out the interviews at various times and days throughout the four months. In total, 104 surveys were completed with Eatonville residents.

Sample

Table 1 shows the demographics of the sample.

Table 1. Demographics

	Eatonville Residents N=104
Age	
18-24	4.8%
25-40	29.2%
41-54	24.3%
55-61	19.4%
62 or older	22.3%
Gender	
Male (1)	43.3%
Female (2)	56.7%
Race	
Black/ African American	74.0%
Caucasian/ white	19.2%
Latino/Hispanic	5.8%
Income	
Under \$11,200	19.2%
\$11,200 to \$15,099	10.6%
\$19,100 to \$22,699	3.8%
\$22,700 to \$26,999	6.7%
\$27,000 to \$30,699	2.9%
\$30,700 to \$34,899	1.9%
\$34,900 to \$38,599	3.8%
\$38,600 to \$42,899	2.9%
\$42,900 to \$46,499	1.9%
\$54,400 to \$61,899	2.9%
\$61,900 to \$69,899	4.8%
\$69,900 to \$77,799	1.9%
\$77,800 to \$85,699	1.9%
\$85,700 to \$93,599	1.9%
\$101,500 to \$109,499	1.0%
\$109,500/Over	1.0%
Education	
Less than high school (1)	14.6%
High school degree or GED (2)	32.0%
Some college (3)	39.8%
Bachelor's degree (4)	10.7%
Postgraduate degree (5)	2.9%

Employment	
Employed for Wages (1)	38.5%
Self Employed (2)	3.8%
Out of Work for More Than 1 Year (3)	4.8%
Out of Work for Less Than 1 Year (4)	3.8%
A Homemaker (5)	2.9%
A Student (6)	3.8%
Retired (7)	15.4%
Unable to Work (8)	26.0%
Marital Status	
Married	30.8%
Divorced	19.2%
Widowed	6.7%
Separated	3.8%
Never Married	38.5%
Member of an Unmarried Couple	1.0%
Attendance at Religious Services	
Never	17.3%
Less Than 1 a Year	5.8%
Once or Twice a Year	16.3%
Several Times a Year	15.4%
About Once a Month	4.8%
2-3 Times a Month	4.8%
Nearly Every week	6.7%
Every Week	19.2%
Several Times a Week	9.6%

As shown in Table 2, the most common self-rated health response is “fair” (36.9%).

Table 2: Health and Health Upkeep

Would you say that, in general, your health is:	
Excellent	11.7%
Very Good	21.4%
Good	27.2%
Fair	36.9%
Poor	2.9%

Respondents were asked if they had been diagnosed with certain medical conditions. As shown in Table 3, the most common diagnoses were high blood pressure (37.4%), followed by high cholesterol (25.7%). People were least likely to be diagnosed with heart disease (3.0%).

Table 3. Health Diagnoses

Condition	Percentage Reporting “Yes”
Heart Disease	3.0
Stroke	7.9
Pre-diabetes or Borderline diabetes	23.1
Diabetes	23.5
High Cholesterol	25.7
High Blood Pressure	37.4

Approximately one in five respondents (19.2%) admit to smoking cigarettes every day, while 6.7% of respondents admit to smoking occasionally. A majority (69.2%) of respondents know that second hand smoke is very harmful. The majority of respondents, 95.2% do not smoke e-cigarettes.

Table 4: Smoking Behaviors and Attitudes

Smoking	
Every day	19.2
Some days	6.7
Not at all	74.0
Smoke e-cigarettes	3.8
Do you think that breathing smoke from other people's cigarettes is:	
Very Harmful	69.2
Somewhat Harmful	25.0
Not Very Harmful	1.9
Not Harmful At All	2.9
Don't Know/ Not Sure (volunteered response)	1.0

Table 5: Insurance Coverage

Do you have any government-assisted healthcare coverage, such as:	
Medicare	14.4%
Medicaid or Another State Sponsored Program	24.0%
VA or Military Benefits	1.9%
Medicare and Medicaid	11.5%
Other Government Sponsored Program	2.9%
None	44.2%
Don't Know/ Not Sure (volunteered response)	1.0%
How insurance is carried:	
Health Insurance Through Employer/Union	26.2%
Self-Purchased Health Insurance	6.8%
No Insurance/ Self-Pay	37.9%
Insured, Unknown Type	2.9%
Government-Assisted Coverage Only	19.4%
Don't Know/ Not Sure (volunteered response)	6.8%

37.9% of respondents in Eatonville had no insurance, or self-paid. The second most received insurance through their employer (26.2%). 44.2% had no government assisted health care.

Table 6: Exercise

How frequently do you do moderate activities for at least 30 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that cause an increase in breathing or heart rate?

Weekly	70.2%
Monthly	6.7%
None	20.2%
Unable to do moderate activity	1.9%
Don't Know/ Not Sure (volunteered response)	1.0%
How often do you go to local gyms or recreation centers for exercise?	
Never	78.8%
A few times a week	17.3%

About once a week	1.0%
Less than once a week	2.9%
How frequently do you use a local park or trail for walking, running, or biking?	
Every day	9.6%
A few times a week	22.1%
About once a week	10.6%
Less than once a week	15.4%
Never	41.3%
Don't Know/ Not Sure (volunteered response)	1.0%
Are you as physically active as you would like to be or would you like to be more active?	
As active as I want to be	35.6%
Would like to be more active	63.5%
Refused	1.0%
How important would you say taking care of your health is to you at this time in your life?	
Very important	91.3%
Somewhat important	8.7%

According to Table 6, most respondents would like to be more active than they currently are (63.5%). 78.8% never go to the gym; however, 91.3% claim that taking care of their health is very important.

Table 7: Weight

Are you now trying to lose weight?	
Yes	52.9%
No	47.1%
Are you making changes to your diet in order to lose weight?	
Yes	80.0%
No	18.2%
Don't Know/ Not Sure (volunteered response)	1.8%
Are you using physical activity or exercise to lose weight?	
Yes	81.8%
No	18.2%

In the past 12 months, has a doctor, nurse, or other health professional told you that you need to lose weight?

Yes	26.9%
No	70.2%
Don't Know/ Not Sure	2.9%

According to Table 7, about half of the residents were trying to lose weight and the others were not. 80.0% of those trying to lose weight were making changes to their diet and 81.1% were using physical activity or exercise. 70.2% had not had a health professional tell them they needed to lose weight.

Table 8: Mental Health

Would you say, in general, your mental health is:

Excellent	19.2%
Very good	24.0%
Good	32.7%
Fair	19.2%
Poor	4.8%

Thinking about the amount of stress in your life, would you say that most days are:

Extremely Stressful	2.9%
Very Stressful	10.6%
Moderately Stressful	44.2%
Not Very Stressful	22.1%
Not At All Stressful	20.2%

Where do you get most of your healthcare information?

Family Physician	46.2%
Friends/Relatives	12.5%
Hospital Publications	1.0%
Insurance	3.8%
Internet	20.2%
Newspaper	1.0%
Don't receive any	1.9%

<u>Other</u>	<u>13.5%</u>
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56.7% of residents feel that their mental health is either “good” or “very good”. 44.2% claim that most days are moderately stressful. Most (46.2%) receive healthcare information from their family physician.

Table 9: Employer Resources

Not including health insurance, does your employer offer any health programs or activities to encourage employees to be healthy?

Yes	26.0%
No	34.6%
Don’t Know/ Not Sure (volunteered response)	39.4%

In the past 12 months, have you participated in any organized health promotion activities, such as health fairs, health screenings, or seminars either through your work, hospital, or community organization?

Yes	35.6%
No	64.4%

If so, what organization provided the health promotion opportunity?

The VA	65.4%
Aspire Health Partners	1.0%
Burn Bootcamp	1.0%
Department of Transportation	1.0%
Devereux	1.0%
Healthy Eatonville Place	17.6%
Experience Christian Center	1.0%
Employer	2.0%
Florida Hospital	3.0%
Macedonia Health Fair	1.9%
O2B Kids	1.0%
Ob-Gyn	1.0%
Orange County	1.0%
University of Central Florida Heart Walk	1.0%

Wayne Densch Center	1.0%
Was this offered through your employer?	
Yes	18.9%
No	73.0%
Don't Know/ Not Sure	8.1%

34.6% of employers did not offer their employees any health programs which encouraged healthy living and 64.4% had not participated in health programs in the last 12 months.

Table 10: Healthy Eatonville Place

Have you ever heard of Healthy Eatonville Place?	
Yes	68.3%
No	29.8%
Not Sure	1.9%
Have you ever participated in any of Healthy Eatonville Place's programs? (Healthy Cooking Classes, Chronic Disease Management Classes, Health Risk Assessment Screening, Other)	
Yes	30.8%
No	63.5%
Not Sure	5.8%
What is your overall impression of Healthy Eatonville Place?	
Very favorable	64.3%
Somewhat favorable	14.3%
Neutral	7.1%
Unfavorable	1.4%
Refused	12.9%

68.3% of Eatonville residents had heard of Healthy Eatonville Place; however, 63.5% had not participated in any programs. Most residents (64.3%) had a very favorable impression of Healthy Eatonville Place.

Table 11: Community

How strongly do you agree that people in your neighborhood can be trusted?

Strongly Agree	25.2%
Agree	40.8%
Disagree	17.5%
Strongly Disagree	12.6%
Don't Know/ Not Sure (volunteered response)	3.9%
How strongly do you agree that people in your neighborhood share the same values?	
Strongly Agree	21.8%
Agree	28.7%
Disagree	33.7%
Strongly Disagree	10.9%
How strongly do you agree that there are people you can count on in your neighborhood?	
Strongly Agree	28.0%
Agree	39.0%
Disagree	21.0%
Strongly Disagree	9.0%
How much of the time have you felt safe in your community during the past month?	
All of the time	56.9%
Most of the time	26.5%
Some of the time	12.7%
None of the time	2.9%
How strongly do you agree that you don't feel you belong to anything you'd call a community?	
Strongly Agree	6.9%
Agree	22.5%
Disagree	24.5%
Strongly Disagree	41.2%
Refused	4.9%
How strongly do you agree that you feel close to others in your community?	
Strongly Agree	31.7%
Agree	41.6%
Disagree	15.8%
Strongly Disagree	8.9%
Refused	2.0%

How strongly do you agree that your community is a source of comfort?	
Strongly Agree	27.8%
Agree	51.5%
Disagree	10.3%
Strongly Disagree	7.2%
Refused	3.1%
On the whole, over the past two years, do you think your community has:	
Gotten better	56.7%
Gotten worse	3.8%
Not changed much	33.7%
Refused	5.8%
Are you an active participant in your local area and community, such as belonging to religious organizations, exercise groups, or socializing with coworkers outside of the workplace?	
Yes, very active	32.7%
Somewhat active	26.9%
No, not really active	14.4%
Not active at all	26.0%

According to Table 11, 40% of residents agree that members of their community can be trusted. About 50% of residents agree or strongly agree that people in the neighborhood share the same values. More than half believe they can count on their neighbors and 56% agree that they felt safe all of the time. 56.7% believe the community has gotten better.

Table 12: Transportation

How often do you use a car for your commute to work, shopping, errands, etc.?	
Frequently	61.8%
Often	4.9%
Sometimes	8.8%
Never	24.5%
How often do you use the bus or mass transit for your commute to work, shopping, errands, etc.?	
Frequently	15.5%
Often	3.9%

Sometimes	13.6%
Never	67.0%
How often do you walk for your commute to work, shopping, errands, etc.?	
Frequently	14.4%
Often	9.6%
Sometimes	16.3%
Never	59.6%
Do you own or have access to a bicycle?	
Yes	41.3%
No	58.7%
How frequently do you ride this bicycle?	
Frequently	14.0%
Often	9.3%
Sometimes	44.2%
Never	32.6%
Do you ride this bicycle for recreation, transportation, or both?	
Recreation Only	67.5%
Transportation Only	0.5%
Both	25.0%
How often do you use a bicycle to commute to work, shopping, errands, etc.?	
Once a week	9.8%
2-3 Times a week	7.3%
Daily	12.2%
Less than once a week	70.7%
How often do you walk to or from public transit?	
Frequently	18.3%
Often	2.9%
Sometimes	7.7%
Never	71.2%
How often do you walk to a destination other than public transit? (to a job, store, park, etc.)	
Frequently	16.3%
Often	7.7%

Sometimes	26.0%
Never	50.0%
How often would you say you walk for recreation, exercise, or to walk the dog?	
Frequently	40.8%
Often	8.7%
Sometimes	21.4%
Never	29.1%
During the last seven days, how many days have you walked for at least 10 minutes at a time?	
0	15.4%
1	4.8%
2	9.6%
3	12.5%
4	9.7%
5	8.7%
6	2.9%
7	31.7%

61.8% of respondents use a car frequently for transportation. 14.4% frequently walk for transportation. Those who own a bicycle typically do not use it for transportation only, but rather transportation and leisure activity. When residents do walk, they are more likely to walk for exercise (40%) instead of to commute. In the last seven days, 31.7% of residents walked at least seven times for increments of 10 minutes or more.

Table 13: Food Insecurity

"I worried about whether our food would run out before we got money to buy more."	
Often True	16.3%
Sometimes True	21.2%
Never True	58.7%
Don't Know/ Not Sure/ Refused	3.8%
"My household has to decide between buying food and paying other bills."	
Always	8.7%
Frequently	5.8%

Sometimes	20.2%
Never	60.6%
<u>Don't Know/ Not Sure/ Refused</u>	<u>3.8%</u>

While nearly 60% of respondents stated that they never worry about running out of food before they could afford to buy more, 16.3% said that this was often true and an additional 21.2% said that this was sometimes true meaning that 37.5% of the sample struggle with food insecurity (Table 13). Moreover, 34.7% report that they always (8.7%), frequently (5.8%), or sometimes (20.2%) have to decide between buying food or paying other bills in their household.

Comparisons

The following tables show the comparisons between the 2013 and 2017 data to allow for possible trends in changes to be noted. However, a note of caution is warranted. Because data in Eatonville are collected by surveying at public events and venues and by going door-to-door, statistically significant assessments of these changes are not possible. Nevertheless, some changes in the results may be useful in determining focus areas going forward.

Comparison Data for Eatonville	2013	2017
Physical Health		
Self-rated Health: Very Good or Excellent (%)	41	33
Self-rated Health: Fair or Poor (%)	27	40
% who have:		
Chronic Heart Disease	7	3
Suffered a Stroke	2	8
Diabetes	24	24
Hypertension	46	37
High Cholesterol	24	26
Tobacco		
Currently smoke (% Yes)	35	30
Exercise		
Any exercise in the past month (% Yes)	77	77
Ever go to gym (% Yes)	37	21
Want to be more active (% Yes)	56	64
Weight		
Currently trying to lose weight (% Yes)	41	53
<i>If Yes:</i>		

Trying to change diet (% Yes)	38	80
Trying to exercise more (% Yes)	16	82
Mental Health		
Self-rating: Excellent or Very Good	68	43
Self-rating: Good	19	33
Self-rating: Fair or Poor	13	24
% saying life is Extremely or Very Stressful	28	14
% saying life is Moderately Stressful	28	44
% saying Not Very or Not At All Stressful	44	42
Social Cohesion		
Feel connected to community (% Agree or Strongly Agree)	83	73
Feel connected to community (% Disagree or Strongly Disagree)	17	25