

The levels of overweight people in Clay, Putnam and St. Johns Counties are above the state level of 37.8 percent. When analyzing obesity levels, Duval and Putnam Counties have percentages above the state level of 27.2%. Survey data show that respondents viewed obesity as the most serious health problem in their communities. Obesity data for non-White residents were not available for all counties in the assessment region, but in the counties that do provide this data, Black residents have higher rates, with the exception of Putnam County. In the region and in the state, percentages of teens at or above the 95th percentile in BMI fall between 10%-15%. St. Johns County is the exception with percentages much lower. These rates are high despite focus group participants listing eating right and exercising (at the gym, walking the track at local schools, etc.) as ways that people in their communities stay healthy.

Source: *Community Health Needs Assessment, 2012*

Adults who are Overweight or Obese (2007-2013)

Location	Percent	Status
County : Clay		
2007	28%	
2013	29.6%	
County : Duval		
2007	25.8%	
2013	31.4%	
County : Nassau		
2007	21.4%	
2013	29.1%	
County : St. Johns		
2007	24.6%	
2013	20.1%	

Source: [www.nefloridacounts.org](http://www.nefloridacounts.org)

## FY13-14-15 Community Benefit

### Nutrition/Access to Food/Physical Activity

The Healthy People 2020 national health targets are to reduce the proportion of adults who are obese to 30.5%. The goals are to reduce consumption of calories from solid fats and added sugars, increase consumption of fruits, vegetables and whole grains, and increase the proportion of adults who meet current federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.

**Programs:**

- Health education
- Community outreach and prevention awareness events
- Strategic Investments

**Strategies:**

1. Collaborate with wellness coalitions and organizations to increase information on access to fresh fruit and vegetables.
2. Work with faith-based partners and other community organizations to provide healthy nutrition classes in their communities.
3. Implement a Healthy Communities Walking Program in collaboration with faith-based partners and community organizations.

**Program Results:**

**FY13**

- Hosted a health fair and provided education on physical activity and how it can prevent joint pain to 100 participants

**FY14**

- Over 110 persons were reached through nutrition and exercise education, including the Eat Good Food presentation and the Eating Better & Moving More program
- The hospital hosted a food drive for BEAM (Beaches Emergency Assistance Mission); 302 lbs. of food were donated
- Increased learning on healthy food preparation, reading food labels and increasing consumption of fruits and vegetables
- 104 people attended classes taught by a Registered Dietician

**FY15**

- 145 were educated on healthy eating tips and other nutrition services
- 255 people received free physical activity classes in the community

**Strategic Investments:**

**FY13**

- Hosted a health fair and provided education on physical activity and how it can prevent joint pain to 100 participants

**FY14**

- BEAM funding supported Grace Garden, an organic garden for food pantry clients. They also provided nutrition education The hospital hosted a food drive for BEAM (Beaches Emergency Assistance Mission); 302 lbs. of food were donated
- BEAM received a Strategic Investment that supported Grace Garden, an organic garden that provides food to low-income food pantry clients. The grant supported garden operations and provided for nutrition education

- 104 people attended classes taught by a Registered Dietician

**FY15**

- BEAM provided general nutrition education to 44 clients; 100% reported learning something new and planning to make at least 1 lifestyle change
- BEAM provided nutrition counseling to 74 clients; 26% lost weight, 18% lowered blood pressure to within normal limits, and 8% lowered their blood glucose
- Supported Dial-A-Ride to provide transportation for seniors to shop for groceries
- Sulzbacher Clinic Beaches provided 869 patients with BMI screening and a follow-up plan to improve their BMI.

**Partners:**

Beaches Emergency Assistance Mission

Dial-A-Ride

Fleet Landing

Neptune Beach Senior Center

Ribault Garden Club

Sulzbacher Clinic Beaches