





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
<u>County : Clay</u>		
<u>2007</u>	28%	
<u>2013</u>	29.6%	
<u>County : Duval</u>		
<u>2007</u>	25.8%	
<u>2013</u>	31.1%	
<u>County : Nassau</u>		
<u>2007</u>	21.4%	
<u>2013</u>	29.1%	
<u>County : St. Johns</u>		
<u>2007</u>	24.6%	
<u>2013</u>	20.1%	

Source: www.nefloridacounts.org

FY14-15 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:

- Mission Nutrition
- Food Policy Conference
- Healthy Corner Store Initiative
- Community Gardens Initiative
- Edward Waters College Student Wellness Project
- Health education
- Community outreach and prevention awareness events
- Strategic Investments

Strategies:

- Work with wellness coalitions and organizations to increase the number of healthy menu items and store displays to enhance access to healthy food choices in restaurants and neighborhood grocers.
- Provide support to local wellness coalitions in their efforts to improve nutrition by providing support to local community gardens.
- Work with faith-based partners by providing healthy nutrition classes in their communities.
- Partner with Edward Waters College to establish a Student Wellness Initiative that provides heart health screenings, BMI, physical activity, and nutrition training and education.

Program Results:

FY13

- Over 33,000 individuals engaged in physical activity education and events
- 25 students at Edward Waters College received screening, nutrition screening and physical activity.
- Approximately 30,000 persons learned about healthy eating and nutrition at health fairs, health education, and Lunch and Learn sessions

FY14

- More than 18,000 people at 55 community events received information on healthy eating and physical activity
- Pedometers were distributed to over 500 people at community health events
- Over 1,360 people received BMI screening at community education and outreach events; 407 people (30%) were identified as having abnormally high results

FY15

- 104 community members attended a nutrition presentation that was facilitated by community health advocates trained under the “Train the Trainer” Community Education Series
- 150 participants attended “Take Your Health to Heart” event at FSCJ where they observed a “plant based” cooking demonstration
- 21 congregants of Faith-Based Partnership Program completed the “8 Weeks to Healthy Living” nutrition and exercise program. As a group, participants lost over 80lbs.; 85% of participants said that they were more active after the program than before starting the program; the average number of points of decrease in blood pressure was 11 points
- Over 1,263 people received BMI screening at community education and outreach events; 775 people (61%) were identified as having abnormally high results

Strategic Investments:

FY13

- Sulzbacher Clinic Downtown provided nutrition education and BMI screening for patients
- Community Health Outreach provided physical activity opportunities
- Southern Food Policy Advocates Duval County Food Summit is a community-based effort to ensure a quality food system leading to better health for all people. We partnered with the Council in a public conversation to explore our food culture, its impact on the community's access to safe and nutritious food and how we can make more informed choices about our health
- I'm a Star Foundation, through the Corner Store Initiative, collaborated with stakeholders to address health disparities and social determinants, and positively impact food deserts, chronic disease and obesity
- Senior Life Foundation assisted 357 seniors through the Emergency Help Line. Co-sponsored Thanksgiving Luncheon for over 1,000 of the city's poorest homebound seniors

FY14

- Jewish Family & Community Services assisted more than 8,600 people to access food
- Community Health Outreach provided physical activity opportunities for 1,182 people
- Support of Southern Food Policy Advocates hosted the Duval County Food Summit. Funding also provided for healthy breakfast and lunch programs
- Senior Life Foundation assisted 355 seniors through the Emergency Help Line. Provided seniors with emergency food
- Lutheran Social Services' Nourishment Network provided food to 330 families with low incomes through the Student Food BackPacks. LSS provided food to 53 at-risk pregnant women through the Health Begins Before Birth program.

FY15

- The ARC provided gastric tube feeding for 3 and educated 11 clients.
- UCOM ???
- The Y screened 246 for childhood obesity and educated 189. The Y increased food access through neighborhood produce fairs and Black Hog Farms kiosk at the Y locations. 388 additional people were provided with nutrition education.
- Lutheran Social Services Nourishment Network ? Health Begins Before Birth? pending
- The Sulzbacher Center provided nutritious food daily to all clients.
- Community Health Outreach ???

Partners:

Community Clinics
 Duval County Food Policy Council
 Duval County Public and Private Schools
 Edward Waters College
 Faith based organizations
 I'm a Star Foundation
 Police Athletic League
 Senior Life Foundation

