





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	31.1%	
County : Nassau		
2007	21.4%	
2013	29.1%	
County : St. Johns		
2007	24.6%	
2013	20.1%	

Source: 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. Provide support to local wellness coalitions in their efforts to improve nutrition by providing support for local community gardens.
2. Work with faith-based partners by providing healthy nutrition classes in their communities.
3. Implement a Healthy Communities Walking Program in the assessed area in collaboration with faith-based partners and other community organizations.

Program Results:

FY13

- 5 individuals attended a healthy eating and nutrition education session at the Nassau Council on Aging Senior Expo

FY14

- 3 individuals attended a healthy eating and nutrition education session at the Nassau Council on Aging Senior Expo
- Over 500 persons received information on healthy eating and physical activity at community events
- 144 people received BMI screenings, 51 people (35%) were identified as having abnormally high results

FY15

- Over 400 persons received information on healthy eating and physical activity at community events
- 158 people received BMI screenings, 82 people (52%) were identified as having abnormally high results
- 16 individuals attended a healthy eating and nutrition education session at the Callahan Bus Yard

Strategic Investments:

FY13

- Barnabas Health Center to transition from urgent care to primary care services

FY14

- Barnabas Health Center opened a primary care clinic 24 hours/week. Treated 207 patients, 517 visits. Patients received obesity screening and nutrition education

FY15

- Nassau County Council on Aging provided healthy meals to 63 seniors and provided nutrition education to 58 seniors in Nassau
- Barnabas Health Center provided medical services to 520 patients for a total of 1,766 visits; increased access to healthier food by offering more fresh and

frozen foods through its on-site pantry; initiated a community garden in which patients will grow and harvest their own vegetables

Partners:

Barnabas Health Center
Christ Walk Church
First Missionary Baptist Church
Nassau Council on Aging