





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>2014</u>	20.1%	

Source: www.nefloridacounts.org

Baptist Health South

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:

- 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.
- Implement a Healthy Communities Walking Program in the assessed area in collaboration with the faith-based partners and other community organizations.

Program Results:

FY13

- 75 attended a health fair and received information on nutrition/physical activity

FY14

- 181 high school students participated in interactive, activity- events at a health fair
- 79 people attended health education presentations on nutrition and physical activity
- In partnership with faith-based organizations, 250 people received educational information on nutrition
- 91 persons had BMI screenings, 35 people (38%) were identified as having abnormally high results

FY15

- 144 high school students had BMI screenings, 97 students (67%) were identified as having abnormally high results
- 11 people attended health education presentations on nutrition and physical activity
- 128 persons had BMI screenings, 83 people (65%) were identified as having abnormally high results

Strategic Investments:

FY13

- The Way Free Medical Clinic added a medical provider to expand access to care to over 150 people
- We Care provided access to health care and increased availability to specialists

FY14

- The Way Free Medical Clinic expanded hours to increase access to care to over 2,150 patients
- The YMCA provided nutrition and physical activity screening, outreach, education and interventions for their Daystar program participants
- We Care provided access to health care and increased availability to specialists

FY15

- The Way Free Medical Clinic provided primary care to over 400 patients including Clean Eating nutrition classes for 18 patients
- The YMCA provided nutrition and physical activity screening, outreach, education and interventions for their Daystar program participants
- We Care provided access to health care and increased availability to specialists

Partners:

Brooks Bartram Lakes Assisted Living
Church of Argyle
First Baptist Mandarin Church
Ridgeview High School
The Way Free Medical Clinic
We Care of Jacksonville
YMCA of Florida's First Coast