

# First Annual DeSoto County Health Care Report Card

## *Our Health As A Community*

### SOURCES

- ◆ The Henry J. Kaiser Family Foundation State Health Facts
- ◆ Agency For Health Care Administration
- ◆ 2000 U.S. Census Bureau
- ◆ Centers For Disease Control
- ◆ BRFSS Survey, Bureau of Epidemiology, Florida Department of Health
- ◆ Healthy People 2010
- ◆ Florida Department of Health, Office of Planning, Evaluation & Data Analysis
- ◆ Omron Healthcare, Inc.
- ◆ American Medical Association



### Year 2005

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Community Health Report Card will serve as a tool toward reaching three basic goals:

- *To improve resident's health status, increase their life spans and elevate their overall quality of life.*
- *To reduce health disparities among residents*
- *To increase community residents awareness of significant health issues.*

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**The Heartland Rural Health Network, Inc.  
Annual Community Report Card: DeSoto County**

*At a time when our nation is facing critical health care issues many individuals are becoming increasingly conscious of the dependence of accessible and affordable health care and lifestyle factors that impact not only a community, but the individuals who live within the community. This Report Card is a tool developed for the following reasons:*

- ◆ *To identify critical health-related issues and compare national, state and local statistics to see where DeSoto County stands.*
- ◆ *To use the information presented and focus on areas that need improvement and identify areas that need future attention.*
- ◆ *To celebrate the community's successes and identify programs, models and a processes to improve community health-related factors.*
- ◆ *To broaden efforts being made to improve the health status of the community and promote a more effective continuum of care and a system of integrated information, referrals and care within DeSoto County.*
- ◆ *To encourage all health care providers, social service organizations, faith-based community, and private citizens to join together and make DeSoto County a healthier and happier place to live and work.*
- ◆ *To improve the public's understanding of the role of public health so all citizens become active partners in health improvement and fully use the system of health promotion and protection.*

*Sincerely,*

*J. Rudy Reinhardt  
Executive Director*

## **Who is the Heartland Rural Health Network, Inc.?**



**In 1993, the State of Florida passed enabling legislation authorizing the creation of rural health networks. The Heartland Rural Health Network, Inc. is a not-for-profit entity. In July 1995, HRHN became the first rural health network in Florida to be certified by the State of Florida Agency for Healthcare Administration. Today it is the largest of nine (9) state networks and covers an area of 4,780 square miles. The Network serves Charlotte, DeSoto, Hardee, Highlands, & Polk Counties and address the fundamental problems in rural health care by integrating public and private health resources, emphasizing cooperation over competition, and increasing the usage of statutory rural hospitals in an effort to support rural economies. The Network's governing body is a 16-member Board of Directors representing rural and urban hospitals, public health departments, local governments, consumers, Emergency Medical Services (EMS), Area Health Education Center, Community Health Centers, and mental health and substance abuse providers.**

### **HRHN Community Initiatives**

- Network Clinical Integration Project funded through a HRSA Network Development Grant
- DeSoto Health Resources, Inc.
- Heartland Rural Health Services
- Healthy Start Coalition
- Highlands County Coalition for the Homeless, Inc.
- Hardee Coalition on Homelessness, Inc.
- Florida Heartland Rural Consortia for the Homeless
- Rural Health Care Division's Universal Service Program
- Highlands County Community Coalition on Substance Abuse Reduction



## Tips For A Healthier You



- ü **Stay Physically Active-** Many individuals often have misconceptions about the intensity and type of exercise needed to produce healthy benefits. The best way to become or stay physically active is to invest your time into something you enjoy doing and is convenient for you. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you are watching television, homework, or reading. Climb stairs instead of taking the elevator. Also, being active with family & friends is much more fun! Get your heart pumping by staying active.
- ü **Eat Foods Low In Saturated Fats and Cholesterol -** The American Heart Association recommends that you limit your average daily cholesterol intake to less than 300 milligrams.
- ü **Balance Your Food Choices-** There is a misconception that you have to give up all fatty foods like hamburgers, French fries, and ice cream to eat healthy. Good news is you don't have to! You just have to be smart about how often and how much of the items you eat.
- ü **Don't Smoke or Use Other Tobacco Products-**As soon as you stop smoking, your risk of heart disease and stroke starts to drop.
- ü **Have Your Blood Pressure Checked Regularly-**High blood pressure adds strain on the heart and arteries causing it to work harder than someone who has normal blood pressure. If you have high blood pressure, make sure to follow your doctor's advice regarding changing your diet and lifestyle habits.
- ü **Get Some Sleep-**Sleep is extremely important for your well-being because it is the time when our body is able to rest and rejuvenate. Try adding on one hour to your current sleep pattern and see if you feel the difference.

## DeSoto County Overview

**Population:** 39,921

**Population Percent change, 1990 to 2000:** + 35.0%

**Persons under 5 years old, percent, 2000:** + 5.8%

**Persons under 18 years old, percent, 2000:** + 22.7%

**Persons 65 years old & over, percent, 2000:** + 19.0%

**Land Area (sq. miles):** 637

**Persons per square mile:** 50.5

**Designated Health Professional Shortage Area (HPSA)**

**Median Household Income:** \$30,714  
(FL \$38,819, US \$43,318)

**Non-English Speaking Households:** 24.1%  
(FL 23.1%, US 18%)

**Ethnicity\*:**

**White:** 73.3% (FL 78%, U.S. 75.1%)

**African American:** 12.7% (FL 14.6%, U.S. 12.3%)

**Latino (of any race):** 24.9% (FL 16.8%, U.S. 12.5%)

**Other Ethnicities:** 12.5%(FL 5.1%, U.S. 10.1%)

**Leading Causes of Hospitalizations for County Residents of All Ages (Year 2004):** Obstetrics & Newborns, Pulmonary (lungs), and Cardiology (heart) related illnesses.

*\*Total will not equal 100% due to individuals reporting two or more ethnic backgrounds.*

## WHAT IS A HEALTHY COMMUNITY?



A healthy community is one that includes elements that enable people to maintain a high quality of life and to be productive residents. A healthy community:

- ü Offers access to health care services that focus on both treatment & prevention for all members of the community.
- ü Is safe and has roads, schools, playgrounds and other services to meet the needs of the people in that community.
- ü Has a healthy and safe environment.

Healthy People 2010 is a tool that helps communities focus on the promotion of healthy behaviors, create healthy environments, and increase access to high-quality health care. The two main goals of Healthy People 2010 is to increase quality and years of healthy life and eliminate health disparities. Below you will find documented strengths of your community and areas that need some improvement. The statistics provided compare DeSoto County with the State of Florida, the United States, & Healthy People 2010 Goals.

## STRENGTHS

DeSoto	Florida	US	Healthy People 2010 Goal
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### AGE ADJUSTED RATES PER 100,000 FOR SELECTED CAUSES YEAR 2003

	DeSoto	Florida	US	Healthy People 2010 Goal
Cancer Deaths	157.7	175.4	195.6	159.9
Breast & Cervical Cancer Deaths	17.0	24.9	—	—
Stroke Deaths	29	42.4	56	48
Alcohol Related Motor Vehicle Crashes	91.4	132.6	—	—
Gonorrhea (Sexually Transmitted Disease)	100.3	110.5	131.6	19

## AREAS FOR IMPROVEMENT

DeSoto	Florida	US	Healthy People 2010 Goal
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### AGE ADJUSTED RATES PER 100,000 FOR SELECTED CAUSES YEAR 2003

	DeSoto	Florida	US	Healthy People 2010 Goal
Diabetes Deaths	39.1	21.2	25.2	15.1
Lung Disease Deaths (not including cancers)	18.7	38.5	119.4	60
Heart Disease Deaths	213.3	208	208	166
HIV/AIDS Deaths	20.9	33.5	15.2	.70
Unintentional Injury Deaths	65.2	43.5	37	20.8
Alcohol Related Motor Vehicle Deaths	20.6	6.4	—	—
Motor Vehicle Crash Deaths	49.5	18.6	15.3	9.2
Chlamydia (Sexually Transmitted Disease)	318.5	246.9	257.5	—

### PERCENTAGES FOR SELECTED CAUSES

	DeSoto	Florida	US	Healthy People 2010 Goal
% of Births with 1st Trimester Prenatal Care	68.6%	85.8%	83.7%	90%
% With No Health Insurance	28%	18.20%	15.6%	0%
% of Individuals Below Federal Poverty Level	23.6%	12.5%	12.5%	—
% of Families with Related children 18 years and younger below poverty level	26.2%	14.2%	16.1%	—
Adults Who Are Obese (Body Mass Index is greater than or equal to 30)	25.9%	22.3%	30%	15%