2016

Community Health Needs Assessment
Table of Contents

Executive Summary .................................................................................................................. 3
Overview of Community ......................................................................................................... 5
Conclusion ............................................................................................................................ 12

Introduction ............................................................................................................................ 13
1a. A Definition of the Community Served by the Hospital Facility ................................ 14
1b. Demographics of Brevard County .................................................................................. 15
1c. Existing Health Care Facilities and Resources ............................................................. 16
1d. How Data was Obtained ............................................................................................... 21
1e. The Health Needs of the Community ........................................................................... 24
1f. Primary and Chronic Diseases of Minority Groups ........................................................ 47
1g. The Process for Identifying and Prioritizing Health Needs ........................................... 48
1h. Persons Representing the Community’s Interests ......................................................... 50
1i. Information Gaps ........................................................................................................... 51
1j. Other (Not Applicable) .................................................................................................. 52

Appendix A: Detailed list of Holmes Regional Medical Center Services ....................... 54
Appendix B: Data Sources Used for the CHNA ................................................................. 55
Appendix C: Disparity Indicators ......................................................................................... 56
Executive Summary

The Community Health Needs Assessment (CHNA) was prepared by Health First for Holmes Regional Medical Center (HRMC) in response to changes to Internal Revenue Service (IRS) forms and systems. This reflects additional requirements for charitable hospitals enacted under Section 9007 of the Patient Protection and Affordable Care Act of 2010 to comply with federal tax-exemption requirements. The assessment serves as the foundation for developing a strategic implementation plan that includes engagement with community organizations to address health needs. Participation in the development and execution of a community-driven process has the potential to enhance program effectiveness, leverage limited financial resources, and strengthen the public health system. Collaboration among community partners has proven to lead to improved health for all residents.

The data for the Community Health Needs Assessment was gathered using a variety of sources as noted in Section 1d – How Data was Obtained.

The CHNA includes:

- A definition of the community served by Holmes Regional Medical Center
- An examination of demographic, economic, education, public safety, environmental, and transportation data
- Existing healthcare resources and services
- Process for obtaining the data
- Identified health needs of the community including primary and chronic disease needs for uninsured, low-income, and minority populations
- Process for identifying and prioritizing health needs
- Summary of the information collected from key stakeholders representing the interests of the community
- Information gaps that limited the hospital facility’s ability to assess all needs of the community.

The findings from the 2016 PRC Community Health Needs Assessment survey conducted on behalf of the Space Coast Health Foundation by Professional Research Consultants, Inc. was, in part, used as a guide for our health indicator selection. Following a presentation of the findings of this survey, members of the Health Advisory Council (listed in Appendix C) met to discuss, rank, and prioritize the key health needs to be undertaken in this year’s CHNA.

This prioritization considered three criteria:

- the magnitude of the problem, as measured in terms of the percent of the population with the health problem based on self-reporting;
- the severity of the problem in terms of mortality, morbidity, hospitalizations, economic loss or community impact;
- the predicted effectiveness of the intervention in addressing the health problem.
When applicable, health indicator rates were compared to the national benchmark targets that have been established by Healthy People 2020. The quality of our health starts in our communities and neighborhoods, as well as in our homes and workplaces. Our health is determined, in part, by access to social and economic opportunities, and the resources available to us.

The CHNA provides a comprehensive analysis of widely-accepted health indicators that identify key community needs for each demographic area served by Holmes Regional Medical Center. The objectives of the CHNA are to increase the understanding of the community’s health problems, build capacity through partnership development and collaboration, and strengthen the role of the hospital as they work within the hospital’s service area to address community health needs. The overarching goal of the healthcare system is to provide all residents with the opportunity to attain optimal health outcomes.
Overview of the Community

Demographics

The population of Brevard County has grown to 568,088 persons based on 2015 U.S. Census population estimates, an increase from 543,376 in July 2010. The county’s ethnicity is comprised of 83.9% white, 10.7% black or African American, and 5.4% other races. Hispanics/Latinos comprise 9.2% of the population, compared to 24.0% in the State of Florida.

According to the 2014 U.S. Census American Community Survey, more than 25.3% of the households in Brevard County have children under the age of 18 living with them, 48% are married couples living together, and the average household size is 2.33 persons. The median age is 45.9 years and 8.8% are foreign born. Veterans comprise 15.2% of the civilian population. According to countyhealthrankings.com, 37% of children live in single-parent households.

The population distribution is as follows:

- 19% under the age of 18
- 59% from ages 18 to 64
- 22% who are 65 years of age or older (One in five residents is 65 or older)

In 2015, 14.0% of the residents lived in poverty compared with 16.7% statewide. There were 11.7% receiving Supplemental Nutrition Assistance Program (SNAP) benefits in 2015.

Education

According to countyhealthrankings.com, more than 87% of Brevard County residents have a high school diploma, and 65% have attended college. Of the persons aged 25 and older, 90.5% had attained a high school diploma, and 26.7% attained a bachelor’s degree or higher. The Healthy People 2020 target for high school graduation is 82.4%.

Economy

According to the U.S. Bureau of Labor Statistics, the unemployment rate was 5.2% in June 2016, higher than that of the nation at 4.9%.

Housing affordability remains a challenge for a significant number of Brevard’s residents. According to the PRC 2016 Community Health Needs Assessment, a total of 28.9% of community residents were concerned about affording their rent or mortgage payment in the past year. More likely to report housing insecurity are those under age 65 and earning lower incomes. In the past year, according to the PRC study, 17.7% of survey respondents “often” or “sometimes” worried about whether their food would run out before there was money for more. Another 10.7% of respondents “often” or “sometimes” had food run out before there was money for more. Adults are more likely to report food insecurity, including those living at lower incomes.
According to the Economic Development Commission of Florida’s Space Coast, the top private and public employers with over 2,000 employees are Brevard County School Board, Health First, Inc., Harris Corporation, Brevard County Government, U.S. Department of Defense and NASA.

According to the U.S. Census Bureau’s 2010-2014 American Community Survey 5-Year Estimates, 56.3% of the population age 16 years and older work in the civilian labor force.

**Environmental – Air Quality**

According to the U.S. Environmental Protection Agency, exposure to air pollution is associated with numerous effects on human health. High-risk groups such as the elderly, infants, pregnant women, and sufferers from chronic heart and lung diseases are more susceptible to air pollution. According to findings from the American Lung Association’s stateoftheair.org 2013 statistics, Brevard County has an annual ozone air quality Grade of A, referring to high ozone days. Brevard also has a Grade of A for particle pollution over a 24-hour period. Particle pollution can be harmful even if it is inhaled over just a few hours or days, even if the year-round averages are low. “Short-term levels” refers spikes averaged over a 24-hour period. Those days or weeks of high levels can be dangerous, even deadly.

These grades of A show a marked improvement over past years. In Brevard County, the annual ozone air quality index for 2008-2010 was Grade B; from 2006-2008 the ozone index was Grade C.

**Transportation**

Public transportation reduces fuel consumption, minimizes air pollution, and relieves traffic congestion. Public transportation development is challenging in Brevard County due in part to its unusually long geographic length.

The American Community Survey of 2010-2014 5-Year Estimates reported that only 0.6% of workers aged 16 years and over commuted to work using public transportation, and only 8.8% carpooled. This is well below the national health target to increase the proportion of workers who take public transportation to work.

The report stated 82.2% of Brevard workers 16 years and older drive alone to work. When compared to other counties in the nation, Brevard is in the bottom 25th percentile for this indicator.

**Public Safety**

According to the Florida Department of Law Enforcement, total arrests in Brevard County in 2015 were 19,400, a 19.3% decrease over 2014. However, the violent crime rate increased 7.1% over 2014 data.

According to Florida Charts, 11.3% of deaths in Brevard County were cause by motor vehicle crashes, slightly under the 12.1% rate statewide. This is under the Healthy People 2020 target of 12.4/100,000 population.
Mortality

According to Florida Charts’ Major Causes of Death for 2014, the major causes of death in Brevard County were:

1. Cancer
2. Heart disease
3. Chronic lower respiratory disease
4. Unintentional injury
5. Stroke
6. Alzheimer’s disease
7. Diabetes
8. Chronic liver disease and cirrhosis
9. Influenza and pneumonia

<table>
<thead>
<tr>
<th>Leading Causes of Death</th>
<th>Underlying Risk Factors (Actual Causes of Death)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>• Tobacco use&lt;br&gt;• Improper diet&lt;br&gt;• Excess weight</td>
</tr>
<tr>
<td>Cardiovascular (heart) disease</td>
<td>• Tobacco use&lt;br&gt;• Elevated serum cholesterol&lt;br&gt;• High blood pressure&lt;br&gt;• Excess weight</td>
</tr>
<tr>
<td>Chronic lung (lower respiratory) disease</td>
<td>• Tobacco use&lt;br&gt;• Excess weight</td>
</tr>
<tr>
<td>Accidental (unintentional) injuries</td>
<td>• Safety belt noncompliance&lt;br&gt;• Alcohol/substance abuse</td>
</tr>
<tr>
<td>Cerebrovascular disease (stroke)</td>
<td>• High blood pressure&lt;br&gt;• Tobacco use&lt;br&gt;• Excess weight</td>
</tr>
</tbody>
</table>


According to Florida Charts, female breast cancer age-adjusted death rate, 3-year rolling rates for 2013-2015 was 19.5%. Cervical cancer age-adjusted death rate for 2015 was 3.1%; bladder cancer was 5.6%; and colorectal cancer was 13.4%. Lung cancer age-adjusted death rate was 53.6%; pancreatic cancer was 15.9%; prostate cancer was 19.6% and liver cancer was 6.6%.

A total of 13.3% of surveyed Brevard County adults report having been diagnosed with skin cancer, which is less favorable than the state and national averages, according to the PRC 2016 Community Health Needs Assessment. The PRC report also states that a total of 10.7% of survey respondents have been diagnosed with some type of non-skin cancer, which is higher than the statewide and national percentages.

In May 2016, the American Cancer Society (ACS) reported on the nation’s progress toward achieving a goal of 50% cancer death reduction. The cancer death rate declined 26% over the 25-year period of 1990 to 2015. Though the goal of a 50% reduction was only one-half achieved, ACS believes this reduction shows collective positive progress.
From 1990 to 2015, the age-adjusted cancer death rate declined by:

- 32% among men
- 22% among women
- 39% for breast cancer
- 44% for colorectal cancer among women
- 47% for colorectal cancer among men
- 45% for lung cancer among men
- 53% for prostate cancer among men

Premature Death (Years Potential Life Lost – YPLL)

Years of Potential Life Lost (YPLL) is an estimate of the average years a person would have lived if he or she had not died prematurely. It is, therefore, a measure of premature mortality.

A 1999 study estimated that as many as 40% of premature deaths in the U.S. are attributed to behavioral factors. This study found that behavior patterns represent the single-most prominent domain of influence over health prospects in the U.S. The daily choices we make with respect to diet, physical activity and sex; the substance abuse and addictions to which we fall prey; our approach to safety; and our coping strategies in confronting stress are all important determinants of health.

According to Florida Charts for 2014, the top nine YPLL < 75 per 100,000 under 75 major causes of death in Brevard County were:

1. Cancer
2. Unintentional injury
3. Heart disease
4. Suicide
5. Chronic liver disease and cirrhosis
6. Chronic lower respiratory disease
7. Diabetes
8. Perinatal period conditions
9. Stroke

Morbidity

The major factor contributing to premature deaths in the United States is lifestyle behaviors, followed by genetics, social circumstances, medical care and physical environment.

These lifestyle behaviors include:

- Tobacco – 18%
- Diet/Inactivity – 17%
- Alcohol – 4%
- Infectious Disease – 3%
- Toxic Agents – 2%
- Motor Vehicles – 2%
- Sexual Behavior - 1%
- Illicit Drugs -1%
Chronic Diseases

According to Florida Charts 2015 Chronic Disease Profile statistics, Brevard County reported a higher rate than the state of Florida and U.S. Healthy People 2020 goal for the following:

- deaths due to coronary heart disease
- deaths due to lung cancer
- deaths due to prostate cancer
- deaths due to cervical cancer
- adults who are current smokers
- adults with a high incidence rate of melanoma
- adults diagnosed with diabetes
- adults diagnosed with high cholesterol
- adults 50 years of age and older who have not had a stool blood test
- adults 50 years of age and older who have not had a sigmoidoscopy or colonoscopy in the past five years.

Asthma and chronic obstructive pulmonary disease (COPD) are significant public health burdens. Specific methods of detection, intervention, and treatment exist that may reduce this burden and promote health.

According to the PRC 2016 Community Health Needs Assessment, a total of 6.8% of Brevard County adults currently suffer from asthma, which is similar to the statewide and national prevalence. A total of 16.6% of Brevard County adults suffer from chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis. This is much higher than both the state and national statistics. The report shows a statistically significant increase in this chronic disease over time.

The PRC 2016 study also found that a total of 39.0% of Brevard County adults have been told at some point that their blood pressure was high. This data is less favorable than the Florida prevalence, but similar to the national data. This percentage fails to satisfy the Healthy people 2020 target of 26.9%. Among those adults who have high blood pressure, the highest percentage – 64.8% -- are age 65+.

Diabetes is a chronic, lifelong condition that affects your body's ability to use the energy found in food. Many forms of diabetes exist, including Type 1, Type 2, and gestational diabetes. Effective therapy can prevent or delay diabetic complications.

A number of medical risks are associated with Type 1 diabetes. Many of them stem from damage to the tiny blood vessels in your eyes, nerves, and kidneys. Even more serious is the increased risk of heart disease and stroke.

Type 2 diabetes is the most common form of this chronic disease and accounts for about 95% of all adult cases. People who are obese are most at risk for developing Type 2. While there is no cure, Type 2 diabetes can be controlled with weight management, diet, and exercise.

According to Florida Charts Age-Adjusted Death Rate, 3-Year Rolling Rates, 2013-2015 findings, 18.0% of deaths in Brevard were caused by diabetes.
The PRC 2016 Community Health Needs Assessment of Brevard County revealed that a total of 16.5% of Brevard County adults have been diagnosed with diabetes, worse than the state-wide proportion. This marks a statistically significant increase in diabetes since 2013. Minority populations are more frequently affected by type 2 diabetes and constitute 25% of all adult patients with diabetes in the U.S. Minorities also represent the majority of children and adolescents with Type 2 diabetes.

Another 9.1% report that they have “pre-diabetes” or “borderline diabetes,” with the highest percentage being those 65+. Men have 21.2% prevalence of diabetes vs. 12.1% of women.

Health Screenings

The percentage of adults seeking preventive health screenings (mammography and PAP tests) has decreased over the past three years. The percentage of adults seeking preventive colorectal cancer screenings has slightly increased since 2013. Early detection increases cure rate and survivorship.

Among women ages 50 – 74, 78.3% have had a mammogram within the past two years. This finding is slightly lower than 78.6% in 2013. This percentage is similar to state-wide and national findings and similar to the Healthy People 2020 target of 81.1% or higher.

Among women ages 21 to 65, 65.7% have had a Pap smear within the past three years which is comparable to Florida findings, but less favorable than national findings. This percentage is lower than 79.5% in 2013 and does not satisfy the Healthy People 2020 target of 93% or higher.

Among adults ages 50 – 75, 78.9% have had an appropriate colorectal cancer screening (fecal occult blood testing within the past year and/or sigmoidoscopy/colonoscopy [lower endoscopy] within the past 10 years). This percentage is slightly higher than the findings in 2013 of 77.5%. This data is similar to national findings and satisfies the Healthy People 2020 target (70.5% or higher).

Nutrition

According to the PRC 2016 Community Health Needs Assessment, a total of 29.2% of Brevard County adults report eating five or more servings of fruits and/or vegetables per day. Area men are less likely to get the recommended servings of daily fruits/vegetables. Older adults, age 40 to 64, age 65+, and lower income individuals consume the least amount of fruits/vegetables per day, with percentages of 27.8%, 27.7%, and 26.1% respectively.

Alcohol and Substance Abuse

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems, such as teenage pregnancy, HIV/AIDS, child abuse, motor vehicle crashes, crime, homicide, and suicide.

A total of 14.3% of adults are excessive drinkers (heavy and/or binge drinkers). This is more favorable than the national proportion, and satisfies the Healthy People 2020 target of 25.4% or lower. This data is lower than the 18.5% statistic found in the PRC study of 2013.
A total of 1.4% of Brevard County adults acknowledge having driven a vehicle in the past month after they had perhaps too much to drink. This statistic is lower than the national findings, and is slightly lower than the 1.8% finding in 2013.

A total of 1.3% of adults acknowledged using an illicit drug in the past month. This data is more favorable than the proportion found nationally, and satisfies the Healthy People 2020 target of 7.1% or lower.

**Smoking**

Tobacco use is the single most preventable cause of death and disease in the U.S. Scientific knowledge about the health effects of tobacco use has increased greatly since the first Surgeon General’s report on tobacco was released in 1964.

A total of 17.9% of Brevard County adults currently smoke cigarettes, either regularly (12.5%) every day or occasionally (5.4% on some days). This data is slightly lower than 18.2% finding in the 2013 report. Smoking is more prevalent among men, adults under 65, lower-income residents, and minorities.

Just over one-third of regular smokers (34.2%) went without smoking for one day or longer in the past year because they were trying to quit smoking. This does not satisfy the Healthy People 2020 target which is 80% or higher. This finding marks a statistically significant decrease over time.

Rates for smoking and binge drinking have slightly decreased over the past three years.

**Health Care Factors**

**Childhood Overweight & Obesity**

According to the PRC 2016 Community Health Needs Assessment, the Child Total Overweight Prevalence in Brevard County increased from 29.4% in 2013 to 40.3% in 2016 for children ages 5-17 who are overweight/obese with a BMI in the 85th percentile or higher. Further, 26.0% of these children are obese (> or = 95th percentile), an increase from 21.1% in 2013. The survey found that this disparity is significantly higher among the underserved population and fails to satisfy the Healthy People 2020 target of 14.5% or lower for children ages 2-19.

The PRC study also found that 7.3% of adults age 18 to 64 lacked health insurance coverage and 15.1% among low-income adults. This is similar to the national finding but does not meet the Healthy People 2020 target of universal coverage of 0% uninsured. In addition, the survey revealed that 6.4% of Brevard County children do not have healthcare coverage. This is one of the major barriers to accessing health care services in the community. Other barriers included difficulty getting a doctor’s appointment, cost and inconvenient office hours.
Conclusion

In order to determine the most meaningful issues to address in the Holmes Regional Medical Center’s Community Health Needs Assessment (CHNA) strategic implementation plan, Health First underwent an in-depth analysis of a voluminous amount of data obtained from numerous sources. (Sources are listed in Appendix A).

Based on conclusions derived from this data, Health First, on behalf of Holmes Regional Medical Center, will focus its strategic plan efforts on two key issues for the CHNA: Overweight and Obesity as it relates to Chronic Disease Prevention; and Access to Care.

- **Overweight and Obesity as it relates to Chronic Disease Prevention**

It was clear from a wide range of sources that the issue of overweight and obesity, in addition to being a chronic disease itself, is a key underlying cause and/or risk factor leading to many other chronic diseases. Statistics show that more than 62 percent of Brevard County adults are overweight or obese, and 40.3% of children ages 5 to 17 show a prevalence of being overweight in the 85th percentile and 26.0% of children ages 5 to 17 show a prevalence of being obese in the 95th percentile. When reviewing the leading causes of mortality, such as but not limited to cardiovascular disease, hypertension, some types of cancer, diabetes, and stroke, the research showed proven links to such deaths and obesity or excess weight.

Health First will address overweight and obesity as it relates to chronic disease prevention in the strategic plan for Holmes Regional Medical Center so that overweight and obese individuals can make changes to enable them to live healthier, happier lives. Such efforts will involve educating overweight and obese individuals, both adults and children, in our community about the imminent dangers overweight and obesity can cause, and assisting them in adopting new behaviors to address and reduce their excessive weight. We believe such efforts can improve the health and quality of life of these individuals, prevent the development of subsequent chronic diseases, help them manage existing chronic diseases, forgo frequent hospital stays, and prevent premature deaths.

- **Access to Care**

Access to quality healthcare services is a critical factor for increasing the health of all individuals. Findings from a variety of sources indicated that there is a significant portion of individuals, especially those under age 65 and lower-income residents, within the Holmes Regional Medical Center’s service area, who have limited access to healthcare services. Such access includes gaining entry into the healthcare system; accessing a healthcare location where needed services are provided; and finding a healthcare provider with whom the patient can communicate with and trust. Too often this lack of access leads patients to the emergency department for their most prevalent healthcare needs and medications. In addition, lack of access frequently means that individuals do not have an ongoing source of care that would enable them to maintain healthier lives.

Health First will address a variety of efforts in the strategic plan relating to access to care so that these underserved individuals can attain a more optimal level of health and quality of life. Such efforts will include assisting individuals in locating an available provider within a convenient location who can provide needed services, linking them with appropriate organizations/strategic partners who provide specific services not offered by our providers and/or hospital, and assisting them with transportation and financial barriers.
Introduction

This Community Health Needs Assessment (CHNA) was prepared for Holmes Regional Medical Center (HRMC), in response to the new Internal Revenue Service (IRS) requirement under The Patient Protect and Affordable Care Act, Public Law 111-148. Hospital organizations that are (or seek to be) recognized as described in section 501(c)(3) are required to conduct a CHNA at least once every three years and adopt an implementation strategy to meet the identified community health needs.

In preparation of this CHNA, Health First has taken into account input from persons who represent the broad interests of the community served by the hospital facility, including those with special knowledge of or expertise in public health. Additionally, this CHNA, as our previous CHNA report, will be made widely available to the public.

The CHNA, as prepared in accordance with Schedule H (Form 990) Part V, Section B, provides a comprehensive analysis of widely accepted health indicators that identify key community needs for each county served by Holmes Regional Medical Center.

The objectives of the CHNA are:

- to increase the understanding of the community’s health problems by identifying, analyzing and prioritizing community health needs and create a plan to address the unmet needs;
- to strengthen the role of the hospital by building capacity through partnership development and collaboration.

The overarching goal of Holmes Regional Medical Center is to provide all residents with the opportunity to attain optimal health outcomes.
Holmes Regional Medical Center (HRMC) is located in south Brevard County, Florida. Located halfway between Jacksonville and Miami, Brevard County, also known as the Space Coast, stretches over 70 miles along the Atlantic coast. Best known as the location of the Kennedy Space Center, the “Space Coast” is also home to Port Canaveral, the world’s busiest passenger cruise port.

The county is unofficially divided into three sections: North County (comprised of Titusville, Mims, and Port St. John); Central Brevard (which includes Viera, Cocoa, Rockledge, Merritt Island, and Cocoa Beach); and South County (which includes Melbourne, Palm Bay, Grant, Valkaria, and the South Beaches. The South Beaches (South Patrick Shores, Satellite Beach, Indian Harbour Beach, Indialantic, and Melbourne Beach) stretch to the border of Brevard and Indian River Counties.

Holmes Regional Medical Center primarily serves the southern region of the county which includes Melbourne, Palm Bay, and Satellite Beach. Melbourne is a principal city of the Palm Bay – Melbourne – Titusville, Florida Metropolitan Statistical Area. In 1969 the city was expanded by merging with nearby Eau Gallie. The map depicts the primary and secondary service areas for HRMC by zip code.
In 2015, data from US Census Bureau estimated that there are 568,088 people living in Brevard. Of these, 51.1 percent are female and 48.9 percent are male.

21.5% Brevard residents are 65 years or older. Adults 45-54 years account for 15.7% of the population; 38.9% are 20-44 years; 21.4% are under age 20 years; 10.7% are 5-14 years and 4.8% are 5 years and younger. (US Census Bureau, 2010-2014 American Community Survey)

The white population accounts for 83.6% of the total population. Black/African American residents account for 11.0%, Asian residents account for 2.2% and Other Races (biracial, American Indian, Alaska Native, Native Hawaiian and Pacific Islander) account for 5.4%.

Hispanic/Latino residents (of any race) represent 9.5% of the total population of Brevard, compared to 24.0% in the State of Florida.
1c. Existing Health Care Facilities and Resources in the Community

There are seven acute care hospitals serving patients in Brevard County:

- Cape Canaveral Hospital in Central County
- Parrish Medical Center located in North County
- Viera Hospital in Central County
- Wuesthoff Medical Center Rockledge in Central County
- Holmes Regional Medical Center in South County
- Wuesthoff Medical Center Melbourne in South County
- Palm Bay Hospital in South County

<table>
<thead>
<tr>
<th>Hospitals</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cape Canaveral Hospital (CCH)</td>
<td>A public, not-for-profit acute care hospital with 150 beds and a 21-bed Emergency Department. Programs offer a wide range of outpatient and inpatient services. Programs include a Birthing Care Center for labor and delivery, and a Women's Diagnostic Center that features state-of-the-art services including digital mammography (Tomosynthesis 3D), ultrasound, stereotactic breast biopsy, and MRI breast imaging. Services also include a Cancer Care Unit, OB/GYN, orthopedics and sports medicine, general surgery, and cardiology services including echocardiology, nuclear cardiology, diagnostic and interventional cath lab, and electrophysiology. CCH offers care for allergy and immunology, anesthesiology, dentistry, dermatology, digital diagnostic radiology, and Ear-Nose-Throat (ENT) medicine. In addition, CCH has cardiothoracic care, a cardiovascular lab, and offers percutaneous coronary intervention. CCH has robotic services, neurosciences, diabetes care, urogynecology, gastroenterology, infectious disease, and lithotripsy. The hospital provides Critical Care (ICU &amp; eICU), family practice, internal medicine, MRI, medical rehab, nephrology, nuclear medicine, neurology, oncology/hematology, oral and 16axilla-facial surgery, physical and speech therapy, plastic surgery, podiatry, pulmonology, rheumatology, a Sleep Lab, ultrasound, urology, vascular surgery, and psychiatric and psychological care.</td>
</tr>
<tr>
<td>Parrish Medical Center</td>
<td>A public, not-for-profit, 210-bed acute care hospital and Emergency Department in Titusville, Florida. Programs include cardiovascular care and treatment of routine and complex heart, lung and vein conditions; heart disease and stroke; cardiac and pulmonary rehab; diabetes and nutrition services; orthopedic care including bone, muscle, joint and spine care; women's programs including gynecological and obstetric care; and breast cancer and colon cancer programs. Parrish is a member of the Mayo Clinic Care Network. In addition, Parrish has a Children's Center, digital diagnostics, gastrointestinal care, home health, an infusion center, lab services, MedFast Urgent Care Centers, nutritional therapy, neurology/neurosurgery, palliative care, physical rehab, a Sleep Disorders Center, and a Senior Consultation Center.</td>
</tr>
<tr>
<td>Hospital Name</td>
<td>Description</td>
</tr>
<tr>
<td>---------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Viera Hospital</td>
<td>A public, not-for-profit acute care hospital with 84 beds, 16 all-private observation beds, and an Emergency Department. Viera Hospital offers full medical and surgical capabilities, and inpatient diagnostic and lab services. Other services include cancer services, cardiothoracic, heart services, neurosciences. The hospital also offers orthopedics and sports medicine, outpatient services, robotic services, urogynecology, weight loss care, and vascular and vein services. VitalWatch (remote electronic ICU) 2-way audio/video is in all ICU rooms and eCareMobile critical care service units are in every patient room.</td>
</tr>
<tr>
<td>Wuesthoff Medical Center-Rockledge</td>
<td>A for-profit hospital with 298-bed acute care hospital is a full service facility offering a complete complement of health services and programs. Wuesthoff Cancer Centers deliver a full range of cancer care services. The facility has 10 Level 2 neonatal intensive care beds, and an Emergency Department. Programs include Level 2 adult cardiovascular services and primary stroke center, orthopedic care, a pediatric care team, labor and delivery program, and a full range of surgical services. Special services include adult open-heart surgery. This hospital serves as a Baker Act receiving center.</td>
</tr>
<tr>
<td>Holmes Regional Medical Center (HRMC)</td>
<td>A public, not-for-profit tertiary referral hospital with 514 acute care beds, 10 Level 2 neonatal intensive care beds, Emergency Department, and the only state-accredited Level II Trauma Center. The Birth Suites Mother/Baby Unit offers Brevard’s first Level II Neonatal ICU for premature babies. Programs include Level 2 adult cardiovascular services and a primary stroke center. Special services include adult open-heart surgery. This hospital performs more cardiac procedures than all other hospitals in Brevard. This hospital offers a full array of comprehensive patient care services including allergy and immunology, cancer services, cardiac rehabilitation services, cardiothoracic services, dermatology, diabetes care, interventional neuroradiology, interventional radiology Y-90, neurosciences, outpatient services, orthopedics and sports medicine, percutaneous coronary intervention, robotic services, urogynecology, and vascular and vein services, VitalWatch (eICU), and weight loss care. The hospital has 24 adult psychiatric beds.</td>
</tr>
<tr>
<td>Wuesthoff Medical Center-Melbourne</td>
<td>A for-profit hospital with 119 acute care beds and an Emergency Department. Programs include Level 1 adult cardiovascular services cancer services, heart services, and an Orthopedic Center. It also offers home infusion services, imaging and radiology, nutritional counseling, pain management, rehabilitation services, and senior services. It has a Neurodiagnostic Center and a Stroke Center.</td>
</tr>
<tr>
<td>Palm Bay Hospital</td>
<td>A public, not-for-profit acute care hospital with 152 beds and a 22-bed Emergency Department. Programs include a Primary Stroke Center, a comprehensive Center for Joint Replacement, and extensive digital diagnostic radiology including mammography, X-ray, MRI and CT, ultrasound, nuclear medicine, and teleradiology. The hospital provides cardiology care, dermatology, Ear-Nose-Throat (ENT) medicine, family practice, gastroenterology, general surgery, gynecology, infectious disease, internal medicine, and laparoscopic surgery. Other services include lithotripsy, medical rehab, nephrology, neurology, nuclear medicine, oral and maxillo-facial surgery, oncology/hematology, ophthalmology, pain management, and pathology. PBH also offers physical and speech therapy, plastic surgery podiatry, psychiatry, pulmonology, urology, vascular surgery, and wound care. Services also offered include inpatient dialysis, an outpatient Anticoagulation Clinic, an outpatient Physical Therapy Department, and a Senior Behavioral Wellness Intensive Outpatient Psychiatry Program. There is a free-standing Hospice House on the PBH campus.</td>
</tr>
</tbody>
</table>
In addition to the seven acute-care hospitals located in Brevard County, there are several additional primary care and specialty care resources available to members of the community.

<table>
<thead>
<tr>
<th>Primary Care</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brevard Health Alliance</strong></td>
<td>Brevard Health Alliance (BHA) is Brevard’s only Federally Qualified Health Center that offers extensive primary care services through six locations and one mobile unit. BHA has provided primary care services, behavioral health services, limited dental services, diagnostic services, resource management services, medication assistance, and specialty referrals to Brevard County’s economically disadvantaged residents since March 2005.</td>
</tr>
<tr>
<td><strong>Melbourne/Silver Palm Clinic</strong></td>
<td><strong>Palm Bay Clinic</strong></td>
</tr>
<tr>
<td>Family medicine and internal medicine</td>
<td>Family medicine and internal medicine</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Behavioral health services</td>
<td>Behavioral health services</td>
</tr>
<tr>
<td>Dental services</td>
<td></td>
</tr>
<tr>
<td><strong>Sarno/Melbourne Clinic</strong></td>
<td><strong>Malabar Clinic</strong></td>
</tr>
<tr>
<td>Family medicine and internal medicine</td>
<td>Family medicine and internal medicine</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Behavioral health services</td>
<td>Behavioral health services</td>
</tr>
<tr>
<td>Dental services</td>
<td></td>
</tr>
<tr>
<td><strong>Titusville Clinic</strong></td>
<td><strong>Mobile Clinic</strong></td>
</tr>
<tr>
<td>Family medicine and internal medicine</td>
<td>Family medicine and internal medicine</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>Dental services</td>
</tr>
<tr>
<td>Behavioral health services</td>
<td></td>
</tr>
<tr>
<td><strong>Florida Department of Health-Brevard County</strong></td>
<td>The Florida Department of Health-Brevard County Health offers a wide range of services at three locations throughout Brevard County.</td>
</tr>
<tr>
<td><strong>Viera Clinic</strong></td>
<td><strong>Melbourne Clinic</strong></td>
</tr>
<tr>
<td>Clinical and nutrition services</td>
<td>Clinical and nutrition services</td>
</tr>
<tr>
<td>Maternity</td>
<td>Maternity</td>
</tr>
<tr>
<td>WIC services</td>
<td>WIC services</td>
</tr>
<tr>
<td>Dental services</td>
<td>Dental services</td>
</tr>
<tr>
<td>Immunizations</td>
<td>Immunizations</td>
</tr>
<tr>
<td>Infectious disease services, TB testing</td>
<td>Infectious disease services, TB testing</td>
</tr>
<tr>
<td>HIV/AIDS &amp; STDs</td>
<td>STDs</td>
</tr>
<tr>
<td>Healthiest Weight Brevard</td>
<td></td>
</tr>
<tr>
<td><strong>Space Coast Volunteers in Medicine</strong></td>
<td>Space Coast Volunteers in Medicine is a fully approved 501(c)3 comprised of dedicated healthcare providers and community professionals who have joined together to open a free medical, chiropractic, and dental clinic to serve the uninsured of Brevard County and the Space Coast.</td>
</tr>
<tr>
<td><strong>Veteran’s Outpatient Clinic</strong></td>
<td>Viera Outpatient Clinic offers primary and specialty care to Veterans in Brevard County. The facility includes three primary care teams, comprised of physicians, nurses, administrative support personnel, mid-level practitioners, a social worker, dietician, and pharmacists. Over 220 active volunteers provide a wide variety of services to make the facility fully supportive of its patients. The facility has pioneered a program that allows eligible veterans in East Central Florida to receive inpatient medical care through a contract with other community hospitals in their area so that patients are treated locally. Services offered include audiology, diagnostic cardio/pulmonary, diagnostic radiology, gastroenterology, neurology, ophthalmology, surgery, urology, and women’s health services. It also offers immunizations, a lab, mental health care, prosthetics care, nutrition services, pain management, a pharmacy, physical therapy, urgent care, and a wound clinic.</td>
</tr>
<tr>
<td>Specialty Care</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Circles of Care</strong></td>
<td>Not-for-profit community-based corporation providing comprehensive behavioral health care services in Brevard County</td>
</tr>
</tbody>
</table>
| **North Area Outpatient**                          | - Outpatient counseling, psychiatric evaluation and medication management for adults and children  
  - Case Management program  
  - Employee Assistance and Access Center  
**Central Area Outpatient**                          | - Outpatient counseling for adults and children in individual, group and family settings  
  - Outpatient psychiatric evaluations of short- and long-term problems for Outpatient Medication Management for adults, children, and adolescents  
  - Therapeutic Services  
  - Pharmacy  
**South Area Outpatient**                            | - Individual, group and family counseling  
  - Psychiatric and psychological evaluation, Medication Management and Outpatient Counseling for adults and children  
  - Pharmacy  
**Assisted Living Center and Community Support Programs** | - Highly supervised residential environment serving Central and South Brevard County including psychosocial rehabilitation treatment and behavioral health day services including work options and case management  
**Cedar Village**                                    | - Serving long-term behavioral health needs of more severe and persistently mentally ill in a highly supervised residential environment  
**Intake Services – Melbourne**                       | - 24-hour inpatient assessments  
**D’Albora Children’s Crisis Stabilization Unit (CCSU)** | - Psychiatric emergencies for children and adolescents not safe to be managed on an outpatient basis  
  - Provides detoxification and stabilization services for substance abuse crisis affecting children and adolescents  
**Harbor Pines**                                      | - Inpatient crisis stabilization unit for clients in acute crisis meeting Baker Act criteria for indigent  
**Sheridan Oaks**                                     | - Cornerstone of the emergency mental health system  
**Twin Rivers Treatment Center**                      | - Inpatient psychiatric facility meeting needs of mentally ill, chemically dependency, dually diagnosed and geriatric individuals  
**Devereux Florida Treatment Network**                 | - Comprehensive detoxification and intensive residential program for treatment for chemical dependency. For medical services, individual, group and family therapy, and education for adults.  
**Devereux Florida Treatment Network**                 | Offers comprehensive programs in the areas of behavioral health, intellectual and developmental disabilities and child welfare.                                                                                     |
1d. How the Health Data was Obtained

The data for the Community Health Needs Assessment was gathered using a variety of sources.

- Data was drawn from the *2016 Community Health Needs Assessment* prepared for the Space Coast Health Foundation by Professional Research Consultants, Inc. (PRC).

- The Assessment was based on a customized local health survey conducted via landline and/or cell phone calls by PRC representatives. The survey included 150 survey items and took approximately 25 to 30 minutes per interview. Six hundred surveys were conducted, stratified across Brevard County. Two hundred surveys were conducted in North Brevard, Central Brevard, and South Brevard. Data on children below age 18 were given by proxy by the person most responsible for that child's healthcare needs.

- The unique telephone surveys were conducted from January through April 2016 in Brevard County.

- Population characteristics for the survey sample were weighted as follows:
  - 49.3% men and 50.7% women
  - 29% ages 18 to 39; 39.7% ages 40 to 64; 31.3% age 65 and over
  - 77% were white; 5.3% Hispanic; 17.7% other
  - 32.1% $< 200\%$ Federal Poverty Level (FPL)

- The survey instrument used for this study was based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions addressing gaps in indicator data relative to health promotion and disease prevention objectives and other recognized health issues. The final survey instrument was developed by Space Coast Health Foundation and PRC and is similar to the previous surveys used in the region allowing for data trending. The questions were designed to garner the most important healthcare priorities for the County from their viewpoint.

- In addition, an online Community Health Survey was sent by Health First via email in July 2016, yielding 1,132 responses. The results revealed that access to health care and an active, healthy environment were the three major factors identified by respondents in the HRMC service area.

- Also taken into account was the Florida Department of Health in Brevard County’s Community Health Improvement Plan Annual Report, dated July 2015. The report provided an update on the three priority areas identified in 2013 including Access to Care, Access to Dental Care and Chronic Disease Prevention.
Input was also gathered from the Space Coast Health Foundation’s Health Advisory Council, a group of nineteen key community stakeholders in Brevard County. A focus group discussion was held in January 2016 to discuss health care in Brevard County. These interviews provided vital input from community members who are directly involved and are influential in the improvement of health care within Brevard County. The average grade to describe the overall health of Brevard County given by the focus group was a “C.” Several factors were mentioned including a “problem with obesity” as well as “challenges with access to care.”

### Health Advisory Council Meeting Attendees

**January 7, 2016**

**Community Health Needs Assessment Focus Group**

<table>
<thead>
<tr>
<th>NAME</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Donoghue</td>
<td>211 Brevard</td>
</tr>
<tr>
<td>Lana Saal</td>
<td>Brevard County Public Schools</td>
</tr>
<tr>
<td>Lisa Gurri</td>
<td>Brevard Health Alliance</td>
</tr>
<tr>
<td>James Whitaker</td>
<td>Circles of Care</td>
</tr>
<tr>
<td>Paulette Howell</td>
<td>Eastern Florida State College</td>
</tr>
<tr>
<td>Kevin Hachmeister, DMD</td>
<td>Florida Department of Health – Brevard County</td>
</tr>
<tr>
<td>Miranda Hawker</td>
<td>Florida Department of Health – Brevard County</td>
</tr>
<tr>
<td>Maria Stahl</td>
<td>Florida Department of Health – Brevard County</td>
</tr>
<tr>
<td>Karen van Caulil</td>
<td>Florida Health Care Coalition</td>
</tr>
<tr>
<td>Kristi Van Sickle</td>
<td>Florida Institute of Technology</td>
</tr>
<tr>
<td>Ken Peach</td>
<td>Health Council of East Central Florida</td>
</tr>
<tr>
<td>Scott Gettings, MD</td>
<td>Health First</td>
</tr>
<tr>
<td>Jane Benton, MD</td>
<td>Nemours Children’s Specialty Care</td>
</tr>
<tr>
<td>Melinda Steis</td>
<td>Orlando Veterans Administration</td>
</tr>
<tr>
<td>Chris McAlpine</td>
<td>Parrish Medical Center</td>
</tr>
<tr>
<td>Johnette Gindling</td>
<td>Space Coast Health Foundation</td>
</tr>
<tr>
<td>Tricia Romesberg</td>
<td>Space Coast Health Foundation</td>
</tr>
<tr>
<td>Audrey Joiner</td>
<td>Space Coast Volunteers in Medicine</td>
</tr>
<tr>
<td>Robert Rains</td>
<td>United Way of Brevard</td>
</tr>
</tbody>
</table>


The Health Needs of the Community

The findings gathered from the telephone surveys revealed eleven Areas of Opportunity or significant health needs:

<table>
<thead>
<tr>
<th>Areas of Opportunity Identified Through This Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access to Healthcare Services</strong></td>
</tr>
<tr>
<td>● Barriers to Access</td>
</tr>
<tr>
<td>○ Inconvenient Office Hours</td>
</tr>
<tr>
<td>○ Appointment Availability</td>
</tr>
<tr>
<td>○ Finding a Physician</td>
</tr>
<tr>
<td>● Ratings of Local Healthcare</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
</tr>
<tr>
<td>● Skin Cancer Prevalence</td>
</tr>
<tr>
<td>● Cancer (Non-Skin) Prevalence</td>
</tr>
<tr>
<td>● Cervical Cancer Screening</td>
</tr>
<tr>
<td><strong>Chronic Kidney Disease</strong></td>
</tr>
<tr>
<td>● Kidney Disease Prevalence</td>
</tr>
<tr>
<td><strong>Diabetes</strong></td>
</tr>
<tr>
<td>● Diabetes Prevalence</td>
</tr>
<tr>
<td>● Prevalence of Borderline/Pre-Diabetes</td>
</tr>
<tr>
<td><strong>Heart Disease &amp; Stroke</strong></td>
</tr>
<tr>
<td>● Heart Disease Prevalence</td>
</tr>
<tr>
<td><strong>Nutrition, Physical Activity &amp; Weight</strong></td>
</tr>
<tr>
<td>● Obesity [Adults]</td>
</tr>
<tr>
<td>● Trying to Lose Weight [Overweight Adults]</td>
</tr>
<tr>
<td>● Overweight &amp; Obesity [Children]</td>
</tr>
<tr>
<td><strong>Oral Health</strong></td>
</tr>
<tr>
<td>● Dental Insurance Coverage</td>
</tr>
<tr>
<td>● Children’s Dental Care</td>
</tr>
<tr>
<td><strong>Potentially Disabling Conditions</strong></td>
</tr>
<tr>
<td>● Activity Limitations</td>
</tr>
<tr>
<td><strong>Respiratory Diseases</strong></td>
</tr>
<tr>
<td>● Chronic Obstructive Pulmonary Disease (COPD) Prevalence</td>
</tr>
<tr>
<td>● Flu Vaccination [65+]</td>
</tr>
<tr>
<td>● Flu Vaccination [High-Risk 18-64]</td>
</tr>
<tr>
<td><strong>Substance Abuse</strong></td>
</tr>
<tr>
<td>● Negatively Affected by Substance Abuse (Self or Other’s)</td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
</tr>
<tr>
<td>● Cigarette Smoking Prevalence</td>
</tr>
<tr>
<td>● Smoking Cessation</td>
</tr>
</tbody>
</table>
General Health Status Findings Based on Survey

Self-rated overall health status

Just over half of Brevard County adults (51.3%) rated their overall health as “excellent” or “very good.” Another 28.5% gave “good ratings of their overall health. However 20.3% of service area adults believe that their overall health is “fair” or “poor.” This number is lower in Central Brevard and higher in South Brevard. Low-income residents were more likely to report experiencing “fair” or “poor” overall health, representing 36.5% of those surveyed.
Activity limitations

A disabling impairment or chronic condition can happen to an individual at any age. People with disabilities, compared with people who have none, are more likely to:

- Experience difficulties or delays in getting the health care they need
- Not have had an annual dental visit
- Not have had a mammogram in past 2 years
- Nor have had a Pap test within the past 3 years
- Not engage in fitness activities
- Use tobacco
- Be overweight or obese
- Have high blood pressure
- Experience symptoms of psychological distress
- Receive less social-emotional support
- Have lower employment rates

A total of 28.5% of Brevard County adults are limited in some way in some activities due to a physical, mental or emotional problem. This finding, based on previous survey trending, marks a statistically significant increase in activity limitation since 2004. Adults age 40 to 64 and lower income individuals were more likely to report some type of activity limitation.

Activity limitations most often reported include:

![Chart showing type of problem that limits activities](chart.png)

Access to Healthcare Insurance Coverage

Lack of Healthcare insurance coverage

Among adults ages 18 to 64 in Brevard, 7.3% reported that they do not have healthcare insurance coverage. This percentage is significantly lower than 24% surveyed in 2004. 7.6% of those with private insurance or Medicaid reported that they received their coverage through Obamacare.

The largest segment that did not have healthcare insurance coverage represented low-income individuals at 15.1%. Getting an appointment is the only barrier that has increased from previous surveys conducted in 2013.
Barriers to access preventing medical care in the past year:

- Getting a Dr. appointment 2016: 18.6%  2013: 18%
- Cost of a doctor visit 2016: 12.7%  2013: 17.1%
- Inconvenient office hours 2016: 12.4%  2013: 15.2%
- Cost of prescriptions 2016: 12.2%  2013: 19.3%
- Finding a doctor 2016: 12.1%  2013: 13.9%
- Lack of transportation 2016: 7.1%  2013: 5.1%
- Language/culture 2016: 1.2%  2013: N/A

Experience difficulties or delays of some kind in receiving needed healthcare in the past year

The largest segments of the surveyed population experiencing difficulties or delays in receiving needed health care in the past year are low-income individuals (59.2%), and adults ages 18 to 39 (51.7%) and ages 40 to 64 (41.9%).

Cancer

Prevalence of cancer

A total of 13.5% of surveyed Brevard County adults reported having been diagnosed with skin cancer. This statistic is less favorable than the state and national averages. The prevalence of skin cancer has remained statistically unchanged over time, based on previous surveys. Participants surveyed ranked 10.7% for prevalence of other cancers.

Cancer screenings

Screening levels in the community were measured relative to three cancer sites:

- Female breast cancer (mammography)
- Cervical cancer (Pap smear testing)
- Colorectal cancer (sigmoidoscopy and fecal occult blood testing)

Among women age 50 to 74, 78.3% have had a mammogram within the past 2 years. This finding is similar to statewide and national findings.

Among service area women age 21 to 65, 75.7% have had a Pap smear within the past three years. This finding is lower among women in North Brevard and highest in South Brevard. It is less favorable than national findings (84.8%).

Colorectal cancer screenings

Among adults age 50 to 75, 78.9% have had an appropriate colorectal cancer screening (fecal occult blood testing) within the past year and/or lower endoscopy within the past 10 years. This finding satisfies the Healthy People 2020 target (70.5% or higher).
Chronic Kidney Disease

Prevalence of kidney disease

A total of 6.4% of Brevard County adults reported having been diagnosed with kidney disease. This finding is highest among adults 65 years and older (10.1%).

Diabetes is the most common cause of kidney failure. The results of the Diabetes Prevention Program (DPP) funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) show that moderate exercise, a healthier diet, and weight reduction can prevent development of type 2 diabetes in persons at risk.

Diabetes

Many forms of diabetes exist. The three common types are Type 1, Type 2, and Gestational diabetes. Effective therapy can prevent or delay diabetic complications.

People from minority populations are more frequently affected by type 2 diabetes. Minority groups constitute 25% of all adult patients with diabetes in the US and represent the majority of children and adolescents with type 2 diabetes.

Lifestyle change has been proven effective in preventing or delaying the onset of type 2 diabetes in high-risk individuals.

A total of 16.5% of Brevard County adults reported having been diagnosed with diabetes. From a trending perspective, this finding marks a statistically significant increase in diabetes among county residents since 2004. In addition to the prevalence of diagnosed diabetes referenced above, another 9.1% of service area adults report that they have “pre-diabetes” or “borderline diabetes.”

There is a strong correlation between diabetes and age, with 27.3% of seniors reporting diabetes. Findings for men with diabetes (21.2%) is almost double that of women (12.1%).

When asked to provide their greatest need in helping to manage their disease, 34.5% of participants with diabetes mentioned medicine, followed by diet and nutrition, mentioned by 28.7%. A total of 28.3% indicated they needed no help in managing their condition.

**Greatest Need in Managing Diabetes**

(Brevard County Adults with Diabetes, 2016)

- Medicine 34.5%
- Diet/Nutrition 28.7%
- Nothing 28.3%
- Other 8.5%

Sources: 2016 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 307]
Notes: Asked of all respondents with diabetes.
Heart Disease & Stroke

Heart disease is the leading cause of death in the nation, with stroke following as the third leading cause. Fortunately, they are also among the most preventable.

The leading controllable risk factors for heart disease and stroke include:

- High blood pressure
- High cholesterol
- Cigarette smoking
- Diabetes
- Poor diet and physical inactivity
- Overweight and obesity

The risk of individuals developing and dying from cardiovascular disease would be substantially reduced if major improvements were made across the U.S. population in diet and physical activity, control of high blood pressure and cholesterol, and smoking cessation.

Cardiovascular Risk

A total of 82.4% of Brevard County adults report one or more cardiovascular risk factors, such as being overweight, smoking, being physically inactive, or having high blood pressure or cholesterol. This finding is unfavorably high in North Brevard (89.3%). Men and adults age 40 and older are more likely to exhibit cardiovascular risk factors.

Prevalence of heart disease

A total of 9.9% of surveyed adults reported that they suffer from or have been diagnosed with heart disease, such as coronary heart disease, angina, or heart attack. From a trending perspective, this finding showed virtually no change since 2004.

Hypertension (High Blood Pressure)

A total of 95.6% of Brevard County adults have had their blood pressure tested within the past two years. A total of 39.0% of those surveyed have been told at some point that their blood pressure was high. This finding is unfavorably high in North Brevard. Statistically, this finding is unchanged over time based on previous surveys.

There is a correlation between age and hypertension. In Brevard, adults age 40 and older, and especially those adults age 65+, reported having high blood pressure.

Nationally, 39.9% of adults have high blood pressure and 35.6% have high blood cholesterol. High blood pressure and cholesterol are major contributors to the national epidemic of cardiovascular disease. High blood pressure affects about 1 in 3 adults in the U.S., and more than half of these individuals do not have it under control.
High Blood Cholesterol

A total of 92.4% of Brevard County adults have had their blood cholesterol checked within the past five years. This shows a statistically significant increase from 2004 survey findings, but is comparable to more recent data.

A total of 35.6% of adults have been told by a health professional that their cholesterol level was high. Among that group, 89.0% are taking action to lower their numbers (with medication change in diet, and/or exercise).

There is a correlation between age and high cholesterol. Adults age 40 to 64 rate 37.7% and those 65+ rate 55.8%. Whites report a higher prevalence than other races.

Prevalence of stroke

A total of 4.5% of surveyed adults report that they suffer from or have been diagnosed with cerebrovascular disease or a stroke. This finding is statistically unchanged compared to previous surveys, and is similar to state and national findings.

Nutrition, Weight & Physical Activity

Nutrition

Diet and body weight are related to health status. A healthy diet helps individuals reduce the risks for many health conditions, including:

- Overweight and obesity
- Malnutrition
- Iron-deficiency anemia
- Heart disease
- High blood pressure
- Dyslipidemia (poor-lipid profiles)
- Type 2 diabetes
- Osteoporosis
- Oral disease
- Constipation
- Diverticular disease
- Some cancers

Social factors thought to influence diet include:

- Knowledge and attitudes
- Skills
- Social support
- Societal and cultural norms
- Food and agricultural policies
- Food assistance programs
- Economic price systems
A total of 29.2% of Brevard County adults reported eating five or more servings of fruits and/or vegetables per day. The prevalence doesn't vary significantly between county subareas.

Men are less likely to get the recommended servings of daily fruits/vegetables.

Asking how many servings of fruits and vegetables they consider to be recommended by professionals, responses among Brevard County adults ranged from six or more (mentioned by 20.5%) to one or less (3.2%)
Access to Fresh Produce

While most report little or no difficulty, 21.5% of Brevard County adults report that it is “very” or “somewhat” difficult for them to access affordable, fresh fruits and vegetables. This finding is similar to national findings. Those in South Brevard find it less difficult to buy affordable fresh produce (16.9%), and those in Central Brevard find it the most difficult. Women, younger adults, and lower-income residents report the most difficulty getting fresh fruits and vegetables.

Sugar-Sweetened Beverages

A total of 30.1% or survey respondents reported drinking at least one sugar-sweetened beverage daily in the past week. This finding is similar to national findings. Lower-income residents are more likely to have sugar-sweetened beverages at least daily in the past week. Of the total 30.1% respondents, 44.4% of low-income respondents had seven or more sugar-sweetened beverages during the past week.

Health Advice About Diet & Nutrition

A total of 40% of survey respondents acknowledged that a physician counseled them about diet and nutrition in the past year. This trend is statistically unchanged since 2004. Among overweight/obese respondents, 45.4% reported receiving diet/nutrition advice (meaning that over one-half did not receive such advice).
Weight

Adult survey participants indicated that 25.2% had a prevalence of obesity – meaning their body mass index (BMI) was 30.0 or higher. That statistic shows a trending statistic that has increased 5.2% in Brevard since 2004. In all, 62.1% of Brevard County adults are overweight or obese – meaning a BMI greater than 25.

Children ages 5 to 17 who show a prevalence of being overweight are in the 85th percentile of overweight prevalence. Children who show a prevalence of being obese are in the 95th percentile of obesity prevalence. Each of these is significantly higher than found nationally.

Participants were asked if they had received weight loss advice from their healthcare provider. During the past year, 23.7% of county adults have been advised to lose weight by a healthcare professional in the past year. About 50% of those followed their medical providers’ specific recommendations or strategies for how to lose weight.

Parents responding for their children, representing 46.5% of those surveyed, received advice regarding their child’s weight in the past year. More than 70% of these say they followed their medical providers’ specific recommendations or strategies.

Among overweight Brevard County adults, 32.4% are trying to lose weight using both diet and exercise, a much lower percentage than found nationally.
Weight Status

Because weight is influenced by energy (calories) consumed and expended, interventions to improve weight can support changes in diet or physical activity.

More than six in 10 Brevard County adults (62.1%) are overweight (having a BMI of 25.0 – 29.9). This finding is statistically unchanged over time from previous surveys.

Similar to Florida findings and more favorable than U.S. findings, 25.2% of adults are obese (with a BMI of > 30.0. This finding denotes a statistically significant increase in obesity from 2004, but statistically unchanged from more recent findings).
Relationship of overweight with other health issues

Overweight and obese adults are more likely to report a number of adverse health conditions, including:

- Hypertension (high blood pressure)
- High cholesterol
- Arthritis/rheumatism
- Cancer
- Kidney disease
- Asthma

Overweight/obese residents are also more likely to have overweight children.

Weight management

A total of 23.7% of adults have been given advice about their weight by a doctor, nurse, or other health professional in the past year. Of that number, 30.9% of overweight/obese adults have been given advice about their weight by a health professional, while the majority has not.

Of the respondents who were given this advice, just over half (51.1%) reported following the advice, while 35.8% did not and 13.1% indicated that they did not receive specific strategies for the weight loss.

Childhood Overweight and Obesity

In children and teens, body mass index (BMI) is used to assess weight status – underweight, healthy weight, overweight, or obese. After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth chart to obtain a percentile ranking. Percentiles are the most commonly used indicator to assess the size and growth patterns of individual children in the U.S.

BMI-for-age weight status categories and the corresponding percentiles are as follows:

- Underweight
- Healthy Weight
- Overweight
- Obese
- <5th percentile
- > 5th and < 85th percentile
- >85th and <95th percentile
- >95th percentile

Based on the heights/weights reported by surveyed parents, 40.3% of Brevard County children age 5 to 17 are overweight or obese (>85th percentile). In addition, 26.0% of children age 5 to 17 are obese (>95th percentile). This finding is less favorable than the national finding. This finding is much higher among younger children than among teens.
Of the Brevard County parents of children 5 to 17 who were surveyed about whether they were given professional advice on their child’s weight in the past year, 89.0% said No, with 11.0% saying Yes. Of those who responded Yes, they were asked if the child followed the specific strategies regarding his/her weight, and 71.8% responded Yes, with 28.2% saying No.

**Physical Activity**

Physical activity is very important to the health and quality of life of men, women, and children of all ages. Among adults and older adults, physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, breast and colon cancer, falls, and depression. Among children and adolescents, physical activity can improve bone health, improve cardiorespiratory and muscular fitness, decrease levels of body fat, and reduce symptoms of depression.

Factors positively associated with adult physical activity:

- Higher income
- Enjoyment of exercise
- Expectation of benefits
- Belief in ability to exercise
- Safe neighborhoods
- History of activity in adulthood
- Social support from peers, family or spouse
- Access to and satisfaction with facilities
- Enjoyable scenery

Factors negatively associated with adult physical activity include:

- Advancing age
- Low income
- Lack of time
- Low motivation
- Rural residency
- Perception of great effort needed for exercise
- Overweight or obese
- Perception of poor health
- Being disabled

Older adults have the following additional factors:

- Lack of social support
- Lack of transportation or facilities
- Enjoyable scenery
- Safe neighborhoods

Factors positively associated with children ages 4 to 12 (boys):

- Belief in ability to be active
- Parental support

Factors positively associated with adolescents, ages 13 to 18 (boys):

- Personal goals
- Physical education/school sports
- Belief in ability to be active
- Support of friends and family
People with disabilities may be less likely to participate in physical activity due to physical, emotional, and psychological barriers. Barriers may include the inaccessibility of facilities and the lack of staff trained in working with people with disabilities.

A total of 22.6% of Brevard County adults report no leisure-time physical activity in the past month. This finding is more favorable than the statewide and national findings. This finding is statistically unchanged over time.

The highest category reporting no leisure time were low-income respondents at 33.8%.

Brevard County adults citing no leisure-time physical activity last month mentioned a physical condition (43.4%), lack of time (27.0%), lack of interest (23.2%), and age (3.2%) as reasons for their inactivity.
Aerobic and Strengthening Physical Activity

A total of 49.1% of survey respondents reported “active” aerobic activity levels (150-300 minutes of weekly aerobic activity) or “highly active” (301+ minutes of weekly aerobic activity). A total of 40.9% of participants reported “insufficient” or “inactive” weekly aerobic activity.

With regard to strengthening activity, 5.6% of adults participated in physical exercise designed to strengthen muscles once per week, and 34.5% participated two times weekly. More than half of those surveyed, 57.6%, cited they did not participate in any strengthening activities, with 2.4% reporting participation in strengthening activities less than once per week.

A total of 24.2% of Brevard County adults regularly participate in adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).

A total of 46.5% of Brevard County adults reported that their physician has asked about or given advice to them about physical activity in the past year. From a trend perspective, this finding marks a significantly increase over time. Of the overweight/obese respondents, 52.3% responded that they have talked with their doctor about physical activity/exercise in the past year.

Among children age 2 to 17, 4.7% reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day). That finding is comparable to national findings.

Healthy advice about physical activity and exercise

A total of 46.5% of Brevard County adults reported that their physical has asked about or given advice to them about physical activity in the past year. From a trend perspective, this finding marks a statistically significant increase over time. In addition, 52.3% of overweight/obese Brevard County respondents say that they have talked with their doctor about physical activity/exercise in the past year.

Among area children age 2 to 17, 46.7% are reported to have had 60 minutes of physical activity on each of the seven days preceding the interview (1+ hours per day). This finding is comparable to the national findings.
Oral Health

Oral health is important to overall health. Oral diseases, from cavities to oral cancer, cause pain and disability for many individuals. Good self-care is key to good oral health.

Health behaviors that can lead to poor oral health include:

- Tobacco use
- Excessive alcohol use
- Poor dietary choices

A person’s ability to access oral health care is associated with factors such as education level, income, race, and ethnicity. Barriers that can limit a person’s use of preventive interventions and treatments include:

- Limited access to and availability of dental services
- Lack of awareness of the need for care
- Cost
- Fear of dental procedures

In general, people with lower levels of education and income, and people from specific racial/ethnic groups, have higher rates of disease. People with disabilities and other health conditions, like diabetes, are more likely to have poor oral health.

A total of six in 10 Brevard County adults (60.1%) have dental insurance that covers all or part of their dental care costs. This finding is lower than the national finding. Of that number, adults with low income (40.9%) have the lowest percentage of dental insurance coverage.

Another 18.1% of survey respondents reported that a member of their household has dental problems that cannot be addressed due to a lack of dental coverage.

A total of 71.8% of Brevard County adults have visited a dentist or dental clinic in the past year. This finding is similar to the national findings, and marks a significant increase over the 2004 survey.

Those less likely to report recent dental care included adults age 40 to 64, low-income residents, non-Hispanic whites, and persons without dental insurance.

A total of 81.9% of parents reported that their child (age 7 to 17) had been to a dentist or dental clinic within the past year.
Potentially Disabling Conditions

Arthritis, Osteoporosis, and Chronic Back Conditions

Arthritis commonly occurs with other chronic conditions, such as diabetes, heart disease, and obesity. Arthritis affects 1 in 5 adults and continues to be the most common cause of disability. There are interventions that can reduce arthritis pain and functional limitations, such as increased physical activity, self-management education, and weight loss among overweight/obese adults, but they remain underused. Arthritis, osteoporosis, and chronic back conditions all have major effects on quality of life, the ability to work, and basic activities of daily living.

More than three in 10 Brevard County adults age 50 and older (32.1%) reported suffering from arthritis or rheumatism. This finding was lowest in South Brevard and highest in Central Brevard. A total of 11.8% of survey respondents age 50 and older have osteoporosis. This finding is similar to findings nationwide.

Limited in Activities in Some Way
Due to a Physical, Mental or Emotional Problem

Sources:
1. 2016 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 132]
3. 2015 PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Asked of all respondents.
Of adults in Brevard County, 28.5% reported being limited in activities in some way due to a physical, mental or emotional problem. This trend is 9.2% higher than findings from survey results in 2004. Those low-income participants represented the highest percentage of limitation in activities (42.0%). Almost one-half reported problems with back/neck, bones/joints, or trouble walking.

**Respiratory Diseases**

Asthma and chronic obstructive pulmonary disease (COPD) are significant health conditions. Asthma affects people of every race, sex, and age. Populations with higher rates of asthma include:

- Children, more prevalent in boys
- Women
- African Americans
- Puerto Ricans
- People living in the Northeast U.S.
- People living below the poverty level
- Employees with certain exposures in the workplace

Although there is no cure for asthma, there are treatment guidelines to ensure people can live full and active lives. COPD is a preventable and treatable disease.
In the survey results, a total of 6.8% of Brevard County adults currently suffer from asthma. This finding is lowest in North Brevard; highest in South Brevard. The prevalence of adults with current asthma has not changed significantly since the survey from 2013.

Among children under age 18, 7.1% currently have asthma. This is comparable to national findings.
A total of 16.6% of Brevard County adults suffer from chronic obstructive pulmonary disease (COPD) including emphysema and bronchitis). This finding is much higher than both the state and national findings and is unfavorably high in South Brevard. This finding shows a significant increase over time.

Among adults age 65+, 56.3% had a flu vaccination during the past year. Of that number, 30% were high-risk adults. This finding shows a significantly lower rate (22.3% less) than from the 2013 survey.
Substance Abuse

Substance abuse refers to a set of related conditions associated with the consumption of mind- and behavior-altering substances that have negative behavioral and health outcomes. Substance abuse is a complex public health issue.

Alcohol Use

A total of 14.3% of area adults are excessive drinkers (heavy and/or binge drinkers). This finding is reduced 4.2% since the survey in 2013. The age group of 18 to 39 has the highest percentage of Excessive Drinkers at 19.1%.

Sixty percent of respondents responded ‘Not at All’ to the question of Degree to Which Life has Been Negatively affected by Substance Abuse (Own or Someone Else’s). The finding for those who responded a Great Deal was 9.9%.

Forty percent of respondents their own or another person’s life has been negatively affected by substance abuse.

Degree to Which Life Has Been Negatively Affected by Substance Abuse (Own or Someone Else’s)
(Brevard County, 2016)
Tobacco Use

Tobacco use is the single most preventable cause of death and disease in the U.S. Tobacco use causes:

- Cancer
- Heart disease
- Lung diseases (including emphysema, bronchitis, and chronic airway obstruction)
- Premature birth, low birth weight, stillbirth, and infant death

Secondhand smoke causes heart disease and lung cancer in adults, and a number of health problems in infants and children, including severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).

A total of 17.9% of Brevard County adults currently smoke cigarettes, either regularly (12.5% every day) or occasionally (5.4% on some days). This finding is less favorable than national findings. The current smoking percentage is statistically unchanged over time. Low-income participants make up the highest percentage of current smokers.

Environment Tobacco Smoke

A total of 8.5% of Brevard County adults (including smokers and nonsmokers) reported that a member of their household has smoked cigarettes in the home an average of 4+ times per week over the past month. 7.5% of service area children are exposed to cigarette smoke at home.
Just over one-third of regular smokers (34.2%) went without smoking for one day or longer in the past year because they were trying to quit smoking. Most current smokers (78.2%) were advised to quit in the past year by a healthcare professional. People who quit smoking greatly reduce their risk of disease and premature death. Risk factors for tobacco use include:

- Race/ethnicity
- Age
- Education
- Socioeconomic status
Evaluation of Previous CHNA

Implementation strategies were adopted by Health First in 2013 as a result of the disparities identified in Holmes Regional Medical Center’s previous Community Health Needs Assessment. The following goals of the three-year programs were met with the exception of one:

1. More than 3,200 uninsured Brevard County residents were screened for Medicaid eligibility.

2. More than 7,900 patients without a primary care provider, utilizing Health First’s four facilities, were given a follow-up appointment with Brevard Health Alliance, Brevard’s only Federally Qualified Health Center.

3. More than 1,600 patients without a regular dentist, presenting to the four Health First Emergency Departments, were referred to the Florida Department of Health’s Adult Dental Clinic.

4. More than 400 persons who currently smoke cigarettes enrolled in a Health First-sponsored tobacco cessation program in conjunction with Tobacco Free Florida’s Area Health Education Centers.

5. More than 100 overweight or obese persons, qualified as low-income, registered in a 15-week weight management program.

6. More than 500 children under 18 participated in an 8-week healthy lifestyles program in collaboration with the University of Florida Extension Service/IFAS.
1f. 
Primary and Chronic Disease Needs and Other Health Issues of Uninsured, Low-income, and Minority Populations

According to the U.S. Census Bureau, 2015 American Community Survey 5-Year Estimates, black/African Americans account for 10.7 percent of the total population in Brevard. In 2015, Hispanics (of any race) made up 9.5 percent of the ethnic diversity in the county. According to County Health Rankings & Roadmaps, just over 14 percent of Brevard residents are living below poverty.

Members of the uninsured, low-income, and minority populations in Holmes Regional Medical Center’s service area were interviewed in the 2016 PRC Community Health Needs Assessment survey. The data was obtained by zip code and family household income reported under $23,899 annually. The indicators below identify their most critical health concerns.

Holmes Regional Medical Center:
1. Cardiovascular – diagnosed with high blood pressure and/or other risk factors
2. Access to Health Insurance – do not have health insurance/self-pay
3. Nutrition, Physical Activity & Weight – lack of physical activity, BMI classified as overweight or obese
4. Disabling Conditions – limited due to physical, mental or emotional problems
5. Oral Health – no regular dentist due to access and/or lack of insurance
6. Respiratory Disease – diagnosed with chronic obstructive pulmonary disease
7. Access to Health Care – difficulty getting an appointment
8. Tobacco Use – smokes cigarettes every day
1g. The Process of Identifying and Prioritizing Community Health Needs

Once the 2016 Community Health Needs Assessment survey was conducted and analyzed, PRC provided a presentation of the data found to Space Coast Health Foundation Advisory Group. From that data, PRC listed eleven Areas of Opportunity. Upon reviewing the eleven areas and the findings in each category, the Advisory Group ranked these Areas of Opportunity by scope and severity as listed below.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.59</td>
<td>Diabetes</td>
</tr>
<tr>
<td>8.06</td>
<td>Access to Healthcare Services</td>
</tr>
<tr>
<td>7.71</td>
<td>Nutrition, Physical Activity &amp; Weight</td>
</tr>
<tr>
<td>7.44</td>
<td>Heart Disease &amp; Stroke</td>
</tr>
<tr>
<td>7.24</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td>7.24</td>
<td>Oral Health</td>
</tr>
<tr>
<td>6.59</td>
<td>Cancer</td>
</tr>
<tr>
<td>6.41</td>
<td>Tobacco Use</td>
</tr>
<tr>
<td>6.18</td>
<td>Respiratory Diseases</td>
</tr>
<tr>
<td>5.12</td>
<td>Potentially Disabling Conditions</td>
</tr>
<tr>
<td>5.06</td>
<td>Chronic Kidney Disease</td>
</tr>
</tbody>
</table>

The data from the 2016 PRC Community Health Needs Assessment were analyzed in addition to the 1,132 responses to the online Community Health Survey. The Areas of Opportunity were ranked according to Scope and Severity and it was determined that Cardiovascular/Heart Disease and Diabetes could be addressed as one disparity under the heading “Obesity-Related Chronic Diseases.” Other Areas of Opportunity such as Oral Health are coordinated with the Florida Department of Health-Brevard County’s Dental Clinic. The disparity of Substance Abuse in Brevard County is addressed by primarily by Circles of Care. By selecting disparities that the hospital could impact most effectively and efficiently, and allowing other local resources to handle disparities that they are designed to handle, Health First has narrowed its focus on the following overarching disparities, with a focus on the underserved population. Through collaboration with other local organizations, the Areas of Opportunity will be addressed in an effort to achieve optimal outcomes in the community.
It was determined that Holmes Regional Medical Center will implement strategies to address the following disparities:

- Adults without Access to Healthcare Services by securing follow-up appointments with Brevard Health Alliance for Health First patients

- Overweight/Obese or have Poor Nutrition/Lack of Physical Activity by providing nutrition education and/or fitness activities to Brevard County residents
1h. The Process for Consulting with Persons Representing the Community’s Interests

The PRC Community Health Needs Assessment incorporated data from primary research (the PRC Community Health Survey) and secondary research (vital statistics and other health-related data). Allowances were made for trending and comparison to benchmark data at the state and national levels.

The study area, Brevard County, for this assessment was defined as each residential ZIP code, grouped into three divisions of the county (North, Central and South Brevard). To ensure the best representation of the population surveyed, a telephone interview methodology was employed, using landline and cell phone interviews. The primary advantages of telephone interviewing are timeliness, efficiency and random-selection capabilities.

A stratified random sample of 600 individuals age 18 and older which included 200 in North Brevard, 200 in Central Brevard and 200 in South Brevard. The results were weighted in proportion to the actual population distribution to appropriately represent Brevard County as a whole. For statistical purposes, the maximum rate of error associated with a sample size of 600 is +/- 4.0% at the 95 percent level of confidence.

In July 2016, Health First conducted a separate online survey via email to residents of Brevard County using the health care services currently available. Results were tabulated based on 1,132 responses.

The Space Coast Health Foundation’s 19-member Health Advisory Council is a comprehensive group of key community stakeholders inclusive and representative of the community. A focus group was conducted in January 2016 and views were shared on community health as it pertains to various groups within the population, describing existing services in place to address health needs, and identifying gaps and opportunities where services could be offered to improve the current system of care.

There were no written comments received regarding the hospital’s most recently conducted CHNA and implementation strategy.
1i. Information Gaps that Limited the Facility’s Ability to Assess all of the Community’s Health Needs

The Community Health Needs Assessment prepared for Holmes Regional Medical Center provides a comprehensive analysis of the health needs in Brevard County, Florida. The assessment includes county-level indicators for mortality, morbidity, years potential life lost, access to care issues, behavioral risk factors, health screenings, maternal and child health, and health conditions.

The social determinants of health presented in Section 1a describe the community in terms of economics, education, environment, public safety, and transportation. Key stakeholders were interviewed to share their perceptions and insights regarding the pressing health issues facing Brevard residents. Although the data identified disparities in the hospital's service area by zip code, income race/ethnicity and age, not all indicators were addressed in this manner.

The completed CHNA contains all the information necessary for Holmes Regional Medical Center to begin development of their implementation strategy to address community health needs as defined in this document.
1j.
Other

Not applicable.
The Community Health Needs Assessment was prepared by Health First on behalf of Holmes Regional Medical Center. Health First is East Central Florida’s only fully integrated health system. With a mission to positively change the health and wellness of the communities we serve, Health First offers the latest technological advances and quality care at our four hospitals and through our many Outpatient & Wellness Services, as well as the area’s only Trauma and Heart Centers. Health First also offers multiple commercial and Medicare health plans, the largest multi-specialty physician group in Brevard County, and four fitness centers to help members of our community stay healthy.

Copies of this report are available, free of charge, upon request. Comments can be submitted to www.hfgivesback.org or by contacting:

Maureen Tills  
Community Benefit  
Senior Project Specialist  
321-434-4327  
maureen.tills@health-first.org
Appendix A

**FACTS**

- **Date opened:** June 8, 1937
- **Status:** Non-profit, 501(c)(3)
- **Hospital beds:** 514 beds
- **Physicians:** More than 570
- **Medical Specialties:** More than 50
  - Accredited by The Joint Commission

**General Services**

Health First’s Holmes Regional Medical Center provides many specialties not available at other hospitals including a full array of comprehensive patient care services.

- Allergy and Immunology
- Anesthesiology
- Cardiology
- Cardiothoracic Surgery
- Cardiac Electrophysiology
- Dermatology
- Emergency Medicine
- Emergency Stroke Intervention
- Endocrinology
- Family Practice
- Gastroenterology
- General Surgery
- Hyperbarics
- Infectious Disease
- Internal Medicine
- Interventional Radiology
- Medical Rehab
- Mother/Baby Unit
- Neonatal Intensive Care Unit (NICU)
- Nephrology
- Neurosurgery
- Neurology
- Nuclear Medicine
- OB/GYN
- Occupational Medicine
- Oral & Maxillo-Facial Surgery
- Oncology/Hematology
- Ophthalmology
- Orthopedics
- Otolaryngology
- Pain Management
- Pathology
- Pediatrics
- Pediatric Cardiology
- Pediatric Endocrinology
- Pediatric Pulmonology

**The Heart Center at Holmes Regional Medical Center** performs more cardiac procedures than all other hospitals in Brevard. As the area’s leader in Heart & Vascular Services, the Center features all-private rooms, state-of-the-art cardiac catheterization suites and adjoining pre- and post-procedure recovery areas. A rooftop landing site for the First Flight EC135 medical helicopter has dedicated elevator access to the Level II Trauma Center, emergency heart catheterization, and stroke intervention services at the Heart Center.

**The Trauma Center at Holmes Regional Medical Center** is the only state-accredited Level II Trauma Center serving Brevard and Indian River Counties. Offering 24/7 trauma and critical care services 365 days a year. The Trauma Center serves as the designated treatment facility should NASA astronauts need emergency care after aborting a lift off.
Appendix B

Data sources used for the CHNA

- Florida Risk Factor Surveillance System (BRFSS)
- U.S. Census Bureau
- U.S. Census American Community Survey
- Florida Department of Health, Office of Planning, Evaluation & Data Analysis
- County Health Rankings
- Florida Department of Health, Bureau of Vital Statistics
- Florida Cancer Data System
- National Center for Health Statistics/US Department of Health and Human Services
- Economic Development Commission of Florida’s Space Coast
- Professional Research Consultants (PRC) 2016 Community Health Needs Assessment
- Florida Department of Education
- National Center for Educational Statistics
- American Lung Association
- Florida Charts
- U.S. Environmental Protection Agency
- Florida Department of Law Enforcement
- Florida Department of Children and Families
- Florida Department of Highway Safety and Motor Vehicles
- Healthy People 2020
Appendix C
Disparity Indicators

Lack of Healthcare Insurance Coverage
(Among Adults Age 18-64)
Healthy People 2020 Target = 0.0% (Universal Coverage)

Note: 7.6% of those with private insurance or Medicaid report that they received their coverage through Obamacare.

PRC Community Health Needs Assessment
Brevard County, Florida

12

13

Sources:
1. PRC Community Health Survey, Professional Research Consultants, Inc. [In process]
2. PRC National Health Survey, Professional Research Consultants, Inc.
Notes:
1. All respondents under the age of 18.
2. Hispanics can be of any race. Other race categories are non-Hispanic (e.g., African American or Asian/Other).
3. Income categories include: Low Income (less than the federal poverty level); Mid/High Income = Income above the federal poverty level but below 150% of the federal poverty level; NH/White includes households with incomes up to 140% of the federal poverty level; Non-NH/White includes households with incomes above 140% of the federal poverty level.

Professional Research Consultants, Inc.
Barriers to Access Have Prevented Medical Care in the Past Year

<table>
<thead>
<tr>
<th>Getting a Doctor Appointment</th>
<th>Cost (Doctor Visit)</th>
<th>Inconvenient Office Hours</th>
<th>Cost (Prescriptions)</th>
<th>Finding a Doctor</th>
<th>Lack of Transportation</th>
<th>Language/Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Broward County</strong></td>
<td><strong>US</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18.6%</td>
<td>15.4%</td>
<td>12.7%</td>
<td>11.5%</td>
<td>12.4%</td>
<td>14.4%</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

Sources: 14% PRC Community Health Survey, Professional Research Consultants, Inc. [items 1-6]
14% PRC National Health Survey, Professional Research Consultants, Inc.

Notes: * Included all respondents.

Trend: Barriers to Access Have Prevented Medical Care in the Past Year (Brevard County)

<table>
<thead>
<tr>
<th>Getting a Doctor Appointment</th>
<th>Cost (Doctor Visit)</th>
<th>Inconvenient Office Hours</th>
<th>Cost (Prescriptions)</th>
<th>Finding a Doctor</th>
<th>Lack of Transportation</th>
<th>Language/Culture</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>2005</td>
<td>2013</td>
<td>2015</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.0%</td>
<td>7.7%</td>
<td>7.0%</td>
<td>6.5%</td>
<td>6.0%</td>
<td>4.7%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

Sources: 14% PRC Community Health Survey, Professional Research Consultants, Inc. [items 1-6]

Notes: * Included all respondents.
Perceptions of local healthcare services are worse than found nationally — it is the same segments as highlighted above who are most likely to rate it as "fair/poor."

Regionally, cervical cancer screening is particularly low in the North, highest in the South.
Prevalence of Kidney Disease

Increases with age — 10.1% among adults 65+.

Prevalence of Diabetes

Another 9.1% of adults report they have been diagnosed with pre-diabetes or "borderline" diabetes (vs. 5.7% nationwide).

Note: 55.8% of nondiabetics report having had their blood sugar tested in the past 3 years (similar to US).
Prevalence of Diabetes
(Brevard County, 2016)

39.0% of adults have high blood pressure and
35.6% have high cholesterol (each similar to US).

Diabetics reported that they need the most help with
medications (34.5%) and diet/weight control (28.7%) in
managing their condition.
Prevalence of Obesity
(Percent of Adults With a Body Mass Index of 30.0 or Higher)
Healthy People 2020 Target = 30.5% or Lower

Non-Hispanic White = 27.7%
Hispanic/Non-Hispanic = 17.6%

In all, 62.1% of Brevard County adults are overweight or obese (BMI ≥ 25).

Childhood Prevalence of Overweight & Obesity
(Children Age 5-17)

Total Overweight Prevalence
(85th Percentile)

Obesity Prevalence
(95th Percentile)

Each of these is significantly higher than found nationally.
Have Visited a Dentist or Dental Clinic Within the Past Year
Healthy People 2020 Target = 49.0% or Higher

<table>
<thead>
<tr>
<th>Year</th>
<th>North Brevard</th>
<th>Central Brevard</th>
<th>South Brevard</th>
<th>Brevard County</th>
<th>FL</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>66.5%</td>
<td>74.5%</td>
<td>71.0%</td>
<td>74.8%</td>
<td>61.9%</td>
<td>67.2%</td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Brevard County:

- Among Low-Income = 54.8%
- Among Mid/High-Income = 60.5%

Limited in Activities in Some Way Due to a Physical, Mental or Emotional Problem

<table>
<thead>
<tr>
<th>Year</th>
<th>North Brevard</th>
<th>Central Brevard</th>
<th>South Brevard</th>
<th>Brevard County</th>
<th>FL</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>39.6%</td>
<td>22.4%</td>
<td>26.8%</td>
<td>24.4%</td>
<td>26.6%</td>
<td>26.3%</td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Brevard County:

- 2004: 39.6%
- 2009: 22.4%
- 2013: 26.8%
- 2016: 26.6%
Prevalence of Chronic Obstructive Pulmonary Disease (COPD)

Brevard County

Sources:
1. PRC Community Health Survey, Professional Research Consultants, Inc. (draft)
3. PRC National Health Survey, Professional Research Consultants, Inc.

Notes:
- Includes those having ever been diagnosed with COPD or chronic obstructive pulmonary disease, including bronchitis or emphysema.
- In prior data, the term "Chronic Lung Disease" was used, which also included bronchitis or emphysema.

Life Has Been Negatively Affected by Substance Abuse (Self or Other's)
(Brevard County, 2016)

Sources:
1. PRC Community Health Survey, Professional Research Consultants, Inc. (draft)

Notes:
- Includes those having ever had a diagnosis of drug abuse or dependence.
- Hispanics can be of any race. Other race categories are non-Hispanic categories (e.g., Asian).
- Income categories reflect respondents household income levels relative to the federal poverty level, with income up to 144% of the federal poverty level; "High Income" includes households at 300% or more of the federal poverty level.
Current Smokers
HealthyPeople 2020 Target = 12.0% or Lower

Brevard County

North Brevard

Central Brevard

South Brevard

Brevard County

FL

US

2004

2009

2013

2016

18.5%

13.9%

21.0%

17.9%

17.7%

16.0%

28.4%

19.3%

18.2%

17.9%

Sources:
- PR Community Health Survey, Professional Research Consultants, Inc. [Item 4.1]
- PR National Health Survey, Professional Research Consultants, Inc.
- Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia, United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC).+ MR Florida data.
Notes:
- Data of all respondents.
- Includes regular and occasional smokers (those who smoke cigarettes every day or some days).

PR Community; Health Needs Assessment
Brevard County, Florida

Current Smokers
(Brevard County, 2016)
HealthyPeople 2020 Target = 12.0% or Lower

Men

Women

16 to 30

16 to 64

65+

Low income

Med/High income

Non-Hispanic White

Non-Hispanic Black

Brevard County

21.1%

14.6%

22.5%

24.6%

5.3%

28.6%

9.9%

9.9%

13.1%

34.1%

17.9%

Sources:
- PR Community Health Survey, Professional Research Consultants, Inc. [Item 4.1]
Notes:
- Data of all respondents.
- Hispanic does not refer to race. Other race categories are non-Hispanic categories (e.g., "NHBR" refers to non-Hispanic Black respondents).
- Income categories reflect respondents' household income as a ratio to the federal poverty level (FPL). For a household size of 1, "Low income" includes households with income up to 1.0× the federal poverty level; "Med/High income" includes households with income 1.01× or more of the federal poverty level.
- Includes regular and occasional smokers (every day or some days).