

*Findings from the*  
**2010 CHARLOTTE COUNTY  
COMMUNITY HEALTH SURVEY**



# Table of Contents

	<i>Page</i>
About the 2010 Community Health Survey	<b>2</b>
Demographics of Sample	<b>4</b>
Health Status	<b>6</b>
Health Behaviors	<b>8</b>
Health Care Access	<b>10</b>
Mental Health & Substance Abuse	<b>14</b>
Social Support & Social Trust	<b>15</b>
Health & the Economy	<b>16</b>
Civic Health	<b>17</b>
Priorities and Perspectives	<b>19</b>

# About the 2010 CHIP Community Health Survey

## Overview

The 2010 Sarasota County Community Health Survey was a written, 73-question survey mailed to 1,998 households in Charlotte County, Florida in the spring/summer of 2010.

## Survey Sampling

Only a sample of households in Charlotte County received surveys. These households were selected at random based on a proportional random sampling approach which utilized the census tract as the primary sampling unit. Consistent with this approach, the number of surveys sent to each of the County's census tracts was dependent on the proportion of total Charlotte County households represented by that tract. This means that a larger number of surveys were sent to those tracts with a larger number of total households.

Estimates for the number of Charlotte County households by census tract, updated for 2009, were obtained from a mapping and demographic company. (Current estimates of the number of households, by census tract, were not available from the U.S. Census.) This information was needed to calculate the total number of surveys which needed to be sent to each census tract. A randomly selected list of households was then compiled by a survey research firm. This became the final sampling frame – a list of all the households which would receive surveys.

## Sample Size

The sample was designed to support multivariate analyses at the County level. That is, for Charlotte County (but *not* necessarily for each census tract or sub-county unit) we wanted to have enough returned surveys to allow us explore critical health issues among groups representing sociodemographic attributes of interest. For example, at the County level, our sample size is large enough to allow us to pursue analyses comparing the proportion of uninsured across categories of income categories.

## *Notes on Estimates*

The reader must be aware that though contemporary statistical inference provides a reasonable level of confidence in the estimates derived from a sample of this size, it is crucial that all estimates be understood as just that—estimates. Estimates are not “perfect numbers”. A level of imprecision is an inherent quality of estimates, and the estimates reported actually refer to an interval – a specific number plus or minus some margin of error. This shouldn't be viewed as a flaw, but simply a mathematical reality. For estimates in which 700 residents responded, the margin of error is about 4 percentage points. (i.e. If the estimate was 56%, we would expect true number to be within the range of 4 points higher or less than 56%).

## **Final Sample**

For the 2010 Community Health survey, surveys were mailed to 1998 Charlotte County addresses. Some surveys were returned undeliverable by the U.S. Postal System (285 or 14 percent). Completed surveys were returned by 1,946 households, or 54 percent of households receiving the survey, and incomplete surveys were returned by an additional 309 households.

## **Acknowledgements**

This survey was funded by the Gulf Coast Community Foundation of Venice, with additional support from the Charlotte County United Way and the Sarasota County Health Department

We would not have been able to carry out this survey without the support from a number of volunteers. We are indebted to Stig Peterson, Kate Reedy, Corrie Brown, Pauline Santor, Malarie Taylor, Linda Shea, Bill Trainer, Adam Lubitz, Virginia Harden, Kim White, James Magill, and Samatha Henrick for assisting with data entry. Special thanks go to Kisha Gaines and John Falter for their support in the planning and administration of this survey.

*This survey was administered as a project of the Community Health Improvement Partnership (CHIP). Questions about the process or results can be directed to Kari Ellingstad at 941.861.2867 or kari@CHIP4Health.org .*

[www.CHIP4Health.org](http://www.CHIP4Health.org)

## Sample Demographics

		%	#
		Responding	
<b>Gender of Respondent</b>	Female	62.4	432
	Male	37.6	260
<b>Age Category</b>	18-64	4.2	29
	35-49	15.9	109
	50-64	37.1	255
	65-79	31.3	215
	80 and above	11.5	79
<b>Marital Status</b>	Married	62.9	434
	Divorced	14.2	98
	Widowed	14.5	100
	Separated	1.9	13
	Never Married	5.9	41
	Other	0.6	4
<b>Race</b>	White/Caucasian	93.8	636
	African American / Black	2.8	19
	Asian	1.3	9
	Amer Indian/ Pac Islander	0.7	5
	Other	1.3	9
<b>Ethnicity</b>	Hispanic / Latino	2.8	20
<b>Employment</b>	Employed Full-Time	26.5	173
	Employed Part-Time	9.7	63
	Self-Employed	7.0	46
	Out of Work	5.5	36
	Retired	42.7	279
	Unable to Work	4.4	29
	Other	4.1	27
<b>Education</b>	11th grade or less	5.4	37
	High School Grad	40.8	282
	Associates/Tech degree	27.4	189
	Bachelor's degree	15.2	105
	Graduate degree	11.0	76

<b>Household Income</b>	Less than \$9,999	8.1	41
	\$10,000-\$19,999	5.8	29
	\$20,000-\$29,999	4.0	20
	\$30,000-\$39,999	20.0	101
	\$40,000-\$54,999	18.5	93
	\$55,000-\$74,999	14.9	75
	\$75,000-\$99,999	8.9	45
	\$100,000-\$149,999	11.9	60
	\$150,000-\$199,999	5.2	26
	\$200,000 or above	2.8	14

<b>Municipality</b>	Port Charlotte	38.8	280
	Punta Gorda	38.8	280
	Englewood	12.8	92
	Rotunda West	7.8	56
	Placida	1.6	12

## Section: Health Status

Would you say in general your health is:

	% Excellent	% Very Good	% Good	% Fair	% Poor	# Responding
	11.7	36.0	33.7	15.7	2.9	650
<b>Female</b>	13.1	36.4	31.9	16.3	2.3	398
<b>Male</b>	9.3	35.9	36.7	13.9	4.2	237
<b>18-34</b>	18.5	48.2	25.9	7.4	0.0	27
<b>35-49</b>	3.2	8.0	3.0	2.4	0.8	65
<b>50-64</b>	3.5	9.4	7.8	4.0	0.8	95
<b>65+</b>	25.0	65.0	66.0	25.0	5.0	186
<b>11th grade or less</b>	3.0	27.3	36.4	18.2	15.2	33
<b>High School Grad</b>	11.6	33.3	35.4	17.4	2.3	432
<b>College Graduate</b>	13.8	46.1	28.7	9.0	2.4	167
<b>&lt;\$30K</b>	16.1	41.4	28.7	10.3	3.5	87
<b>\$30K - \$75K</b>	10.9	39.9	33.1	14.1	2.0	54
<b>&gt;\$75K</b>	18.0	43.0	30.5	7.8	0.8	54
<b>Insured</b>	15.2	39.2	29.7	13.9	2.0	293
<b>Uninsured</b>	11.0	37.0	27.4	17.8	6.9	73
<b>Port Charlotte</b>	15.4	35.8	31.5	13.6	3.7	926
<b>Punta Gorda</b>	11.9	36.3	37.4	11.1	3.3	270
<b>Englewood</b>	14.2	25.8	38.4	16.3	5.3	190

Have you ever had, or do you have any of the following conditions?:

	%	# Responding
<b>Arthritis</b>	34.7	250
<b>Asthma</b>	9.2	66
<b>Cancer</b>	12.3	89
<b>Diabetes</b>	12.3	89
<b>Depression</b>	12.6	91
<b>Heart Disease</b>	11.1	80
<b>High Blood Pressure</b>	40.1	289
<b>High Cholesterol</b>	34.1	246
<b>Memory Problems</b>	3.2	23
<b>Physical Disability</b>	8.6	62
<b>Weight Problems</b>	20.8	150

Percentages sum to greater than 100 because individuals had the option of selecting more than one response.

**Weight Status (calculated using Body Mass Index)**

	%	# Responding
<b>Healthy Weight</b>	36.8	228
<b>Overweight</b>	38.6	239
<b>Obese</b>	22.7	141
<b>Underweight</b>	1.9	12

## Section: Health Behaviors

"During the past 30 days, other than at your regular job, did you participate in any physical activities such as running, biking, swimming, golf, gardening, or walking for exercise?"

	%	# Responding
Yes	72.7	522
No	27.3	196

"How often do you eat fruit or vegetables?"

	%	# Responding
Once a day or less	43.4	293
2-4 times per day	43.4	293
5 or more times per day	8.0	54
I don't know	5.1	24

"What is the main reason that prevents you from eating healthy foods?"

	%	# Responding
Usually eat healthy foods	71.8	462
Healthy food is too expensive	11.2	72
Healthy food takes longer to prepare	4.4	28
Not sure what foods are considered healthy	4.0	26
Healthy food does not taste good	3.7	24
Have a hard time eating certain healthy foods	3.1	20
Usually eat at restaurants that don't offer healthy options	1.4	9
Healthy food is not available in my neighborhood	0.2	1

"Which of the following would be most helpful to you to have a healthier lifestyle?"

	%	# Responding
Grocers or farmers markets that offer affordable fresh fruits and vegetables	25.7	185
Healthier menu choices at local restaurants and fast food venues	16.8	121
Sidewalks that are available and well-maintained	22.3	161
Access to trails and parks	6.5	47
Stores, restaurants, and other facilities that are located in my neighborhood	4.2	30

**"Do you now smoke cigarettes every day, some days, or not at all?"**

	<b>%</b>	<b># Responding</b>
<b>Every day</b>	16.8	121
<b>Some days</b>	4.7	34
<b>Not at all</b>	78.5	566

**"If you smoked during the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?"**

	<b>%</b>	<b># Responding</b>
<b>Yes</b>	11.4	82
<b>No</b>	88.6	635

## Section: Health Care Access

### Health Insurance Status (among those under 65)

	%	# Responding
Insured	80.1	310
Uninsured	19.9	77

### Among those who are insured, type of health insurance

	%	# Responding
Employer pays all or part of insurance cost	71.6	222
Private, self pay	18.1	56
Medicare	14.2	44
Medicaid/Medipass	3.5	11

*Includes only those under age 65.*

*Respondents had the ability to select more than 1 insurance type, therefore percentages sum to more than 100.*

### "Are all, some, or no members of your household covered by health insurance?"

	%	# Responding
All household members are insured	63.7	459
Some household members are insured	10.1	73
No household members are insured	25.2	182

### "If you are currently employed, does your current employer offer health insurance?"

	%	# Responding
Yes	32.6	175
No	67.4	361

**"If you or any household member is uninsured, what is the main reason you do not have health insurance?"**

	%	# Responding
Too expensive/premium too high/can't afford	66.7	96
Not employed	10.4	15
Employer doesn't offer insurance	3.5	5
Medical problems / pre-existing conditions	4.2	6
Waiting for coverage (e.g. less than 90 days on job)	1.4	2
Don't believe in insurance	-	0
Free or inexpensive care is readily available	0.7	1
Don't need insurance/usually healthy	1.4	2
Other	11.0	16

**"Where would you normally go if you needed medical care?"**

	%	# Responding
Doctor's office	80.8	536
Health Dept or community clinic	5.0	33
Hospital Emergency Room	4.7	31
Walk-In Clinic	5.3	35
Other	1.7	11
Don't Know	2.6	17

**"How many minutes does it take you to get to that office, clinic or hospital from your home?"**

	%	# Responding
Less than 15 min	46.8	306
Between 15-20min	39.1	256
Between 30-45 min	10.6	69
More than 45 min	1.8	12
Don't know	1.7	11

**"Do you have one doctor or clinic that you think of as your primary medical care provider?"**

	%	# Responding
Yes	83.2	599
No	16.8	121

**"Do you know of any places that treat people who are uninsured and cannot afford medical care?"**

	%	# Responding
<b>Yes</b>	29.1	210
<b>No</b>	70.9	511

**"Have you or a member of the household used an emergency room in the past year?"**

	%	# Responding
<b>Yes</b>	36.5	263
<b>No</b>	63.5	457

**"What was the main reason for using the emergency room in the past year?"**

	%	# Responding
<b>Felt condition was serious</b>	40.6	84
<b>Doctor's office was closed</b>	18.4	38
<b>Referred by medical professional</b>	17.4	36
<b>Other</b>	9.7	20
<b>Referred by family member</b>	1.0	2
<b>ER was open at convenient time</b>	5.8	12
<b>No insurance</b>	1.0	2
<b>Location was easily accessible</b>	1.9	4
<b>Don't have primary care doctor</b>	1.0	2
<b>Needed medication</b>	1.0	2
<b>Did not know where else to go</b>	1.0	2

**"Was there a time in the past 12 months when you needed medical care but could not get it?"**

	%	# Responding
Yes	10.7	77
No	85.7	617
Don't Know	3.1	22

**"What is the main reason you could not get care?"**

	%	# Responding
No health insurance	37.5	27
Too expensive	31.9	23
Too long to wait for an appointment	8.3	6
Office wasn't open when I could get in	6.9	5
Didn't have a doctor who would see me	6.9	5
Other	5.6	4
No transportation/office too far away	2.8	2

**"Are there any dental services that you need but cannot get?"**

	%	# Responding
Yes	29.3	211
No	70.7	510

**"In the past 12 months, have you missed school or work because of a dental problem?"**

	%	# Responding
Yes	5.0	36
No	95.0	684

## Section: Mental Health & Substance Abuse

"If you or someone In your household is experiencing anxiety, depressions, and other mental health issues, would you know where to get services or treatment?"

	%	# Responding
Yes	61.3	442
No	38.7	279

"In the past month, have you had trouble completing your usual activities because you felt sad, down, depressed, or anxious?"

	%	# Responding
Yes	16.1	116
No	83.9	604

"If yes, did you receive services or treatment for this problem?"

	%	# Responding
Yes	31.9	37
No	68.1	79

"Does anyone in the household have mental health problem?"

	%	# Responding
Yes	10.7	77
No	87.2	629
Don't Know	2.1	15

"Does anyone in the household have an alcohol or drug use problem?"

	%	# Responding
Yes, someone has an alcohol problem	3.6	26
Yes, someone has a drug use problem	1.0	7
Yes, someone has both an alcohol and drug use problem	0.7	5
No, no one does	94.7	682

"Was there a time in the past 12 months when someone in your household went to the hospital because of a mental health or substance abuse problem?"

	%	# Responding
Yes	1.9	14
No	97.6	704
Don't Know	0.4	3

## Section: Social Support and Social Trust

"How many people within 1 hour's travel from your home do you feel you can depend on or feel very close to?"

	%	# Responding
1 person	8.2	59
2 people	16.2	117
3 people	13.9	100
4 or more people	51.2	369
None	10.5	76

"How often can you talk about your deepest problems with at least some of your family, friends or church members?"

	%	# Responding
Never	6.1	42
Rarely	15.3	105
Some of the time	19.4	133
Most of the time	32.9	226
All of the time	26.2	180

"In the past year, would you say you have..."

	%	# Responding
... eaten dinner with your family frequently?"	74.1	534
... spent a lot of time visiting friends?"	56.5	407
...spent a lot of time communicating with others using a computer, cell phone, or other electronic device?"	75.9	547

*Respondents had the ability to select more than 1 response category, therefore percentages sum to more than 100.*

"Is there someone that you care for that could not take care of themselves?"

	%	# Responding
Yes	21.8	157
No	75.6	545

"Within the past 12 months, which kinds of support have you provided to someone?"

	%	# Responding
Helping someone confined to a bed	10.7	77
Helping someone prepare meals	21.8	157
Helping a sick person with daily chores	20.4	147
Listening to someone who needs to talk	61.3	441
Driving someone to an appointment	40.1	289
None	17.2	124

*Respondents had the ability to select more than 1 response category, therefore percentages sum to more than 100.*

## Section: Health & the Economy

"How confident are you that you will be able to afford medical care in the next year?"

	%	# Responding
Extremely confident	13.2	91
Very Confident	21.2	147
Somewhat confident	31.2	216
Not very confident	20.1	139
Not at all confident	14.3	99

"Which of the following have you done to save money in the economic downturn?"

	%	# Responding
Cut back on medical care	18.6	134
Decided not to fill a prescription	39.0	92
Skipped a dose or took less than prescribed	13.1	94
Took generic over-the-counter medication instead of prescription drugs	39.6	285
Asked a drug manufacturer or drug store about their prescription assistance program	7.6	55
Sought assistance in getting prescriptions at a lower cost	13.1	94
Delayed seeing a doctor or other medical professional	27.9	201
Cut back on preventive care	18.0	130
Cut back on other expenses in order to pay for medical care	19.0	137
Had to use some retirement savings or other saving to pay for health care	21.6	156

Has financial stress caused you any health problems?

	%	# Responding
Yes	21.4	154
No	61.2	441
I don't know	17.2	124

## Section: Civic Health

"Are you a member of a volunteer group or association in your community?"

	%	# Responding
Yes	28.0	202
No	72.0	519

For those responding yes to the previous question, "About how many hours per month do you participate in these community activities?"

	%	# Responding
None	2.0	4
1-5 hours	42.9	85
6-10 hours	25.3	50
11+ hours	29.8	59

"Do you attend a church, synagogue, mosque or other place of worship on a regular basis?"

	%	# Responding
Yes	35.2	254
No	64.8	467

"In the past 12 months, have you worked with others to get people in your neighborhood to work together in order to fix or improve something (better lighting, fix sidewalks)?"

	%	# Responding
Yes	13.6	98
No	86.4	623

"In the past 12 months, have you attended a meeting that discussed County, community, town, or school affairs?"

	%	# Responding
Yes	24.0	173
No	76.0	548

"I believe my vote matters."

	%	# Responding
Yes	73.5	530
No	26.5	191

"I believe people like me 'have a say' ."

	%	# Responding
Yes	69.9	504
No	30.1	217

"I feel able to understand politics and government."

	%	# Responding
Yes	68.8	496
No	31.2	225

"In the past year, have you tried to change local policies in a place like a school, your workplace, or your neighborhood?"

	%	# Responding
Yes	19.1	138
No	80.9	583

"In the past year, have you tried to persuade friends or family about an important issue or current event?"

	%	# Responding
Yes	49.7	358
No	50.4	363

## Section: Priorities & Perspectives

"How would you rate your community as a healthy community to be living in?"

	%	# Responding
Very Healthy	13.7	92
Healthy	43.3	291
Somewhat healthy	38.5	259
Unhealthy	3.9	26
Very unhealthy	0.6	4

"What three items do you believe are most important health concerns in your community?"

	%	# Responding
Chronic diseases (ex. cancer)	44.3	294
Aging problems (Alzheimer's, arthritis)	37.7	255
Alcohol and drug abuse	32.5	212
Homelessness	26.0	167
Poor diet/lack of exercise	23.2	151
Lack of access to healthcare	18.4	118
Tobacco Use	15.7	100
Motor vehicle crashes	10.4	66
Child abuse/neglect	10.1	64
Domestic Violence	7.7	49
Mental Health Issues	7.1	45
Elder abuse/neglect exploitation	6.8	43
Teenage Pregnancy	4.7	30
Rape/Sexual Assault	1.7	11
Sexually Transmitted Diseases	1.1	7
Infectious Diseases (ex.TB)	1.0	6
Firearm related injuries	0.8	5
Homicide	0.8	5
Suicide	0.3	2

*Percentages sum to more than 100% because respondents were able to choose more than one response variable.*

**"What three items do you believe are most important for a healthy community?"**

	%	# Responding
<b>Access to healthcare &amp; other services</b>	58.7	390
<b>Good jobs and healthy economy</b>	47.5	315
<b>Low crime/safe neighborhoods</b>	29.3	189
<b>Strong family life</b>	28.3	184
<b>Affordable housing</b>	27.2	176
<b>Healthy Behaviors and lifestyles</b>	24.8	162
<b>Good schools</b>	22.2	144
<b>Clean environment</b>	17.7	113

*Percentages sum to more than 100% because respondents were able to choose more than one response variable.*

