

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





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# About the 2010 Community Health Survey

## Overview

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

## Survey Sampling

Only a sample of households in DeSoto 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 DeSoto 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 DeSoto 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 DeSoto 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 2001 DeSoto County addresses. Some surveys were returned undeliverable by the U.S. Postal System (273 or 14 percent). Incomplete surveys were returned by 103 households; these were not included in the analysis. The final sample for DeSoto County included survey results from 661 households, or 41% of households receiving the survey.

## Acknowledgements

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*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	73.1	475
	Male	26.9	175
<b>Age Category</b>	18-34	11.5	74
	35-49	21.3	137
	50-64	32.6	209
	65-79	26.5	170
	80 and above	8.1	52
<b>Marital Status</b>	Married	55.1	356
	Divorced	17.7	114
	Widowed	12.5	81
	Separated	3.3	21
	Never Married	10.4	67
	Other	0.2	1
<b>Race</b>	White/Caucasian	84.6	534
	African American / Black	10.3	65
	Asian	0.6	4
	Amer Indian/ Pac Islander	1.9	12
	Other	2.5	16
<b>Ethnicity</b>	Hispanic / Latino	2.5	50
<b>Employment</b>	Employed Full-Time	33.7	192
	Employed Part-Time	9.0	51
	Self-Employed	5.6	32
	Out of Work	9.3	53
	Retired	29.4	167
	Unable to Work	3.7	21
	Other	9.3	53
<b>Education</b>	11th grade or less	15.6	101
	High School Grad	44.5	288
	Associates/Tech degree	22.0	142
	Bachelor's degree	11.6	75
	Graduate degree	5.6	36

<b>Household Income</b>	Less than \$9,999	17.7	69
	\$10,000-\$19,999	8.5	33
	\$20,000-\$29,999	4.4	17
	\$30,000-\$39,999	18.0	70
	\$40,000-\$54,999	19.7	77
	\$55,000-\$74,999	10.5	41
	\$75,000-\$99,999	6.9	27
	\$100,000-\$149,999	8.5	33
	\$150,000-\$199,999	4.1	16
	\$200,000 or above	1.8	7
<b>Municipality</b>	Arcadia	91.3	1827
	Fort Ogden	2.7	53
	Nocatee	6.0	120



## Would you say in general your health is:

	% Excellent	% Very Good	% Good	% Fair	% Poor	# Responding
	10.3	26.0	37.8	20.0	6.0	601
<b>Female</b>	9.2	27.3	38.5	18.8	6.2	436
<b>Male</b>	13.3	22.4	35.8	23.0	5.5	165
<b>18-34</b>	12.2	39.2	35.1	9.5	4.1	27
<b>35-49</b>	10.8	24.3	47.3	13.5	4.1	65
<b>50-64</b>	13.7	23.9	37.6	19.7	5.1	95
<b>65+</b>	9.9	24.8	31.9	24.8	8.5	186
<b>11th grade or less</b>	5.4	15.1	35.5	31.2	12.9	93
<b>High School Grad</b>	10.3	25.9	40.3	18.6	4.8	397
<b>College Graduate</b>	15.7	37.3	29.4	13.7	3.9	102
<b>White/Caucasian</b>	10.7	26.4	37.5	19.4	6.1	496
<b>African American / Black</b>	5.5	21.8	36.4	30.9	5.5	55
<b>Other</b>	9.7	16.1	51.6	12.9	9.7	31
<b>&lt;\$30K</b>	16.4	21.8	40.0	18.2	3.6	110
<b>\$30K - \$75K</b>	9.6	34.5	41.8	11.3	2.8	177
<b>&gt;\$75K</b>	22.4	40.8	26.3	7.9	2.6	76
<b>Insured</b>	12.5	28.9	32.5	19.3	6.8	280
<b>Uninsured</b>	10.1	16.5	48.6	19.3	5.5	109

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

	% Respondent	# Responding
<b>Arthritis</b>	11.6	233
<b>Asthma</b>	4.1	82
<b>Cancer</b>	3.7	73
<b>Diabetes</b>	6.0	119
<b>Depression</b>	6.7	134
<b>Heart Disease</b>	4.8	95
<b>High Blood Pressure</b>	13.8	277
<b>High Cholesterol</b>	9.8	196
<b>Memory Problems</b>	1.8	36
<b>Physical Disability</b>	4.0	79
<b>Weight Problems</b>	9.6	191

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

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

	% Respondent	# Responding
<b>Healthy Weight</b>	30.3	175
<b>Overweight</b>	32.4	187
<b>Obese</b>	35.5	205
<b>Underweight</b>	1.9	11

**"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
<b>Yes</b>	64.8	428
<b>No</b>	35.1	232

**"How often do you eat fruit or vegetables?"**

	%	# Responding
<b>Once a day or less</b>	45.3	288
<b>2-4 times per day</b>	39.5	251
<b>5 or more times per day</b>	8.8	56
<b>I don't know</b>	3.5	22

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

	%	# Responding
<b>Usually eat healthy foods</b>	59.8	366
<b>Healthy food is too expensive</b>	20.1	123
<b>Healthy food takes longer to prepare</b>	6.1	37
<b>Not sure what foods are considered healthy</b>	5.1	31
<b>Healthy food does not taste good</b>	3.3	20
<b>Have a hard time eating certain healthy foods</b>	4.3	26
<b>Usually eat at restaurants that don't offer healthy options</b>	1.1	7

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

	%	# Responding
<b>Grocers or farmers markets that offer affordable fresh fruits and vegetables</b>	29.2	193
<b>Healthier menu choices at local restaurants and fast food venues</b>	18.0	119
<b>Sidewalks that are available and well-maintained</b>	15.6	103
<b>Access to trails and parks</b>	8.2	54
<b>Stores, restaurants, and other facilities that are located in my neighborhood</b>	5.8	38

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

	%	# Responding
<b>Every day</b>	18.0	119
<b>Some days</b>	6.1	40
<b>Not at all</b>	76.0	502

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

	%	# Responding
<b>Yes</b>	14.5	95
<b>No</b>	85.5	561

## Section: Health Care Access

### Health Insurance Status\*

		% Insured	% Uninsured	# Responding
<b>Overall</b>		71.4	28.6	406
<b>Gender of Respondent</b>	Female	71.2	28.9	305
	Male	69.7	30.3	89
<b>Age Category</b>	18-34	65.8	34.3	73
	35-49	65.9	34.1	129
	50-64	75.8	24.2	190
<b>Race</b>	White/Caucasian	73.4	26.6	312
	African American / Black	71.1	28.9	45
	Other	59.1	40.9	22
<b>Household Income</b>	<\$30K	56.3	43.8	96
	\$30K - \$75K	79.1	20.9	115
	>\$75K	95.4	4.6	65

\*Includes only those under age 65.

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

	%	# Responding
<b>Insured</b>	71.4	290
<b>Uninsured</b>	28.6	116

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

	%	# Responding
<b>Medicare</b>	40.6	254
<b>Employer pays all or part of insurance cost</b>	29.8	186
<b>Private, self pay</b>	5.6	35
<b>Medicaid/Medipass</b>	5.1	32

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
<b>All household members are insured</b>	52.7	348
<b>Some household members are insured</b>	17.4	115
<b>No household members are insured</b>	28.1	186

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

	%	# Responding
<b>Yes</b>	27.7	183
<b>No</b>	46.8	309

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

	%	# Responding
<b>Too expensive/premium too high/can't afford</b>	69.8	143
<b>Not employed</b>	13.2	27
<b>Other</b>	4.4	9
<b>Employer doesn't offer insurance</b>	3.9	8
<b>Don't believe in insurance</b>	2.9	6
<b>Free or inexpensive care is readily available</b>	2.0	4
<b>Medical problems / pre-existing conditions</b>	1.5	3
<b>Don't need insurance/usually healthy</b>	1.5	3
<b>Waiting for coverage (e.g. less than 90 days on job)</b>	1.0	2

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

	%	# Responding
<b>Doctor's office</b>	64.2	391
<b>Health Dept or community clinic</b>	15.1	92
<b>Walk-In Clinic</b>	10.5	64
<b>Hospital Emergency Room</b>	6.6	40
<b>Other</b>	1.8	11
<b>Don't Know</b>	1.8	11

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

	%	# Responding
<b>Less than 15 min</b>	47.7	295
<b>Between 15-20min</b>	25.0	155
<b>Between 30-45 min</b>	18.9	117
<b>More than 45 min</b>	6.6	41
<b>Don't know</b>	1.8	11

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

	%	# Responding
<b>Yes</b>	82.7	546
<b>No</b>	17.3	114

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

	%	# Responding
<b>Yes</b>	38.7	256
<b>No</b>	61.3	405

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

	%	# Responding
<b>Yes</b>	50.5	334
<b>No</b>	49.5	327

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

	%	# Responding
<b>Felt condition was serious</b>	43.9	118
<b>Doctor's office was closed</b>	21.2	57
<b>Referred by medical professional</b>	10.0	27
<b>Other</b>	10.0	27
<b>ER was open at convenient time</b>	7.1	19
<b>Referred by family member</b>	1.9	5
<b>No insurance</b>	1.9	5
<b>Location was easily accessible</b>	1.1	3
<b>Don't have primary care doctor</b>	1.1	3
<b>Needed medication</b>	1.1	3
<b>Did not know where else to go</b>	0.7	2

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

	%	# Responding
<b>Yes</b>	15.0	99
<b>No</b>	82.0	542
<b>Don't Know</b>	3.1	22

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

	%	# Responding
<b>No health insurance</b>	32.1	36
<b>Too expensive</b>	32.1	36
<b>Office wasn't open when I could get in</b>	14.3	16
<b>Didn't have a doctor who would see me</b>	6.3	7
<b>Too long to wait for an appointment</b>	5.4	6
<b>Other</b>	5.4	6
<b>No transportation/office to far away</b>	4.5	5

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

	%	# Responding
<b>Yes</b>	36.9	244
<b>No</b>	63.1	417

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

	%	# Responding
<b>Yes</b>	6.4	42
<b>No</b>	93.7	619



**"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
<b>Yes</b>	62.6	414
<b>No</b>	37.4	247

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

	%	# Responding
<b>Yes</b>	23.6	156
<b>No</b>	76.4	505

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

	%	# Responding
<b>Yes</b>	9.1	60
<b>No</b>	90.9	600

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

	%	# Responding
<b>Yes</b>	11.4	75
<b>No</b>	84.6	559
<b>Don't Know</b>	4.1	27

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

	%	# Responding
Yes, someone has an alcohol problem	5.8	38
Yes, someone has a drug use problem	1.4	9
Yes, someone has both an alcohol and drug use problem	2.1	14
No, no one does	90.8	599

**"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
<b>Yes</b>	3.5	23
<b>No</b>	96.2	636
<b>Don't Know</b>	0.3	2

"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	10.1	67
2 people	15.6	103
3 people	12.3	81
4 or more people	49.9	330
None	12.1	80

"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?"	71.7	474
...spent a lot of time communicating with others using a computer, cell phone, or other electronic device?"	70.5	466
... spent a lot of time visiting friends?"	53.0	350

*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	24.4	161
No	73.4	485

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

	%	# Responding
Listening to someone who needs to talk	65.8	435
Driving someone to an appointment	42.8	283
Helping someone prepare meals	26.2	173
Helping a sick person with daily chores	23.3	154
None	14.5	96
Helping someone confined to a bed	10.1	67

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

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

	%	# Responding
<b>Extremely confident</b>	9.3	59
<b>Very Confident</b>	18.0	114
<b>Somewhat confident</b>	33.9	215
<b>Not very confident</b>	21.6	137
<b>Not at all confident</b>	17.3	110

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

	%	# Responding
<b>Took generic over-the-counter medication instead of prescription drugs</b>	40.2	266
<b>Decided not to fill a prescription</b>	34.6	101
<b>Delayed seeing a doctor or other medical professional</b>	34.2	226
<b>Cut back on other expenses in order to pay for medical care</b>	21.2	140
<b>Cut back on medical care</b>	19.8	131
<b>Sought assistance in getting prescription at a lower cost</b>	19.2	127
<b>Had to use some retirement savings or other saving to pay for health care</b>	17.4	115
<b>Cut back on preventive care</b>	16.6	110
<b>Skipped a dose or took less than prescribed</b>	15.9	105
<b>Asked a drug manufacturer or drug store about their prescription assistance program</b>	12.0	79

**Has financial stress caused you any health problems?**

	%	# Responding
<b>Yes</b>	28.8	190
<b>No</b>	50.5	333
<b>I don't know</b>	17.2	124



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

	%	# Responding
<b>Yes</b>	28.3	187
<b>No</b>	71.6	473

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

	%	# Responding
<b>None</b>	2.2	4
<b>1-5 hours</b>	51.4	93
<b>6-10 hours</b>	17.7	32
<b>11+ hours</b>	28.7	52

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

	%	# Responding
<b>Yes</b>	46.4	307
<b>No</b>	53.6	354

**"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
<b>Yes</b>	12.9	85
<b>No</b>	87.1	576

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

	%	# Responding
<b>Yes</b>	23.9	158
<b>No</b>	76.1	502

**"I believe my vote matters."**

	%	# Responding
<b>Yes</b>	73.2	484
<b>No</b>	26.8	177

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

	%	# Responding
<b>Yes</b>	71.7	474
<b>No</b>	28.3	187

**"I feel able to understand politics and government."**

	%	# Responding
<b>Yes</b>	66.1	437
<b>No</b>	33.9	224

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

	%	# Responding
<b>Yes</b>	17.1	113
<b>No</b>	82.9	548

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

	%	# Responding
<b>Yes</b>	45.8	303
<b>No</b>	54.2	358

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

	%	# Responding
<b>Very Healthy</b>	4.6	28
<b>Healthy</b>	27.9	171
<b>Somewhat healthy</b>	51.0	312
<b>Unhealthy</b>	13.7	84
<b>Very unhealthy</b>	2.6	16

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

	%	# Responding
<b>Alcohol and drug abuse</b>	41.7	240
<b>Aging problems (Alzheimer's, arthritis)</b>	40.5	235
<b>Chronic diseases (ex. cancer)</b>	33.3	187
<b>Poor diet/lack of exercise</b>	31.9	179
<b>Tobacco Use</b>	24.4	132
<b>Teenage Pregnancy</b>	23.0	127
<b>Lack of access to healthcare</b>	20.9	113
<b>Homelessness</b>	19.6	106
<b>Child abuse/neglect</b>	15.6	84
<b>Domestic Violence</b>	11.4	61
<b>Mental Health Issues</b>	9.1	48
<b>Sexually Transmitted Diseases</b>	5.9	31
<b>Motor vehicle crashes</b>	4.9	26
<b>Elder abuse/neglect/exploitation</b>	3.4	18
<b>Infectious Diseases (ex.TB)</b>	2.1	11
<b>Firearm related injuries</b>	1.3	7
<b>Rape/Sexual Assault</b>	1.0	5
<b>Suicide</b>	0.6	3
<b>Homicide</b>	0.4	2

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

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

	%	# Responding
<b>Access to healthcare &amp; other services</b>	52.0	302
<b>Good jobs and healthy economy</b>	49.2	282
<b>Affordable housing</b>	33.8	189
<b>Strong family life</b>	31.1	171
<b>Religious or spiritual values</b>	27.5	152
<b>Healthy Behaviors and lifestyles</b>	26.8	147
<b>Low crime/safe neighborhoods</b>	24.3	134
<b>Good schools</b>	22.3	122
<b>Clean environment</b>	21.0	117
<b>Tolerance for diversity</b>	5.7	30
<b>Community involvement</b>	5.3	28
<b>Parks and recreation</b>	5.1	27
<b>Good transportation options</b>	4.5	24
<b>Arts and cultural events</b>	3.0	16
<b>Low level of child abuse</b>	3.0	16
<b>Low death and disease rates</b>	1.5	8

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



