



PINELLAS HIGHLIGHTS

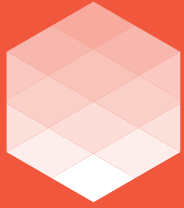
DIET & EXERCISE



Foundation for a
Healthy St. Petersburg



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**Foundation for a
Healthy St. Petersburg**

DIET & EXERCISE

Diet is not simply a matter of discipline. Access and the ability to afford healthy food play a role in food selection. Without enough income or proper transportation many are left with unhealthy food options that contribute to poor health.

HEALTH BEHAVIORS

Diet & Exercise

Obesity

People who are obese, compared to those with healthy weight, are at increased risk for many serious diseases and health conditions, including the following:ⁱ

- All-causes of death (mortality)
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders⁴
- Body pain and difficulty with physical functioning

According to the 2016 Florida Behavioral Risk Factor Surveillance System^{ii,iii} 35.8% of adults in Pinellas County were overweight and 28.1% were obese. However, 34.7% of adults in Pinellas had a healthy Body Mass Index (from 18.5 to 24.9). Body Mass Index is a weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters and used as an indicator of obesity and underweight.

Johns Hopkins' 2016 Community Health Needs Assessment^{iv} found that lack of access to nutrition is contributing to overconsumption of unhealthy foods. This finding was supported by parents of all income groups reporting similar unhealthy rates of over-consumption of fast food, soft drinks and junk food. Approximately half reported their children consumed fast food weekly and junk food daily, and approximately 40 percent said their children have sugar-sweetened beverages like soda daily. Only 50 percent of low-income parents and 60 percent of other-income parents reported their children having at least three servings of fruits and vegetables each day.

HEALTH BEHAVIORS

Food Access

According to the Florida Department of Agriculture and Consumer Services,^v access to quality retail grocers in Florida is strongly linked to a variety of diet-related health outcomes. Individuals living in places where many households reside more than half a mile from the nearest full-service grocer, and lack access to a vehicle, are more likely to die prematurely from diabetes, diet-related cancers, stroke and liver disease than individuals living where grocers are closer, and vehicles are more available, after controlling for other key factors.

Taken from the Florida's Roadmap to Living Healthy,^{vi} **Figure 1** shows food desert areas within Pinellas County. Florida's Roadmap to Living Healthy is a new way of looking at information about health and nutrition in our state. The map uses Geographic Information Systems (GIS) technology to visualize data. It can help government agencies, nonprofits, and other organizations identify gaps in services and improve access to nutritious food.

In addition to location and ability to physically get to a grocer, being able to afford food is also an issue. According to the 2018 Pinellas County Community Health Assessment^{vii} 13.5% of those surveyed, indicated that they ate less than they felt they should because of a lack of food or money. When asked if respondents had a place to go for food when money was tight 24.9% said no.

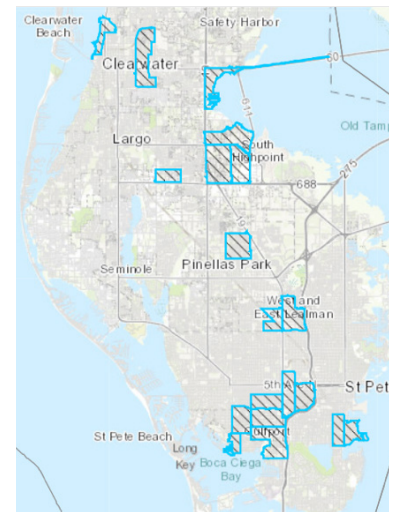


FIGURE 1:

**Food Desert areas in
Pinellas County**

Physical Activity

In addition to eating properly, physical activity also contributes to maintaining a healthy weight. According to Florida's Behavioral Risk Factor Surveillance System (BRFSS) 2016 data:^{viii}

- 54.4% of adults in Pinellas are inactive or insufficiently active.
- 24.5% of adults in Pinellas County are sedentary
- 50.6% of adults in Pinellas County meet aerobic recommendations
- 38.6% of adults in Pinellas County meet muscle strength training recommendations
- 79.7% of middle school students and 81.7% of high school students do not have vigorous physical activity.

In addition, the Johns Hopkins' 2016 Community Health Needs Assessment^{ix} found that 56% of low-income parents and 64% of other-income parents respectively reported their children exercising daily (breaking a sweat outside of school); and the 2018 Pinellas County Community Health Assessment showed that "over 33% of the population did not walk or bicycle for at least 10 minutes continuously to get to and from places in a typical week."



ABOUT THE FOUNDATION FOR A HEALTHY ST. PETERSBURG

The Foundation for a Healthy St. Petersburg (FHSP) is a private foundation formed in 2013 following the sale of the nonprofit Bayfront Health St. Petersburg. It is the steward of almost \$180 million in assets to support health equity in Pinellas County. Our mission is to end differences in health due to social or structural disadvantages to improve population health. We do this by inspiring and empowering people, ideas, information exchange, organizations and relationships.

Not everyone in Pinellas County is able to attain their highest level of health and well-being. Too often, the place where a person is born, grows, lives, works, learns, or ages contains impediments stemming from entrenched social or demographic factors such as race, gender, personal attribute, income, or geography. This is unacceptable and ultimately unsustainable. The Foundation for a Healthy St. Petersburg seeks to address health disparities, advance population health, and achieve health equity in Pinellas County.

The Foundation is focused on social factors, which directly impact health outcomes, such as housing, income, education, transit, and many others as listed in the Social Determinants of Health Framework below.



REFERENCES

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PLEASE NOTE:

This series of Pinellas Highlights is intended to illustrate the Foundation's definitions of the Social Determinants of Health framework and to provide specific data related to the Foundation's geographic focus area. The data presented is not comprehensive.

