The State of Our Health
September 2015
“Walkers are ‘practitioners of the city,’ for the city is made to be walked. A city is a language, a repository of possibilities, and walking is the act of speaking that language, of selecting from those possibilities. Just as language limits what can be said, architecture limits where one can walk, but the walker invents other ways to go.”

— Rebecca Solnit, Wanderlust: A History of Walking

Healthy Central Florida (HCF) is a community-based partnership established to transform our communities into the healthiest in the nation. Its aim is to get people moving more, eating healthier, feeling better, and enjoying a more vibrant, energized life. To join the movement, go to healthycentralflorida.org.
Dear Friends,

Have you heard? “Sitting” is the new smoking and walking is the best way to get healthy. So how do we encourage people to walk more and incorporate movement and fitness into their daily lives? That’s easier said than done, but according to our recent study, there are encouraging signs. Significant numbers of local residents report riding bikes and walking more. Trail use in our communities is up almost 12% and about a third report riding bikes “frequently/often.”

Healthy food sales are up, too. A recent Fortune Magazine cover story reported sales are down $18 billion since 2009 among the top 25 “big” food and beverage companies. Meanwhile, sales of organic foods have tripled in the last decade to $35.9 billion.

Although there are encouraging metrics, we still have a long way to go.

**DID YOU KNOW?**

- In Winter Park area schools, there are children who visit the school nurse every day for blood sugar tests or to receive insulin for diabetes (formerly “Adult Onset Diabetes”).
- One third of children in our nation and over half of all adults in our target communities are overweight or obese.
- 70% of chronic diseases – diabetes, heart disease and many cancers are preventable with lifestyle changes.
- Biking to work is a lifestyle change.
- Walking or biking to school is a lifestyle change.
- Substituting fruit for cookies – a small lifestyle change.

At Healthy Central Florida (HCF), our goal is to make the healthy choice the easy choice everywhere – because choices are made in larger contexts: in homes, at school or work and in neighborhoods.

But if there is no healthy choice, it’s impossible to make one.

If there are no bike lanes, sidewalks, or trails, it’s difficult for families with children or even some adults to walk or ride to the park, for errands or to work or school.

Bicycling and walking infrastructure or the lack thereof, is an important part of our health equation and a key reason more parents don’t let children walk or ride to school. Those seemingly small impediments are having big, bad consequences – but we are making progress.

Change of this magnitude doesn’t come easily or quickly. But since our report in 2013, HCF has had success. Highlights are noted in this report and include significant reductions in smoking rates, significant increases in the number of children walking and biking to school, and the launches of Breathe Free Winter Park, Healthy Eatonville Place and Maitland Walks.

Although many strategies won’t change outcomes for years, some have immediate impact which is critical. Lives are at stake today.

Our job as leaders is to make walking and riding a safe, inviting, and viable choice. Further, our job is to ensure that all families have access to healthy food, smoke-free air and safe, comfortable places for children to play and be active. This marathon is well under way, and we hope you’ll join us as we pass each health milestone as the vision of being the healthiest community in the nation becomes reality.

Jill Hamilton Buss
Executive Director
Healthy Central Florida

The State of Our Health 2015
Florida Hospital and Winter Park Health Foundation recognized the alarmingly high rates of obesity, inactivity, smoking and emotional health challenges facing residents in our communities. These problems drain precious limited resources from businesses, schools and hospitals and have a profound impact on the quality of life for children and adults in Central Florida. To create large and small-scale change and a “culture of well-being,” a coordinated community effort was needed. Healthy Central Florida was founded to lead this effort.

Florida Hospital, the largest not-for-profit Protestant health care system in the U.S., is dedicated to improving lives, not only in Central Florida, but also around the world. Operated by the Seventh-day Adventist Church, Florida Hospital is committed to serving the health care needs of patients with a holistic approach to heal the mind, body and spirit. Founded over 100 years ago, Florida Hospital maintains a rich history of health and healing and today, cares for more patients than any other hospital in the U.S., according to the American Hospital Association.

Winter Park Health Foundation (WPHF), focused on its long-term mission of helping create the healthiest community in the country, has been at the task for nearly 20 years. The not-for-profit organization supports programs that improve the health of youth, older adults and the community-at-large in Winter Park, Maitland and Eatonville. It also conducts research and provides education on health issues affecting these groups. Through its leadership, the Foundation has been the catalyst for the development and implementation of many ongoing efforts that ensure our communities are healthy places to live, learn, work, worship and play.
Very special thanks to all Healthy Central Florida Partners

Many organizations, individuals and companies have partnered with HCF since its inception. In particular, we must cite and thank the municipalities of Winter Park, Maitland and Eatonville. The mayors, elected leaders and staffs of these communities have worked diligently to create healthier environments that improve the well-being of our residents.

We are grateful to many partners, including:

- American Diabetes Association
- American Lung Association
- Barnie’s CoffeeKitchen
- Bike/Walk Central Florida
- City of Maitland
- City of Winter Park
- Community Health Centers – Eatonville
- Maitland Chamber of Commerce
- Orange County Government
- Orange County Public Schools
- Our Whole Community
- Publix Supermarkets
- RDV Sportsplex
- Rollins College
- Salter Mitchell
- Town of Eatonville
- University of Central Florida
- Whole Foods Market
- Winter Park Chamber of Commerce
- Work Well Winter Park
- YMCA of Central Florida

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Meet the HCF Leadership Teams
Carrying Out the Mission in Winter Park, Maitland and Eatonville

Creating the healthiest communities in the nation is a grand vision, but with an abundance of dedicated advocates, volunteers and leaders, it is also attainable.

Since the fall of 2011, HCF has recruited and trained Leadership Team members for each of its target communities: Winter Park, Maitland and Eatonville. These leaders were selected based on their representation of key sectors (government, business, faith, education, healthcare, etc.) and on their intimate knowledge of the needs of their respective communities.

HCF Leadership Teams evaluate and target unique health issues in their communities and employ policy and environmental change strategies to address them. Nearly all of the inaugural members continue to serve on the teams, and new allies also have joined to support HCF’s mission. We are grateful to all for their service.

Healthy Eatonville Leadership Team 2015
Lisa Abdallah-Nosakhere, Secretary, Fundraising Director, Positive Flow Foundation
Rod Bargaineer, Dir. of Recreation, Town of Eatonville
Dr. Lisa Barkley, Assistant Dean, Diversity and Inclusion and Assistant Professor of Medicine, UCF College of Medicine
John Beacham, President, Red Bud Landscaping & Irrigation, Inc.

Ellareetha Carson, Founding Partner/Nutritionist, Hebni Nutrition Consultants
Letezia Foster, Principal, Hungerford Elementary School
Michael French, President, Lake Lovely Neighborhood Association
Anthony Grant, Mayor, Town of Eatonville
Katrina Jackson, Lab Technician, Florida Hospital
Robert Keyes, Program Dir., Boys & Girls Clubs of Central FL
Felix Lake, Sr., Community Volunteer
John Riordan, Dir. Community Relations, Community Health Centers
Dwanika Walker, Director, Community Health Centers of Eatonville and Pine Hills
Tonja Williams, Parish Nurse, Macedonia Missionary Baptist Church

Past members:
Jordan Klarfeld, Store Mgr., Publix
Austin Long, Director, Eatonville Boys and Girls Club
Bruce Mount, Former Mayor, Town of Eatonville
Seth Rosenblatt, Director, Community Health Centers
Healthy Maitland Leadership Team 2015
Regina Buchanan, Faith Community Nurse Program Coordinator, Florida Hospital
Lindsey Carter, Community Volunteer, Lake Sybelia Elementary
Marian Chase, Adjunct Faculty Member, UCF College of Nursing
Kristy Dinkins, Store Mgr., Publix
Angela Jacobe, Reference and Outreach Librarian, Maitland Public Library
Jean Kingsford, Regional Marketing Manager, MVP Sports Clubs
Dale McDonald, Mayor, City of Maitland
Becky Nickol, Therapist/Coach, Becky’s Garden Therapy for Children
Michelle Sartor, Certified Health Coach
Ellen Schellhause, Director, Maitland Public Library
Catherine L. Sterba, Dir. of Client Services, DiCom Software LLC
Jonnie Mae Warner, President, Maitland Center Office Complex
Jim Williams, City Manager, City of Maitland
Past members:
Karl Droppers, President, MVP Sports Clubs
Sheila Holley, Former Asst. Principal, Lake Sybelia Elementary School
Henry Maldonado, President of the Governing Board, Enzian Theater
Howard Schieferdecker, Former Mayor, City of Maitland

Healthy Winter Park Leadership Team 2015
Joie Cadle, School Board Member, Orange County Public Schools
Patrick Chapin, President and CEO, Winter Park Chamber of Commerce
Marian Chase, Adjunct Faculty Member, UCF College of Nursing
Michelle Neuner, Assistant City Manager, City of Winter Park
Mark Freid, President, Think Creative
Abby Gulden, Sustainability and Permitting Coordinator, City of Winter Park
Sara Isaac, Strategist & Copy Chief, Salter>Mitchell
Steve Leary, Mayor, City of Winter Park
Sharon Line Clary, Exec. Dir./Marketing & Business Dev., Florida Hospital
Micki Meyer, Asst. Vice President for Student Affairs, Rollins College
David Overfield, Environmental Administrator, Orange County Health Dpt.
Dwaine Stevens, Media/Community Relations Mgr., Publix
Past members:
Ken Bradley, Former Mayor, City of Winter Park / Sr. VP & Administrator, WP Memorial Hospital
Susan Caswell, Planning Mgr., Orange County
Leah Nash, Former Executive Director, Our Whole Community
Dr. Bruce Stephenson, Professor, Rollins College

See page 26 for HCF Leadership Team objectives.
Winter Park, Maitland and Eatonville

HCF Target Communities are on the Move

Because of deep ties and a legacy of improving health in Winter Park, Maitland and Eatonville, the Winter Park Health Foundation and Florida Hospital chose to launch Healthy Central Florida in these communities. Building on the great work of these two organizations, HCF has been collaborating with municipalities, businesses, schools, nonprofits and faith groups to improve health.

While the communities vary greatly in their demographic make-up, size and geographic scope, they are alike in that all residents want to be healthy. They want access to healthy foods and safe places for their children to play. HCF has been hard at work making that vision a reality. Visit healthycentralflorida.org to learn more about our target communities and our work in each of these culturally rich, vibrant cities.
Our Goal

Healthiest Communities in the Nation

The goal of Healthy Central Florida (HCF) is to make our communities the healthiest in the nation. We will achieve it through the following strategies:

• Increase the number of residents who improve their health and quality of life through healthy eating, active living and being smoke-free.

• Increase the number of community-level policies, environmental changes and communication initiatives that support healthy eating, active living and smoke-free public spaces.

• Increase the number of organizations and businesses that implement healthy eating, active living and smoke-free policies, interventions and programs.

The Model

How do you improve the health of a single individual, let alone an entire community?

In recent years, health advocates have shifted their approach to reducing obesity and chronic diseases away from a focus on individual behavior (lack of willpower or moral failing) to creating environments that support healthy choices. Today, leaders are evaluating the broader environmental, organizational and community factors that make it difficult – or easy to make healthy choices.

Personal choices are made in the context of a larger environment. If there is no healthy choice, it’s impossible to make one. Likewise, if our physical surroundings do not offer safe places to walk, run or commute—or there are no open spaces to play or no access to them—it is much more difficult to incorporate movement into our daily lives.

Understanding the significant impact of such external factors, HCF primarily focuses resources in two areas:

1. The pursuit of policy and environmental interventions: Enduring change can best be achieved with the adoption of policies, ranging from laws to informal resolutions that enforce or promote healthy behavior (prohibiting smoking in city parks and restaurants). HCF also seeks long-term benefits by advocating physical improvements within environments and organizations (i.e., creating green space, adding bike trails, widening sidewalks and walking paths).

2. Engagement in social marketing: This is the discipline which helped increase nationwide seat belt usage from 14% in 1984 to nearly 90% today and reduced smoking rates from more than 50% a few decades ago to well under 20% today. If a policy exists, but no one is aware of it, the chance for success is low.

This is sometimes called the “5 E Approach:” Engineering, Education, Enforcement, Encouragement and Evaluation. Creating long-term success requires not only effective policies but the activation of them through promotion, education, enforcement and measurement of results. This continual feedback loop helps us determine what is working or when to shift strategies.
Maitland Walks

Marked path becomes neighborhood’s permanent invitation to walk often and longer

Underscoring the principle that “changing the environment changes behavior,” HCF launched Maitland Walks (MW) – a marked walking path consisting of sidewalks that form a network of urban paths to promote walking further and more often. The project was one of 10 selected for HCF’s inaugural Health Innovation Grants, which gave $25,000 total to projects that would help make our communities healthier.

Supported by the City of Maitland and the Maitland Public Library, and spearheaded by HCF’s Healthy Maitland Team, the MW paths are identified with small decals affixed every 1/10th of a mile, making it simple to follow routes and track mileage. Currently, MW pathways are available near the Maitland business corridor, Lake Minnehaha Park and Lake Lily Park. More marked paths are planned.

HCF strongly endorses walking not only as a means to improve health, but as a way to build community. Relationships grow during walking meetings or walks to school. We’re healthier – and happier – when we walk, talk and connect.

“It just makes sense to try and be active during the work day,” said Karl Droppers, president of MVP Sports Clubs. “This path is just outside of our office so it’s easy to get a group together and go for a walk. Exercising with a group makes it more fun.”

Epilogue: Prior to the launch of MW, a baseline count of 75 walkers was taken. When MW debuted in April 2014, 334 people participated. Since then, there has been a 64% increase, based on multiple measurements taken in identical fashion, counting walkers along the path at the same time and place, and for the same duration.

Sponsored by

Communities8
Since the release of Healthy Central Florida’s inaugural State of Our Health report in 2013, which included findings from the 2011 survey, HCF has made measurable progress. This summary showcases highlights of findings in a survey in 2014, as well as areas that still need attention in our target communities of Winter Park, Maitland and Eatonville.

Key Findings:

• Among HCF target community adults, nearly 60% self-reported their health status as “excellent” (21.8%) or “very good” (35.6%). However, 14.2% described their health as “fair” (11.7%) or “poor” (2.5%). The overall percentage of fair/poor responses did not change significantly from 2011 when the last HCF survey was conducted.

• Sedentary lifestyles contribute to obesity. But HCF target community residents indicated they are moving more, especially when it involves using a local park or trail. More than 38% reported using such amenities for walking, running or bicycling at least once per week – a statistically significant increase compared with 26.7% in 2011.

• Smoking remains the leading cause of preventable death in the U.S. Therefore, it’s very good news that in Maitland, the rate is down to 7.3%, a significant drop since 2011, and in Winter Park, the rate is just 10.3%. There is still work to do in Eatonville where the rate is 24.3%. The average rate of the three communities is 11.1%, lower than the smoking rate for Florida (17.7%) and the U.S. (14.9%).

• On a promising note related to obesity, 88.8% of Eatonville residents said they were exercising and 79.2% said they were making diet changes in order to lose weight, both statistically significant increases, up from 15.9% and 37.8% respectively in 2011.

• Few communities or states are bending the curve on the growing problem of overweight and obesity. The prevalence of overweight in HCF communities showed no statistically significant change since 2011: 56% of HCF target community residents are overweight, which is lower than Florida (62.1%) and U.S. (63.1%) rates. However, overweight prevalence in Eatonville climbed to 76%, not a statistically significant increase, but nonetheless, cause for concern.

NOTE: Some data omitted for brevity. To view full study, visit healthycentralflorida.org/health2015
Research Methodology

To evaluate the health of the three target communities and establish trends with comparisons to the original 2011 survey results, community-level information was collected by University of Central Florida (UCF) Institute for Social and Behavioral Sciences using a recognized national survey instrument, the BRFSS (Behavioral Risk Factor Surveillance System).

The HCF Survey was initially designed as a computer-assisted telephone survey of adult (over 18) residents residing in the three target communities. As of the 2010 Census, Winter Park – with its 27,852 residents – is the largest and is considered one of the more affluent communities in the region, although large pockets of poverty in the west Winter Park neighborhoods impact household income; the median is $52,261. Maitland is considerably smaller in population (15,751 residents) and reports the highest median income among the three cities: $77,673. Eatonville was the first legally incorporated African American town in the U.S. and has just 2,159 residents. The median household income is $27,344 and the poverty rate is 27.7%.

Due to the low response obtained in Eatonville during the 2011 survey using only telephone survey methods, research teams were deployed from the outset of data collection for this study in 2014 to conduct face-to-face interviews in Eatonville. The protocol used for phone interviews for Winter Park and Maitland and the face-to-face interviews in Eatonville was the same. The phone survey was effectively conducted in Winter Park and Maitland, due to the larger populations of these two cities.

Professional Research Consultants, Inc. (PRC) oversaw data collection, analyzed the data and compiled this report for Healthy Central Florida, Winter Park Health Foundation and Florida Hospital.

NOTE ABOUT SOURCES: The original survey was administered in the HCF target communities in 2011. Trending data, as revealed by comparison to the prior survey results (also conducted by UCF), are provided in this report whenever available. Comparisons to Orange County and East Central Florida regional data – which include Brevard, Osceola, Orange and Seminole counties – are provided through the 2014 PRC Community Health Survey conducted by Professional Research Consultants, Inc. Statewide risk factor data are provided where available as an additional benchmark against which to compare local survey findings; these data are reported in the most recent BRFSS (Behavioral Risk Factor Surveillance System) Prevalence and Trend Data published by the Centers for Disease Control and Prevention and the U.S. Department of Health & Human Services.

To view and download the entire report, visit: healthycentralflorida.org/health2015
## Data-at-a-Glance

<table>
<thead>
<tr>
<th>Self-Reported Health Status</th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>HCF Target Communities</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>% “Fair/Poor” Physical Health</td>
<td>28.9</td>
<td>8.1</td>
<td>14.4</td>
<td>14.2</td>
<td>12.80</td>
<td>19.7</td>
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<tr>
<td>Tobacco Use</td>
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<td></td>
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<tr>
<td>% Current Smoker</td>
<td>24.3</td>
<td>7.3</td>
<td>10.3</td>
<td>11.1</td>
<td>16.2</td>
<td>17.4</td>
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<td>% Believe Secondhand Smoke is Very Harmful</td>
<td>77.0</td>
<td>62.5</td>
<td>59.1</td>
<td>62.4</td>
<td>58.4</td>
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<tr>
<td>Obesity &amp; BMI</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Healthy Weight (BMI 18.5-24.9)</td>
<td>22.6</td>
<td>42.2</td>
<td>46.7</td>
<td>42.4</td>
<td>44.4</td>
<td>30.6</td>
</tr>
<tr>
<td>% Overweight (BMI 25-29.9)</td>
<td>27.2</td>
<td>35.0</td>
<td>27.7</td>
<td>56.0</td>
<td>53.2</td>
<td>67.0</td>
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<td>% Obese (BMI 30+)</td>
<td>48.8</td>
<td>21.0</td>
<td>23.9</td>
<td>26.0</td>
<td>19.3</td>
<td>35.0</td>
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<td>% Medical Advice on Weight in Past Year</td>
<td>29.1</td>
<td>16.1</td>
<td>19.8</td>
<td>19.9</td>
<td></td>
<td>23.7</td>
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<tr>
<td>% [Overweight Adults] Counseled About Weight in Past Year</td>
<td>35.6</td>
<td>24.8</td>
<td>36.2</td>
<td>32.5</td>
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<tr>
<td>% [Obese Adults] Counseled About Weight in Past Year</td>
<td>40.3</td>
<td>42.3</td>
<td>45.1</td>
<td>43.3</td>
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<tr>
<td>% Trying to Lose Weight</td>
<td>54.7</td>
<td>44.2</td>
<td>44.2</td>
<td>45.5</td>
<td>42.3</td>
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<tr>
<td>% [Overweight Adults] Trying to Lose Weight Both Diet/Exercise</td>
<td>49.4</td>
<td>42.1</td>
<td>43.6</td>
<td>44.1</td>
<td></td>
<td>37.4</td>
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<td>% [Adults] Changing Diet to Lose Weight</td>
<td>79.2</td>
<td>77.0</td>
<td>83.0</td>
<td>80.6</td>
<td>80.9</td>
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<tr>
<td>% [Adults] Exercising to Lose Weight</td>
<td>88.8</td>
<td>79.7</td>
<td>79.4</td>
<td>80.9</td>
<td>61.7</td>
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### Data-at-a-Glance continued

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<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
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<tr>
<td><strong>Diabetes &amp; Pre-diabetes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>% Diabetes/High Blood Sugar</td>
<td>22.9</td>
<td>12.4</td>
<td>9.4</td>
<td>12.0</td>
<td>10.9</td>
<td>13.1</td>
<td>11.7</td>
</tr>
<tr>
<td>% Borderline/Pre-Diabetes</td>
<td>12.5</td>
<td>9.0</td>
<td>10.0</td>
<td>10.0</td>
<td></td>
<td>11.0</td>
<td>5.1</td>
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<tr>
<td><strong>Heart Disease and Stroke</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Heart Disease (Heart Attack, Angina, Coronary Disease)</td>
<td>2.5</td>
<td>8.3</td>
<td>8.0</td>
<td>7.4</td>
<td>6.9</td>
<td>7.6</td>
<td>6.1</td>
</tr>
<tr>
<td>% Stroke</td>
<td>5.5</td>
<td>4.2</td>
<td>2.6</td>
<td>3.4</td>
<td>3.3</td>
<td>2.9</td>
<td>3.9</td>
</tr>
<tr>
<td><strong>High Blood Pressure/High Cholesterol</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Told Have High Blood Pressure (Ever)</td>
<td>49.8</td>
<td>26.6</td>
<td>27</td>
<td>29.6</td>
<td>32.7</td>
<td>34.1</td>
<td>32.7</td>
</tr>
<tr>
<td>% Told Have High Cholesterol (Ever)</td>
<td>24.9</td>
<td>30.9</td>
<td>23.7</td>
<td>26.1</td>
<td>26.7</td>
<td>29.9</td>
<td>26.7</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% No Leisure-Time Physical Activity</td>
<td>14.6</td>
<td>8.8</td>
<td>13.6</td>
<td>12.2</td>
<td>15.1</td>
<td>26.0</td>
<td>20.7</td>
</tr>
<tr>
<td>% Meeting Physical Activity Guidelines</td>
<td>53.8</td>
<td>55.0</td>
<td>57.7</td>
<td>56.3</td>
<td></td>
<td>42.3</td>
<td>50.3</td>
</tr>
<tr>
<td>% Moderate Physical Activity</td>
<td>41.1</td>
<td>29.9</td>
<td>41.5</td>
<td>37.7</td>
<td></td>
<td>26.6</td>
<td>30.6</td>
</tr>
<tr>
<td>% Use a Gym or Recreation Center for Exercise at Least Weekly</td>
<td>29.9</td>
<td>29.0</td>
<td>37.0</td>
<td>33.5</td>
<td>34.8</td>
<td>26.8</td>
<td></td>
</tr>
<tr>
<td>% Use a Park or Trail for Exercise at Least Weekly</td>
<td>47.5</td>
<td>40.3</td>
<td>35.0</td>
<td>38.2</td>
<td>26.7</td>
<td>26.7</td>
<td></td>
</tr>
<tr>
<td>% Less Active Than I Want</td>
<td>64.8</td>
<td>57.7</td>
<td>60.1</td>
<td>59.9</td>
<td>66.5</td>
<td>70.7</td>
<td></td>
</tr>
<tr>
<td>% Often/Frequently Use Mass Transit</td>
<td>21.3</td>
<td>5.7</td>
<td>2.4</td>
<td>5.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Often/Frequently Walk to Job, Store, Park, etc.</td>
<td>31.0</td>
<td>14.1</td>
<td>17.4</td>
<td>18.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Often/Frequently Walk for Exercise, Recreation, Pets</td>
<td>64.1</td>
<td>64.1</td>
<td>58.1</td>
<td>60.8</td>
<td></td>
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</tbody>
</table>
### Physical Activity (continued)

<table>
<thead>
<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Own/Have Access to a Bike</td>
<td>43.7</td>
<td>54.3</td>
<td>51.0</td>
<td>51.1</td>
<td>57.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Bike Riders] Often/ Frequently Ride a Bike</td>
<td>49.1</td>
<td>33.9</td>
<td>30.9</td>
<td>33.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% [Bike Riders] Bike to Work, Errands, etc. at Least Weekly</td>
<td>77.0</td>
<td>35.5</td>
<td>22.1</td>
<td>32.2</td>
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</table>

### Happiness and Stress

<table>
<thead>
<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Very/Somewhat Happy</td>
<td>91.1</td>
<td>98</td>
<td>94.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Typical Day Is &quot;Extremely/Very&quot; Stressful</td>
<td>20.2</td>
<td>17.2</td>
<td>16.1</td>
<td>17.0</td>
<td>17.3</td>
<td>14.1</td>
<td>11.9</td>
</tr>
</tbody>
</table>

### Social Cohesion

<table>
<thead>
<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>% I Can Count on My Neighbors</td>
<td>69.0</td>
<td>96.4</td>
<td>89.6</td>
<td>89.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Community Feels Safe &quot;All/Most of the Time&quot;</td>
<td>77.6</td>
<td>96.6</td>
<td>90.0</td>
<td>90.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Feel Close to Others in the Community</td>
<td>69.9</td>
<td>86.2</td>
<td>79.2</td>
<td>80.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% My Community is a Source of Comfort</td>
<td>75.1</td>
<td>90.0</td>
<td>77.9</td>
<td>81.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Active Community Participant</td>
<td>54.5</td>
<td>68.1</td>
<td>61.5</td>
<td>62.6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Nutrition/Lack of Access to Healthy Food

<table>
<thead>
<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Eat 2+ Servings of Fruit or Fruit Juices per Day</td>
<td>57.0</td>
<td>75.2</td>
<td>67.0</td>
<td>68.4</td>
<td>63.0</td>
<td>60.5</td>
<td></td>
</tr>
<tr>
<td>% Eat 3+ Servings of Dark Green/ Orange Vegetables per Day</td>
<td>26.8</td>
<td>28.5</td>
<td>26.8</td>
<td>27.3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Insurance Rates

<table>
<thead>
<tr>
<th></th>
<th>Eatonville</th>
<th>Maitland</th>
<th>Winter Park</th>
<th>2014 Average</th>
<th>2011 Average</th>
<th>vs. Orange County</th>
<th>vs. U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of Healthcare Insurance</td>
<td>35.2</td>
<td>3.6</td>
<td>11.3</td>
<td>12.0</td>
<td>21.7</td>
<td>15.1</td>
<td></td>
</tr>
</tbody>
</table>
Summary of Findings

Highlights of Data

The following pages highlight key sets of data from HCF’s 2014 study. In particular, we’ve highlighted questions related to our focus areas of physical activity, healthy food consumption and access, tobacco use/exposure and happiness/social cohesion. To see the full report which shows additional questions and detail, please visit healthycentralflorida.org/health2015.

Self-Reported Health Status

There is considerable good news in that more than half of our community residents report their health as “excellent” or “very good.”

However, 14.2% said their health was “fair” or “poor.” That finding was consistent overall with the 2011 survey. Winter Park was the only community to report a statistically significant increase in “fair” or “poor” responses. Eatonville had the highest, and Maitland had the lowest percentage of “fair” or “poor” responses.

The “fair” or “poor” health ratings for the HCF target communities (14.2%) compare favorably with Florida (19.9%) and the U.S. (15.3%).

It’s interesting to note that self-reported survey questions about health status can sometimes be dismissed. However, data shows they are often the best indicator of true community health.
Cigarette smoking accounts for more than 480,000 deaths, or 1 of every 5 deaths, in the U.S. each year, making it the leading cause of preventable death.*

But thanks to sustained national campaigns and local efforts such as those of Healthy Central Florida, public awareness about the dangers of smoking and second-hand smoke are clearly increasing as rates of smoking decrease.

Maitland reported a statistically significant decline in smoking, down to 7.3% in 2014 vs. 16.6% in 2011. Winter Park’s smoking rate is just 10.3%, and Eatonville posted the highest rate of 24.3%. The average of the three communities (11.1%) bettered statewide and national figures, 17.7% and 14.9%, respectively.

Additionally, nearly 93% of survey respondents in the target communities consider second-hand smoke to be “very harmful” or “somewhat harmful.”

**E-Cigarettes – Usage on the Rise**

2.0% of HCF adults currently use e-cigarettes, compared to a national rate of 2.6% in 2013. During 2011-2012 alone, e-cigarette makers almost tripled annual advertising expenditures, from $6.4 million to $18.3 million. Since health risks are unknown, continued surveillance is critical.

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*2014 report by the U.S. Department of Health and Human Services*
More than half (56%) of HCF target community adults are overweight or obese, which includes respondents with a Body Mass Index (BMI) value equal to or greater than 25. There was no statistically significant change in any of the communities in the prevalence of overweight since the 2011 survey.

Among all HCF target community adults, 26% are obese – as defined by BMI values calculated with self-reported heights and weights. Though that finding is comparable with state (25.2%) and national (29%) figures, it is cause for concern for the region. Most disturbing, statistically significant increases in obesity were reported for Eatonville (48.8% in 2014 vs. 32% in 2011) and Maitland (21% in 2014 vs. 13.7% in 2011). Winter Park’s obesity rate was 23.9%, an insignificant change from 2011.

The good news is that in each of the communities, nearly half of respondents reported trying to lose weight. In Eatonville, the percentage of respondents trying to lose weight through exercise jumped from just 15.9% to nearly 90%. Again in Eatonville, those trying to lose weight through diet more than doubled from 37.8% to 79.2%.

Question: Weight Status.

☑ Underweight (BMI < 18.5)
☑ Healthy Weight (BMI = 18.6 - 24.9)
☑ Overweight, Not Obese (BMI = 25.0 - 29.9)
☑ Obese (BMI = > 30.0)
Prevalence of diabetes by community

<table>
<thead>
<tr>
<th>Community</th>
<th>Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eatonville</td>
<td>22.9%</td>
</tr>
<tr>
<td>Maitland</td>
<td>12.4%</td>
</tr>
<tr>
<td>Winter Park</td>
<td>9.4%</td>
</tr>
<tr>
<td>HCF Target Communities</td>
<td>12%</td>
</tr>
<tr>
<td>Orange County</td>
<td>13.1%</td>
</tr>
<tr>
<td>East Central Florida</td>
<td>13.1%</td>
</tr>
<tr>
<td>FL</td>
<td>11.4%</td>
</tr>
<tr>
<td>US</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

**Question:** Have you ever suffered from or been diagnosed with any of the following conditions?

- Diabetes

Another 10% of target community adults report they have been diagnosed with “pre-diabetes” – otherwise known as “borderline” diabetes — nearly twice the national rate of 5.1%.

During the past three decades, the number of U.S. adults ages 18 and older, diagnosed with diabetes, has more than tripled to 19.6 million according to the CDC.

In HCF target communities, 12% of adults report they have been diagnosed with the disease, which is similar to state and U.S. rates, 11.4% and 11.7%, respectively. However, in Eatonville, the high rate of 22.9%, skews the three-community average and is almost double the national rate.

Overall, the prevalence of diabetes in the three HCF target communities remained statistically unchanged compared with 2011 survey results. However, the bottom table shows the higher prevalence among older and lower income residents. Specific strategies are needed to address these unique populations.

Research is also being conducted at Healthy Eatonville Place to learn why the rate of diabetes is so high in Eatonville and to better understand strategies to reduce risks associated with diabetes.

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Research is also being conducted at Healthy Eatonville Place to learn why the rate of diabetes is so high in Eatonville and to better understand strategies to reduce risks associated with diabetes.
Heart disease is the leading cause of death for both men and women in the U.S. today and accounts for 1 of every 4 deaths. Stroke is the fifth leading cause of death for Americans, but risk varies with race and ethnicity, according to the CDC.

Fortunately, the risk of heart disease and stroke can be significantly reduced through diet, exercise and smoking cessation, all key focus areas of HCF.

HCF target community residents suffer from or have been diagnosed with heart disease such as coronary heart disease, angina or heart attack at a rate of 7.4%, statistically unchanged from 2011. That rate is comparable to other local and national rates.

The incidence of stroke also remained constant (3.4% in 2014 vs. 3.3% in 2011).

One “risk” factor which cannot be altered is age. Respondents age 65 and older accounted for 20.1% of all incidents of heart disease – more than 3 times the rate of the next-closest age group. Everyone, but especially older residents, should eat well, exercise, not smoke – and know the signs and symptoms of heart attack and stroke.

**Question:** Have you ever suffered from or been diagnosed with any of the following conditions?

☑ Chronic heart disease, including coronary heart disease, angina or a heart attack

**Question:** Have you ever suffered from or been diagnosed with any of the following conditions?

☑ Stroke
High Blood Pressure and High Cholesterol

The prevalence of high blood pressure (hypertension) remained statistically unchanged from 2011, and for the most part, is slightly below the national average. The exception is Eatonville, which reported the highest rate of hypertension – 49.8%. Hypertension diagnoses are higher in African Americans, who account for the vast majority of Eatonville’s population.

For blood cholesterol, the average rate in HCF target communities is slightly below the national average – 26.1% in HCF communities vs. 29.9% in the U.S. However, in Maitland, there was a statistically significant increase since 2011, from 23.5% to 30.9%. At the same time, there was a statistically significant decrease from 29.6% to 23.7% in Winter Park.

Question: Have you ever suffered from or been diagnosed with any of the following conditions?

☑ High Blood Pressure

☑ High Cholesterol
Physical Activity

Only 12.2% of HCF target community adults reported having no leisure-time physical activity in the past month, and 56.3% said they participate in regular moderate or vigorous physical activity – meeting recommended exercise guidelines.

Among residents who are less active than they would like to be, the following were cited as obstacles: lack of time (44.4%), no interest/unmotivated (19.1%), health reasons (15.6%), neighborhood-related issues (11.6%) and other (9.3%).

Neighborhood-related issues included lack of bike lanes and sidewalks, underscoring the impact that safe, exercise-friendly environments can have on promoting health.

In fact, 38.2% of HCF target community adults said they use a local park or trail at least once per week for walking, running or biking. Such usage increased significantly in Maitland (40.3% in 2014 vs. 28.9% in 2011) and Winter Park (35% vs. 22.6%).

Among HCF target community adults who are trying to lose weight, 80.9% reported they are exercising to achieve their goal.
Perhaps, most promising, a significant number of residents are incorporating physical activity as a routine element of daily living rather than just for recreation. For example, among HCF target community adults who own or have access to a bicycle, almost one-third (32.2%) ride at least once per week to go to work, shop or run errands.

Perhaps, most promising, a significant number of residents are incorporating physical activity as a routine element of daily living rather than just for recreation.

To learn more about activity levels, walking and biking, see the full report at healthycentralflorida.org/health2015
Happiness and Stress

Overall Happiness

<table>
<thead>
<tr>
<th>Community</th>
<th>Very/Somewhat Happy</th>
<th>Not Happy/Not Too Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eatonville</td>
<td>91.1</td>
<td>8.8</td>
</tr>
<tr>
<td>Maitland</td>
<td>98</td>
<td>2</td>
</tr>
<tr>
<td>Winter Park</td>
<td>94.8</td>
<td>5.2</td>
</tr>
<tr>
<td>HCF Target</td>
<td>95.3</td>
<td>4.7</td>
</tr>
</tbody>
</table>

**Question:** Taking all things into account, overall, would you say you are:
- ☑ Very Happy
- ☑ Somewhat Happy
- ☑ Not Too Happy
- ☑ Not Happy At All

Most days are extremely/very stressful

<table>
<thead>
<tr>
<th>Community</th>
<th>2011</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eatonville</td>
<td>20.2</td>
<td>27.5</td>
</tr>
<tr>
<td>Maitland</td>
<td>16.4</td>
<td>17.2</td>
</tr>
<tr>
<td>Winter Park</td>
<td>15.1</td>
<td>16.1</td>
</tr>
<tr>
<td>HCF Target</td>
<td>17.3</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Question:** Thinking about the amount of stress in your life, would you say that most days are:
- ☑ Extremely Stressful
- ☑ Very Stressful
- □ Moderately Stressful
- □ Not Very Stressful
- □ Not At All Stressful

Just as chronic stress can have a negative impact on health, the converse is true for happiness. Mounting evidence suggests that being happy can improve and enhance physical and emotional well-being. That’s mostly good news for our communities, in which more than 90% of each of the community’s residents say they are “Very / Somewhat Happy”. Few Winter Park or Maitland residents report being unhappy and Eatonville showed a large statistically significant drop in the number of residents who said they were “Not happy/Not too happy”, since the 2011 survey.

However, our residents are feeling a fair amount of stress. Nearly 20% of HCF target community adults report “extremely” or “very” stressful days on a regular basis. This finding is statistically unchanged from 2011, but it is higher than the national level (11.9%) or Orange County (14.4%).

The highest stress levels by age, in fact more than double that of any other age group was among young adults (18 to 39), of whom 31.2% reported high stress. According to a study by the American Psychological Association, stress makes people more likely to engage in unhealthy coping strategies, like drinking, surfing the internet, and smoking.

Similarly, respondents in the lowest income bracket (households earning less than $23,700 annually) reported excessive stress – 25.5%.

Stress can have a detrimental impact on mind and body, especially with prolonged exposure. It has been linked to worsening or increasing the risk of a host of conditions, including obesity, heart disease, diabetes, depression and asthma.
Social Cohesion

Felt safe in the community during the past month

<table>
<thead>
<tr>
<th>HCF Target Communities</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eatonville</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>77.6</td>
<td></td>
</tr>
<tr>
<td>Maitland</td>
<td></td>
<td></td>
<td></td>
<td>96.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Park</td>
<td></td>
<td></td>
<td>90</td>
<td></td>
<td>90.5</td>
<td></td>
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</tbody>
</table>

Can count on people in the neighborhood

<table>
<thead>
<tr>
<th>Category</th>
<th>Men</th>
<th>Women</th>
<th>18 to 39</th>
<th>40 to 64</th>
<th>65+</th>
<th>Very Low Income</th>
<th>Low Income</th>
<th>Mid to High Income</th>
<th>White</th>
<th>Black</th>
<th>HCF Target Communities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>88.8</td>
<td>89.4</td>
<td>82</td>
<td>92.2</td>
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<td>75.2</td>
<td>80.2</td>
<td>93.8</td>
<td>92.4</td>
<td>76.7</td>
<td>89.2</td>
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<tr>
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<td>69</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maitland</td>
<td>96.6</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eatonville</td>
<td>89.6</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

**Question:** How strongly do you agree that there are people you can count on in your neighborhood?

☑ Strongly Agree
☑ Agree
☐ Disagree
☐ Strongly Disagree

In an attempt to gauge “connectedness” among residents in HCF target communities, respondents were asked to agree or disagree with statements such as “I can count on people in the neighborhood,” “community is a source of comfort” and “I feel safe.”

The responses indicated fairly strong levels of social cohesion in all of the communities. For the most part, people felt safe in their communities and the majority reported being able to rely on neighbors.

This is good news as various studies have shown a correlation between high levels of social cohesion and improved health. Friends, support and engagement all are vital elements to counter depression, drug use, anxiety, hostility and feelings of helplessness – which impact physical and emotional health.

Human Scale Communication

HCF is working to create an environment where people can walk and bike more – surprisingly, great strategies for enhancing human connections. “You can’t stop and have a conversation with a neighbor when you’re whizzing by at 45 miles per hour,” said Jill Hamilton Buss, executive director of Healthy Central Florida. “However, when you’re walking down your street or riding by on your bike, you have the opportunity to stop, wave and connect. It’s amazing how well this simple strategy works.”
Nationally, 60.5% of adults consume 2 or more servings of fruit/fruit juices per day. HCF target communities bettered that mark, with 68.4% of residents making that claim.

Maitland reported the greatest fruit/fruit juice consumption (75.2%), but Winter Park was the only community to report a statistically significant increase in consumption: 67% in 2014 vs. 58.9% in 2011.

It is noteworthy that while just over half of HCF target community adults believe the daily recommended amount of fruits and vegetables is at least 5 servings (the recommended amount), an almost equal number (48.5%) think it is less.

In our communities and the nation, “cost” is a factor for not eating more fruits or vegetables. The top reasons for less consumption in our survey: “I eat enough” (24.7%), “time/convenience” (22.5%), “lack of appetite or distaste” (12%) and “cost” (11.7%).

Finally, particularly in Eatonville, which is essentially a food desert (no grocery stores/healthy food stores within a mile), there were reports of food insecurity: 35.2% of Eatonville residents said they “often/sometimes” worried about running out of food. Another 18.8% said they “always or frequently” have to choose between food and paying bills.
Health Innovation Grants
Nearly $100,000 in Mini-Grants Distributed to Date

To bring about true community-level change, HCF recognized it needed to engage community groups, cities, nonprofits and schools. To encourage and teach best practices in our four focus areas (Get Active; Eat Healthy; Be Happy; Breathe Free), HCF instituted annual Health Innovation Grants and has distributed nearly $100,000 in mini-grants to date.

A few examples of innovative grant programs include:

• A bike checkout program at two public libraries
• A mobile farmer’s market targeting low-income seniors and recently one to offer SNAP benefits at the Winter Park Farmer’s Market
• A Walk and Bike Safety program at a local elementary school
• Several community garden projects in Eatonville – technically a food desert

Here is a closer look at two HCF grant projects. To learn more, visit healthycentralflorida.org and click on grants.

Bike Checkout at Winter Park Public Library

With a fleet of single-speed, coaster-brake cruisers – and one tandem – Winter Park Library is one of the first municipal libraries in Central Florida to offer a free, bike checkout program. Designed to promote cycling in the city, the program provides bicycles to anyone with a library card. The bright-yellow bicycles, which come with baskets, helmets and locks, also are available to guests staying at the Alford Inn as well to Rollins students.

Fleet Farming

The pedal-powered, urban farming initiative cultivates home gardens in Winter Park to yield fresh produce for local venues – creating a 100%, eco-friendly, food loop. IDEAS For Us and the Hive Orlando developed the program that recruits participating homes and businesses, which are given a share of harvests in exchange for land use. Staff and volunteers till, water and apply organic fertilizer – and use bicycles to deliver produce to local venues. It’s a healthy way to counter the lengthy hauls and excessive carbon emission associated with modern food production and distribution.
To achieve its objectives, HCF and its Community Leadership teams focus primarily on policy and environmental change in Winter Park, Maitland and Eatonville. Across the communities, the top policy objectives are:

- Increase access, awareness and use of recreational facilities/opportunities
- Increase and enhance infrastructure supporting walking and bicycling
- Increase the number of worksites that promote health
- Improve access to and consumption of healthy food in all domains
- Increase the number of/promote desirability of smoke-free public places (restaurants, parks, apartments, businesses, schools, etc.)
- Increase and enhance connectivity of multi-modal transit options

Recognizing fully that policies alone don’t create change, HCF also hosts activating events, offers encouragement, brings in experts to provide education and works in most of the domains of the “5 E Approach” – Engineering, Education, Encouragement, Enforcement and Evaluation.

Partnerships are also critical to success. With thanks to our many partners, on the following page are highlights that HCF and its Leadership Teams have achieved since inception.
Highlights of HCF Successes 2012 - 2015

As of August 2015

1. Smoke-Free Parks resolutions in all communities and Complete Streets resolutions in Winter Park and Maitland.

2. Nearly $100,000 in health-promoting mini-grants distributed.

3. Nearly 50 organizations have instituted health-promoting policies/environmental changes.

4. Increased the number / percent of children walking and biking to school. In 2013, there was an increase of 57%; in 2014, 72%; and in 2015, 26%.*

5. Helped fund mobile farmer’s market, SNAP benefits at WP Farmer’s Market, community gardens and healthy snack programs in area schools.

6. More than 300 volunteers have donated nearly 4,800 hours supporting healthy activities.

7. Helped launch Healthy Eatonville Place through research and Healthy Eatonville Team support, 4 town hall meetings, 9 focus groups and door-to-door surveying.

8. 486 people, representing more than 111 organizations, have received training in policy/environmental change.

9. Launched Breathe Free Winter Park and more than 30 restaurants** offer smoke-free patios with more expected to join soon.

10. HCF started/supported walking groups and community bike rides in all three communities and instituted marked walking paths in collaboration with Maitland and Winter Park. Since inception, 14,000+ people have participated:
   - Eatonville Walk and Talk – launched August 2011
   - Winter Park and Maitland Walks – launched October 2012
   - Walk with a Doc – launched September 2013
   - Maitland Walks Marked Walking Path – launched April 2014 (Increase in usage - 64% in one year)
   - Walk and Roll – began with “Maitland moms” leadership; continues today with funding and support from HCF
   - Bike to Work Day in Winter Park – March 2015

* Increase measured from baseline to Int’l Walk to School Day
** As of publication of this report
Healthy Eatonville Place

Responding to the alarming revelation that nearly one in four Eatonville residents suffers from diabetes, HCF was instrumental in the creation of a unique community center designed to promote healthy living and conduct research to battle diabetes, obesity and related chronic diseases.

The input and feedback of local residents shaped all aspects of Healthy Eatonville Place (HEP), ensuring the facility truly meets the needs and desires of the community. A study, commissioned by HCF and conducted by the University of Central Florida in 2011, was part of the impetus for the project. It showed the following:

- 24.2% of Eatonville residents had been diagnosed with diabetes
- 46% had been diagnosed with high blood pressure
- Nearly two-thirds were either overweight or obese
- More than one-third of residents smoked

HEP is operated and led by Florida Hospital, which also contributed major funding. Winter Park Health Foundation and Sanofi Aventis also provided generous funding.

“Individuals can have great intentions about trying to lose weight or trying to be healthy, but may not know the way to go about it,” said former Eatonville Mayor Bruce Mount.

Since opening in May 2014, HEP has been offering healthy cooking and nutrition classes, diabetes and pre-diabetes education, and healthy lifestyle management programs. Services are available to residents and qualified participants for free or at a nominal cost, thanks to generous funders.

“Individuals can have great intentions about trying to lose weight or trying to be healthy, but may not know the way to go about it,” said former Eatonville Mayor Bruce Mount, one of the original members of the Healthy Eatonville Team. “What Healthy Central Florida has done is create a blueprint to provide residents with avenues to be healthy.”

HEP also is home to a major research study conducted by the Florida Hospital Translational Research Institute. Led by senior researcher, Dr. Richard Pratley, the study aims to determine the causes behind Eatonville’s high rate of diabetes and assess whether HEP initiatives help prevent and control the disease.
Breathe Free Winter Park

Nothing ruins a lovely outdoor dining experience at a favorite restaurant, arguably, more than the noxious fumes of second-hand smoke.

Still, many local restaurants continue to allow smoking on outdoor patios, even though the vast majority of patrons don’t smoke. In fact, only 10% of Winter Park residents and only 7.3% of Maitland residents smoke.

The dangers of second-hand smoke are well documented and are especially dangerous for children and people with lung or breathing problems. That’s why HCF developed Breathe Free Winter Park (BFWP), a voluntary initiative to encourage all restaurants to be smokefree outside – as well as inside.

Led by HCF and the Healthy Winter Park team, the collaboration involves residents, local organizations and more than 30 participating restaurants.*

BFWP provides materials and planning assistance to help restaurants go smoke-free. A “tool-kit” offers Frequently Asked Questions, training materials for staff and promotional opportunities. Additionally, BFWP provides a simple call-to-action for all health-conscious residents – to respectfully express their preference for smokefree outdoor dining and ask restaurant managers to join the clean-air movement.

Community partners who have lent support include the American Lung Association, Barnie’s CoffeeKitchen, Outback Steakhouse, Rollins College, the Winter Park Chamber of Commerce and more than 30 restaurants. Healthy Central Florida is grateful for their support.

30+ restaurants* were smokefree at the time of publication. The list continues to grow.

Visit breathefreewinterpark.org or Facebook to learn more and see a current list of participating restaurants.

The dangers of second-hand smoke are well documented and are especially dangerous for children and people with lung or breathing problems.